



# The St. James Essential 15

## We Are Family

1. When someone is talking to you, look at them. When you look right at a relative, a teacher or a friend, they can really see that you are listening carefully.
2. When you answer an adult, use words like "yes" or "no." You never just nod your head at them.
3. Always be polite and respectful when your classmates are sharing ideas. Listen to them the same way you want them to listen to you.
4. Sometimes a classmate may bother you or make you feel badly. First try hard to solve your problem nicely. If that doesn't work, ask your teacher to help you. Your teacher is there to protect you.
5. It's nice to win but don't brag about it. If you lose, be a good loser. Everyone wants to play with someone who does not brag and can be a happy loser.
6. Be kind and hold the door for the person behind you. Always stop and hold the door for an adult.
7. Don't share your germs! When you sneeze or cough, turn your head away from others. Cough into your elbow and then say "excuse me:"
8. It is important to be grateful for anything you receive, so practice the "3 second rule!" Always say "thank you" right away when you are given something. If you don't say "thank you," the item will be taken back.
9. Move quietly in the hallways or around your classroom. Other students and teachers are working hard and you don't want to disturb them
10. Walk in a nice straight line and keep some space between you and your classmates. Always face forward and remember not to talk.
11. Always try to do *your* best because you want to be the best that you can be. Never ask for a reward. If you ask, it will not be given. When your teacher does give a reward, always say "thank you."
12. Flush the toilet and wash your hands after using the bathroom. The bathroom and your hands should be nice and clean when you finish!
13. Clean up after yourself after snack or lunch. Always check the floor around you and clean up your space. You should do this no matter where you eat. No garbage should be left on the floor in any area of the school.
14. Don't be selfish! When offered food or a treat, just take your fair share. Always leave enough for everyone else.
15. When you bump into someone, say "excuse me." When someone bumps into you, also say "excuse me" It's a nice way to tell someone you care about them.