

THE CARDIFF CODE

RESPECT

Be caring, courteous and considerate for others and our environment.

SAFETY

Be in the right place, at the right time, doing the right thing.

ENGAGEMENT

Be ready to learn, listen and lead.



THE CARDIFF CODE TEACHERS' EXPECTATIONS

1. Students **self-check** before seeking help. This includes **reflecting** on their initial thoughts, and '**thinking again**'.
2. Students understanding that their feelings **come and go** and that not all feelings need to be acted on.
3. Students use **accurate language** to describe their feelings and concerns.
4. Students use **critical thinking skills and problem solving strategies** to work through their feelings.
5. Students use self-calming skills and relaxation techniques.
6. Students **support each other** to stay calm by reminding each other of self-calming techniques.
7. Students **seek help** when they cannot resolve problems using their own skills.



THE CARDIFF CODE

STUDENT RESPONSIBILITIES

As a student at Cardiff High School I will...

1. **Self-check** before seeking help. This includes **reflecting** on my initial thoughts, and '**thinking again**'.
2. Understand that feelings **come and go** and that not all feelings need to be acted on,
3. Use **accurate language** to describe my feelings and concerns.
4. Use **critical thinking skills and problem solving strategies** to work through my difficulties.
5. Use **self-calming** skills and **relaxation** techniques.
6. **Support my friends** to keep calm by reminding them of self-calming techniques.
7. **Seek help** when I cannot resolve a problem using my own skills.

