

Behaviour Code of Conduct



Westmount School staff teaches for success. As parents, you are the most important people in your child's life. Your child's life and success is dependent upon your commitment to a high standard of learning and behaviour.

At Westmount School, students are expected to treat each other with respect and assume the responsibilities listed below:

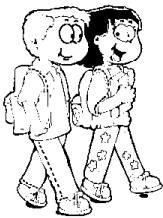
1. BE CONSIDERATE

- Treat others how they would like to be treated.
- Be friendly and use polite manners.
- Never hurt another person's feelings.
- Listen to others.

2. BE RESPECTFUL

- Know and follow the rules.
- Care for school property.
- Use socially appropriate language.

3. BE SAFE



- Do not harm others or yourself.
- Don't bring unsafe items to school.
- Walk in the school at all times.
- Use equipment as intended.
- Don't leave the school grounds without permission.

- Be traffic-safe.
- Engage in responsible decision making.

Strategies for Conflict Resolution

1. Take turns
2. Avoid conflict
3. Compromise
4. Share
5. Apologize
6. Get help

Steps For Conflict Resolution

Step 1: Stop and Calm Down



Calm down my body by taking some deep breaths.

Calm down my mind by saying to myself:

"I won't blow up."

"I won't get myself into trouble."

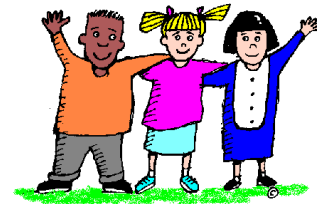
"I can control my temper."

Step 2: Think

Think about:

What will happen if I lose my temper.

Whether to stay, walk away, ignore or talk to an adult



Step 3: Talk

Talk to the person and say why I am angry or upset.

Step 4: Feel Good Again



Get rid of any anger by:

- Doing something active.
- Doing something I enjoy.
- Doing a relaxation exercise.
- Trying to forgive and forget.

Student Expectations



Courtesy
Consideration
Common Sense
Curiosity

