



choosing
emotions

helps angry focused
yourself need
worries

SELF-CONTROL

overwhelm lose things decide
thoughts talk done
hurt organised

control

Virtue of the Week – SELF CONTROL



“Like a city whose walls are broken through is a person who lacks self-control.”
(Proverbs 25:28)

You might be awarded a *self control* virtue for doing things like:

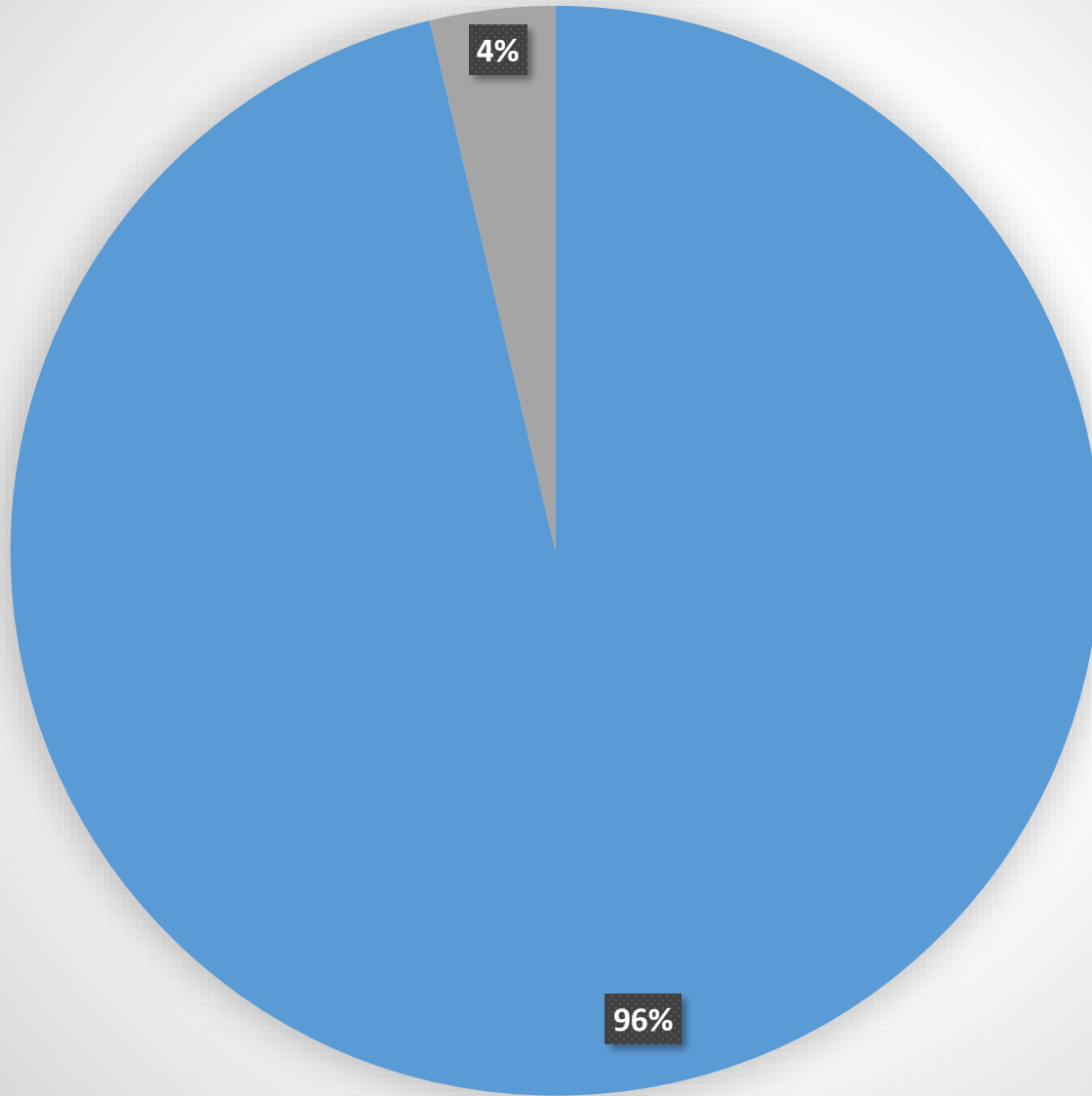
- Arriving at class punctually
- Settling down to work straight away
- Following instructions carefully



- ***Self-control helps you get things done because you are focused on what you need to do and are organised.***
- ***Self-control helps you control your thoughts and emotions so that they do not overwhelm you.***
- ***You don't lose control of yourself when you are hurt or angry but decide how you are going to talk and what you are going to do.***

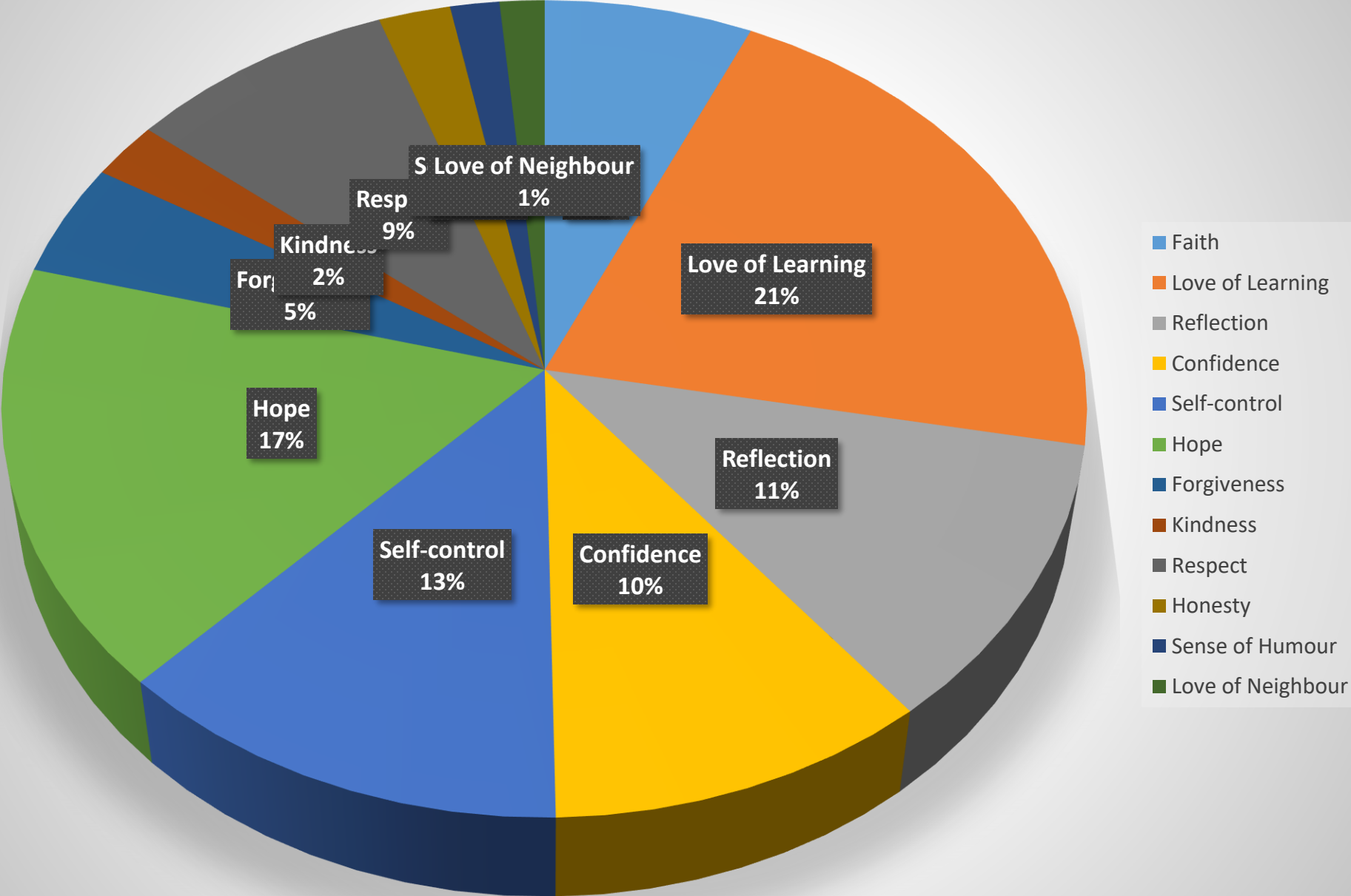


BEHAVIOUR THIS HALF TERM

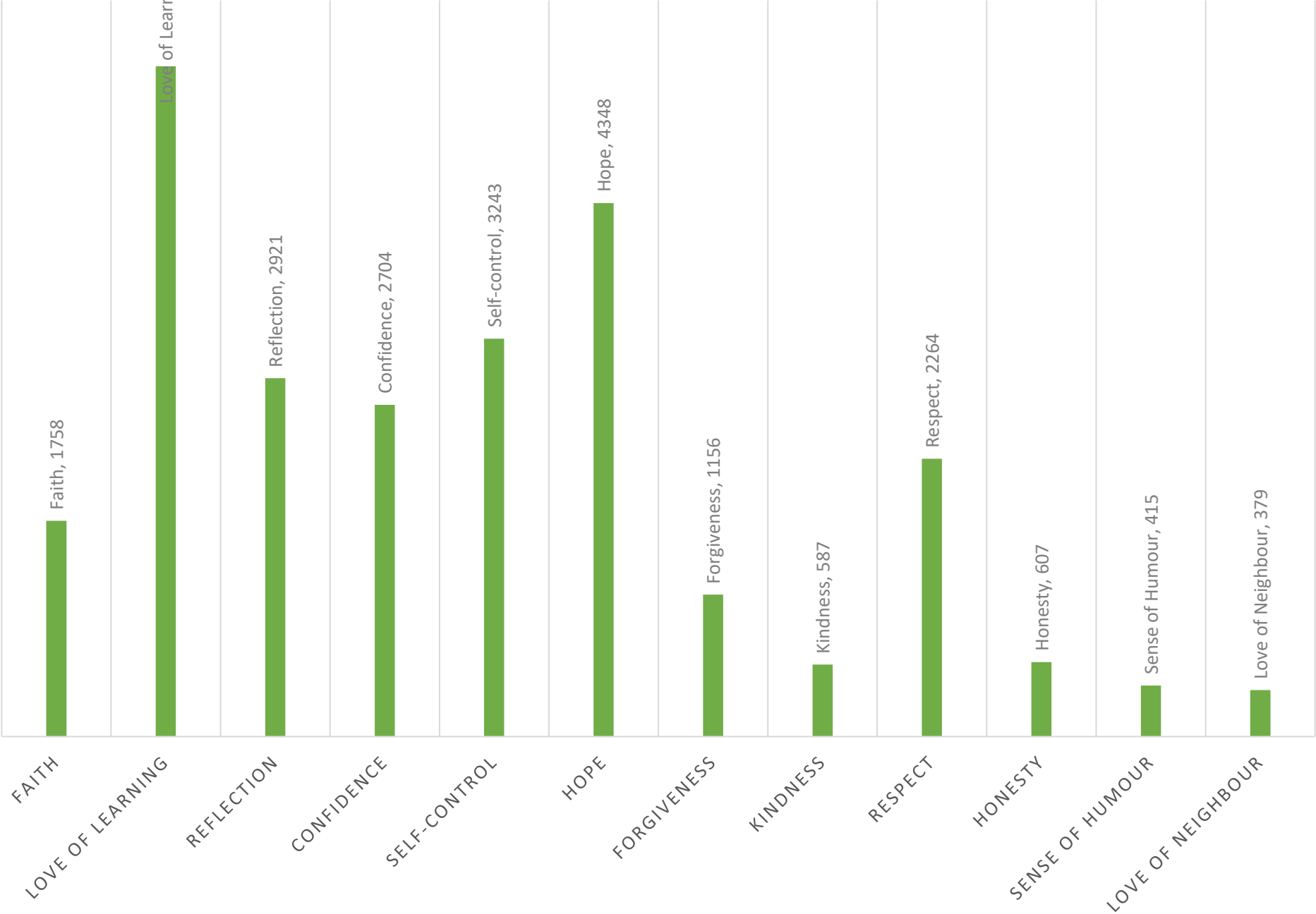


- Reward
- Sanction

Proportions of virtues awarded this half term



NUMBER OF VIRTUES AWARDED THIS HALF TERM



Behaviour this year so far...

Knowledge

- This half term, over 96% of behaviours recorded on Class Charts have been positive! Well done!
- Your form tutor will give you a summary of your form's conduct.
- We're making good gains on our 'faith' virtue, and our guest virtues are starting to creep up too!

Reasoning

1. What have you done well this half term?
2. What could you have done differently or better?
3. What will you change next half term to improve your conduct even further in school?

Practice

1. Try to earn more virtues on Class Charts – and/or fewer sanctions.
2. Always stop and think: what is the best thing to do for me, for other people, for our community.
3. Model good behaviour for other people in the school.