

Unsworth Elementary - "Where Learning Lives and Eagles S.O.A.R!"
PBS Matrix

SOAR	CLASSROOM <i>(Library, Gym, Music Room, Lab)</i>	PLAYGROUND	HALLWAYS & PODS	LUNCH	WASHROOM	ASSEMBLY
<p>Self-Regulation <i>"Are my feelings in charge of my actions or is my <u>thinking</u> in charge?"</i> <i>"Am I being <u>my own boss</u> or am I inviting others to be my boss?"</i> <i>"Am I calm, alert and learning?"</i></p>	<p>My mind and body are focussed and ready to learn.</p> <ul style="list-style-type: none"> Am I able to persevere through challenging situations? Am I interested and curious in learning new things? Do I use strategies and tools to help me calm down and manage my feelings and emotions? (Stop! Think. Act. Reflect.) Do I take ownership of my behaviour & learning? 	<p>I prepare my mind and body to return to the classroom.</p> <ul style="list-style-type: none"> Do I appropriately manage my emotions? Am I able to recognize the emotions of others? Do I take ownership of my own behaviour? Do I use my WITS to manage problems? 	<p>My mind and body are aware of others' in the common areas.</p> <ul style="list-style-type: none"> Am I taking ownership of my behaviour? Am I being mindful of other people's personal space? Am I respectful of others' learning while I'm in common areas? Am I mindful of my own space? 	<p>My mind and body are settled and ready to eat calmly.</p> <ul style="list-style-type: none"> Am I taking ownership of my behaviour? Am I following a daily routine of eating a healthy lunch? Am I choosing to eat healthy snacks and food first to fuel my mind and body? 	<p>My mind and body are prepared to return to class quickly and quietly.</p> <ul style="list-style-type: none"> Am I taking ownership of my behaviour? 	<p>My mind and body are focussed and ready to listen.</p> <ul style="list-style-type: none"> Am I managing my body so that I can be a powerful listener?
<p>Orderliness <i>"Are my choices <u>helpful</u> or <u>harmful</u>?"</i> <i>"Order around you, creates order insideyou"</i></p>	<p><i>I can...</i></p> <ul style="list-style-type: none"> move safely in & around the classroom manage my time wisely keep tools & supplies ready & in appropriate spaces keep cellphones & electronics off and in backpack at all times while on school property Keep all chair legs on the floor at all times wear clean shoes inside at all times 	<p><i>I can...</i></p> <ul style="list-style-type: none"> learn from mistakes line up immediately after "end of break" bells line up = stand in my own space with my hands to myself and wait quietly to enter the class share the equipment report problems to an adult take turns on the playground Head up – Feet down, when playing on the playground 	<p><i>I can...</i></p> <ul style="list-style-type: none"> walk facing forward, staying to the right go directly to where I need to be line up in a single file when returning from a group, wait quietly in a line outside classroom door until invited in 	<p><i>I can...</i></p> <ul style="list-style-type: none"> put garbage, recyclables, lunch bag and leftovers away when I am dismissed choose an appropriate activity on 'inside days', use inside voices and clean up immediately when the bell rings 	<p><i>I can...</i></p> <ul style="list-style-type: none"> go during breaks use the washroom quickly and quietly clean up after myself return to class immediately 	<p><i>I can...</i></p> <ul style="list-style-type: none"> enter the gym quietly once seated with my class, use a whisper voice only follow the directions of the speaker stand facing forward, with my hands at my sides while singing the anthem focus on the speaker raise my hand & wait to speak come to the gym empty handed
<p>Attitude <i>"Pursue your <u>personal best</u>."</i> <i>"Be Brave – <u>Participate</u> to progress."</i></p>	<p><i>I can...</i></p> <ul style="list-style-type: none"> be a Bucket Filler listen to the teacher/presenter learn from others share materials and take turns be positive, kind and helpful learn from my mistakes think, ask questions & reflect always try my best engage in my own learning ask for help when needed 	<p><i>I can...</i></p> <ul style="list-style-type: none"> be a Bucket Filler by including others and be a positive leader accept help from Peer Leaders play fairly and follow the rules of the game choose to be part of the solution – not part of the problem 	<p><i>I can...</i></p> <ul style="list-style-type: none"> greet others and return greetings quietly & silently welcome and assist visitors demonstrate pride in our school by tidying up and moving quietly in the halls 	<p><i>I can...</i></p> <ul style="list-style-type: none"> listen to the Noon Hour Supervisors and monitors bring a healthy lunch use polite manners and appropriate language use an inside voice 	<p><i>I can...</i></p> <ul style="list-style-type: none"> wait my turn quietly use quiet voices report all unsafe behaviour & vandalism to an adult flush appropriately wash hands with soap turn off taps when finished take proper care of the facility 	<p><i>I can...</i></p> <ul style="list-style-type: none"> be a powerful listener with eyes on the speaker set a positive example for primary students, as an intermediate role model
<p>Respect <i>Respect this <u>Place</u>, <u>Yourself</u>, <u>Others</u> and <u>Learning</u></i> <i>Be a <u>Bucket Filler</u> ~ Not a <u>Bucket Dipper</u></i></p>	<p><i>I can...</i></p> <ul style="list-style-type: none"> keep my hands, feet and objects to myself demonstrate powerful listening of all adults and students be considerate of others' learning time use my class time wisely use manners and appropriate language follow the Dress Code help keep the room clean and tidy 	<p><i>I can...</i></p> <ul style="list-style-type: none"> keep my hands and feet to myself listen to the supervisors listen to others' problem solving words <u>Take Care of this Place</u> –put garbage in bins return equipment and my belongings to the appropriate places Use manners and appropriate language respect others and their ideas 	<p><i>I can...</i></p> <ul style="list-style-type: none"> keep my hands, feet and objects to myself follow rules without adult reminders or adults present walk, silently, single-file remove my shoes and hats at the outside door work quietly, clean up after myself and push in my chair when in the hallway or pod walk around people who are having a conversation 	<p><i>I can...</i></p> <ul style="list-style-type: none"> keep my hands and feet to myself wash hands before eating clean up spills immediately ask permission to use the washroom stay at my desk until the bell goes, then put away my lunch bag & line up quietly listen to the supervisors speak quietly with others eat my own lunch and take home any leftovers 	<p><i>I can...</i></p> <ul style="list-style-type: none"> keep my hands and feet to myself leave food and objects in the classroom keep my voice off allow others their privacy be respectful by not climbing, peeking or writing in the washroom 	<p><i>I can...</i></p> <ul style="list-style-type: none"> keep my hands and feet to myself respond to the quiet signal immediately sing "O Canada" respectfully, hands at my side, facing forward clap politely & respectfully have eyes & ears on the speaker stay seated on my bottom so others can see go to the washroom before the assembly