Our Weekly Statements to Live By.

Each week, at St Benedict's, we have a different statement to live by which helps us live our life as Jesus taught us to. We discuss these in class and have a Liturgy based around these each week. Please ask your child about what they have learned about.

- **We are all special.**
- **I can say one good thing about myself.**
- **I can say how I feel.**
- **I can laugh and have fun.**
- **I know what to do if I see anyone being hurt.**
- **I understand that rights match responsibility.**
- **I try to stand up for myself and others without hurting others**
- **I try to be just and fair.**
- **I can tell you how I look after myself.**
- **I think before I make choices that affect my health.**
- **I can work, play, rest and pray each day.**
- **Simple things can make us happy.**
- **I try to love others as I love myself.**
- **I try to follow our school and classroom rules.**
- **I know I belong in a community that includes my school.**
- **I know we are happiest when we are united.**
- **I listen to what you say. I show that I am listening to you.**
- **I co-operate with others in work and play.**
- **I try to use words that make the world a better place.   (Please, sorry, thank you)**
- **I try to appreciate the beauty and the wonder in the world around me.**
- **I know that it is ok for me to make mistakes.**
- **I can learn from my mistakes and failures.**
- **I try to keep going when things are difficult and not give up hope.**
- **I know what humility means.**
- **I know when to ask for help and who to ask for help from.**
- **I can recognise comfortable and uncomfortable feelings.**
- **I know how to help others when they are in trouble.**
- **I understand what trust means**

o **I try to forgive people when they hurt me.**

o **I try to accept forgiveness from others.**

o **I know how to show I am sorry.**

o **I understand the importance of peace.**

o **I know what human dignity means and I show that I respect others.**

o **I stand up for people who are being treated unfairly.**

o **I notice that we are the same and we are different.**

o **I try to be accepting of others.**