Overview of YOU CAN DO IT (YCDI) at Gowrie State School

5 Key Foundations:
  • Confidence
  • Persistence
  • Organisation
  • Getting along
  • Emotional resilience

12 HABITS

Accepting Myself
Taking Risks
Being Independent
I Can Do It
Giving Effort
Working Tough
Setting Goals
Planning My Time
Being Tolerant of Others
Thinking First
Playing by the Rules
Social Responsibility

<table>
<thead>
<tr>
<th>2011</th>
<th>Term 1</th>
<th>Term 2</th>
<th>Term 3</th>
<th>Term 4</th>
</tr>
</thead>
<tbody>
<tr>
<td>Key Foundation</td>
<td>Getting Along</td>
<td>Persistence</td>
<td>Organisation</td>
<td>Resilience</td>
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</tbody>
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Gowrie Star: 5 (R’s) Values
Respect, Resilience, Responsibility, Relationships, & Rigour
A Gowrie Star is someone who displays one of the 5 (R) Values: Respect, Resilience, Responsibility, Relationships, & Rigour.

The story: “The Boy Who Cried Wolf”

School Motto: Dignity In Work & Play

The Values we have chosen to fit in with our school motto and consolidate the YCDI program are:
- Respect
- Resilience
- Responsibility
- Relationships
- Rigour

These stories shape our Beliefs; ie: What we think about life, and what it teaches us about life.

These stories shape our Values; ie: What we think is ethically good and of importance.

Values shape our actions. The actions that we require are quality behaviours/habits, (virtues).
Habits
• Being tolerant
• Thinking first
• Playing by the rules
• Social responsibility
• Accepting myself
• Taking risks
• Being independent
• I Can Do It
• Giving effort
• Working Tough
• Setting Goals
• Planning My Time

Virtues
• Honesty
• Considerate
• Honour
• Integrity
• Tolerant
• Courteous
Habits
• Being tolerant
• Thinking first
• Playing by the rules
• Social responsibility
• Accepting myself
• Taking risks
• Being independent
• I Can Do It
• Giving effort
• Working Tough
• Setting Goals
• Planning My Time

Virtues
• Creative
• Determined
• Excellence
• Effort
• Perseverance
• Doing our best
Habits
- Being tolerant
- Thinking first
- Playing by the rules
- Social responsibility
- Accepting myself
- Taking risks
- Being independent
- I Can Do It
- Giving effort
- Working Tough
- Setting Goals
- Planning My Time

Virtues
- Enthusiastic
- Confident
- Courageous
- Patient
- Flexible
- Detachment
Habits
• Being tolerant
• Thinking first
• Playing by the rules
• Social responsibility
• Accepting myself
• Taking risks
• Being independent
• I Can Do It
• Make an effort
• Working Tough
• Setting Goals
• Planning My Time

Virtues
• Caring
• Friendly
• Cooperative
• Compassionate
• Unity
• Trust
Habits
- Being tolerant
- Thinking first
- Playing by the rules
- Social responsibility
- Accepting myself
- Taking risks
- Being independent
- I Can Do It
- Giving effort
- Working Tough
- Setting Goals
- Planning My Time

Virtues
- Diligent
- Reliable
- Safe
- Initiative
- Commitment
<table>
<thead>
<tr>
<th>Targeted Virtues</th>
<th>Anticipated Behaviours</th>
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</table>
| **Considerate**  | • Respect other people’s needs & feelings  
|                  | • Feel other people’s needs are as important as your own  
|                  | • Stop & think how your actions will affect others  
|                  | • Are quiet when people are concentrating  
|                  | • Think of little things which bring others happiness.  
|                  | • Respect other people’s needs & feelings  
| **Courteous**    | • Remembering your manners  
|                  | • Waiting and taking your turn  
|                  | • We make requests instead of demands  
|                  | • Greeting people pleasantly with eye contact and a smile  
|                  | • Instead of interrupting we say excuse me  
| **Integrity**    | • Do as I do  
|                  | • Set examples for others to follow  
|                  | • Set realistic timeframes to follow  
|                  | • Demonstrates honesty  
|                  | • Consistent behaviours to increase confidence in others  
| **Tolerant**     | • Are open to differences  
|                  | • Are free of prejudice  
|                  | • Don’t complain when uncomfortable conditions can’t be helped  
|                  | • Forgive others instead of holding grudge  
|                  | • Focus on changing yourself when a relationship isn’t right  

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<tr>
<td>Honour</td>
<td>• Keep your agreements</td>
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<tr>
<td></td>
<td>• Speak respectfully to others</td>
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<td></td>
<td>• Do what you believe is right no matter what</td>
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<tr>
<td></td>
<td>• Set a good example for others</td>
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<td></td>
<td>• Avoid doing things which make you feel ashamed</td>
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<tr>
<td>Creative</td>
<td>• Discover your gifts</td>
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<tr>
<td></td>
<td>• Use knowledge and training to develop your gifts</td>
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<td></td>
<td>• Use your imagination</td>
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<td></td>
<td>• Think of new ways to do things</td>
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<td></td>
<td>• Do things in your own, unique way</td>
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<tr>
<td>Determined</td>
<td>• Believe what you are doing is important</td>
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<td></td>
<td>• Set goals for your self</td>
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<td></td>
<td>• Focus your attention on what you are doing</td>
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<td></td>
<td>• Resist being distracted</td>
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<tr>
<td></td>
<td>• Finish what you started</td>
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<tr>
<td>Excellence</td>
<td>• Give your best to whatever you do</td>
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<tr>
<td></td>
<td>• Give your best to relationships</td>
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<td></td>
<td>• Remember to plan and practice</td>
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<td></td>
<td>• Don’t try to do everything</td>
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<td>• Develop your own gifts</td>
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| **Effort**       | • Greets work requests with enthusiasm rather than moaning  
|                  | • Reward effort, not lack of effort.  
|                  | • Children articulate expectations so they know what is required.  
|                  | • Reward successes.  
|                  | • Have students acknowledge their peers success.  
| **Perseverance** | • Does not quit easily  
|                  | • Focused and works towards goal  
|                  | • Energy directed towards goals.  
|                  | • Demonstrates capacity to endure  
|                  | • Establishes routines quickly.  
| **Doing Our Best** | • Doing the right thing when no one is watching  
|                  | • Our standard of operating is excellence.  
|                  | • Knowing our behaviours influence others  
|                  | • Take responsibility for your actions  
| **Diligent**     | • Careful approach to work  
|                  | • Positive work ethic  
|                  | • Monitors activities to guard against laziness  
|                  | • Good use of time  

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| Reliable         | • Agree to do things that help others  
|                  | • Make promises you can keep  
|                  | • Treat your agreements seriously  
|                  | • Plan ahead  
|                  | • Finish on time  
|                  | • If obstacles occur find another way to keep your promise  
| Safe             | • Adapts quickly to a changing environment  
|                  | • Efficient use of resources  
|                  | • Complies with safe behaviours  
|                  | • Follows safety rules  
| Commitment       | • Has a purpose to what they are doing  
|                  | • Trustworthy  
|                  | • Keeps promises  
|                  | • Keeps agreements  
| Initiative       | • Readiness to start new work  
|                  | • Desire to accomplish something for someone else  
|                  | • Considering alternatives to solving a problem  
|                  | • Puts forwards alternative solutions for problems  
|                  | • Ability to act without constant supervision  

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| **Caring**       | • Treat others and yourself with care  
|                   | • Handle things carefully  
|                   | • Work with enthusiasm and excellence  
|                   | • Treat your body with respect  
|                   | • Let people know that what they are saying is important |
| **Friendly**     | • Show caring when a friend needs you  
|                   | • Smile and greet people with courtesy  
|                   | • Have the courage to introduce yourself  
|                   | • Show an interest in others  
|                   | • Ask people about themselves |
| **Cooperative**  | • Helpful  
|                   | • Willingly works with others for a common purpose  
|                   | • Works for the benefit of others  
|                   | • Willing to adjust personal differences |
| **Compassionate**| • Notice when someone is hurting or needs a friend  
|                   | • Listen and try hard to understand  
|                   | • Help people and animals in need  
|                   | • Care enough to stop what you are doing to help someone  
<p>|                   | • Forgive people when they hurt you |</p>
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| Unity            | • See the gifts in difference  
                     • Refuse to join in when others see prejudice  
                     • Solve conflict through listening  
                     • Care for living things  
                     • Treat all people as equals |
| Trust            | • Believe there is some good in everything that happens  
                     • Know that your best is good enough  
                     • Don’t nag, worry, or try to take control  
                     • Trust others unless you have good reasons not to  
                     • Look for a lesson in painful experiences |
| Enthusiastic     | • Let yourself enjoy looking forward to something  
                     • Smile, laugh and enjoy what you do  
                     • Think of imaginative ways to get things done  
                     • Think positively, look on the bright side  
                     • Give a 100% to what you are doing |
| Confident        | • Remember you are worthwhile whether you succeed or fail  
                     • Are willing to try new things  
                     • Discover your talents  
                     • Learn from your mistakes  
                     • Think positively |
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| **Courageous**   | • Do what you know is right even when it is scary  
|                  | • Admit mistakes and learn from them  
|                  | • Are willing to try new things  
|                  | • Ask for help from others  
|                  | • Go ahead and do something you want to even if you feel scared  
| **Patient**      | • Calmly tolerate a delay or confusion  
|                  | • Are willing to wait for things you want  
|                  | • Set goals and stick with them until they are completed  
|                  | • Are gentle with others when they make mistakes  
|                  | • Do something now that will help you in the future  
| **Flexible**     | • Being open to change  
|                  | • Being prepared not to have your own way  
|                  | • Being willing to change your mind  
|                  | • Take into account other’s ideas  
|                  | • Questioning why we do things the same way each time  
| **Detachment**   | • Take time out before doing something  
|                  | • Look at your feelings before deciding how to act  
|                  | • Choose to do what is right  
|                  | • Controls temper  

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