

# How are you feeling today? How has your week been?



We learn together

We belong to this community

We are proud of ourselves and each other

We have consistently high expectations



We belong to this community

# What does it mean to be part of HCCS?

WATCH YOUR **THOUGHTS**,  
FOR THEY BECOME **WORDS**.  
WATCH YOUR **WORDS**,  
FOR THEY BECOME **ACTIONS**.  
WATCH YOUR **ACTIONS**,  
FOR THEY BECOME **HABITS**.  
WATCH YOUR **HABITS**,  
FOR THEY BECOME **CHARACTER**.  
WATCH YOUR **CHARACTER**,  
FOR IT BECOMES YOUR **DESTINY**.



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## The Optimist

### Promise Yourself

To be **SO STRONG** that nothing can disturb your peace of mind.

To talk health, happiness and prosperity  
to every person you meet.

To make all your friends feel that there is something  
in them.

To look at the **sunny side of everything** and make your  
optimism come true.

To **think** only of the best, to **work** only for the best and to  
**expect** only the best.

To be just as enthusiastic about the **SUCCESS** of others as you are  
about your own.

To forget the mistakes of the past and press on to the  
**GREATER ACHIEVEMENTS** of the future.

To wear a cheerful countenance **AT ALL TIMES** and give every living  
creature you meet a smile.

To give so much time to the improvement of yourself that you have  
**NO TIME** to criticize others.

To be too large for worry, too noble for anger, too strong for  
fear, and **too happy** to permit the presence of trouble.

# Thinking positively...

## The Optimist

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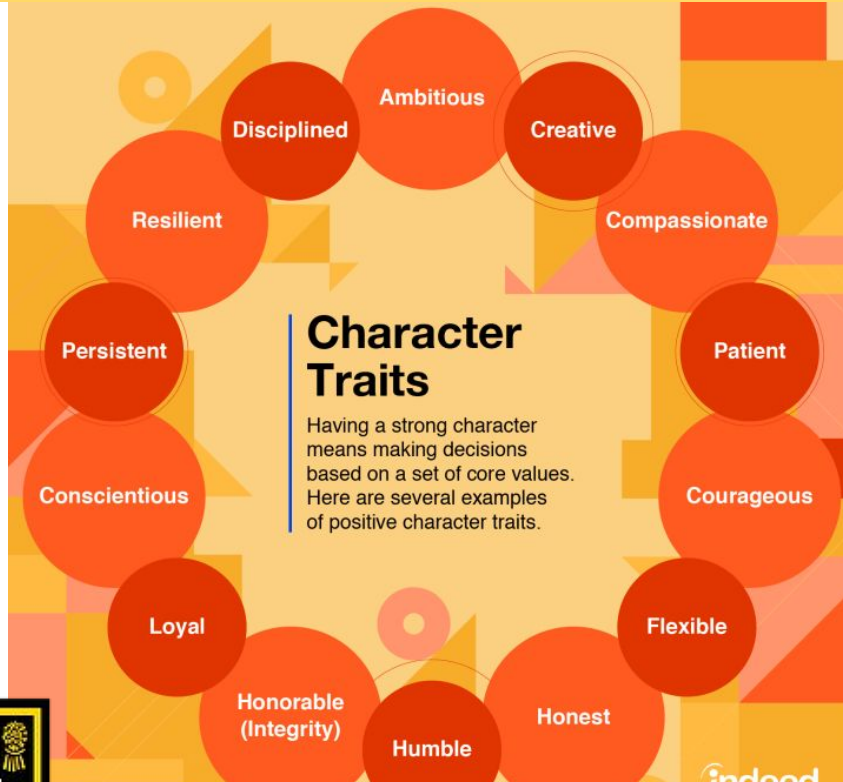
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# Behaving positively...



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# What is the impact of your behaviour?

Social and Emotional Impact

Physical Impact

Academic Impact



# What is bullying?

‘The **repetitive, intentional hurting** of one person or group by another person or group, where the relationship involves an **imbalance of power**. Bullying can be physical, verbal or psychological.

It can happen face to face or online.’



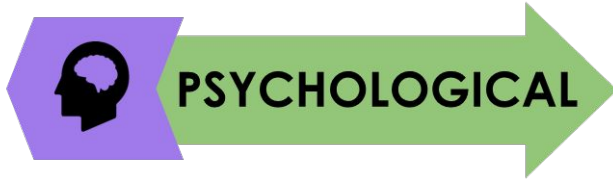
# What is bullying?



Includes hitting, kicking, tripping, pushing or purposefully damaging other people's property.



Includes name-calling, threatening, teasing, saying nasty or rude things to someone.



Includes spreading lies about someone, playing nasty jokes or excluding people.



Includes hurtful comments / messages / posts, excluding on purpose, spreading nasty gossip and imitating others online.



# What is the impact of your behaviour?

**Take a moment  
to consider ...**

**1**

Two times you have  
reached out to someone in  
need

**2**

Two times someone has  
reached out to you when  
you needed help



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# What should you do if see unkind behaviour or evidence of bullying?

reach  
out



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