



## 'The 7 Habits'

### Habit 1: Be Proactive

I am responsible for my own learning and actions.

*I am a responsible person who takes initiative and chooses my actions, moods and attitudes. I do the right thing, even when no one is looking. I do not blame others for my wrong choices and actions.*

### Habit 2: Begin with the End in Mind

I plan ahead and set goals. I understand the importance of learning for life.

*I do things that have meaning and make a difference. I am an important part of my classroom and my school.*

### Habit 3: Put First Things First

I focus and concentrate on work first and then on play.

*I spend my time on the things that are most important. This means I say no to things I should not do. I set priorities, make and follow a plan. I am disciplined and organised.*

### Habit 4: Think Win-Win

I am positive, resilient and work with others to solve problems creatively.

*I want everyone to be successful. I do not put others down to get what I want. I look for solutions to problems, am kind, considerate and show respect for others.*

### Habit 5: Seek First to Understand, then to be Understood

I listen first and then talk. I celebrate difference and respect myself and others.

*I listen to other people's ideas and feelings. I try to see things from their viewpoints. I listen to others without interrupting. I share my opinions and ideas.*

### Habit 6: Synergize

I work and learn with others and take pride in my achievements and environment.

*I value other people's strengths and learn from them. I know that everyone needs to get better at something. Working in groups can help to create better ideas.*

### Habit 7: Sharpen the Saw

I know how to look after myself and be the best that I can be.

*I take care of my body by eating well, exercising and getting sleep. I spend time with my family and friends. I learn in lots of ways and lots of places, not just at school. I take time to help others.*

Welcome back to Queen Edith Primary School. We hope you have had a lovely summer holiday and are looking forward to the term ahead.

This year our school year is starting a little differently! This year, we are embarking on an exciting new journey. Since January 2019, all staff have been taking part in training based on Stephen Covey's 'Seven Habits of Effective People.' This year we are going to be sharing these habits with the children and incorporating them into our curriculum. Our aim is to develop skills that will promote learning for life and develop leaders of the future.

During the first eight days of this school year, each class will be introduced to the '7 Habits.' Each day, we will focus on a different habit. The children will take part in a range of activities which will encourage them to think about and use the specific vocabulary related to each habit. This will help us all to set high expectations for the year ahead.

Today we started with Habit 1 –



## Be Proactive

It's been a great day back at school and the children have worked hard to take on board all the new information and routines they will need to follow this year.

Each class has spent some time unpicking this first habit and what it means to be proactive. Oliver, in Year 6 says "It's doing things without needing to be asked." Mia then added "You're responsible for your actions."



Maybe you could ask your child what is being proactive? Can they tell you what they have learnt today and how they could be proactive at home?

