

# What are values?

- Values are things that are important to us. Values should help to motivate us and guide the decisions we make when we are learning, playing and teaching.
- There are many different values, but the following values are particularly important here at Mount Annan Public
- School.

  These core school values are relevant to all members of our school community.

Kindness, Respect, Growth, Empathy, Honesty,
Responsibility, Confidence, Determination, Gratitude,
Equality, Courage, Integrity and Forgiveness

#### **KINDNESS**

## KINDNESS



Being kind is listening, feeling, and understanding others' needs and trying to help them. For example, you might help someone get up if they have fallen over and ask them "Are you ok?"



#### **RESPECT**

## RESPECT



Respect means treating other people the way you would like to be treated, and acknowledging the thoughts and opinions of others.





#### GROWTH

## GROWTH



Personal growth is about how you understand yourself and what you can do. You are actively growing and improving in all areas of your life.





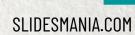
#### **EMPATHY**

## **EMPATHY**



Empathy is being able to understand how someone else is feeling. It is is being able to know how someone else is feeling, even when you aren't in the same situation.





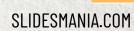
#### **HONESTY**

## HONESTY



When you are honest, you speak the truth, it means you do not lie, cheat or deceive others.





#### **RESPONSIBILITY**

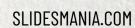
#### RESPONSIBILITY



Responsibility means making good choices, and taking accountability for your actions.

You do the things you are supposed to do and accept the results of your actions.





#### CONFIDENCE

## CONFIDENCE



Confidence means feeling sure of yourself and your abilities.

Confidence isn't about feeling superior to others. It's a quiet inner knowledge that you're capable. A feeling of trust and belief in yourself or others.



#### **DETERMINATION**

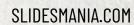
## **DETERMINATION**



Determination is never giving up,
no matter what! A determined
person decides to do something,
and then does it!

Overcoming obstacles in order to
reach your goal.





### **GRATITUDE**

## GRATITUDE



Gratitude is the ability to notice and appreciate the things that we often take for granted, like having a place to live, food, clean water, friends, family, even computer access.





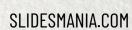
## **EQUALITY**

## EQUALITY



Equality refers to the right of every individual to equal treatment and opportunities, regardless of factors like gender, race and social position. people have the same rights and opportunities regardless of what they look like or where they come from.





## COURAGE

## COURAGE



Courage involves making good choices in the face of fear or obstacles. It's another term for bravery.





#### **FORGIVENESS**

## **FORGIVENESS**



Forgiveness is the choice that a person makes to forgive another person. You're refocusing your thoughts on positive emotions; perhaps even feelings of understanding, empathy, and compassion toward the person who hurt you.



#### **INTEGRITY**

## INTEGRITY



Integrity is the ability to act in ways that are consistent with your values and beliefs. It's about doing the right thing, even when no one is watching; and about courage, honesty, and respect in one's daily interactions.



