

School-wide Expectations



Kirschen Elementary - Home of the Panthers!

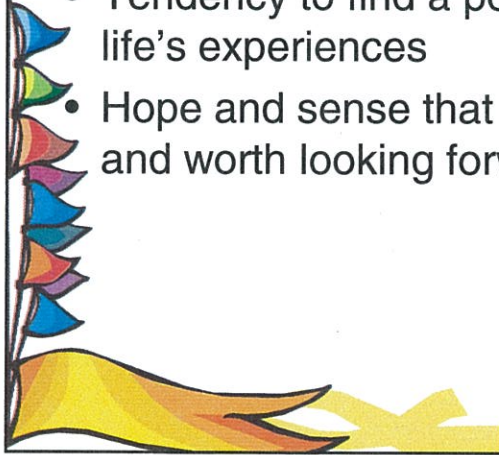
Our School-wide Rules Are:



BE:
Respectful
Optimistic
Accepting
Responsible

Optimism

- A sense of a positive future
- Tendency to find a positive meaning in life's experiences
- Hope and sense that the future is positive and worth looking forward to



Optimism

- Encourages greater persistence (never giving up) in the face of obstacles, which, in turn, is likely to result in greater success
- Optimism helps you be mentally healthy and protects you against depression (feeling sad, crying) and anxiety (feeling nervous, biting your nails, stomach hurts)

“Whether you think you can or you can’t. . .
you are right.” - Henry Ford

“If you realized how powerful your thoughts
are, you would never have a negative
thought.”

Examples

- Glass is half full or half empty
- “I am going to fail this test” vs. “I will pass this test.”
- “I am not smart” vs. “I am a smart student who is capable of learning every day.”
- “This day is going to be horrible” vs. “It is going to be a wonderful day!”