

Student promises

Parent or guardian: read these promises with your child. Discuss what each promise looks like at school and at home.

Student name

Grade

My promises

1. I promise to be the very best young person I can be.
2. I promise to be a good learner, to ask questions when I do not understand something, and to share what I know with others.
3. I promise to be respectful, kind and helpful to my schoolmates, my teachers, my family, and the people I meet wherever I go.
4. I promise to pay attention to how I am feeling and behaving. I promise to try to understand how other people are feeling and why they act the way they do.
5. I promise to be responsible for my behavior, to think before I act, and to choose the best solution to a problem without fighting or yelling. I promise to listen to other people's opinions.
6. I promise to eat healthy foods, get a good night's sleep, do my homework, and play.
7. I promise to take good care of my mind and my body.
8. I promise to remember that I am a good person and that I like myself.

I have read and discussed these promises with my child.

Acknowledgment and signature

Parent or guardian printed name

Date

Parent or guardian signature

Student signature or mark
