

Teaching Manifesto

I treat every child in my class with respect, dignity and trust, even when they test my patience and I am exhausted

I recognise that the child who rejects me the most is the child who needs me the most

I pay attention to the underlying message behind a child's behaviour

I use my voice wisely, speaking with clarity to both children and adults and modulating the tone of my voice

I am aware that the way I speak about a child influences the way they are perceived by others and therefore I use positive language

I use empathy as part of all my daily interactions, with children, parents and colleagues

I know that there will be times where I need strong boundaries and that it's ok to ask for support from others

I stand in my power as a teacher knowing that the actions I take and words I use will be internalised by the children I teach

I attend to my own emotional wellbeing through good self-care practices such as healthy sleep and eating patterns, limited screen time, relaxation and exercise

I take care to have people in my life who love, support and nurture me

On the days when the workload is so demanding that I want to cry I show up anyway and know that 'this too shall pass'

I make it a priority to bring my joy, playfulness and love of life to the classroom everyday

I am aware of the times when perfectionism becomes a burden and I know when I need to step away from this unhelpful pattern

