

BOSMERE HEARTS VALUES



The *Hearts Values* describe the attitudes we promote.
It's what we try to be in our hearts that matters.
Be.....

HEARTS Value	Characteristics	Golden Rule
Healthy H	<ul style="list-style-type: none"> • Make good choices with your diet, exercise and lifestyle • Make sure you get enough sleep • Talk about your feelings and challenge negative thoughts • Ask for help if you have a problem • Balance screen time with other leisure activities • Know how to relax and unwind • Have fun, smile and laugh 	<i>Make sensible choices</i>
Empathetic E	<ul style="list-style-type: none"> • Connect with friends and family • Help others whenever you can • Be thankful for all the things you have • Contribute positively to the school and wider community • Understand the consequences of your behaviour and actions on others 	<i>Be polite and kind to others</i>
Ambitious A	<ul style="list-style-type: none"> • Learn new things every day • Be mindful and take notice of what is happening around you • Set goals for yourself and embrace your wishes and dreams • Try to be the best version of yourself 	<i>Always do your best</i>
Respectful R	<ul style="list-style-type: none"> • Treat people how you would like to be treated • Respect the beliefs and cultures of others • Value your own and other people's view points • Be polite and considerate towards all others • Demonstrate good manners at all times • Take care of the environment 	<i>Listen to others and follow adults' instructions</i>
Trustworthy T	<ul style="list-style-type: none"> • Know the difference between right and wrong and how to apply this in your life • Be someone who can be relied upon to tell the truth • Do the right thing even when others are not watching • Be reliable and true to your word 	<i>Be honest and look after other people's property</i>
Safe S	<ul style="list-style-type: none"> • Know how to keep yourself safe in all situations, including online • Make the right choices • Be mindful for the safety of others • Say 'No' to bullying 	<i>Keep yourself and others safe</i>