

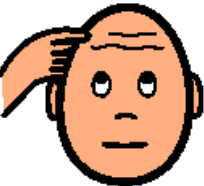



## Matrix of Home Expectations Middle Years – Positive Behaviour Support.

At Home	Expectations	Getting Ready for School	Eating	Hygiene	Bed	With Friends	The Phone/ Internet
<b>Be Safe</b>	<p style="text-align: center;">Be Safe</p> 	We wear clean clothes every day.	We sit down to eat until we are finished.	We wash our hair regularly to keep it shiny and safe from head lice.	We need at least 8 hours sleep every night.	Our parents / carers must always know where we are and we set a time to return home.	I would never message, speak to or send photos to a person I don't know on Facebook.
<b>Be Respectful</b>	<p style="text-align: center;">Be Respectful</p> 	We do what our mum/ dad or carer asks and we help at home.	We use a knife, fork or spoon to eat.	We have a shower or bath every day.	We have a set bed time agreed with our parents or carers.	I will treat my peers as I like to be treated.	My carers need to know what I look at on the internet.
<b>Be Responsible</b>	<p style="text-align: center;">Be Responsible</p> 	We get dressed by ourselves if we can.	We say please and thankyou.	We use deodorant after the shower or bath.	We do not use our phones in bed; it will stop us from sleeping. We leave it in a 'public' place at night.	I look after my own things and care for them and share them with others.	We only text people we know using polite words.
<b>Be a Learner</b>	<p style="text-align: center;">Be a Learner</p> 	We clean our teeth, brush our hair and wash our faces after breakfast.	We try different foods.	On school days we wear school uniform.	Reading a book in bed will help me go off to sleep.	We help our friends when they feel unsafe or have problems.	After an hour of screen time, we have a break.