

# Chatswood High School

INSPIRING EXCELLENCE – ACHIEVING SUCCESS

## Chatswood High School Just Be Kind Curriculum: Directly Teaching Respect, Manners, Gratitude and Resilience

### The Rationale:

We are introducing the Just Be Kind Curriculum because we already do so much well — and we want to go even further to prepare our students for the world ahead. In a smartphone-shaped world where empathy, communication and real human connection are thinning by the day, young people deserve explicit teaching in the human behaviours that help them truly thrive.

Academic achievement matters, but it isn't enough. Employers, universities, families and communities consistently tell us that young people need stronger interpersonal skills, better manners and a deeper understanding of respect, gratitude and resilience. That's why we will teach and discuss everyday respectful behaviours and interpersonal skills — the small, human actions that make the world better.

These simple, powerful behaviours spread goodness, lift others, and strengthen every community our students will one day shape. Our students are stepping into a diverse, hyper-connected world. Teaching these human behaviours equips them to contribute positively wherever they go.

The Chatswood High School Just Be Kind Curriculum adds to the many good things we already do. A young person who treats others well is unstoppable — and teaching these skills helps students succeed and helps society flourish. Our amazing teachers will use appropriate moments in their lessons to talk about manners, respect, gratitude and resilience — naturally, in context, and at the exact times when those lessons matter most. These micro-discussions are tiny, consistent moments of teaching that will have a ripple effect to build enormous positive impact beyond the classroom.

### Manners

- Always saying please and thank you in everyday interactions.
- Holding the door open for the person behind you.
- Giving a friendly wave to drivers when crossing the road.
- Speaking politely to staff, peers and community members.
- Waiting your turn without interrupting.

### Respect

- Reaching out to someone who's standing alone.
- Honouring and embracing every person's uniqueness.
- Giving up your seat on public transport for someone who needs it more, without being asked.
- Listening fully when someone else is speaking.
- Looking out for people who may need support.

### Gratitude

- Thanking someone who helped you.
- Appreciate someone's effort.
- Acknowledging a teacher, coach, parent or friend who made your day easier.
- Showing appreciation by taking care of shared spaces.
- Giving a wave or smile to someone who shows kindness.

### Resilience

- Encouraging others when they try something new.
- Giving someone a boost when the world feels heavy for them.
- Trying again after a setback and modelling persistence.
- Asking for help when you need it — and offering help when others do.
- Staying calm and positive when plans change or challenges arise.

"Interpersonal skills as the currency of career success"

"Our analysis of more than 12 million job ads shows a spike in employers' demand for interpersonal skills after the pandemic."

Research by CSIRO Madeleine Clarke, David Evans 19 January 2024