

'The Ten Commandments of Communication'

'I am my body'

'Our every word and gesture betrays our fullest self.'

FOR REFLECTION:

- The way we talk and the language we employ, our body language and our outward actions, all signify our values and beliefs. *Preach the Gospel at all times, when necessary use words.*
 - How do we desire to be read, understood, perceived, judged and valued? *We can free ourselves from anger and others by forgiving ourselves and them.*
 - Do we reflect the body of Christ in our communication with the world? Or do we betray him by our actions? *To talk of spirituality, love and forgiveness is to talk about our intelligence made visible in our actions.*
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I recognise the importance of articulating myself at all times in a manner that makes our Catholic ethos of Love and Forgiveness visible. I understand that by doing so, I am developing the skills of communication that will enable me to leave STMLC as someone who is free to live out all the Gospel values as an articulate, confident and capable member of society supporting the common good.

I THEREFORE PROMISE TO STRIVE TO KEEP TO THESE COMMANDMENTS:

- 1.) I will only use **acceptable language** that builds up others and myself.
 - Think before using words
 - Think before responding
 - Think about the effect of your words and actions.
- 2.) I will not use **slang or informal language** when communicating in lessons.
 - Make intelligent choices
 - Make a positive impression
 - Aim high
- 3.) I will remember that **tutting or kissing my teeth** is not acceptable.
 - Think about the effect of your actions
 - Make a positive impression
 - Free yourself from anger
- 4.) I will be **supportive** of the learning process. I will never **jeer or make fun** of anyone during lessons.
 - Preach the Gospel
 - Show community spirit

- Intelligence made visible
- 5.) I will enter all classrooms and acts of worship in a **formal, calm and orderly** fashion.
- Respect the learning environment
 - Respect your community
 - Respect yourself
- 6.) Boys – I will wear my **trousers around my waist**. Girls – I will wear my **skirt at an appropriate length**.
- I am my body
 - Self-respect
 - Intelligence made visible
- 7.) I will greet people **politely and with a smile** and **hold doors open** for others.
- Put others first
 - Show community spirit
 - Intelligence made visible
- 8.) I will **speak up** in lessons so that my teacher and others can hear me clearly.
- Be confident
 - Be considerate
 - Be effective
- 9.) I will not **call out or interrupt** when someone is addressing the class.
- Think before acting
 - Be considerate
 - Show community spirit
- 10.) I will learn to be more **patient and tolerant of others** and strive to **love and forgive**.
- Take a deep breath
 - Free yourself from anger
 - Free yourself from frustration