

<b>Class</b>	<b>6th form</b>
<b>School</b>	<b>Anatolia Elementary School</b>
<b>School Psychologist</b>	<b>Sapfo Ichtiaroglou</b>
<b>Teacher</b>	<b>Maria Chatzikefala (Art teacher)</b>
<b>City</b>	<b>Thessaloniki</b>
<b>Country</b>	<b>Greece</b>

## 1. **Connected** - How are we connected to our class/school?

We are not only classmates, we are also friends. We are all of the same age. We spend a lot of time together as a class. Some of us have been together since pre Kindergarten, which is eight years!

We share the school building and our classroom with each other.

A lot of us listen to similar music! K-Pop for the win!

As 6th formers, we have a common goal: the exams for the highschool at the end of the school year. It feels like we all stand together in this effort.

We realize that without understanding, there is tension among us, so we try, even though we are different, to understand each other. If you understand someone, you can understand the reasons behind their behavior.

We support each other.

We collaborate for team work.

We feel more connected when we play sports together. We have tournaments coming up this spring that couldn't happen last year because of the lockdown and we are really excited!

We have our smaller groups of friends, but it does feel like we all belong to the bigger group of the class.

We do know that there has been tension between some of us in the past and even confrontation sometimes, but we have managed to overcome a lot of them.

Even in difficult and challenging situations, we can find positive aspects.

Every student contributes their own personality to the group.

We spend time together outside of school and we have a lot of fun!

## 2. **Accepted and Respected** - What is it in our class/school that makes us feel safe and fosters respect and acceptance by accounting for our different needs?

We respect different opinions.

We mind our manners and our comments to each other and we try to think what impact they might have and how they might make others feel, even if they are made 'secretly'. We are

learning that something we say lightheartedly or even as a bad joke, could potentially create negative feelings and make someone feel left out or even offended and sad.

Some students that joined the school in middle years, shared that they quickly felt like they belonged to the class. "I was shy the first few days, but I felt better and better every day". "I thought I would be alone and that I wouldn't make any friends, but a couple of children approached me and made me feel accepted".

We have learned that when we disagree, it is better that we take some distance from each other, so there are no misunderstandings and fights.

We are learning to respect other people's limits and the difference between 'fun' and 'making fun' of others. If only one side is laughing, then it is not fun, it is making fun of someone.

Even if we are not all best friends with each other, we respect and care for each other, especially when someone is having a hard time.

Sometimes we inevitably clash with each other and even get into fights, but we try to make it up to one another.

### **3. Empowered – What are our strengths as a class/school?**

We protect each other.

We are united and we support each other, especially when someone is going through a hard time. For example, if someone has hurt their leg and they cannot play, some of us will stay out of the game to sit with that person.

We feel that we can easily work together, although we do feel that this is an area that we could improve on. We realize that these past two years have made collaboration and working in groups very difficult, because of all the covid restrictions, but we will work on this and hopefully improve.

Resilience - we are all resilient together.

We understand each other even without words and we support each other.

We care for each other.

We are 'on the same wavelength' - we feel like we are in tune with one another's emotions.

We help each other get through difficult times.

Team spirit!

We feel that we can move on after a 'bump in the road'.

We include new students in the group as if they were always here.

Our teachers recognize that we have come a long way and we have become better in supporting each other.

### **4. Discovering our strengths – How does the class/school contribute to identifying and developing our strengths?**

We feel comfortable speaking in the classroom, although some of us are shyer than others!

When our classmates show us trust, it makes us feel comfortable and helps raise our self esteem.

Helping others can help them discover their strengths.

It gives us courage to discover our strengths. We might know what we are good at, but it feels empowering to discuss them.

We can show our true self at school and that means our strengths too!

Something that helps us see our classmates for who they really are is that we have been through a lot together over the course of the years and we have many shared experiences.

When someone loves you and respects you, this makes you love yourself more.

The positive atmosphere at school makes us want to keep it up and maintain positivity!