Willow Glen Middle School
RAM Way Behavior Expectations Matrix

The **RAM** Way Willow Glen Middle	**Classroom**	**Gym / Locker Room**	**Bathroom**	**Hallways**	**Quad, Grove, Cafeteria**	**Front of Campus, bike cage, back of campus**	**When I feel *upset, anxious, or frustrated…***
R Respect all	• Use materials appropriately • Keep hands, feet, and objects to self • Raise your hand before speaking	• Gently use facilities and equipment • Keep hands, feet, and objects to self • Use your own locker only	• Use a quiet voice • Keep area clean • Wait your turn patiently	• Speak quietly • Be aware of others • Keep hands, feet and objects to self • Allow others to pass	• Use appropriate language • Use manners • Wait in a single file line • Keep hands, feet and objects to self	• Use appropriate language • Avoid others property • Show kindness to all	• Ask for a break • Express feelings by making "I statement"
A Achieve your best	• Ask Questions! •Keep your binder organized •Follow teacher's directions	• Ask questions • Arrive to assigned number on time • Always participate • Wear PE appropriate clothing	• Flush and wash your hands each time • Use during passing period	• Keep supplies in backpack • Walk with a purpose	• Make healthy choices about food • Get your food immediately	• Arrive with time to make it to class •Exit campus after-school, or go directly to commitments	• Ask my teacher to break down the assignment into smaller chunks. • Talk to someone if it will make you feel better
M Make responsible choices	• Bring all supplies • Do your homework and study for tests • Arrive to class on time	• Report incidents • **Lock** belongings in assigned locker • Suit up immediately • Stay within Boundaries	• Use restroom for appropriate business only • Return to class quickly	• Monitor your time • Always walk	• Throw trash away and recycle • Eat in designated areas	• Lock your bike, put skateboard scooter in closet.	•Use cool off strategy (walk away, count to 25, deep breaths)

Example
How to make an 'I statement'

I feel…
frustrated, anxious, upset, confused, angry, sad…

because….

when…

What I need is….
help, space, a break, to speak with someone (counselor) etc.