

# Olympian Pride

## P Patience

Wait, even though it may be difficult

Show self control  
Be Caring Be kind  
Be compassionate and show you care  
Express gratitude  
Forgive others  
Help people in need

## R Respect

Treat others with care  
Consider the learning of others  
Respond to greetings from adults  
Treat others with respect; follow the Golden Rule  
Be tolerant and accepting of differences  
Use good manners, not bad language  
Be considerate of the feelings of others  
Don't threaten, hit or hurt anyone  
Deal peacefully with anger, insults, and disagreements

## I Integrity

Be honest  
Take responsibility for your own actions  
Apologize Be Trustworthy  
Be honest • Don't deceive, cheat, or steal  
Be reliable — do what you say you'll do  
Have the courage to do the right thing  
Build a good reputation  
Be loyal — stand by your family, friends, and country

## D Determination

Do the right thing, even when it is hard  
Make good choices  
Be Responsible  
Do what you are supposed to do • Plan ahead  
Persevere: keep on trying! • Always do your best  
Use self-control • Be self-disciplined

## E Excellence

Be ready to learn everyday  
Do your best  
Think before you act — consider the consequences  
Be accountable for your words, actions, and attitudes  
Set a good example for others Be Fair  
Play by the rules • Take turns and share • Be open-minded; listen to others  
Don't take advantage of others • Don't blame others carelessly • Treat all people fairly  
Be a good citizen Do your share to make your school and community better •  
Cooperate • Get involved in community affairs • Stay informed; vote • Be a good neighbor • Obey laws and rules • Respect authority • Protect the environment  
Volunteer