

Trustworthiness

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 team.

Respect

Treat others with respect; follow the Golden Rule • Be tolerant of differences • **Use good manners, no foul language** • Be considerate of the feelings of others • Don't threaten, hit or hurt anyone • Deal peacefully with anger, insults and disagreements.

Responsibility

Do what you are supposed to do • **Persevere: keep on trying!** • **Always do your best** • Use self-control • Be self-disciplined • Think before you act — consider the consequences • Be accountable for your choices

Fairness

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

SAINTS Cross Country Six Pillars of Character

Caring

Be kind • Be compassionate and show you care • Express gratitude • Forgive others • Help people in need

Citizenship

Do your share to make your school and community better • Cooperate • Get involved in community affairs • **Be a good team member** • Obey laws and rules • Respect authority • Protect the environment