Circle Time

At St Agatha’s, we believe...

- Our school is a place to belong
- Everyone should have a voice
- We need to have the opportunity to develop skills such as self-awareness, building confidence, listening, disclosing feelings, understanding others, promoting good relationships, promoting a sense of well-being, discussing sensitive issues, cooperating with others, valuing others, resolving conflict, solving problems, reflection and meditation

Classes build Circle Time into their weekly schedule to enable these elements to be nurtured in a safe and supportive manner. Sometimes circles are called to deal with specific issues but more importantly and more regularly, circles are employed to build the relationship of the members in a class, in a preventative way.

The Students and Teacher physically sit in a circle formation in the classroom, and activities are chosen that bring out cohesion and belonging. The shape itself suggests that everyone is to be treated equally and that everyone has the right to contribute. Often Prayer Time and Meditation is done in a circle also.

Circle Time is an essential part of the Social and Emotional Learning Program, ‘You Can Do It!’ where all of the facets within the program can be surfaced. There are three key elements in the process of Circle Time:

1. Understanding and Valuing myself
2. Understanding and Valuing others
3. Having positive relationships with others