Choice Theory underpins everything we do at Sunshine Beach State School. Quality relationships are our focus.

Helping our learners understand how and why they behave and how they can take more effective control of their lives is part of every class, every day. Some of the ways we do this are:

- All staff trained in Choice Theory, Reality Therapy and Lead Management principles;
- Implementing our whole school Choice Theory curriculum and class lessons;
- Teaching learners to identify and balance their needs;
- Helping learners grow from requiring co-management to being self-managed;
- Continually evaluating our practices by asking ‘Is what we are doing getting us the Sunshine Seven Outcomes?’;
- Continually evolving our practices towards our Quality Standards in all that we do.

Useful questions that help us to evaluate behaviour choices and plan for change. Try them yourself, or with your kids!

- What do you want? (eg - ‘How do you want the relationship with your sister to be?)
- What are you doing (and thinking) to get what you want? (‘What have you been doing to get along well with your sister?’)
- Is what you’re doing working? (‘Is hitting your sister helping you to get along with her?’)
- What else could you try?
- So, what’s your plan from now on?

SUNSHINE SEVEN

Competent, skilled learner
Life-long learner
Creative and critical thinker
Effective communicator
Happy, confident, self managed individual
Socially responsible citizen
Environmental responsible citizen

SUNSHINE RULES

Care for myself
Care for others
Care for my learning
Care for my school
Choice Theory explains why and how we make choices that determine the course of our lives. Understanding human behaviour at this level gives us the tools to build the life we want to live.

Choosing to move away from using the Disconnecting Habits which destroy relationships to choosing the Connecting Habits is a powerful way to build the relationships we need in our lives.

The strength of my relationship with someone, is exactly equal to the strength of my influence with them.

A Glasser Quality School actively builds quality relationships, encourages quality work from all and provides a quality environment for all learners to achieve at a high level.

A GQS operates with Choice Theory as its Psychological Base.

Some of the core concepts include:

- The only person’s behaviour I can control is my own;
- Behaviour is always purposeful and chosen and is our best attempt at the time to satisfy our Basic Needs;
- I choose everything I do and practically all I think. My emotions and physiology are a direct result of those choices;
- We are always internally motivated by our Basic Needs;
- I can change what I’m doing and thinking if it isn’t getting me what I need;
- Each person is responsible for his / her behaviour;
- All long-lasting psychological problems are relationship problems.