

Arkansas PBIS Coaches' Newsletter

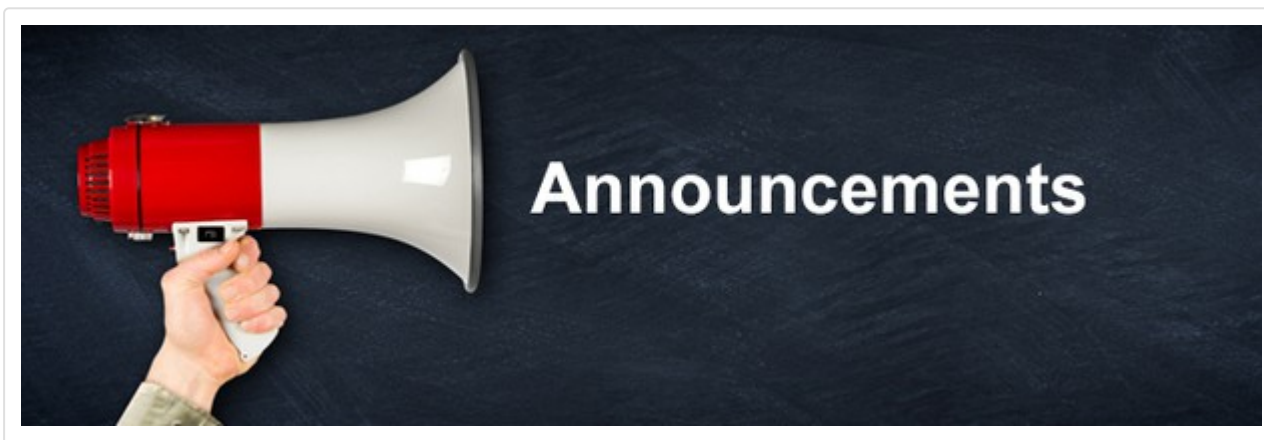
April 2020 - Supporting Staff, Students, & Families

The A-State PBIS Team are keeping you, your family, and your schools in our thoughts as we all navigate through this time together.



In this issue:

- Announcements
- PBIS Resources to Support Students and Families during the Pandemic
- Self-Care Strategies for Reducing Toxic Stress
- Upcoming event - VIRTUAL Sharing & Planning Day on May 12th!



May Workshops at A-State are CANCELLED Please make note that the workshops scheduled at A-State for May 13th and May 21st have been cancelled. These workshops will be offered on-site at A-State in July. Registration for the July events are available through our website by clicking [here](#).

PBIS Sharing and Planning Day on May 12th is going "virtual" this year! For more information on how to register, see the bottom of this newsletter.

Upcoming PBIS Coaches' Networking Session:

- Tuesday 4-21-20
- **NEW TIME!!** 9am-10am Central Time

Join the Zoom Meeting: <https://zoom.us/j/5909116481>



SUPPORTING FAMILIES WITH PBIS AT HOME

Adapted from the Center on PBIS and Center for Parent Information and Resources

Your school has embraced PBIS as a highly effective way to build students' social-emotional-behavioral skills and reduce challenging behaviors.

PBIS can be effectively used at **home** too and is especially helpful when events disrupt normal routines (e.g., worldwide health pandemics, natural disasters, extended breaks).

Your students are used to seeing a chart with desired behaviors at your school, including a description of how those behaviors will look in each setting. For example, your school might ask students to "Be Respectful" in the classroom by raising their hand before speaking. These can be adapted by families to fit the home setting. Examples of an expectations matrix for home is below.

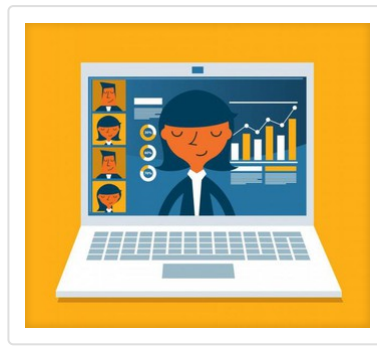
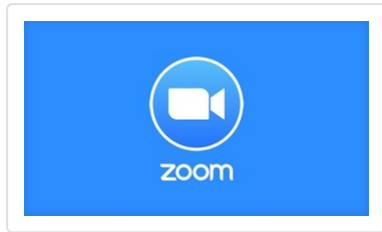
HOME EXAMPLE	Virtual Classroom	Mealtime	Bedtime
Be Respectful	Keep background noise to a minimum when engaged in lesson	Be kind to family members during conversation Put dishes in the sink	Be polite when reminded about bedtime
Be Responsible	Do your best work Turn in your homework when its due	Wash your hands before helping with meal preparation and/or eating	Go to bed on time
Be Safe	Keep open drink away from computer keyboard	Keep feet on the floor	Wash your hands before brushing your teeth

ACTIVITY:

Behavior Matrix at HOME!

Take your school-wide behavior expectations (e.g., SOAR, ROAR, CHOMP, Be Ready, etc.) and create a maxtrix for your students to use at home. The above example gives "settings" that might be helpful during this time while students are learning at home.

A template for creating a home behavior matrix is available on the CCE PBIS website and can be found by clicking [here](#). Click on the first resource on the left-side of the screen called "Behavior Expectation Matrix". The document is a Word document template that you can use to design your own matrix.



CREATING A PBIS BEHAVIOR TEACHING MATRIX FOR REMOTE INSTRUCTION

Author: Center on PBIS

This article offers tips for maintaining continuity of learning through defining classroom expectations for remote (i.e., distance) instruction and online learning environments.

With a few adaptations, teachers can use a PBIS framework to make remote learning safe, predictable, and positive. PBIS is an evidence-based framework for improving school climate, social-emotional competence, and academic achievement, and decreasing unsafe behavior in schools (Lee & Gage, 2020). Just as in a brick and mortar school, PBIS can be used to make virtual (i.e., online) education more effective.

For access to the entire article found on pbis.org, click [here](#).

SELF-CARE STRATEGIES FOR REDUCING TOXIC STRESS



For many of us, the difference between this global pandemic and other tragic events we see on the news is that we cannot simply change the channel and return to our normal lives. In a very real sense, COVID-19 has undone normalcy. Schools and businesses are closed. We can't go to the grocery store without a mask and gloves. The world has become a very different place.

Prolonged stress can become toxic, and toxic stress can impact our health—and our body's ability to fight disease. Self-care is always important—but in light of this public health crisis, it has become absolutely crucial. Part of PBIS is promoting safety, and to stay safe right now requires that we adults learn to practice self-care so that we can teach and model for our students how to take care of their mental health.

Self-Care is, ultimately, about learning to calm your nervous system. The same strategies that work for adults will work for students, too. As a PBIS coach, model these for your teams.

Share them with your faculty, staff, parents, and students. If you're sending home a PBIS behavior matrix for remote learning, consider adding some of these strategies to the matrix:

- **Breathe deeply.** Try this--breathe in through your nose for four counts. Hold it for seven counts. Breathe out through your mouth for eight counts. Be sure you're taking belly breaths--your belly should expand. If your shoulders rise while you're taking a breath, your lungs are only filling halfway! Do this at least three times, and you should feel your body start to relax.
- **Take a walk.** Exercise of any kind reduces stress, but if you can exercise while enjoying nature, you get bonus points for your relaxation. Taking a walk outside is good for both your mental and physical health.
- **Sing.** Singing--even really bad singing--improves your mood. It is hard to feel stressed while belting out your favorite showtunes. Add a little dance to your performance for extra stress relief.

There are all kinds of ways to calm your nervous system. Learn what works for you--and help your students learn what works for them. This is a life skill that we all need for the sake of our mental health.



PBIS Annual Sharing & Planning Day!

WHEN

Tuesday, May 12th, 9am-12pm

WHERE

This is an online event.

MORE INFORMATION

REGISTRATION IS FREE! Click here to register

WE'D LOVE FOR YOUR PBIS TEAM TO PRESENT!

Your PBIS team is invited to share a brief presentation on how PBIS implementation has gone at your school during the 2019-2020 school year, including strategies you have used to improve your PBIS framework and create a more positive school climate.

Presentation Format

- PowerPoint presentation with approximately 10-15 slides.
- Be creative!

Guiding Questions (use these to think about while putting your presentation together, so that you can share with other schools some of the lessons you've learned in creating and sustaining School-Wide PBIS)

1. What did you do to make sure students learned your behavior expectations?
2. How do you know PBIS is making a difference at your school?
3. How has PBIS impacted the way your school deals with misbehavior?
4. What did you do to get (and keep!) your staff on board with PBIS?
5. What does PBIS look like in your classrooms?
6. How have you involved your community in PBIS?

Submission Information

- Send your completed PowerPoint presentation to **Tamara Williams** tawilliams@astate.edu by **May 5, 2020**.
- A detailed agenda will be sent out by **Friday, May 8** with the order of presentation and zoom meeting id number.




Contact us!

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