

Arkansas PBIS Coaches' Newsletter

August 2020 - Adapting PBIS to New Situations



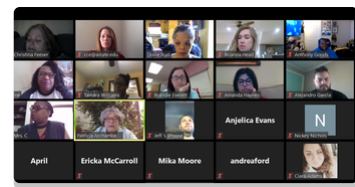
In this issue:

- Coaches' Networking Session information
- Adapting PBIS to new situations
- Examples of adapting behavior matrices for new situations
- Teaching and reviewing expectations in a remote setting
- Acknowledging appropriate behavior in a remote setting
- Additional resources

August 11th: PBIS Coaches' Networking Session: 10am to 11am

Don't miss out on a chance to network with the amazing PBIS Coaches throughout Arkansas!

Anne Merten and Becky Hegger will introduce and lead coaches through the new PBIS guide on [Returning to School During and After Crisis](#).



Join the Zoom Meeting on August 11th using this link:

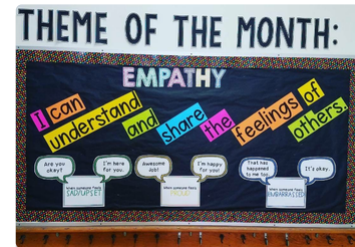
<https://zoom.us/j/5909116481>

Adapting PBIS to New Situations

PBIS is a Flexible Framework

PBIS is all about being proactive and positive: preventing escalating behavior by teaching, modeling, and reinforcing the behavior that we want to see.

- The way we deliver lessons and acknowledge students may be different, but the *intent* is the same.
- Encourage and teach families how to create and use a behavior matrix at home.
- Teachers will also need more support and encouragement.



This year has been difficult in many ways. We may have to enhance our behavior lesson plans.

- Students and teachers may have been exposed to a lot of turmoil and trauma and finding ways to infuse EMPATHY into our teaching and interactions is more important than ever.
- Having new and often difficult conversations may require us all to learn how to LISTEN more openly and intently.




Examples of Behavior Matrices

Below are examples of some behavior expectations that may need to be taught for remote learning and in-school learning. Additionally, there is an example of a matrix that families may find helpful for making in-home learning more successful. [Click here for behavior matrix examples on our website.](#)

Behavior Expectations for Remote Learning Settings

REMOTE LEARNING	Entering class	Teacher-led whole group instruction	One-on-one instruction	Whole-group discussion	Small group/breakout room discussion
Be Responsible	<ul style="list-style-type: none"> • Be on time • Have all materials close by 	<ul style="list-style-type: none"> • Answer polls immediately • Answer questions in chat when asked 	<ul style="list-style-type: none"> • Stay present, on task • Listen attentively • Answer questions 	<ul style="list-style-type: none"> • Participate! • Stay present, on task • Listen to others 	<ul style="list-style-type: none"> • Use chat as instructed • Keep conversations on topic
Be Respectful	<ul style="list-style-type: none"> • Audio off • Video on • Say good morning in the chat (first 5 minutes)! 	<ul style="list-style-type: none"> • Audio off • Video on • Use the chat to ask questions 	<ul style="list-style-type: none"> • Audio on • Video on 	<ul style="list-style-type: none"> • Audio on • Video on • Use the chat to ask to speak 	<ul style="list-style-type: none"> • Audio on • Video on • Include others • Encourage others
Be Safe	<ul style="list-style-type: none"> • Keep drinks and food away from technology • Keep private things hidden from view • Use equipment as instructed 	<ul style="list-style-type: none"> • Use chat to ask for help • Use kind words and faces 	<ul style="list-style-type: none"> • Use kind words and faces 	<ul style="list-style-type: none"> • Use kind words and faces • Leave kind comments in chat 	<ul style="list-style-type: none"> • Use kind words and faces • Report disrespectful behavior to teacher

Expectations for In-School Behavior (for COVID-19 safety)

IN-SCHOOL BEHAVIOR EXPECTATIONS	Examples of posters to remind everyone of the new expectations	School-wide and in-class behaviors
Be Responsible		<ul style="list-style-type: none"> • Wear a mask to school • Keep hands to yourself • Keep all your materials to yourself • Avoid touching other people's materials
Be Respectful		<ul style="list-style-type: none"> • Be kind to each other • Be patient when activities take longer than usual • Maintain a safe distance of 6 feet from others • Wear your mask, except while eating
Be Safe		<ul style="list-style-type: none"> • Wash hands for at least 20 seconds • Avoid touching your mask or your face • Use hand sanitizer often • Tell teacher or nurse if you don't feel well

Family Behavior Matrix for In-Home Learning Days

FAMILY BEHAVIOR MATRIX for school days	Morning Routine	Virtual Learning Time	Lunch and Breaks	Evening Mealtime	Evening Routine
Be Responsible	<ul style="list-style-type: none"> • Wake up on time • Eat breakfast 	<ul style="list-style-type: none"> • Be on time • Have all materials ready before start time 	<ul style="list-style-type: none"> • Eat a healthy lunch • Get some exercise! 	<ul style="list-style-type: none"> • Help with meal prep or setting table when asked • Eat your food 	<ul style="list-style-type: none"> • Finish assigned lessons • Charge electronics for virtual learning • Brush your teeth!
Be Respectful	<ul style="list-style-type: none"> • Clean up after breakfast • Wear appropriate clothes for virtual learning 	<ul style="list-style-type: none"> • Find a place where you won't disturb others who are also working at home 	<ul style="list-style-type: none"> • Keep noise to a minimum while others are working 	<ul style="list-style-type: none"> • Take turns during conversations • Use utensils • Put dishes in sink or dishwasher • Thank the cook! 	<ul style="list-style-type: none"> • Keep noise to a minimum during quiet time • Go to bed when asked
Be Safe	<ul style="list-style-type: none"> • Wash hands before breakfast 	<ul style="list-style-type: none"> • Keep food and drinks away from keyboard 	<ul style="list-style-type: none"> • Wash hands after exercise and before handling food 	<ul style="list-style-type: none"> • Wash hands before handling food or eating 	<ul style="list-style-type: none"> • Wash hands before brushing teeth • Use electrical cords as instructed

Teaching and Reviewing Expectations in a Remote Setting

We want our students to be successful in their learning environment, so we will need to spend some time at the beginning of the school year teaching routines, procedures, and behavior expectations.

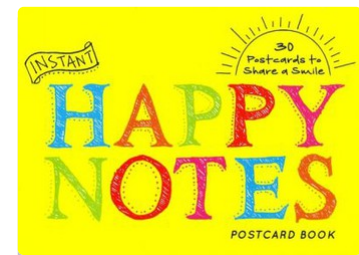
- Creating common expectations across the school and the district could help families with multiple children learning at home.
- Consider including students in creating the new behavior expectations, norms, and class agreements.
- As with in-school behavior instruction, we need to describe why we use the behavior, how we use the behavior, and when we use the behavior.
- Model the behavior and give students opportunities to practice.
- Remind students of the expectations when transitioning to a new setting. This can be done verbally or posted in the chat.
- [Click here for a lesson plan example.](#)

PBIS-Goes Digital (Virtual Expectations)



Acknowledging Appropriate Behavior in a Remote Setting

It's important to find ways to acknowledge students for following the behavior expectations if we want them to continue using these behaviors. It's impossible to know what all is going on at our students' homes, so we may be providing their only positive adult interactions. Below are some ideas for acknowledgments and rewards in a remote setting.



- Offer virtual rewards, such as a FaceTime lunch with the Principal or reading a book to a younger classroom via Zoom.
- Deliver prizes when distributing school lunches.
- Consider rewarding families for positive behaviors.

- Send students postcards with positive messages.
- Use the reaction icons on Zoom.
- Keep a tally of points instead of paper acknowledgments.

- Use private chats.
- Set up a "drive-up" school store for redeeming earned points.
- Create whole-class contingencies to earn whole-class rewards such as silly hat days, virtual karaoke, virtual field trips, etc.

Additional Resources

- [Returning to School During and After Crisis](#)
- [Creating a PBIS Behavior Teaching Matrix for Remote Instruction](#)
- [Supporting Families With PBIS at Home](#)
- Midwest PBIS Network [Keynote: Guidance for Returning to School: MTSS during Uncertain Times](#)
- [Building Relationships with Students Who Have Limited Online Access](#)
- [Guidance on Adapting CHECK-IN CHECK-OUT \(CICQ\) for Distance Learning](#)
- Florida PBIS [Virtual PBIS: Acknowledging Appropriate Behavior](#)
- [PBIS Incentives for Distance Learning](#)



Contact us!


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If you are interested in scheduling a virtual training, check out our services [here](#).

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