

# Arkansas PBIS Coaches' Newsletter

OCTOBER 2020



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## UPCOMING EVENTS

Tuesday, October 20: PBIS Coaches' Networking Session: 2:30 - 3:30 p.m.

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

Join the Zoom Meeting on October 20th using this link: <https://zoom.us/j/5909116481>

## **October 21, 22, 23: Virtual PBIS National Leadership Forum**

The virtual forum is designed to support district and school teams to increase the effectiveness of PBIS implementation. Registration is now open! Click [here](#) for more information.

## **WELLNESS TIPS FOR THE ADULTS IN YOUR BUILDING**

We spend a lot of time talking with teachers and other school staff. What we're hearing more than ever before is that school personnel are tired. They're stressed. They're feeling overwhelmed. And it's no wonder, with so many new realities--masks, social distancing, online learning, hybrid options, quarantine guidelines--in addition to worries about one's own health and safety.

Those who work in the field of education are used to giving selflessly of their time and talents. What they're not necessarily used to is putting self-care on their to-do list--and not just on the list, but at the top of the list. Yet, right now, that is what they need to do. Burnout is a reality in education, and this year threatens to bring end-of-the-year burnout to the beginning of the year. As a PBIS Coach, you are in a position to help the staff in your building learn to relax and let go. But, as on an airplane, you need to put your own oxygen mask on first before you help others.

Here are some **tips** to help reduce your staff's stress and promote wellness and resilience:

- **Make self-care part of the culture of your school.** Talk about it openly. Share ideas. Create time and space for faculty and staff to practice wellness. Put it on your matrix and teach it to students--and encourage faculty and staff to model it.
- **Make self-care intentional.** Create a plan for yourself and encourage others to do the same. You're more likely to do it if you write it down *and* if you tell someone else your plan.
- **Find tools to help you.** There are all kinds of [wellness journals](#) and [apps](#) that you can use to help you on your wellness journey.

## **MORE TIPS FOR FIGHTING TEACHER BURNOUT:**





15 Smart Ways to Fight Teacher ... [www.weareteachers.com](http://www.weareteachers.com)

More than 40% of new teachers will likely leave education within five years. Here are some ways to prevent teacher burnout.

## CULTURALLY RESPONSIVE PRACTICES CORNER

### VIDEO: YOUNG, GIFTED AND BLACK

"This 7-minute video (from the San Diego County Office of Education's Freedom Summer Series) is a symposium of Black students sharing their experiences regarding race and racism in school. Listening to student voices is a critical element in adapting PBIS systems to improve equity in schools."

- [pbis.org](http://pbis.org)

#### Young, Gifted and Black



### EQUITY LEADERS

"Individuals, teams, schools, districts, regions, and state-level stakeholders become culturally responsive along recursive, lifelong journeys. Individually, your journey is uniquely yours. As a teammate, your journey is collective.

Stakeholders use the [four agreements](#) to support conversation about their equity journey. Engaging in deep and honest



examination of who they are, their beliefs and assumptions about the learners and families they serve, as well as what they value and affirm."

- [Wisconsin RTI Center / Wisconsin PBIS Network](#)

THE FOUR AGREEMENTS:

Can we commit to...	
<p><b>Staying Engaged</b></p> <ul style="list-style-type: none"><li>* Listening fully with our ears, eyes, and heart</li><li>* Monitor your distractions</li></ul>	<p><b>Speak Your Truth</b></p> <ul style="list-style-type: none"><li>* Without blame and judgement</li><li>* All voices and perspectives are welcome and honored</li></ul>
<p><b>Expect/Accept Non-Closure</b></p> <ul style="list-style-type: none"><li>* Be open to the experience and each other</li><li>* Building relationships and equity/social justice work takes time</li></ul>	<p><b>Experience Discomfort</b></p> <ul style="list-style-type: none"><li>* Notice moments of discomfort and stay curious</li><li>* We recognize that this is challenging work</li></ul>

## OCTOBER ACTIVITY GUIDE FOR PBIS COACHES

Evaluation	Training	Technical Assistance	Meetings
<ul style="list-style-type: none"> <li>Prompt teams to complete the TFI</li> </ul>	<ul style="list-style-type: none"> <li>Participate in planned team and/or coaches trainings</li> </ul>	<ul style="list-style-type: none"> <li><b>Provide TA to Universal Teams: Yearly Planning Tools</b> <ul style="list-style-type: none"> <li>School-wide data</li> <li>Teaching practices, celebrations, staff data update</li> <li>Fall booster planning</li> <li>Action planning using TFI results</li> </ul> </li> <li><b>Attend A-State: PBIS Monthly Coaching Networking Session on October 20<sup>th</sup> via Zoom</b> Optional support and guidance provided to Arkansas PBIS Coaches to ensure accurate and effective implementation</li> </ul>	<p>Ongoing: Team Meeting Tools</p> <ul style="list-style-type: none"> <li>Prepare agenda &amp; materials for District Leadership Team meeting</li> <li>Prepare agenda and materials for District Building-based Coaches Network Meeting</li> <li>Prepare agenda &amp; materials for meeting with District Administrator for PBIS</li> <li>Prepare agenda &amp; materials for Building-based Coaches meeting</li> </ul>

## RESOURCES

- [Prioritizing Self-Care While Working from Home](#)
- [Curbing Teacher Burnout During the Pandemic](#)
- [Educator Wellness: Self-Care in a Selfless Field](#)
- [PBIS Incentives for Distance Learning](#)
- [Tiered Fidelity Inventory](#)




## CONTACT US!

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

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