

A-State PBIS Resource Center News

April 2022

In this issue...

Upcoming Events
Summer PD Dates
Invitation to April Networking Session
Feature: Tier II Overview
Self-Care Calendar
Resources



Upcoming Events

PBIS Sharing & Planning Day in May at A-State!

[Join us on Thursday, May 19th at 8:30am](#) at A-State for a day of sharing and planning with other PBIS schools in Arkansas! Whether you're new to PBIS or a veteran, it's always great to learn and grown. A-State will facilitate the day, but this is really a day for school PBIS teams to reflect on this year and get ready to kick-off a great 2022-2023 school year! **Only \$10 per person.**

Summer Professional Development Opportunities

[June 14th](#)

- Trauma-informed Practices in PBIS (1/2 day - morning)
- Culturally Responsive Practices in PBIS (1/2 day - afternoon)

[June 15th:](#)

- PBIS Team Booster Training (full day)

[June 16th:](#)

- PBIS in the Classroom (1/2 day - morning)
- Check-in, Check-out Tier II Intervention (1/2 day - afternoon)

July 12th:

- Trauma-informed Practices in PBIS (1/2 day - morning)
- Culturally Responsive Practices in PBIS (1/2 day - afternoon)

July 13th:

- PBIS Team Booster Training (full day)

July 14th:

- PBIS in the Classroom (1/2 day - morning)
 - Check-in, Check-out Tier II Intervention (1/2 day - afternoon)
-

Event Information

April PBIS Networking Session

Join us this month to virtually network with other amazing PBIS schools throughout our state. A-State PBIS Resource Center staff will be on hand to guide the discussion and provide FREE Coaching and Technical Assistance.

RSVP below to receive the Zoom link!

When?

Tue, Apr 12, 2022, 02:30 PM

Tier II Overview

PBIS is a 3-tiered framework of prevention and support. Tier I is the foundation, the universal prevention and supports for all students and all staff. Once this foundation is solid, with about 80% of students following the expected behaviors and procedures and receiving 0-1 office referrals for behavior, the students that truly need additional support will emerge as you review your data.

Tier II is for students that need a bit more than what is already being provided at Tier I, but don't need individual behavior plans. These are students that are engaging in behaviors that aren't serious or dangerous, but can be very disruptive to the classroom and/or other school settings. Tier II is also for students with internalizing behaviors, such as being less engaged in school or with peers.

Once students are identified through data, a teacher or parent referral, or a screener, the PBIS team is tasked with determining the correct support or intervention. Interventions at Tier II are designed to support groups of students with similar needs for a short amount of time. They are designed to be readily available and easy for teachers and staff to implement. For more on Tier II, click [here](#).

Self-Care Calendar: Active April 2022

Active April 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 4 Eat healthy and natural food today and drink lots of water	 5 Turn a regular activity into a playful game today	 6 Do a body-scan meditation and really notice how your body feels	 7 Get natural light early in the day. Dim the lights in the evening	1 Commit to being more active this month, starting today	2 Spend as much time as possible outdoors today	3 Listen to your body and be grateful for what it can do
11 Set yourself an exercise goal or sign up to an activity challenge	12 Move as much as possible, even if you're stuck inside	13 Make sleep a priority and go to bed in good time	14 Relax your body & mind with yoga, tai chi or meditation	8 Give your body a boost by laughing or making someone laugh	9 Turn your housework or chores into a fun form of exercise	10 Have a day free from TV or screens and get moving instead
18 Try a new online exercise, activity or dance class	19 Spend less time sitting today. Get up and move more often	20 Focus on 'eating a rainbow' of multi-coloured vegetables today	21 Regularly pause to stretch and breathe during the day	15 Get active by singing today (even if you think you can't sing!)	16 Go exploring around your local area and notice new things	17 Be active outside. Dig up weeds or plant some seeds
 25 Have a 'no screens' night and take time to recharge yourself	26 Take an extra break in your day and walk outside for 15 minutes	27 Find a fun exercise to do while waiting for the kettle to boil	28 Meet a friend outside for a walk and a chat	22 Enjoy moving to your favourite music. Really go for it	23 Go out and do an errand for a loved one or neighbour	24 Get active in nature. Feed the birds or go wildlife-spotting
29 Become an activist for a cause you really believe in				30 Make time to run, swim, dance, cycle or stretch today		

ACTION FOR HAPPINESS **Happier · Kinder · Together**

Resources

- [A-State PBIS Resource Center](#)
- [National Center on PBIS](#)
- [Tier II Resources](#)
- [Random Acts of Kindness: 2022 Calendars](#)



The Center for Community Engagement

CCE is a Technical Assistance and Resource Center for PBIS in Arkansas, located at Arkansas State University.



Website >