

A-State PBIS Resource Center News

December 2022

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Arkansas Educators, We Thank You

We salute the Arkansas educators who understand
That positive behavioral interventions can help to mend
A positive school culture and climate to achieve
Better student outcomes that all can believe

They provide support to students and help them to thrive
Offering them the tools in which to survive
Be it in the classroom or out on the field
Positive interventions can help make things heal

We thank you educators for all that you do
And for the positive interventions that you pursue
It's through your hard work and dedication
That our students receive the education

That will help them be successful in all that they do
And that is why we thank you!



Upcoming Events

December Arkansas PBIS Networking Session - Last One For 2022!

When

Tuesday, Dec. 13th, 2:30-3:30pm

Where

This is an online event.

More information

This is your chance to 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. Reserve your Zoom spot today!

Upcoming Events at A-State

- January 11, 2023 8:30-3:30: [Back to Basics: Is your PBIS Tier I Foundation Solid?](#)
- February 7 & 8, 2023 8:30-3:30: [PBIS Tier II Team Training - 2 Day Series](#)
- March 8, 2023 8:30-11:30: [Aligning Trauma-Informed Practices With Your PBIS Framework](#)
- March 8, 2023 12:30-3:30: [How to Implement Culturally Responsive PBIS With Fidelity](#)
- May 18, 2023 8:30-3:30: [Annual Sharing & Planning Day - Celebrate and Recalibrate for Your 2023-2024 School Year!](#)

Some Thoughts About Inclusiveness During the Holidays

Thank you to author Aliza Werner for sharing her work!

Aliza Werner is an Education Consultant and Children's Literature Reviewer.

Aliza is on Twitter at [@alizawerner](#).



[When Santa Claus...](#)

classroomcommunities.com

The TV ads Have been telling me Since October, Since I was born, That Christmas is Snow covered Evergreens with Glittering ornaments Families happy together in cozy jammies Hot cocoa in hands Fires crackling, embers aglow And Gifts -- Latest. Greatest. Batteries not included. You may believe it's the most wonderful time of the year...

Planning for January: Back to Basics

December is a busy month and as we get closer to the holidays, there's more excitement and often more challenging behaviors. Adults may need to use prompts, precorrection, and acknowledgments at a higher rate throughout the month. December is also a great time to start thinking about how you will re-teach behavior expectations after returning in January.

It's important to go through all of the school-wide behavior expectations after a long break to remind students (and staff!) of all the expected appropriate behaviors across all school settings. If you have data from past years, look for specific areas of high need and be ready to prevent those big spikes. Teachers should spend some time that first week reminding students of the classroom expectations and routines, too.

Along with re-teaching expected behaviors, don't forget to reinforce students at high rates for using the expected behaviors. Students in group or individualized interventions may need some extra reinforcement as they get back to their routines, too.

If your school behavior team is in need of a refresher or booster, join us at A-State on January 11th! Click the link in the 'Upcoming Events at A-State' section above to get more information.

Self-Care Corner

Do Good December: Carry out Small Acts of Kindness

December Kindness 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			1 Spread kindness and share the December calendar with others	2 Contact someone you can't be with to see how they are	3 Offer to help someone who is facing difficulties at the moment	4 Support a charity, cause or campaign you really care about
5 Give a gift to someone who is homeless or feeling lonely	6 Leave a positive message for someone else to find	7 Give kind comments to as many people as possible today	8 Do something helpful for a friend or family member	9 Notice when you're hard on yourself or others and be kind instead	10 Listen wholeheartedly to others without judging them	11 Buy an extra item and donate it to a local food bank
12 Be generous. Feed someone with food, love or kindness today	13 See how many different people you can smile at today	14 Share a happy memory or inspiring thought with a loved one	15 Contact an elderly neighbour and brighten up their day	16 Look for something positive to say to everyone you speak to	17 Give thanks. List the kind things others have done for you	18 Ask for help and let someone else discover the joy of giving
19 Contact someone who may be alone or feeling isolated	20 Help others by giving away something that you don't need	21 Appreciate kindness and thank people who do things for you	22 Congratulate someone for an achievement that may go unnoticed	23 Choose to give or receive the gift of forgiveness	24 Bring joy to others. Share something which made you laugh	25 Treat everyone with kindness today, including yourself!
 26 Get outside. Pick up litter or do something kind for nature	27 Call a relative who is far away to say hello and have a chat	28 Be kind to the planet. Eat less meat and use less energy	29 Turn off digital devices and really listen to people	30 Let someone know how much you appreciate them and why	31 Plan some new acts of kindness to do in 2023	

ACTION FOR HAPPINESS Happier · Kinder · Together

Arkansas Happenings

December has been a busy month for the A-State Team!

We enjoyed 2 full days of PBIS Tier I Training with 12 schools in Little Rock School District. Teachers, counselors, administrators, and other school personnel spent team time creating a plan for teaching and reinforcing positive behavioral expectations! We can't wait to see the final product when they kick off their plans at their schools.

Planning is underway for more PBIS training in the North Little Rock School District, too. We are excited to see what schools have started and to work with them on continuing their implementation process.

This spring will be our final semester working with schools in the Arkansas AWARE Grant. Schools in Texarkana, Eureka Springs, Valley Springs, and Ozark Mountain have been boosting their PBIS Tier I implementation and preparing for Tier II training after the break.

Resources

[Arkansas PBIS Training Modules and Facilitator Guides](#)

[National Center on PBIS](#)

[PBISApps](#)





A-State PBIS Resource Center

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If you're interested in learning more about PBIS, or if you're ready for training for coaching, please contact us! We look forward to hearing from you!

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