

Arkansas PBIS Resource Center News

January 2023

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Upcoming Events

Register now for Sharing and Planning Day 2023!

Celebrate & Recalibrate for your 2023-2024 School Year
MAY 18, 2023 from 8:30 AM - 3:30 PM at A-State
\$10/person

This is your chance to network with other PBIS schools in Arkansas and celebrate your achievements from the 2022-2023 school year! In the morning session, teams will have the opportunity to 'show and tell' us about their glows and grows, while learning about how other schools are implementing PBIS. In the afternoon, teams will have time to recalibrate and develop action plans for the 2023-2024 school year, with A-State PBIS trainers available to answer questions and provide resources.

Registration closes on 5/11/2023 at 5pm. CLICK [HERE](#) to register for the event.

Arkansas PBIS Networking Session

When

Tuesday, Jan. 17th, 2:30-3:30pm

Where

This is an online event.

More information

Join our monthly Arkansas PBIS Networking Sessions to connect with and learn from the amazing PBIS implementers across our state! A-State PBIS staff will be on hand to moderate the sessions and provide free PBIS coaching and technical assistance.

A Zoom Meeting link will be sent to you after registering for a session.

[CLICK HERE](#) to register for this event.

February Events at A-State

PBIS Tier II Team Training 2-day Series

FEBRUARY 7 @ 8:30 AM and FEBRUARY 8 @ 8:30 AM

\$125/person

This 2-part training series is intended for school teams beginning the PBIS Tier II implementation process. The series will guide teams through the entire process, from developing a leadership team to implementing Tier II interventions with fidelity. Learn more by clicking [HERE](#). Contact us if you're interested in this training and we will talk to you about readiness (email: cce@astate.edu; phone: 870-972-2287).

Arkansas PBIS Networking Sessions-Virtual

FEBRUARY 21 from 2:30 PM - 3:30 PM

Free

Join our monthly Arkansas PBIS Networking Sessions to connect with and learn from the amazing PBIS implementers across our state! A-State PBIS staff will be on hand to moderate the sessions and provide free PBIS coaching and technical assistance.

A Zoom Meeting link will be sent to you after registering for a session.

Click [HERE](#) to register for this event.

PBIS Overview/Refresher

Has it been a while since you were trained or began implementing Positive Behavioral Interventions and Supports (PBIS)? Or are you curious about PBIS and how to implement multi-tiered systems of support (MTSS)? January is a good time to get back to the fundamentals or to start planning for training so that you're ready to go this summer or fall.

PBIS is a proactive, preventive framework with 3 tiers of support: Tier I, or universal (supporting everyone in all areas of the school); Tier II, or secondary (supporting small groups of students with similar needs); and Tier III, or tertiary (supporting individual students who need intensive support). Before implementing PBIS or other MTSS, schools often do not have a curriculum or supports in place to support student behavior at Tier I. This is where the implementation process begins, and becomes the foundation for developing the other tiers.

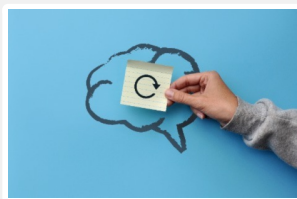
The major components that form the foundation for PBIS/MTSS are:

- A leadership team driving the implementation process
- Identifying and defining about 3 - 5 overarching behavior expectations
- Directly teaching behavior expectations to all students, in context
- Acknowledging students for following the expected behaviors
- Developing consistent, appropriate responses to problem behaviors
- Using data to drive the implementation process and continuously improve

By implementing these components with fidelity, schools can reduce the number of problem behaviors and identify students that truly need more support. Because this is a framework, schools are able to customize components to fit their specific needs.

Once Tier I is implemented with fidelity, schools can start building system components to support Tiers II and III. Systems at these levels include identifying students who need additional support, determining the appropriate supports based on function or need, identifying data tools to monitor progress, and providing ongoing professional development and support to staff.

The national PBIS Center, through [PBISApps](#), has many evaluation tools to help schools through the implementation process and ongoing continuous improvement. Wherever you are in the process - from the exploration stage to full implementation, feel free to contact us if you're interested in training, coaching or technical assistance (we can travel to you, or you can travel to A-State). Contact information is at the end of the newsletter.



[PBISApps](#) | Teach ...

www.pbisapps.org


If your PBIS implementation fell by the wayside last year, we're here to tell you it's not too late to make a comeback. Here are four components to tackle sooner rather than later to set up your reboot for a successful start.

Arkansas Happenings

January is a busy month for the A-State training staff! We have trainings and workshops planned for Harrisburg Elementary, Texarkana School District, Cutter Morning Star School district, Little Rock School District, Eureka Springs School District, Valley Springs School District, and Ozark Mountain School District. We're providing a diverse set of content: Overview and Readiness for Tier I, Trauma-Informed Practices in PBIS, Tier I team training, Tier II team training, and a Tier I workshop and coaching. We are also planning an overview for the North Little Rock School District Board.

Self-Care Corner

Happier January 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
1 Find three things to look forward to this year	2 Make time today to do something kind for yourself	3 Do a kind act for someone else to help brighten their day	4 Write a list of things you feel grateful for and why	5 Look for the good in others and notice their strengths	6 Take five minutes to sit still and just breathe	7 Learn something new and share it with others	
8 Say positive things to the people you meet today	9 Get moving. Do something active (ideally outdoors)	10 Thank someone you're grateful to and tell them why	11 Switch off all your tech at least an hour before bedtime	12 Connect with someone near you - share a smile or chat	13 Take a different route today and see what you notice	14 Eat healthy food which really nourishes you today	
15 Get outside and notice five things that are beautiful	16 Contribute positively to your local community	17 Be gentle with yourself when you make mistakes	18 Get back in contact with an old friend	19 Focus on what's good, even if today feels tough	20 Go to bed in good time and allow yourself to recharge	21 Try out something new to get out of your comfort zone	
22 Plan something fun and invite others to join you	23 Put away digital devices and focus on being in the moment	24 Take a small step towards an important goal	25 Decide to lift people up rather than put them down	26 Choose one of your strengths and find a way to use it today	27 Challenge your negative thoughts and look for the upside	28 Ask other people about things they've enjoyed recently	
29 Say hello to a neighbour and get to know them better	30 See how many people you can smile at today	31 Write down your hopes or plans for the future					

ACTION FOR HAPPINESS

Happier · Kinder · Together

THE SELF-CARE MANIFESTO

"You are a person first, a teacher second. Self-care is fundamentally about prioritizing your own health and happiness so that you flourish as a human being. The added bonus is that when you do, your students will get the best of you instead of what's left of you."

Chris Rorala-Keeve



Self-Care Res... www.familyengagementcollaborative.com

Why Your Self-Care is More Important than Your To-Do List How Self Compassion Can Help Prevent Teacher Burnout 7 Self-Care Strategies For Teachers 30 Ways to Bring More Mindfulness and Self-Care to Your Classroom Happy Teacher Revolution Why We All Need to Practice Emotional First Aid How to Make Stress Your Friend How to Gain Control of Your Free Time

High School Association of Positive Behaviors & Supports Think Tank

When

Friday, Jan. 20th, 11:30am-12:30pm

Where

This is an online event.

More information

What is a High School Think Tank?

It's a time and virtual place where people who work in or with high schools can come together to talk about and think about PBIS Implementation.

Participating in think tank time is **free!**

You do not need to register. The Zoom link will always be:

<https://odu.zoom.us/j/91955778458>

Everyone interested in high school implementation is welcome to join. There is nothing for you to prepare, just join us for conversation.

If you would like to be on the email list for HS APBS, click [HERE](#).

Resources

[A-State PBIS Website](#)

[National PBIS Center](#)

[PBIS Tier I Resources](#)

[Arkansas PBIS Training Modules](#)




A-State PBIS Resource Center

 Facebook

 @AStateCCE

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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