

Arkansas PBIS Resource Center News

March 2023

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ANNUAL A-STATE PBIS SHARING & PLANNING DAY 2023



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 meet and 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.

Event Information

Arkansas PBIS Networking Session - VIRTUAL

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 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.

When?

Tuesday, Mar 14, 2023, 02:30 PM

Women's History Month Resources



Women's History Milestones: A Timeline

From a plea to a founding father, to the suffragists to Title IX, to the first female political figures, women have blazed a steady trail towards equality in the United States. Explore famous firsts and figures in women's history with this timeline.

[🔗 history.com](https://www.history.com)

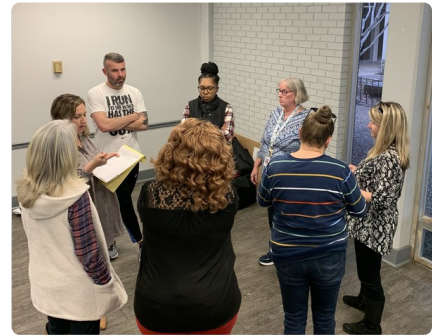


Women's Rights

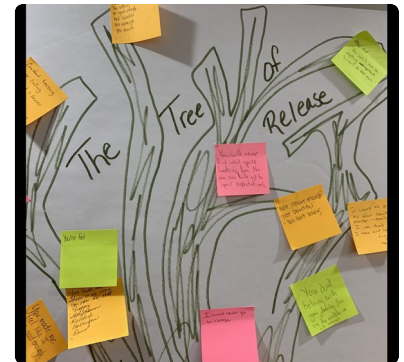
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What's Happening in Arkansas



February was a busy PBIS month for North Little Rock School District! Schools that were trained in Tier I last school year participated in a Booster to help evaluate where they are and where they can continue to improve implementation. A few schools went a bit more in depth and will continue to work hard to ensure they build some solid systems that will sustain future hurdles, such as administrative and teacher turnover.



Texarkana School District continues to further their PBIS implementation through building and improving Tier II systems. Teachers and administrators came together to talk about challenges and solutions to building better district systems that will sustain over time. Texarkana also spent a very special day in January learning about Trauma-Informed Practices in PBIS.

We're so proud of the staff and administrators who work so hard to improve school climate and outcomes for students!



Self-Care Corner

Mindful March 2023

MONDAY



6 If you find yourself rushing, make an effort to slow down

13 Pause to watch the sky or clouds for a few minutes today

20 Focus on what makes you and others happy today
dayofhappiness.net

27 Appreciate nature around you, wherever you are

TUESDAY



7 Take three calm breaths at regular intervals during your day

14 Find ways to enjoy any chores or tasks that you do

21 Listen to a piece of music without doing anything else

28 Notice when you're tired and take a break as soon as possible

WEDNESDAY

1 Set an intention to live with awareness and kindness

8 Eat mindfully. Appreciate the taste, texture and smell of your food

15 Stop. Breathe. Notice. Repeat regularly

22 Notice something that is going well, even if today feels difficult

29 Choose a different route today and see what you notice

THURSDAY

2 Notice three things you find beautiful in the outside world

9 Take a full breath in and out before you reply to others

16 Get really absorbed with an interesting or creative activity

23 Tune into your feelings, without judging or trying to change them

30 Mentally scan your body and notice what it is feeling

FRIDAY

3 Start today by appreciating your body and that you're alive

10 Get outside and notice how the weather feels on your face

17 Look around and spot three things you find unusual or pleasant

24 Appreciate your hands and all the things they enable you to do

31 Discover the joy in the simple things of life

SATURDAY

4 Notice how you speak to yourself and choose to use kind words

11 Stay fully present while drinking your cup of tea or coffee

18 Have a 'no plans' day and notice how that feels

25 Focus your attention on the good things you take for granted

SUNDAY

5 Bring to mind people you care about and send love to them

12 Listen deeply to someone and really hear what they are saying

19 Cultivate a feeling of loving-kindness towards others today

26 Choose to spend less time looking at screens today



ACTION FOR HAPPINESS

Happier · Kinder · Together

PBIS Events and Conferences

The Missouri School-Wide PBS [Summer Institute](#) will be May 31-June 1, 2023 at Tan-Tar-A Resort and Conference Center. [Registration begins in March!](#)

[The National PBIS Leadership Forum](#) will be October 26-27, 2023 in Chicago, IL. This two-day forum is a technical assistance activity of the [Center on PBIS](#) and provides an opportunity for the Center to share information on the latest applications of PBIS. It has been designed to help school, state, district, and regional Leadership Teams, together with community and family partners, increase the effectiveness of school environments through PBIS.

Registration begins on May 9th!

[The APBS High School Think Tank](#) will meet via Zoom on March 17th. Go [here](#) to register for their mailing list. This is an opportunity to meet and network with high school implementers from all over the country!

Resources

[A-State PBIS Website](#)



A-State PBIS Resource Center

A-State is using Smore to create beautiful newsletters

Technical Assistance and Resource Center for PBIS in Arkansas