

# A-State PBIS Resource Center News

April 2023

---

## Happy Spring!

---

### In this issue...

- Upcoming Events
- Invitation to Networking Session
- April Activities for PBIS Coaches and Teams
- What's Happening in Arkansas
- Grant Opportunity
- Self-Care Corner
- Events and Conferences
- Resources



### APRIL TO-DO LIST

Wake up with gratitude & joy

Tell a joke that makes people laugh

Take time to wind down before bed

Spend time on a hobby

Do a brain dump for mind clarity



OurMindfulLife.com

---

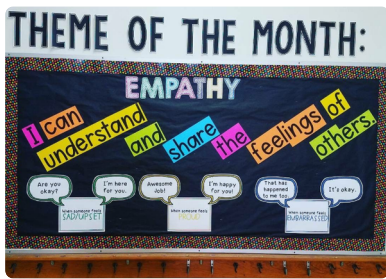
## Upcoming Events at A-State

---

### A-STATE PBIS SHARING & PLANNING DAY 2023

Register now for our Annual Sharing and Planning Day!

[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 2022-23 school year! Whether you're new to PBIS or a veteran, it's always great to learn and grow. 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 2023-24 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 next 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.

---

## Summer PD Opportunity: PBIS Tier I Team Training

**Back to Basics: Is Your PBIS Tier I Foundation Solid?**

**June 7, 2023 at A-State, 8:30 am - 3:30 pm**

This training is intended for teams who would like a refresher on Tier I of PBIS and/or need to improve their current implementation efforts. Participants will learn...

- How to make sure their PBIS leadership is effective
- How to implement the major components of PBIS Tier I with fidelity
- How to use data for continuous improvement

Teams will be given periodic guided work time. This will also be an opportunity for teams to network and share. There will be a 1-hour lunch break (on your own). Participation Certificates will be offered for the 6-hour session.

Registration closes on 5/31/23 at 5 pm. CLICK HERE to register.



Dr Christina Maslach

---

## *Invitation to April Arkansas PBIS Networking Session*

---

Event Information

**APRIL ARKANSAS PBIS NETWORKING SESSION - VIRTUAL**

**APRIL 18 @ 2:30 PM - 3:30 PM**

**ATTENDANCE IS GROWING EACH MONTH! Come join us!**

Join our FREE monthly Arkansas PBIS Networking Session to connect with and learn from the amazing PBIS implementers across our state! A-State PBIS staff will moderate sessions, providing a short presentation with announcements and reminders, with free PBIS coaching and technical assistance throughout. There will be dedicated time for breakout sessions where smaller groups can ask questions and share successes with each other.

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

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

When?

**Tuesday, Apr 18, 2023, 02:30 PM**

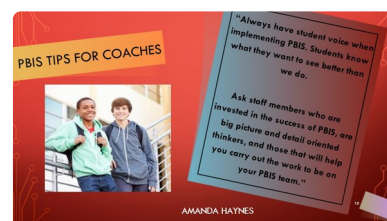
---

## *April Activities for PBIS Coaches and Teams*

---

**April is a great time for planning! Here are some ideas with links to the Arkansas PBIS Training Modules:**

- Plan an [end-of-year celebration](#) for meeting goals of the 2022-23 school year ([module 7](#))
- Plan end-of-the year presentations for both [staff & school board](#) ([module 12](#))
- Develop a plan for surviving [team membership changes](#) ([module 3](#))
- Determine [professional development needs](#) for next year and allocate time and resources for completion ([contact A-State PBIS Resource Center!](#))



Click [here](#) to access all of the PBIS Tier I Training Modules.

---

## *What's Happening in Arkansas*

---

### **News from North Little Rock School District**

Congratulations to Mr. Dwight Kelly for receiving the Superintendent's Honor Roll Award! Kelly is the assistant principal at Glenview Elementary. Ms. Randall, the principal, recommended Kelly due

to his leadership and ability to form great relationships with students, families, and staff. Click below to view the Facebook post from NLRSD.



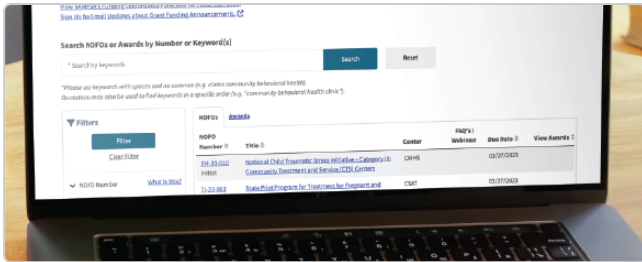
## Facebook

[facebook.com](https://www.facebook.com)

---

## Grant Opportunity

---



[samhsa.gov/grants-dashboard](https://www.samhsa.gov/grants-dashboard)

### Cooperative Agreements for School-Based Trauma-Informed Support Services and Mental Health Care for Children and Youth

The purpose of this program is to increase student access to evidence-based and culturally relevant trauma support services and mental health care by developing innovative initiatives, activities, and programs to link local school systems with local trauma-informed support and mental health systems, including those under the Indian Health Service.

[samhsa.gov](https://www.samhsa.gov)

---

## Self-Care Corner

---








The 3 R's for Teacher Self-Care: Reflect. Release. Recharge. | PBS Education






Teachers have been put to the test this year. There is no doubt about it.

 pbs.org

**Active April 2023**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 3 Listen to your body and be grateful for what it can do	 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
10 Have a day with less screen time and more movement	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	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	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	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	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	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**



## PBIS Events and Conferences

### Attention SWIS users: Apply to Test the Mobile Version of SWIS!

This month (April 3 - 28) there will be testing of the all-new mobile version of the SWIS referral entry form in a closed beta and your help is needed! PBISApps looking for educators in schools who use SWIS and have access to a mobile device to input REAL referrals and provide feedback. For more info and to register, [click here](#).

The Missouri School-Wide PBS [Summer Institute](#) will be May 31-June 1, 2023 at Tan-Tar-A Resort and Conference Center. This year's theme is Cultivating the Garden: Nurturing Spaces Where Everyone Thrives. [Click here](#) to learn more and register for this annual event.

[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 April 21st. Click [here](#) to register for their mailing list. This is an opportunity to meet and network with high school implementers from all over the country! 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>

---

## *Resources*

[A-State PBIS Resource Center](#)

[National Center on PBIS](#)

---



### **A-State PBIS Resource Center**

A-State is using Smore to create beautiful newsletters

Technical Assistance and Resource Center for PBIS in Arkansas