

A-State PBIS Resource Center News

May 2023

Farewell to the 2022-2023 School Year!

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MAY TO-DO LIST

Check every item on daily to-do list

Get your space organized

Reconnect with an old friend

Explore a new place or city

Make time for your passion

Smile more, worry less

OurMindfullife.com



May Activities for PBIS Coaches and Teams

The end of the school year is a time for reflecting and planning. Here are some ideas with links to the Arkansas PBIS Training Modules:

- Assess readiness or need for additional implementation (e.g., [Classroom PBIS](#), [Tier II](#) or [III](#))
- [Review discipline data](#) for the year and see if there are trends or spikes to plan for next year
- Make final plans for the [fall kick-off](#) to teachers and students

- Send PBIS information with final report cards
- Share data and celebrate successes with stakeholders!



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

Upcoming Events at A-State

PD Opportunities: PBIS Tier I Team Training

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

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

OR

September 27, 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 for 6/7/23 closes on 5/31/23 at 5 pm. [CLICK HERE](#) to register.

Registration for 9/27/23 closes on 9/20/23 at 5 pm. [CLICK HERE](#) to register.

Self-Care Corner

Eight Tips for Teacher Self-Care

Summer break is a great time for educators to get into a self-care routine they can carry into the next school year. Click on the picture for some great tips!



Meaningful May 2023

MONDAY

1 Do something kind for someone you really care about

TUESDAY

2 Focus on what you can do rather than what you can't do

WEDNESDAY

3 Take a step towards an important goal, however small

THURSDAY

4 Send your friend a photo from a time you enjoyed together

FRIDAY

5 Let someone know how much they mean to you and why

SATURDAY

6 Look for people doing good and reasons to be cheerful

SUNDAY

7 Make a list of what matters most to you and why

8 Set yourself a kindness mission to help others today

9 What values are important to you? Find ways to use them today

10 Be grateful for the little things, even in difficult times

11 Look around for things that bring you a sense of awe and wonder

12 Listen to a favourite piece of music and remember what it means to you

13 Find out about the values or traditions of another culture

14 Get outside and notice the beauty in nature

15 Do something to contribute to your local community

16 Show your gratitude to people who are helping to make things better

17 Find a way to make what you do today meaningful

18 Send a hand-written note to someone you care about

19 Reflect on what makes you feel valued and purposeful

20 Share photos of 3 things you find meaningful or memorable

21 Look up at the sky. Remember we are all part of something bigger

22 Find a way to help a project or charity you care about

23 Recall three things you've done that you are proud of

24 Make choices that have a positive impact for others today

25 Ask someone else what matters most to them and why

26 Remember an event in your life that was really meaningful

27 Focus on how your actions make a difference for others

28 Do something special and revisit it in your memory tonight

29 Today do something to care for the natural world

30 Share a quote you find inspiring to give others a boost

31 Find three reasons to be hopeful about the future



ACTION FOR HAPPINESS

Happier · Kinder · Together

PBIS Conference

[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 is now open!](#)

[A-State PBIS Resource Center](#)

[National Center on PBIS](#)



A-State PBIS Resource Center

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