



PBIS Newsletter

January 2023

Shout out

*Thank you to the everyone that helped
make the holiday shop so much fun!
The kiddos were so excited!!*

Coming up ...

Schoolwide Celebration January 26th



Don't Forget...

*Revisit your classroom expectations.
Returning from an extended break is a
great time to refocus on expectations*

FYI:

*We meet the first Wednesday of every
month if you have thoughts or ideas to
share!
Please reach out if you need assistance*

This month's focus:

Being Kind is Cool !!

Science has proven good reasons to prioritize kindness, backed by evidence of many physical, emotional, and mental health benefits. Many impressive benefits support teaching kindness in schools to decrease negative behavior:

1. **Happy, caring children**
Endorphins produce the good feelings that we experience when being kind. They activate areas of the brain affiliated with pleasure, connection, and trust. Acts of kindness also help us form connections with others, reported to be a strong factor in increasing happiness.
2. **Greater self-esteem**
Any small act of kindness can increase happiness, uplift energy, and give an incredible feeling of hope and self-worth from the rush of endorphins.
3. **Greater sense of belonging**
Everybody has a fundamental need to belong and feel connected

with your SWIS sign in.
Feel free to reach out with any questions for your SEL and PBIS lessons. A Board Certified Behavioral Analyst (BCBA) has been hired to help with consultation for both the school, daycare and youth programs.
During our meeting this month we discussed our survey numbers. The school climate survey showed improvement in all areas!!!!!! Let us know what areas we need continued improvement.

How can you help?

- We will be distributing an activity, appropriate for each classroom, and would appreciate your help in completing the activities.
- We are looking for a couple of kiddos to join us in a video production for the PBIS team. Please let us know if you have any aspiring actors in mind:) Also, if we have any teachers or parents that might be willing that would be amazing!! We would like to focus on Kindness with this video, so if you have any students that come to mind with kindness, let us know.

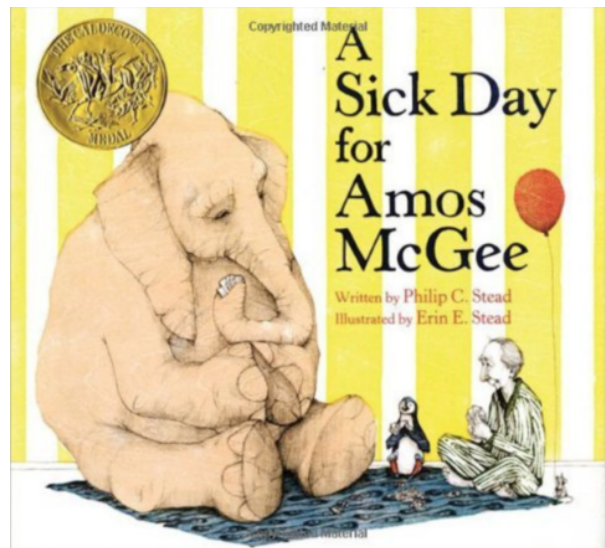
to the people around them. Being part of a community ensures support during difficult times and helps to increase a child's awareness of connection.

4. **Better concentration**
Kindness increases a positive outlook, so children have greater attention spans, are more willing to learn, and are better creative thinkers.
5. **Improved health and less stress**
Being kind has many physical and mental health benefits, including increased happiness and reduction of stress.

Books that might be helpful

1) A SICK DAY FOR AMOS MCGEE

By Philip Stead and illustrated by Erin Stead





Teach the Difference Between Kind and Nice

On day one of your month of kindness activities for kids, teach them the difference between "nice" and "kind."

- ***Nice: doing what is expected to please those around you***
- ***Kind: showing empathy and being willing to stand up for what is right***

Create a poster with a column for "kind" and a column for "nice." Have the kids write suggestions on sticky notes (or offer pre-written options) and put them in the column where they think the options belong.

Discuss each note to agree if they are in the correct columns. It's okay to put a few in the middle—context can matter.

Once you've agreed upon which notes go in which column, hang the poster on the wall.

2) HOORAY FOR HAT!

By Brian Won



Sites that might be helpful

<https://www.thesocialemotionalteacher.com/sel-f-management-in-the-classroom/>

Videos that might be helpful:

Friendship Soup!!

▶ Video Lesson - Friendship Soup Re...



Strategy Stretch

Tier 1 strategies to add to your day

1. Activities – Create situations where children collaborate and work together.

2. Direct Instruction – Sometimes it is necessary to discuss and outline social skills clearly for children to understand them. Role plays and group discussions about meeting someone new, having a conversation, sharing, helping, and being a good sport can illustrate aspects of the skills children may overlook. Rehearse new scenarios, frequent interactions, or a past event to practice real-world situations. Start by clearly explaining the specific actions in the skill. For example, when practicing having a conversation, practice greetings, responding to questions, asking questions, attending to the person, and saying good-bye. Have children role play a scene with the skill. Discuss possible things to say and do when having a conversation and how choices during a conversation affect the outcome of the interaction.

Literary tools :Teaching about kindness

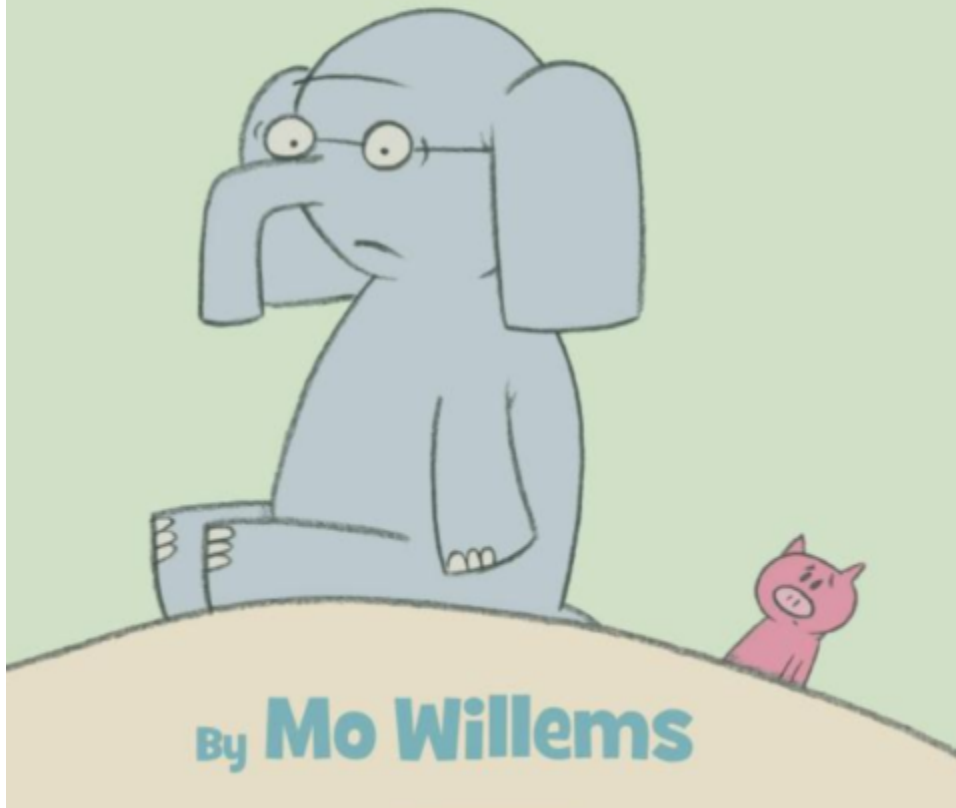
ELEMENTARY

3) MY FRIEND IS SAD

By Mo Will

An **ELEPHANT & PIGGIE** Book

My Friend Is Sad



4) BE A FRIEND

By Salina Yoon



SECONDARY

Thinksheets

Section 3 & 4 : Group plan/ building friendships

The Big Life Journal for Tweens/Teens: Teen Edition

This journal is designed to assist teens in developing resilience and a growth mindset to grow into confident, happy adults. It helps tweens and teens discover the power of their brain and mindset to understand they are in charge of their own lives and happiness, to turn their negative self-talk into positive and empowering talk, and to practice setting goals to better overcome challenges and setbacks.