

KPBSD PBIS Newsletter



Volume 1, Number 1

Fall 2014

Welcome back to another exciting new school year. The District PBIS Leadership Team set a goal to increase our communication with our PBIS schools this year. We are going to send out newsletters quarterly to all PBIS school staffs. We want to help create a collaborative community among our PBIS schools and create a way to share ideas. If your school is doing something awesome that we should all know about, let us know! We will highlight it in our next newsletter.

For our first newsletter, we wanted to remind you all of the importance of at least a 4 to 1 ratio of positive to negative interactions with our students (and each other!). We also wanted to provide ideas for **free** incentives for all of our students and highlight some school-wide celebrations that have occurred.

In an effort to get to know one another, we thought we'd share our current PBIS schools.

Schools coached by Trina Uvaas:
Homer Flex
Nikolaevsk K-12
Razdolna K-12
Voznesenka K-12

Schools coached by Angie Nelson:
K-Beach Elementary
Ninilchik K-12
Nikiski North Star Elementary
Redoubt Elementary
Soldotna Elementary
Sterling Elementary
West Homer Elementary

Please remember to contact your coach with any questions or training needs. If you are considering attending any outside conferences or training, talk to your coach first. Your coach can help steer you in the right direction of activities and workshops that may be helpful. Talk to your administrators about using Title 1 or Career Development grants.

SCHOOL HIGHLIGHT – SOLDOTNA ELEMENTARY

Soldotna Elementary started a “Parent Paws” program – teachers pass out paw shaped cutouts to parents who are contributing positively to our school, parents write their name and phone number on the paw and put it in the “Parent Paw” bucket in the lounge, and once a month we draw a paw from the container and that person wins a coffee card or gas card.

It's a great way reinforce positive parent behavior!

Thank you Elizabeth Kvamme, SoEI Coordinator, for sharing!

Positive to Negative Ratios

According to Nobel Prize-winning scientist Daniel Kahneman, we experience approximately *20,000 individual moments in a waking day*. Each "moment" lasts a few seconds. If you consider any strong memory -- positive or negative -- you'll notice that the imagery in your mind is actually defined by your recollection of a precise point in time. And rarely does a neutral encounter stay in your mind -- the memorable moments are almost always positive or negative. In some cases, a single encounter can change your life forever.

In a recent *Today* segment, Katie Couric interviewed a young man named Brian Bennett who had grown up in a troubled and abusive environment. He had struggled in school and had been picked on regularly at a young age. Now, Brian is a successful and well-adjusted adult. When Couric asked him, "What made the difference?" the young man responded without thinking twice: The defining moment in his life occurred when a grade school teacher simply told him that she cared about him and believed in him. This one small interaction turned Brian Bennett's life around.

In another case, we asked Kristin, a management consultant, "What is the greatest recognition you have ever received?" Her answer: "Three words in an e-mail." We then found out that when Kristin's mother passed away, a mentor at work whom Kristin had admired throughout her career wrote her a special note. Her mentor's e-mail concluded by saying: "Your mother was very proud of you, and *so am I*." After 25 years with her company, three simple words carried more meaning than

any other recognition Kristin had received in her entire life.

The magic ratio

Of course, few moments are this profound, but even less memorable interactions are important. Positive Psychology experts are finding that the *frequency* of small, positive acts is critical. John Gottman's pioneering research on marriages suggests that there is a "magic ratio" of 5 to 1 -- in terms of our balance of positive to negative interactions. Gottman found that marriages are significantly more likely to succeed when the couple's interactions are near that 5 to 1 ratio of positive to negative. When the ratio approaches 1 to 1, marriages "cascade to divorce."

In a fascinating study, Gottman teamed up with two mathematicians to test this model. Starting in 1992, they recruited 700 couples who had just received their marriage licenses. For each couple, the researchers videotaped a 15-minute conversation between husband and wife and counted the number of positive and negative interactions. Then, based on the 5 to 1 ratio, they predicted whether each couple would stay together or divorce.

Ten years later, Gottman and his colleagues followed up with each couple to determine the accuracy of their original predictions. The results were stunning. They had predicted divorce with 94% accuracy -- based on scoring the couples' interactions for 15 minutes.

<http://businessjournal.gallup.com/content/12916/big-impact-small-interactions.aspx>

Non-Cost (Mostly) Reinforcement Ideas for Students (Middle & High School)

- Listen to music during silent reading time
- Extra minutes at the computer
- Wear hat to school
- Worksheet/Homework passes (limited # per week/month)
- Leave for lunch one/two minute(s) early
- Pass to be first in line for lunch
- 5 minutes of free reading, high interest magazines available
- Activity for class (movie, math game, dodge ball, etc)
- Tell a pre-approved joke/riddle on morning announcements (or take a joke out of a jar to read)
- Make announcements over the PA for 1 week
- Wear your hoodie
- Music – listen to – during passing time and lunch
- Basketball with principal
- Play P-I-G in gym before school with one friend
- Late pass
- Prime reserved parking spot
- Free pass/reduced cost to school dance
- Team deal: A group of students, 6 students with 10 tickets each – one large pizza to share
- Principal with a cart of donuts walked from room to room and asked teacher, “have we had a 10% reduction in a problem behavior, tardy, etc. and if so everyone in the class get a donut. If not he rolled the cart to the next room
- Passing period, school played Aretha Franklin song “Respect” to improve tardy behavior in the hallways
- Snow ball fight using soft cotton balls
- Homework due date extended
- Help the “specials” teachers
- Eat lunch with a preferred adult in school
- Select a fun class activity from a list of choices
- Play non-academic computer game
- Work on jigsaw or crossword puzzle
- Select a friend to study with on an in-class assignment
- Select a teacher to call home and tell parent they are doing a good job
- Work at school store
- “Adopt” a younger student and become a mentor
- Get extra gym time with another class
- IOU redeemable for credit on one wrong item on a future in-class quiz or homework assignment

More ideas at:
<http://www.pbisworld.com/tier-1/rewards-simple-reward-systems-incentives/>

Last link on the page
“Free or Inexpensive Rewards”
6 pages of ideas!!!!

Some of these ideas came from Effective Educational Practices, LLC www.successfulschools.org



Non-Food Reinforcement Ideas for Students

- sit by friends
- watch a video
- read outdoors
- teach the class
- earn extra credit
- get extra art time
- have an extra recess
- receive verbal praise
- enjoy class outdoors
- play a computer game
- read to a younger class
- go on a walking field trip
- get a "no homework" pass
- make deliveries to the office
- take care of the class animal
- listen to music while working
- read morning announcements
- play a favorite game or puzzle
- be a helper in another classroom
- eat lunch outdoors with the class
- walk with a teacher during lunch
- eat lunch with a teacher or principal
- design a class/school bulletin board
- be recognized during announcements
- be featured on a photo recognition board
- dance to favorite music in the classroom
- earn play money to be used for privileges
- get "free choice" time at the end of the day
- listen with a headset to a book on audiotape
- have teacher share a special skill (e.g. sing)
- receive a note of recognition from the teacher or principal
- go to the library to select a book to read
- have a teacher read a special book to the entire class
- receive a 5-minute chat break at the end of the class or at the end of the day
- earn points for good behavior to "buy" unique rewards (e.g. autographed items with special meaning or lunch with the teacher)

More ideas at:

<http://www.pbisworld.com/tier-1/rewards-simple-reward-systems-incentives/>

Last link on the page
"Free or Inexpensive Rewards"
6 pages of ideas!!!!

"Non-food Rewards for Kids" at

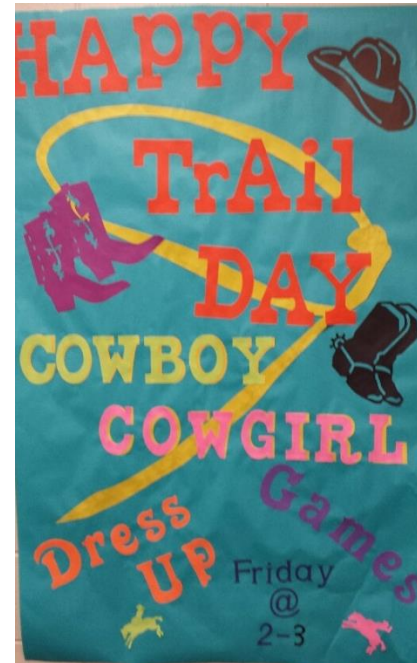
<http://www.pbisworld.com/tier-1/rewards-simple-reward-systems-incentives/>



School-Wide Celebration Ideas

Fun Hour

This is where teachers will have an activity or station in their room and students will be able to walk around the school and pick different activities to participate in. Teachers will not have to walk around with their class, but will need to have an organized activity that students can enjoy and quickly get through. I have placed in Google docs some ideas to choose from or you can make your own activity. Please just sign up or type in the activity that you will be doing for the time frame. I will also send a "passport" for the students to get a stamp or marking from the teacher to show that they participated in your activity. Students have enjoyed this in the past and try hard to get through all the activities.



Students and staff dressed as cow pokes and participated in games that included sunflower spitting, hoop rolling, line dancing, and rope pulling.

School wide recess

This is where teachers will be assigned different games and areas to play outside with students. Students can utilize areas and equipment that are not available during regular recess as well.

Scavenger Hunt

Younger students were paired up with older students to find items throughout the school. The kids loved it!

Snow Day

The sledding hill will be open, snow shoes will be available for students to try, PTA will be providing spray bottles with colored water for students to paint the snow, and different containers will be available for students to build with the snow. Hot chocolate will be served in the gym.