



PBIS NEWS

SHS Motto: Punctual, Responsible and Respectful

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- SHS PBIS Goals
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- Social media
- What is SEL
- SEL: Coping skills of the month.
- PBIS Resources Room

What is PBIS ?

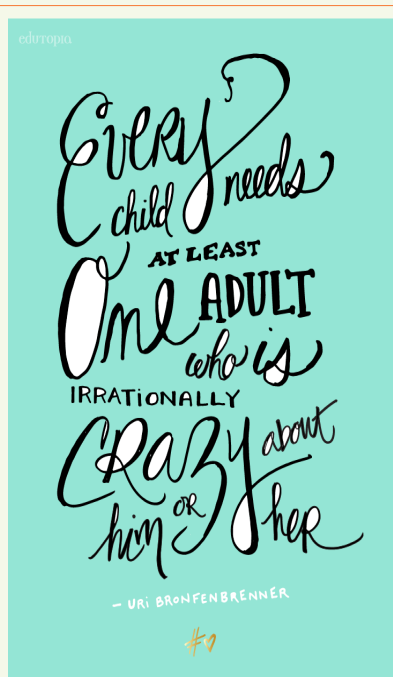
Positive Behavioral Interventions and Supports (PBIS) is an evidence-based, data-driven multi-tiered framework proven to reduce adverse behaviors, increase a school's sense of safety, and produce improved academic outcomes. Stockbridge High School (SHS) provides a multi-tiered approach to prevention using all forms of assessment data and principles of behavior analysis to develop school-wide, targeted and individualized interventions and supports to improve school climate and culture for all students.

PBIS Goals at SHS

Our goals for the 2020-2021 school year are to strengthen the partnerships of our community, families, and students. Infusing S.M.A.R. T. goals will allow us to get closer to our motto and raise the bar of excellence for our Future Leaders.

GOALS

- ⇒ Increase connectivity with students.
- ⇒ Establish well-managed wrap around support.
- ⇒ Strengthen the knowledge of Social and Emotional Learning for all stakeholders.



A proud example moment for Stockbridge High School !

We wanted to share some great news of one of our very own students who reached one of his goals. Mr. Seaman Olalekan is looking sharp at Navy boot camp, and he was the only recruit mentioned due to his work ethic and leadership position. Congratulations to him but also congrats to his NJROTC instructors and all of the educators that touched this young man's life during his journey at Stockbridge High! This is an examples how partnership is crucial to insure the success of our Future Leaders.



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What Is Social-Emotional Learning?

Social-emotional learning (SEL) is the process of developing the self-awareness, self-control, and interpersonal skills that are vital for school, work, and life success. Teaching SEL to our SHS future leaders will strengthen their social interactions and help them thrive in school and the workplace. We are incorporating coping skills into our curriculum that will teach students to “**Think Before you Act**”. Every month we are teaching students a coping skill from the school connect curriculum, which will help them to utilize those learned skills throughout the month. ***Here is the link to the SEL Video: <https://drive.google.com/file/d/1r-rXnO8E38CuIKCDAfWxbTcE31xPQkYw/view?usp=sharing>***

Here is a visual Social Emotional Learning (SEL) component wheel.



Social Emotion Learning (SEL) of the month at SHS and tips for parents.

During the month of September, SHS teachers had the pleasure of helping their students share their thoughts and feelings in regard to returning back to school. September: Citizenship

Emotion Coaching Phrases For Parents



1. It's okay to be upset -- it's good to let it out.



2. I hear you -- I'm here for you -- I'll stay with you.



3. It's okay to feel how you feel. It is not okay to _____."



4. How you feel right now won't last forever. It's okay to feel how you are feeling. It will pass and you will feel better again soon.



5. Let's take a breath, take a break, sit down, pause for a minute...

Tips for parent to work at home on the September SEL: Citizenship.

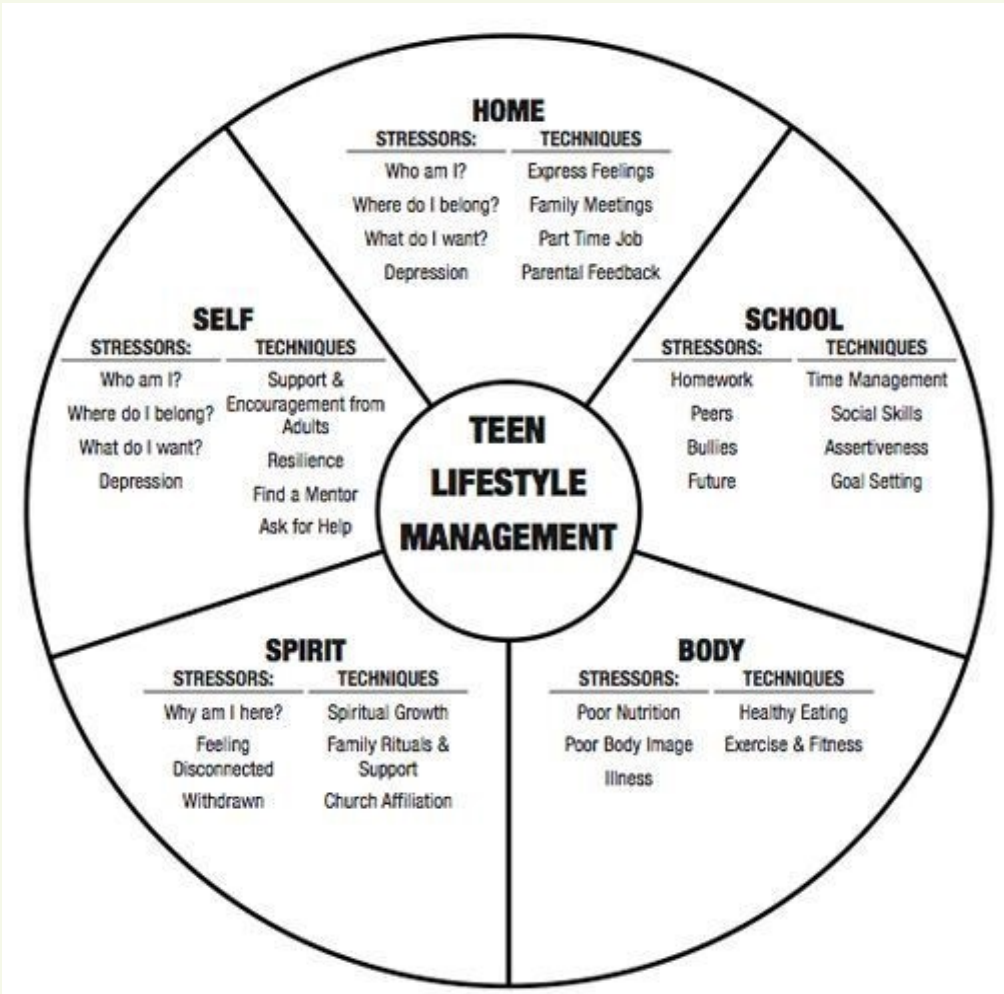


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Tips for Teens on how to deal with stress.

5 Tips TO HELP TEENS COPE WITH STRESS

GET SOME SLEEP

Z Z Z

Getting enough sleep helps you grow and develop normally, pay attention throughout the day, and maintain overall health. For teens, this means about **8-10 hours each night**.

FOCUS ON YOUR STRENGTHS

💪

Take time to **think about what you're good at** and ways to do more of those things. By focusing on and building your strengths, you can keep your stressors in perspective.

DO THINGS THAT MAKE YOU HAPPY

😊

Find activities or hobbies that make you happy and incorporate them into your daily life.

ENGAGE IN PHYSICAL ACTIVITY

🚴

Exercise takes our mind off stress and releases chemicals in our brain that make us feel better. This can be anything from a stroll in the park, to a downhill bike ride or basketball game with friends.

TALK TO SOMEONE

💬

It can be hard to manage stress alone. Talk to a parent, teacher or other trusted adult about your problems and they may be able to help you find **ways to manage your stress**.

MENTAL HEALTH FIRST AID
MHFA.org/teens



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What PBIS offers to our Scholars !

The Stockbridge PBIS team helps to mold and secure the future our scholars by addressing the social and emotional needs of students and their families. We believe in staying connected with our community, which reinforces the success of our school by providing ongoing support. We offer several student support clubs such as **We Dine Together, Stockbridge HS Student Ambassador** program and **Lead4Change**. These clubs are instrumental in our scholars lives.

We recognize every child is different – which is why families should have a variety of options when deciding how to educate their children. The goal of Stockbridge High School PBIS is to ensure families have the necessary supports that will help their scholars to learn and grow. We encourage parents to motivate their teenagers to be involved in these programs.

Brief Detail of the program



We Dine Together is a student-led group that offers social and emotional support to peers. It meets twice a month during lunch or other available flex time. The school's Student State Representative leads the group in providing support and solutions in the following areas: resilience training, acts of kindness, advocacy, and awareness. While COVID-19 has temporarily disrupted our operations, we are making plans to shift into a virtual environment to continue supporting the SHS student body.

The Stockbridge

HS Student Ambassador program is a group of students who are dedicated to the positive promotion of Stockbridge High School. The main job of the student ambassador program is to be a helpful, friendly face for the incoming freshman students and promote positive behavior throughout the building.



The Lead4Change Student Leadership Program is the nation's leading and fastest growing free leadership program for 6-12th grades. Lead4Change gives students opportunities to learn outside the classroom by connecting with their community and putting their leadership skills into action through project management, decision-making and teamwork while competing in the Lead4Change Challenge.

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Student and Teacher Recognition

Please put your virtual hands together to congratulate our PBIS Students who have been recognized for their outstanding work for the week of September 28-October 2.

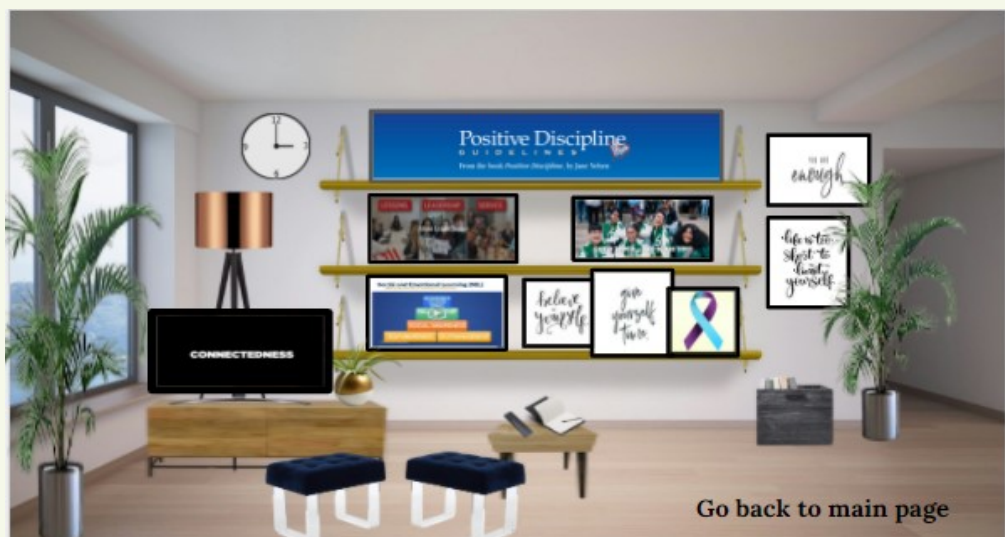
The nominated students were:

- Ariel Price for Punctuality (Mrs. Midgette)
- Mauryse Mack for Respectful, Resilient, and Punctual behaviors (Mrs. Midgette)
- Kennedy Allen for Punctuality (Mrs. Midgette)
- Sophia Puente de LaCruz for Punctual, Responsible, and Respectful behaviors (Mrs. Wilson)
- Jasmine Jarvis for Punctuality (Mrs. Wilson)
- Javon Gordon for Responsibility (Mrs. Wilson)
- Marisol Penny-Alvarez for Responsibility (Mrs. Lewis)
- Aniya Green for Punctuality (Mrs. Pennebaker)
- Christen Reynolds for Punctuality (Mrs. Pennebaker)
- Isaiah Wilder for Punctuality (Mrs. Pennebaker)
- Joya Howard for Punctuality (Mrs. Pennebaker)
- Charity Dennard for Responsible and Punctual behaviors (Ms. Gilliam)
- Victor Figueroa for Punctual and Resilient behaviors (Ms. Gilliam)



To Isaiah Wilder for being a consistent participant in virtual class and being proactive by joining tutoring when he is in need. Isaiah proactive alleviate his emotion to get the best of him.

PBIS Room and Resources Room!



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Upcoming Event at SHS



DATE: Wednesday, October 14, 2020

Time: 8:10–11:27 am

Location: Assigned SHS Classrooms

Cost: 9th and 11th Graders- \$20; Free for 10th Graders

Who: College-bound 9th, 10th and 11th graders

Why: Important for preparing for college; PSAT is the best way to practice for the SAT; The test has an extra function for 11th graders. It is the National Merit Scholarship Qualifying Test.

How: Sign-up in Counseling Office with Mrs. Sharpe; 9th and 11th graders by **September 18th**.

The PSAT is strongly recommended for students who have a 2.5 GPA or higher and plan to go to a 4 year university or college.

Please make checks payable to Stockbridge High School.

Positive Mindset

<u>Negative Self-Talk</u>	<u>Positive Self-Talk</u>
I've never done it before/ I don't know how to do it.	It's a chance to learn something new/I can learn.
It's too complicated/hard/ I'll mess it up.	I can figure it out/I've overcome tougher challenges
Other people can do it better/Someone else should do it.	I look for the bright side of things/I deserve to win/I'm always improving.
I don't have the time/resources/experience.	I am resourceful/others will help me.
It won't work.	I'll come up with an answer.
I tried before and didn't succeed/ It looks stressful.	I enjoy adapting and growing with change.
I'm not good enough.	I trust myself to succeed.



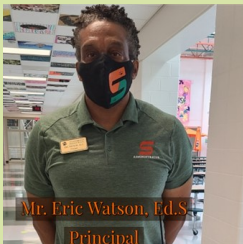
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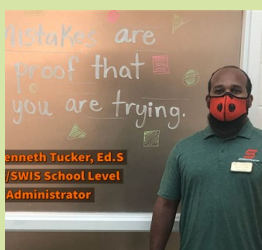
PBIS TEAM

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Meet the members of the SHS PBIS team



Mr. Watson
Principal



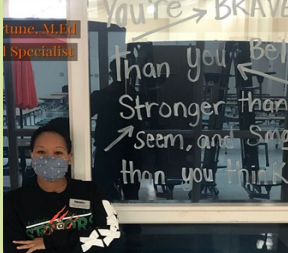
Mr. Tucker
PBIS/SWIS
School Level Administrator



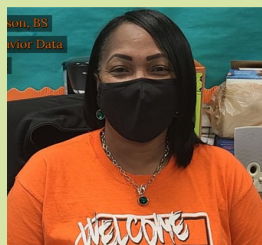
Mrs. Bell
PBIS Coach/PBIS/SWIS
Behavior Data Entry



Ms. Park
Social Emotional Learning
Curriculum



Ms. Fortune
PBIS Behavior Specialist/
Communication Specialist



Ms. Wilson
PBIS/SWIS Data Entry
& Analyst



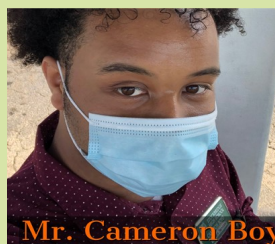
Ms. Richardson
PBIS Partnership Developer/
PBIS Communication Specialist



Ms. PBIS
Social Emotional Learning
Curriculum



Ms. Chavis
PBIS Action Plan Archiver/
Recorder/Minutes Taker



Mr. Boyd
PBIS Youth Ambassador

