

PBIS NEWS



SHS Motto: Punctual, Responsible and Respectful

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- PBIS Team

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

During the month of October, SHS teachers had the pleasure of helping their students to learn about self-management.

What is Self-Management

Self-management is a key tool for all learning (for children and adults). Whether for academic subjects, other content areas, or skills like playing a musical instrument, self-management allows students to follow through on plans to complete assignments, study for tests, and stay focused in class. For adults, it is helpful for reaching goals related to learning or life, like developing a new professional skill or sticking to a diet. Learn more: hear from students/child, and find out what you can do.



Tips for Teens on how to Self-Manage.

Advantage of Teaching Students Self-Management

- It provides a means for teachers to spend more teaching and less time trying to control students' undesirable behavior.
- It increases the likelihood that the appropriate behavior will last over time and be performed in settings other than the one in which it was originally taught.
- It makes students active participants in developing, implementing, and monitoring a intervention.

Self-Management Skills and Tips

Stress management

- exercise your body;
- enjoy yourself, rest yourself as regularly as possible;
- go to vacations and holidays with the people you love;
- take walks in nature;
- do hobbies.



Self-motivation

- find and list your motives (needs and desires);
- find different sources of motivation and inspiration (music, books, activities);
- think expansive thoughts;
- live fully in the present moment;
- dear to have big dreams;
- dream often - every day;
- remember that nothing is impossible.



Self confidence

- get rid of the negative thoughts in your head;
- think positively;
- be happy with small things;
- do not forget to tell yourself that you are smart and intelligent;
- chat with positive people;



Time management and organization skills

- set and prioritize your goals
- create a schedule;
- make lists of tasks;
- use different optimization tools
- break large tasks into smaller tasks.



Have a healthy lifestyle and a balanced diet

Healthy eating and physical activities are extremely important when it comes to increasing your mind and body power.

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Useful information
for parents provid-
ed by the SEL cur-
riculum leader.
Click to watch the
video!



- 1 work hard
- 2 complain less
- 3 listen more
- 4 try, learn, grow
- 5 don't let people tell you it can't be done
- 6 make no excuses

CULTURETRIP.COM

8 tips for managing your child's anxiety about COVID-19.



Create
a routine.



Listen to your child and check in frequently.



Look for signs of anxiety.



Teach coping skills.



Focus on
controllable tasks
like washing hands.



Encourage positive thinking.



Stay
connected.



Seek professional help if needed.

Please help us give a GRRRRRREAT Tiger Shout Out to the following students who were selected as outstanding students exemplifying TIGER PBIS behaviors (Punctual, Responsible, Respectful, and Resilient) for the week of September 28 to October 13.

STUDENT	Nominating Staff	Nominating Staff
Isaiah Wilder	Helen Pennebaker	Sept 28-October 02
Ajonna Godbolt	Heidi Shook	October 05-09
Mauryse Mack	Angela Walker	October 12-16
Jayme McCrary	Kayla K. Everett	October 19-23

You did it!
Congratulations

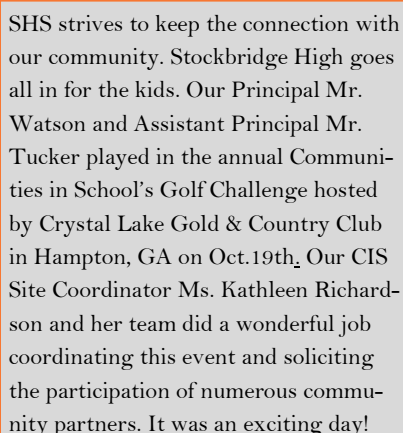
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October PTO Meeting

How to Recognize Anxiety and Depression at Home

How to Recognize Anxiety and Depression at Home

Connectivity



Athletics



New PBIS Members



Education



Congratulations to the SHS 2020 senior class. Stockbridge High was one of five schools that had senior classes achieve across-the-board gains in all subject areas and composite scores on the ACT.

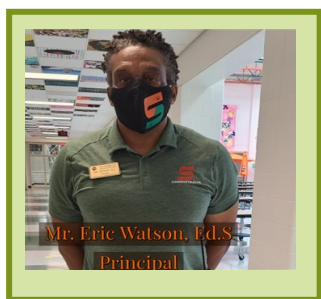
November, 2020



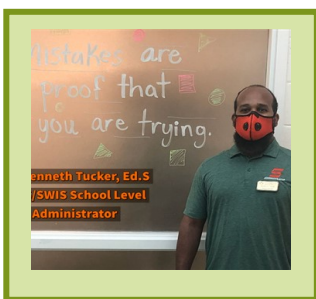
PBIS TEAM

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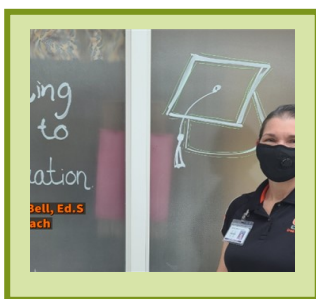
Meet the members of the SHS PBIS team



Mr. Eric Watson, Ed.S.
Principal



Kenneth Tucker, Ed.S.
PBIS/SWIS School Level
Administrator



Bell, Ed.S.
Coach

Mr. Watson
Principal

Mr. Tucker
PBIS/SWIS
School Level Administrator

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

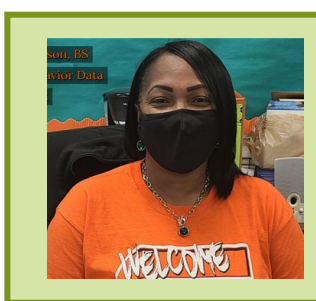


Ms. Meagan Parks, Ed.S.
Social Emotional Learning Curriculum Facilitator



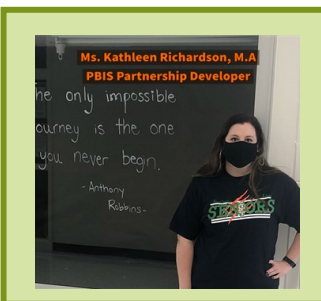
Fortune, M.Ed.
Specialist

Ms. Fortune
PBIS Behavior Specialist/
Communication Specialist



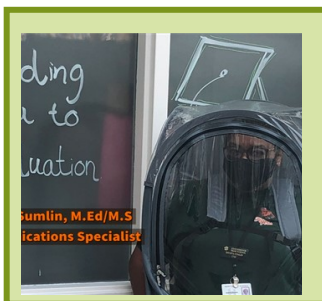
Wilson, BS
Behavior Data

Mrs. Wilson
PBIS/SWIS Data Entry
& Analyst



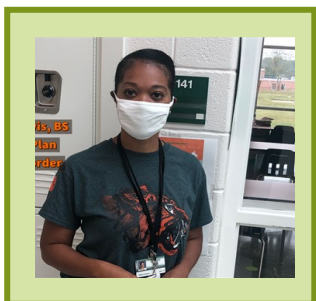
Ms. Kathleen Richardson, M.A.
PBIS Partnership Developer

Ms. Richardson
PBIS Partnership Developer/
PBIS Communication Specialist



Sumlin, M.Ed/M.S.
Communications Specialist

Ms. Sumlin
PBIS Communication Specialist



Chavis, BS
Action Plan
Recorder

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



Mr. Cameron Boy

Mr. Boy
PBIS Youth Ambassador



Ms. DeBerry
PBIS Student Representative



PBIS PTO Representative

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