

SHS Motto: Punctual, Responsible, and Respectful

- SEL of the month.
- Define Self-Care
- Video on why teenager need Self-Care
- SEL: Tips for Parents
- SEL: Tips for Teens
- SEL: Holiday Tips
- Student Recognition
- Teacher Recognition
- Meet the Members

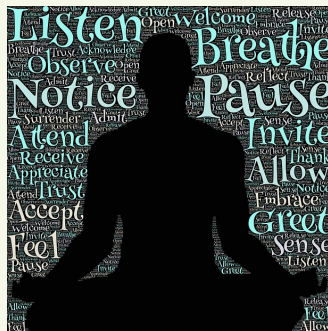
During the month of December, SHS teachers had the pleasure of helping their students to learn about Self-Care.

As we continue to navigate through a pandemic, our team continues to brainstorm about ways to continue to support our students' health, well-being, and social-emotional learning during distance and hybrid learning. However, it is also critical for our school leaders, educators, and parents to also focus on their own social-emotional well-being.

As we know, the five core SEL skills outlined by CASEL—self-management, self-awareness, responsible decision-making, social awareness, and relationship skills—are more important than ever.

For the last two months SEL curriculum at SHS has been focusing on Self-Management. Generally, self-management is associated with several skills such as impulse control; stress-management; self-discipline; goal setting; self-motivation and organization.

Teachers have exposed students to several methods via discussion and implementation. Having a solid foundation of self-awareness will help students to determine when they are stressed so that they can implement practiced strategies with more success. The focus of practice strategies this month is Self-Care.



Seven Pillars of Self-Care



PBIS NEWS



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Why your teenager really needs self-care



Psychologist Anna Sidis explains why self-care is especially important for teenagers and how they can practice self-care to reduce stress.

4-7-8 Breathing Exercises

PHYSICAL -Moving your body -What you eat -Amount of sleep -Physical wellbeing	EMOTIONAL -Understanding your feelings -Coping mechanisms -Expressing yourself
SPIRITUAL -Discovering what you believe -Creating a practice -Meditation + prayer	PRACTICAL -Budgeting -Household chores -Organization -Safety + security
Types of Self-Care	
SOCIAL -Meeting social needs -Good support system -Boundaries	PERSONAL -Creating core values -Positive hobbies -Life goals -Time alone
SOCIAL MEDIA -No endless scrolling -Positive feed -Good boundaries -No comparisons	PROFESSIONAL -Work boundaries -Positive work environment -Continued learning

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Tips for Teens & Family on Self-Care

 SELF-CARE FOR FAMILIES		
Emotional - watch a good movie - write positive notes - talk about feelings - draw self portraits - say "I love you" - spend time writing - have a sing-a-long - tell some jokes - try a new craft	Physical - have a dance party - go for a walk - do a family bike ride - take a hike - play kickball - play the game "tag" - go roller skating - go to the pool - wii fit games	Spiritual - make a gratitude list - go outside - pray or meditate - talk forgiveness - write thank you's - volunteer - enjoy nature - practice positive talk - plant a tree
Mental - read together - write stories - do a meditation - find shapes in clouds - take belly breaths - find new things - make vision boards - create mandalas -practice mindfulness	Practical - clean the house - declutter old toys - assign chores - make a grocery list - organize - pay the bills - do homework/study - have morning routine - have night routine	Social - play in the park - visit relatives - have family dinner - play boardgames - host a sleepover - plan a bbq - join a team - do a food drive - start new friendships

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TIPS



Please help us give a GRRRREAT Tiger Shout Out to the following students who were nominated as outstanding students exemplifying TIGER PBIS behaviors (Punctual, Responsible, Respectful, and Resilient) for the weeks of October 26-December 4.

**Students are randomly selected by people who have no access to the files.*

The following teachers and staff members were selected for our monthly Tiger Shine award by the SHS administrative team. These employees were recognized for going above and beyond to serve our students, school, and community and as well as providing 5-star customer service. Congratulations!

Vickie Reid– Cafeteria Staff



December, 2020



PBIS NEWS

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Highlights @ SHS

Connecting



Principal Mr. Watson had the honor getting pied during our virtual pep rally Nov. 13. Thank you to all the faculty, staff, and students who helped produce and participated in this event, which was fun, safe, and enjoyable for our teachers and students!



Athletics



SHS Girls Basketball



Homecoming

December, 2020



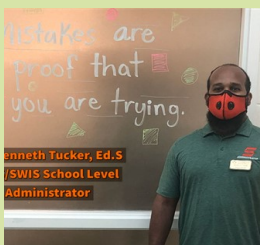
PBIS TEAM

Meet the members of the SHS PBIS team

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Mr. Watson
Principal



Mr. Tucker
PBIS/SWIS
School Level Administrator



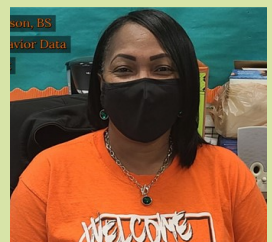
Mrs. Bell
PBIS Coach/PBIS/SWIS
Behavior Data Entry



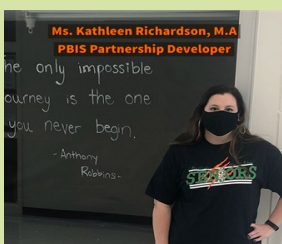
Ms. Park
Social Emotional Learning
Curriculum



Ms. Fortune
PBIS Behavior Specialist/
Communication Specialist



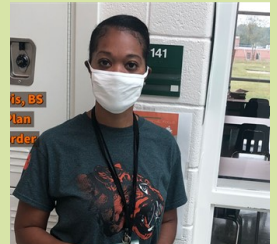
Ms. Wilson
PBIS/SWIS Data Entry
& Analyst



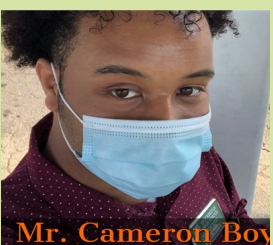
Ms. Richardson
PBIS Partnership Developer/
PBIS Communication Special-



Ms. PBIS
Social Emotional Learning
Curriculum



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



Mr. Boyd
PBIS Youth Ambassador



Ms. DeBerry
PBIS Student Representative

Dr. Alfreda
Gourdine

PBIS PTO Representative

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