

Glenmeade
Elementary
2022 - 2023

PBIS Parent Night



Learning Outcomes for Tonight

1

Participants will have an understanding of PBIS

2

Parents will be comfortable implementing PBIS at home

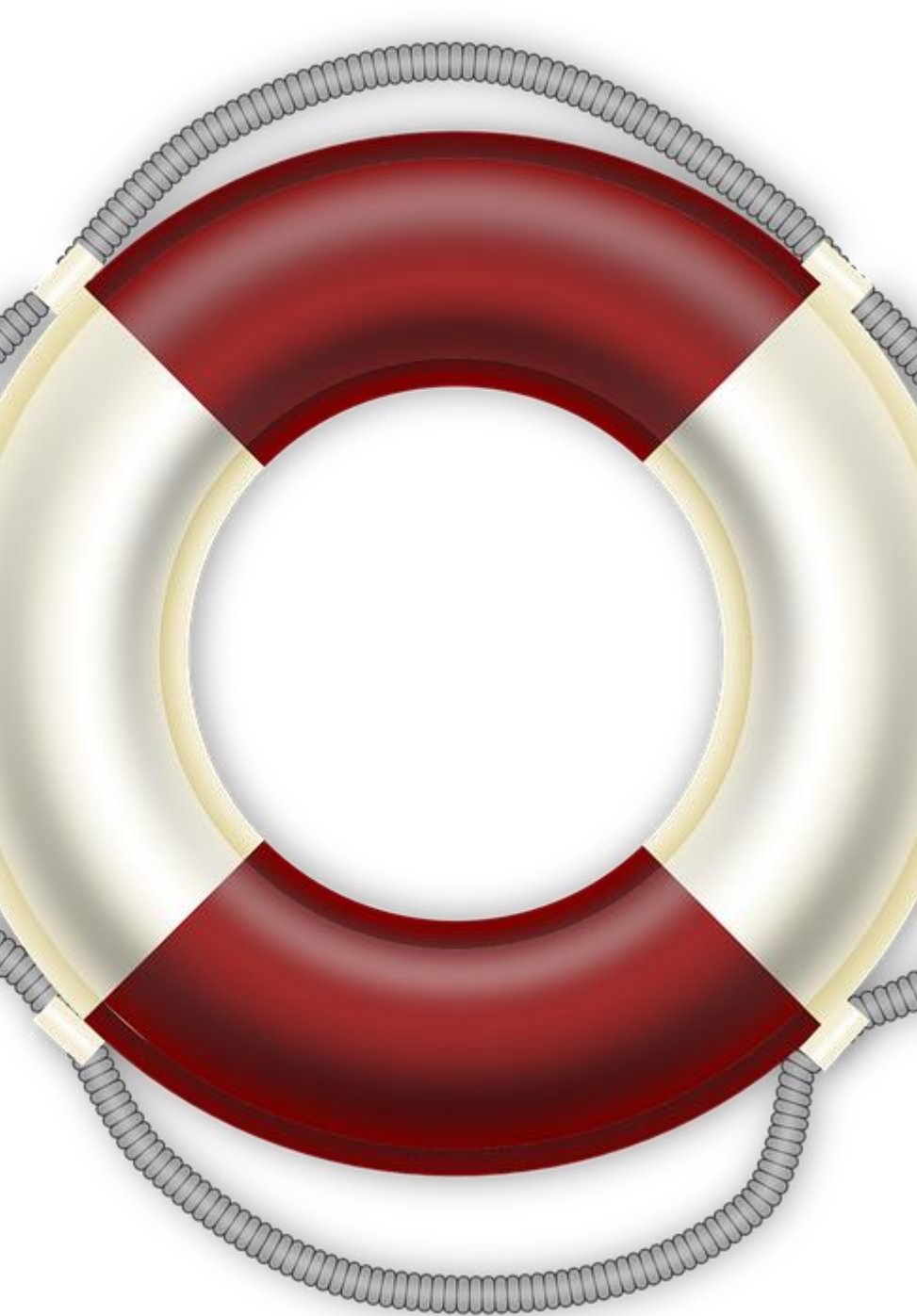
3

Students will maintain behavioral expectations from school to home

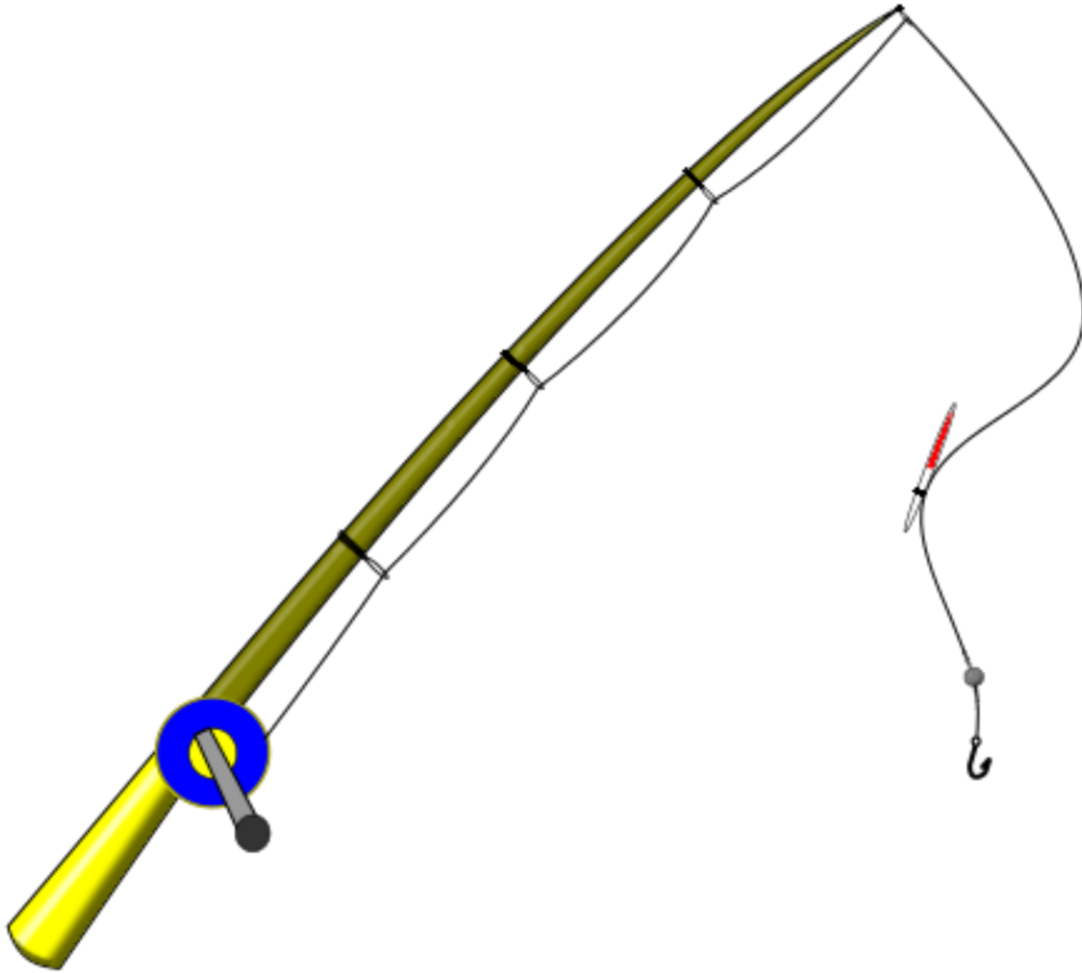


The Fishermen Story

Once upon a time in a small town, a group of fishermen gathered at the river's edge. Soon after they got there, a child came floating down the rapids, yelling for help. One of the fishermen jumped into the river and pulled the child out.



A few minutes later another child came, then another, and then another. Soon the fishermen were all diving in dragging children to safety. They continued jumping in over and over again, trying to save as many children as they could.



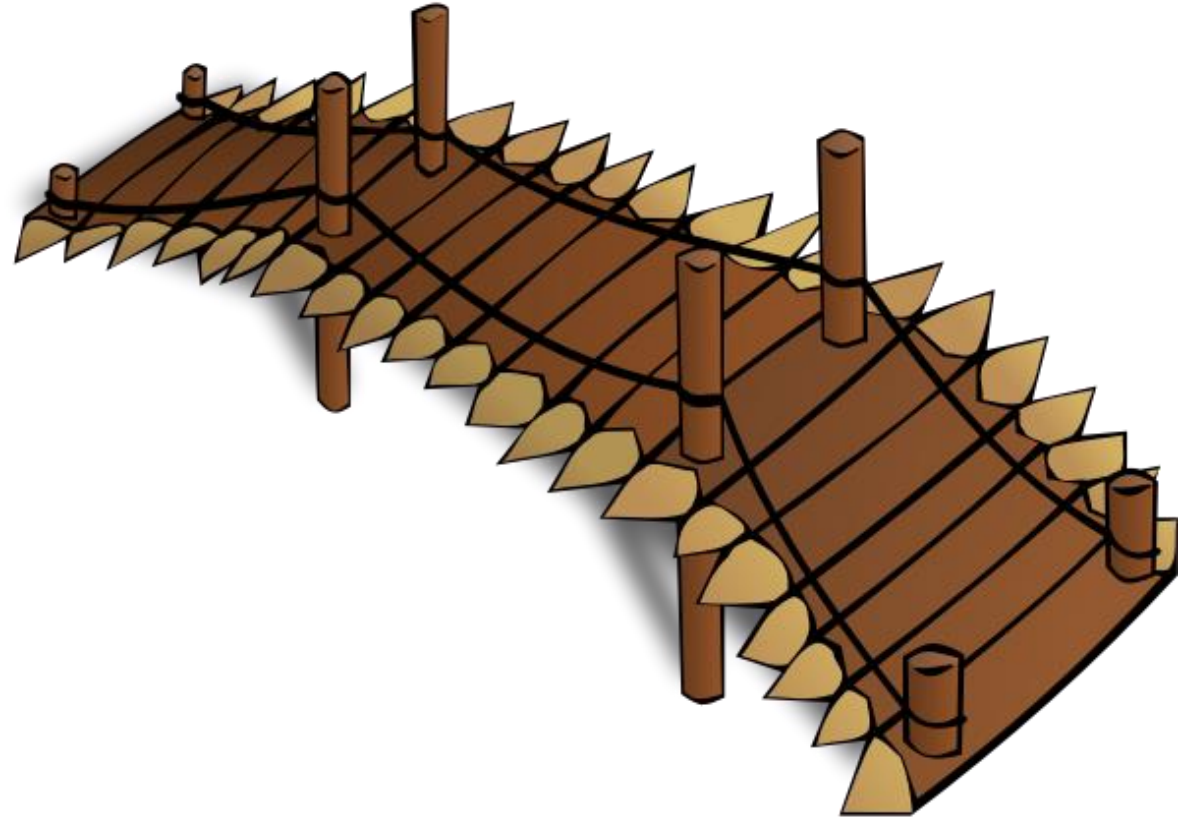
During all this frenzy, one of the fishermen walked away. The rest of the group became irate! How could he leave when there were so many children to save?

Hours later, to the fishermen's relief, the flow of children down the river stopped.



The fisherman who had walked away returned. The group began shouting, "How could you? How could you walk away when we were all working so hard to save the children? We needed you with us."

He replied, “I decided to go upstream and find out why so many children were falling in the river. I found that the bridge had some missing boards. When the children tried to jump the gap, they couldn’t make it and were falling in. I fixed the bridge so no more would fall in.”



What's the Moral
of the Story?

Understanding PBIS at School

Our school has developed a set of expectations or rules for your child's behavior at school (3B's). We will teach these expectations to all of our students, and we will recognize students who meet them (RoWards). The expectations will be the same for students in all areas of our school, including the playground, the lunchroom, the classroom, and on the bus.

What about at home?

- Implementing PBIS at home can help students maintain behavioral expectations.
- The resource entitled, “Family Plan for Positive Behavior at Home”, available in English and Spanish on the www.pbis.org website, can be used to assist parents with incorporating PBIS into their daily routines.

To truly change behavior, appropriate behavior must be.....

- 1) Taught
- 2) Modeled
- 3) Practiced
- 4) Acknowledged





Playground

Be Respectful	Be Responsible	Be Safe
Wait your turn in line & follow the rules of the game	Stop playing and safely walk to your line when the bell rings	Walk to/from class and playground and hold all equipment
Avoid interfering in other games	Restrooms are to be used appropriately	Avoid all play fighting/rough play
Follow requests and directions from adults	Tell an adult if someone is hurt or in danger	Play and eat in designated areas

Different Schools, Different Expectations....

Different HOMES, Different Expectations

- Different homes may have different expectations for their children's behavior.
- Whatever you as a parent decide is right and okay for your home, it is important that you set the expectations and follow through!
- Remember that every child is different, even children in the same family living in the same home. What works for some children will not work for all!

Guidelines for Parents

1 Use positive wording

Instead of “Don’t run in the store,” try “You must walk in the store.”

Instead of “Stop yelling,” try “Use your inside voice.”

Instead of “No throwing the ball in the house,” try “You can only throw the ball outside.”

Guidelines for Parents

2 Be a teacher

When you have to say NO, give a reason why.

For example, while shopping, your child asks you to buy him a toy. You know how many toys he already has, and you are short on time. You tell your child, “No, we can’t buy that toy today because you already have a toy in the car that you can play with on the way home.”

If your child accepts your answer, compliment him, saying something like “Thank you for being respectful and understanding that we can’t buy a new toy today.”

Guidelines for Parents

3 Acknowledge appropriate behavior

Use positive reinforcement to teach your children which actions/behaviors are expected, accepted, or desired.

Figure out what kinds of acknowledgment your child will be motivated by. Ask them what they would enjoy doing (Not necessarily having)!

Create a special “reward” basket or box of toys or items you already own that your child only gets to play with or use when they have done what was expected.

Create a visual recognition system, such as a sticker chart. For example, list your child’s weekly chores and use a sticker to mark when each one is completed. At the end of the week, if all chores are completed according to expectation, give a reward.

Steps to Implementing PBIS at Home

- 1) Decide on expectations
- 2) Have a family meeting
- 3) Use positive reinforcement for appropriate behaviors
- 4) Use consequences for inappropriate behaviors



Step 1: Develop Expectations

Choose 3-5 clear expectations.

Consider using the ones that your child's school uses. Examples include:

Be respectful

Be responsible

Be safe

Be helpful

Be kind

Be honest

Create a behavior matrix that outlines what you expect from your children at home at various times or during various parts of the day.

Example of a
Home Matrix



Behavior Expectations At Home



Location	Be Respectful	Be Responsible	Be Safe

Step 2: Family Meeting

Hold a family meeting to present the matrix.

Explain the expected behaviors. (It's great to get input from your kids, but don't feel like you need their approval. They are YOUR expectations, and you are the adult.)

Demonstrate, discuss, and/or role-play each expected behavior.

Explain the what the positive reinforcement will be and what the consequences will be.



Step 3: Positive Reinforcement

It is *absolutely essential* that you *consistently* provide positive reinforcement when your child behaves as you expect.

Some ideas:

- Each child could have a goal and earn a reward for reaching their individual goal
- You could have a family goal (When we earn 50 points, we will....)
- You could offer a “menu” of rewards, some big, some small, that children can “buy” with points that they earn
- You could do a lottery-style drawing in which more entries = more chances to win

Step 4: Consequences

When problem behaviors occurs (and it will):

- 1) Stay calm!
- 2) Remind your child of the expectation
- 3) Reteach, model, and/or have your child practice the appropriate behavior
- 4) Give an appropriate consequence

Why should I try PBIS at home?



Appropriate behaviors at home can transfer to school, and vice versa.

You will feel better when you focus on what is going right (the positive!). Your kids will notice and respond to this positive change in you and in turn give you even more reasons to feel positive.



Charmia Cabrera

Glenmeade Elementary

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Room #: Conference Room 1

Phone ext. 8586

Social Academic Skills

- Are learned behaviors
- Include specific verbal and nonverbal behaviors
- Require both initiations and responses
- Are interactive by nature
- Are highly contextual and depend on the environment

Types of social academic skills:

- ✓ Classroom and school-wide procedures and routines
- ✓ social-emotional skills (accepting redirection, taking turns, etc)
- ✓ academic skills (organization, seeking help)



School Week:	1	2	3	4	5	6	7	8	9	10	11
Unit/ Lesson	PBIS Kick-Off Teach school wide and classroom behavioral expectations	Unit 1 L1	Unit 1 L2	Unit 1 L3	Unit 1 L4	Unit 1 L5 Performance Task	BPU L 1	BPU L 2	BPU L 3	BPU L 4	Unit 2 L6
Lesson Title		Setting a Good Goal	Making a Plan	Checking Our Progress	Reflecting On Our Journey	Ready, Set, Goal!	Recognize, Report, Refuse	Bystander Power	Bystander Responsibility	Bystanders to Cyber Bullying	The Balanced Brain
School Week:	12	13	14	15	16	17	18	19	20	21	22
The first entire week of school should be dedicated to PBIS Kick-Off	Unit 2 L7	Unit 2 L8	Unit 2 L9	Unit 2 L10 Performance Task	Thanksgiving Break	Unit 3 L11	Unit 3 L12	Unit 3 L13	Christmas Break	PBIS Winter Kick-Off Re-teach school wide and classroom behavioral expectations	
	What is thinking?	How to Rethink	Take Another Look	Rethink It!		The Same, But Different	Ask, Listen, Learn	Seeing It Differently			
Week:	23	24	25	26	27	28	29	Suggestions			
Unit/ Lesson	Unit 3 L14	Unit 3 L15 Performance Task	Unit 4 L 16	Unit 4 L 17	Unit 4 L 18	Unit 4 L 19	Unit 4 L 20 Performance Task	<ul style="list-style-type: none">• Move units depending on the needs of your class.• Bully Prevention Unit (BPU) should be completed by Thanksgiving Break.• Consider adding a “Skill Review” as needed at the end of each Unit using the extension activities available for each lesson.• Consult with your MTSS-B Counselor if you need support.			
Lesson Title	Changing Your Mind	A New Point of View	A Good Problem-Solver	Saying It Respectfully	Exploring Outcomes	A Good Solution	STEP Into Problem-Solving				

Considerations

October - National Bullying Prevention Month
September- National Suicide Prevention Month
February- National Random Acts of Kindness Week
May- Mental Health Awareness Month

The first entire week of school should be dedicated to PBIS Kick-Off

This is the state-mandated Bully Prevention Education

Healthy Minds Guidance Lessons

100% of K-8th grade students at CVUSD will get an SEL Tier 1 Guidance Lesson focusing on Coping Strategies by September 30th, 2022.

2022-23 Report: 661 lessons in 9 weeks of delivery

Lesson objectives:

- Identify and explore feelings.
- Identify reasons why we need a healthy mind.
- Define stress and identify feelings associated with stress.
- Identify, define, and manage feelings through coping skills.
- Identify how to ask for help when experiencing a stressful feeling and who to ask for help at school.

Coping Strategies Shield



MY CLASSROOM PAGE



GLENMEADE
ELEMENTARY SCHOOL

SEARCH GLENMEADE



SELECT A SCHOOL >



ABOUT US ▾

CLASSROOMS

PARENTS

STUDENTS

CABRERA, CHARMIA -
INTERVENTION COUNSELOR

Meet Your Counselor

MTSS-B Counseling



Second Step



Health Services Link

Parent/Family Resources



Request for Assistance Form



Phone

(909) 393-4087 ext. 8586

Email

charmia_cabrera@chino.k12.ca.us

On-site Location and Hours

Conference Room #1

Mon - Fri: 7:50am - 3:10pm

Hello Glenmeade Roadrunners!

My name is Ms. Cabrera, but you can also call me Ms. Mia.

It has always been a passion of mine to help and support students; so I am very excited and happy to be with you all again for the 2022-2023 school year as your MTSS-B Intervention Counselor!

During times of growth, change, and uncertainty, I understand that life can become very stressful. By working together and collaborating, we can overcome these difficulties and become stronger than ever. Remember to always follow the 3 B's (*Be Responsible, Be Respectful, and Be Safe*) and be mindful of yourself, your actions, and those around you for a better and healthier overall well-being.

Please feel free to contact me via email with any questions or concerns you have.

REQUESTING SUPPORT

Link is available on my
Glenmeade classroom
webpage

CABRERA, CHARMIA - INTERVENTION COUNSELOR

Meet Your Counselor

MTSS-B Counseling



Second Step



Health Services Link

Parent/Family Resources



Request for Assistance Form

This Form can be used by:

- Parents
- Students
- Staff

Hello Glenmeade Parent/Guardian, Teachers/Staff, or Student,

If you would like for the counselor to contact you or your student, please click the link below to access our online form:

[Click Here for the Request for Support Services Form](#)

Click here for the
online form

Please remember that if this is a medical/mental health emergency- call 911 immediately.

I or someone from the school will be checking this form on a daily basis, but please give us 24-hours (based on school hours) to respond to your request.

Teachers/Staff/Administrators:

Please fill out this form for a student. You determine may need a Tier 2 intervention for support with one or more of the school-wide expectations of *Be Respectful, Responsible, or Safe* outside of the typical SAERPS window timeline. Your responses to the questions on the form



SCAN ME!