



# PBIS UPDATE

KEEPING IT POSITIVELY POSITIVE SEPTEMBER 2017

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## “What’s up with 4:1?”

Walking through the hallways of many MCS schools, you can’t help but notice the “4:1” signs posted in classrooms, hallways, and cafeterias. These are highly visible reminders of the power of making **4 positive statements for every 1 redirection**. [Watch this video](#) for more on the magic of 4:1!

## SEEKING SHOUT-OUTS!

Do you know a colleague who is doing an awesome job of implementing PBIS in their classroom? Of course you do! E-mail a shout-out to PBIS Program Supervisor Caleb Beasley so that we can feature the outstanding work MCS educators are doing to support positive behavior in our students!

## PBIS in MCS: Where Are We Now?

The beginning of a new school year is a good time for us to take a step back and look at the big picture for where we are as a corporation with PBIS. It is important to remember that PBIS is a *multi-tiered system* that provides varying levels of supports for students with varying levels of needs.

Tier I involves the entire school. This level, where school-wide expectations, procedures, and reinforcements are emphasized, is currently being implemented in most of our schools. It is expected that around 80% of students will be successful in meeting these expectations without additional supports.

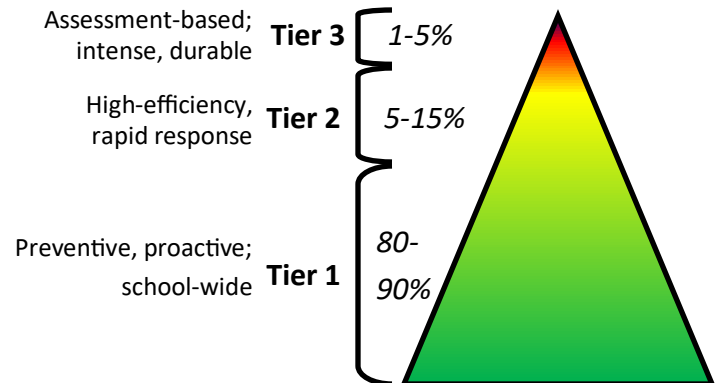
Tier II interventions, which may include Check-in Check-out (CICO) or social skills groups, are designed to help the 5-15% of our populations who need additional supports.

These interventions are designed to be efficient and relatively easy to implement in the classroom. Several schools began implementing Tier II interventions last year; this school year, it is expected that more students will benefit from the support offered at this level.

A smaller portion of our student body will require assistance beyond the secondary level; Tier III interventions

typically involve the use of formal assessments and more intensive and long-lasting interventions. As each school moves forward in implementing these tiers of the PBIS framework, areas for improvement will consistently be addressed by ensuring that all students receive the instruction and support they need to meet the behavioral expectations and, in turn, be successful in the classroom.

### School-Wide Systems for Student Success: Tiered Supports



## Teaching Toolbox: Mindfulness Minutes

Mindfulness is a skill that students and adults can develop by paying close attention to the present situation and our role in it. Research has shown that practicing mindfulness can reduce negative feelings, stressors, and anxiety while increasing attention and emotional regulation. Mindful

students make sound decisions rather than being ruled by their emotions; they are more likely to behave in a self-aware, self-controlled, and compassionate manner.

Some teachers and counselors have already started to incorporate “Mindfulness Minutes” into their daily and

weekly routines. One suggestion is to build mindfulness activities into the daily routine. Another approach is to use these practices during or immediately after classroom disruptions (fire drills, convocations). [Click here](#) for examples of mindfulness activities you can teach your students!