

# Ronald McNair

## Counselor Comments

### December 2011



Dear Parents,

Thank you so much for your generous contributions of food to the McNair Food Drive. We were able to send almost 20 boxes of food to Manna for families that need support. Thank you also for your feedback regarding this newsletter and other communication. This Newsletter allows me to communicate with you about what is going on at school in terms of Counseling and offer resources and support articles based on what you need. Facilitating a lesson in each classroom once a month allows me to begin to build personal relationships with the students and be a resource to them as well. For the month of December the classroom counseling lessons will continue to focus on *CARING*, Kindness, Appreciation, Helping Others.

Based on parent input at the last Town Hall Meeting, this newsletter has information about PBIS. This newsletter also brings wishes for a wonderful winter and some tips on promoting respect and quality time during this season of busy celebration. Please continue to provide feedback so I can plan the next newsletter. Happy Reading!

Sincerely,

*Mrs. Yates*

#### **Parent Quiz - Are you finding time to spend with your family?**

From the minute the alarm rings in the morning until you collapse at night, it seems you're on the go. And you're not the only one in the family who rushes from one thing to the next. Today, kids also live whirlwind lives.

Are you making the time your family needs to be together? Answer yes or no to each of the statements below:

\_\_\_ 1. We eat dinner together most nights of the week. Studies show that kids who eat dinner regularly with their families do better in school.

\_\_\_ 2. I have set limits on the number of activities my kids can take part in. We try not to spend every afternoon in the car.

\_\_\_ 3. We stick to a bedtime routine. I spend at least five minutes talking with each child before "lights out."

\_\_\_ 4. I set aside some one-on-one time with each child each week.

\_\_\_ 5. We designate certain times as "no TV" times. We realize that the television can cause separation even when we are all under one roof.

**How are you doing?** Mostly yes answers mean you're finding ways to make family time a priority. For no answers, check the quiz for some suggestions.

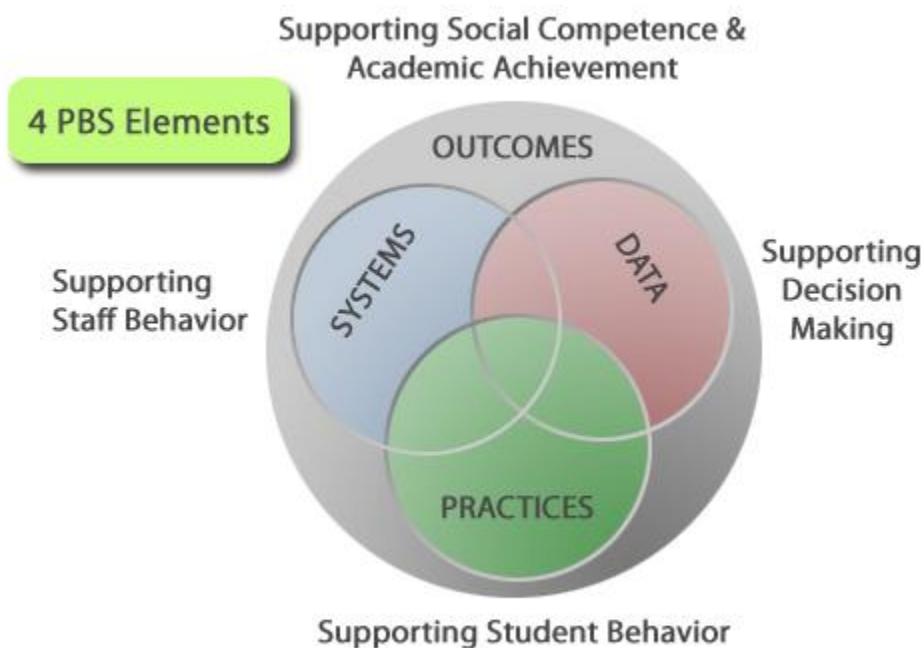
# What is School-Wide Positive Behavioral Interventions & Supports?

## 1. "What is School-Wide PBIS?"

Improving student academic and behavior outcomes is about ensuring all students have access to the most effective and accurately implemented instructional and behavioral practices and interventions possible. SWPBS provides an operational framework for achieving these outcomes. More importantly, SWPBS is NOT a curriculum, intervention, or practice, but IS a decision making framework that guides selection, integration, and implementation of the best evidence-based academic and behavioral practices for improving important academic and behavior outcomes for all students.

## 2. "What Does School-Wide PBIS Emphasize?"

In general, SWPBS emphasizes four integrated elements: (a) data for decision making, (b) measurable outcomes supported and evaluated by data, (c) practices with evidence that these outcomes are achievable, and (d) systems that efficiently and effectively support implementation of these practices.



These four elements are guided by six important principles:

- Develop a continuum of scientifically based behavior and academic interventions and supports
- Use data to make decisions and solve problems
- Arrange the environment to prevent the development and occurrence of problem behavior
- Teach and encourage prosocial skills and behaviors
- Implement evidence-based behavioral practices with fidelity and accountability
- Screen universally and monitor student performance & progress continuously

### 3. What Outcomes are Associated with Implementation of PBIS?

Schools that establish systems with the capacity to implement SWPBS with integrity and durability have teaching and learning environments that are

- Less reactive, aversive, dangerous, and exclusionary, and
- More engaging, responsive, preventive, and productive
- Address classroom management and disciplinary issues (e.g., attendance, tardies, antisocial behavior),
- Improve supports for students whose behaviors require more specialized assistance (e.g., emotional and behavioral disorders, mental health), and
- Most importantly, maximize academic engagement and achievement for all students.



For more information you can go to: [http://www.pbis.org/school/what\\_is\\_swpbs.aspx](http://www.pbis.org/school/what_is_swpbs.aspx)

---

#### **Building Character - Emphasize 'giving' rather than 'getting' this holiday season**

To be successful in school, children must learn to share and become less selfish. A little philanthropy—giving to others—will help your child do this.

There are many ways parents can promote giving this season and all year long. Here are a few ideas to get you started:

- Introduce the word philanthropy. It means sharing your time, talent or treasure to help other people.
- Identify volunteers and other people in your community who give. Talk about how special and important these people are.
- Let your child see you giving and let her participate. Take her with you when you volunteer. Ask her what charities she'd like to help out.
- Help your child make simple gifts to give to family and friends or to distribute at a shelter. She'll discover the joy of giving something she's made.
- Have your child gather clothes and toys she's willing to donate to a local charity. Be sure to take her with you when you drop them off.
- Cook soup or bake something together to take to a sick or elderly neighbor.
- Praise your child when she gives to others. Point out how good it makes her feel to share with other people and to know she has made a difference in someone's life.

I don't know about you, but when I am tired I find it hard to be patient and consistent. I chose to share this article with you to support you during the holiday rush!

### **Talking & Listening \* Practice, model listening skills with your child for school success**

Studies show that children spend more than half their time in school listening to the teacher, other students and other media. Clearly, helping your child develop listening skills can help him do better in school.

When you listen with interest, attention and patience, you set an example that shows your child how to develop listening skills. Here are some tips:

- Pay attention when your child is speaking. Look at him. As you model good listening, you are showing your child how to listen in school.
- Restate what your child has said. Or have him restate what you have said. This will help your child focus on what the speaker is saying.
- Don't interrupt. Don't allow your child to interrupt, either. It's rude. And people who are getting ready to interrupt are not listening to what the speaker has to say.
- Ask your child questions about what he has said. Encourage your child to ask polite questions, too.

Reprinted with permission from the December 2006 issue of *Parents make the difference!*® (Elementary School Edition) newsletter. Copyright © 2006 The Parent Institute®, a division of NIS, Inc. Source: Carl Smith, "How Can Parents Model Good Listening Skills?" Focus Adolescent Services, [www.focusas.com/ListeningSkills.html](http://www.focusas.com/ListeningSkills.html).

.....

If you're looking for some specific ideas for volunteering with your children in your community this month, here are some places to find local opportunities.

**These places are NOT recommended, but I'm just letting you know they are available.**

(taken from the Parent Encouragement Program: <http://www.pepparent.org/>)

1. Montgomery County Volunteer Center Holiday Information
2. Volunteer Fairfax Holiday Website
3. Greater DC Cares Volunteer Calendar
4. Toys for Tots - You and your child can purchase a new, unwrapped toy to be dropped off at one of many locations throughout the area. Take time to help your child choose something that he or she thinks another child would like. To find the closest drop-off location, click on the link and choose your state and region. <http://toysfortots.org/?gclid=CKGYiNDo3qwCFRAq7AodnEI0pw>
5. Here are some websites for sending care packages and cards and letters to our troops overseas - AnySoldier.com, Operation Shoebox or Give2TheTroops.orr, and <http://www.redcross.org/holidaymail>

Also, you can check places of worship for gift and food collections and nearby nursing homes for opportunities to assist the elderly.