

# Counselor's Corner - Mrs. Miller

## February 2022 - Smoketree Elementary

### School Calendar

:  
February 14th -  
Happy Valentine's  
Day

No school on:  
February 21st -  
President's Day

Have you ever heard of PBIS? Well, this is a program we use at Smoketree Elementary School.

**PBIS - Positive Behavior Interventions & Supports.**

We use this program to identify the good behavior we want to see from our students and use positive reinforcements to increase the likelihood this behavior will continue in our school.

We also use **PBIS** to hold students accountable when behaviors are out of line with our character traits: **ROAR**, which is an acronym for **Respectful; Outstanding Attitude, Always Safe, and Responsible.**



**I bet anyone who is a parent or guardian and has raised a child, has seen this familiar scene.**

**screaming child.**

We know that when a child is screaming, that tells us something is not going well. PBIS helps identify what the behavior is, but more importantly, what is that behavior trying to tell us? Most problem behaviors at school are usually about the student getting out of/wanting something OR trying to avoid or escape something. Once we understand the "function" behind the behavior, this helps us know whether to work to maintain or increase good behavior or decrease/change the ineffective behavior to reinforce the desired behavior.

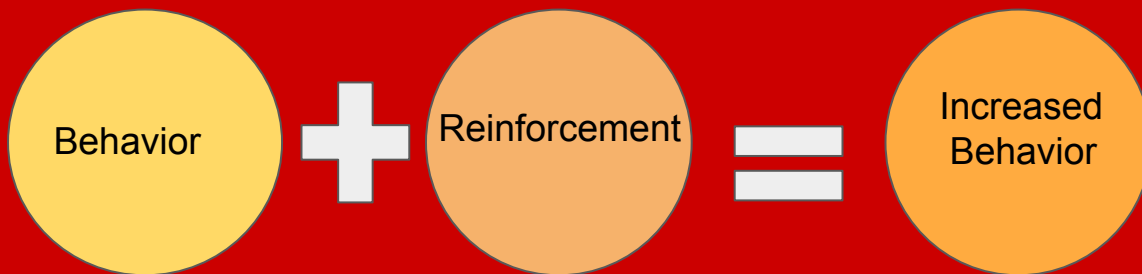


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# Positive Behavior Interventions and Supports - PBIS

Do you want your child to behave appropriately, no matter where you are? **YES!!!**



**EXPECTATIONS:** First, it is important to set the expectations for a student (or child at home). Be clear on the rules/objectives and be descriptive and clear about what you need from your student/child. Break it down if need be into small steps.

**REINFORCEMENT:** Let's take a deeper dive. Reinforcements are not the same as rewards. Many use those words interchangeably but they are different. Most of us can understand rewards by our own experience of receiving a paycheck. Everyone at your job gets a paycheck or reward for showing up and doing the work. But reinforcements are when the boss tells us we are doing an outstanding job, or we get promoted for our recognized hard work. Not everyone gets told they are doing well nor promoted or asked to take on challenging tasks if their performance is not the desired EXPECTATION the boss is looking for.

**SHAPING BEHAVIORS:** As parents and caregivers, we have to be careful we are not reinforcing the undesired behaviors by giving in or incorrectly punishing the unwanted behaviors. This is easier said than done as reinforcements have to be purposeful and consistent. It takes hard work and effort to go back to what is the expectation already set out and give consequences that focus on behavior change through teaching or reteaching.

Punishment and consequences are often used interchangeably but they are **NOT** the same thing. Punishment often is harsh and can leave a student/child angry and unwilling to internalize the desired change. Consequences are holding the student/child accountable but with a lesson in there on how to do it better or different next time with the goal of the desired expectation in the future.

**RESOURCES:** <https://www.pbis.org/resource/supporting-families-with-pbis-at-home>