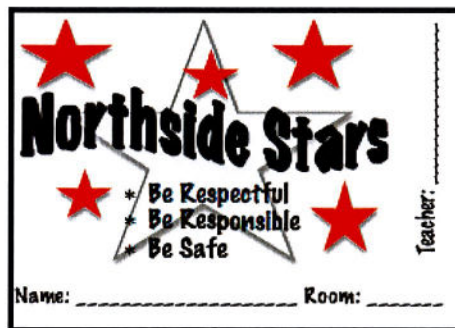


Star Cards

- ★ Students are recognized by staff for positive behavior with star cards.
- ★ Star cards are collected and star-card winners are drawn each week for a celebration with the principal.
- ★ “Star Students” are chosen monthly for a special celebration with the whole school.



How Can You Help?



Please support your student by encouraging them to follow the school expectations.

- ★ Be Respectful
 - ✓ Use kind words
 - ✓ Eyes on speaker
 - ✓ Listen to others
- ★ Be Responsible
 - ✓ Follow directions
 - ✓ Work hard
 - ✓ Take care of school property
- ★ Be Safe
 - ✓ Use a safe body
 - ✓ Stay in own space
 - ✓ Ask adults for help



Northside Elementary

Parent Guide to Positive Behavior Intervention & Supports (PBIS)



What is PBIS?

- ★ PBIS stands for Positive Behavior Interventions and Supports.
- ★ PBIS is a positive support system, where adults recognize good behavior and decision-making.
- ★ PBIS serves as an approach to school-wide discipline.
- ★ With PBIS, students are clearly taught the expectations and procedures for the school as a whole.



Student Self-Regulation Strategies

- ✓ Practice deep breathing
- ✓ Pay attention to body signals
- ✓ Ask a friend/adult for help
- ✓ Talk to an adult/Share your feelings
- ✓ Ask for a cool-down break before resuming activities

Supporting Adult Strategies

- ✓ Try to use a calm/neutral voice
- ✓ Give clear and direct directions
- ✓ Set boundaries and stay consistent
- ✓ Give student time and space to calm/respond
- ✓ Offer break space in classroom/at home
- ✓ Help student recognize emotions/feelings
- ✓ Help student identify strategies that help
- ✓ Take time to reteach expected behavior
- ✓ Try to stay out of a power struggle

What are the Zones of Regulation?

- ★ A behavioral approach to teaching self-regulation, controlling emotions/impulses, managing sensory needs, and improving problem-solving skills.
- ★ Our feelings and states determine which zone we are in:

Green Zone: Calm state of alertness. A student may feel happy, focused, content, or ready to learn.

Blue Zone: Low state of alertness. A student may feel down, sad, tired, sick, or bored.

Yellow Zone: Heightened state of alertness and elevated emotions. A student may feel stress, frustration, anxiety, excitement, silliness, or nervousness.

Red Zone: Extremely heightened state of alertness with intense emotions. A student may experience anger or explosive behavior.

