

**COUGAR RIDGE  
ELEMENTARY**

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## WHAT IS PBSES?

PBSES is an acronym that stands for *Positive Behavior Social Emotional Support*.

The positive behavior piece incorporates the behavioral model of PBIS, Positive Behavior Interventions and Supports. The social emotional piece includes social emotional learning (SEL) and relationship building; important components to improving the positive behaviors and overall school climate. There is more individuation based on the varying needs of each school. PBSES uses coaches to train, coach, and consult with teachers and staff to recommend appropriate classroom interventions for students with behavior concerns, provide crisis intervention, and provide tools for adults to interact appropriately with social-emotional challenges.

### The Goal of PBSES

The goal of PBSES is to establish the behavioral supports and social culture needed for all students to achieve social, emotional, and academic success. Research shows that when a school environment is positive and predictable, students feel safer, have better academic performance, higher test results, and make better behavior choices. Schools also show a gain in instructional time, reduction in out of school suspensions and discipline referrals and show a decrease in referrals to Special Education.

PBSES shifts behavior management to a preventative and positive approach. Clear expectations for behavior are taught, modeled, and reinforced across all settings and by all staff. In addition, the adoption and sustained use of effective social/emotional instruction is included. The use of evidence-based supports that are data driven have demonstrated effectiveness, efficiency, and relevance help to create positive school experiences for students.

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## *A Note of Thanksgiving*

*I have been at Cougar Ridge for almost three months now and there is one thing I know for sure. . . your children are very fortunate to be here. I have always believed that "It Takes a Village to Raise a Child" and from what I've seen this community really understands that. I have spent 30 years in education and I've never seen a school with so many wonderful adult volunteers. I see parents and adult mentors every day working with students, helping teachers, and providing things to make our school a better place. For those of you that have only had children at CR you may think that this is the norm but I can tell you that it is not. My personal philosophy in education has always revolved around two questions that I often ask myself - "Would I want my child in that classroom?" and "Would it be ok if that was said or done to my child?". I can honestly tell you that I would have been very happy having my boys in any classroom at Cougar Ridge.*

*From the principal to the lunch ladies - your children are truly cared for.*

*This Thanksgiving I feel very blessed for all the wonderful kids and caring adults that work and volunteer here.*

*Thank You and Happy Thanksgiving*

*Lisa Cordier Counselor-Coach*

### **4 Components of PBSIS**

#### **1) POSITIVE BEHAVIOR INTERVENTIONS & SUPPORTS (PBSIS)**

- PBIS is a process of planning and problem solving that includes direct teaching of social behaviors, just like academics.
- The PBIS approach is to use proactive, research-based strategies to teach clearly defined behavioral expectations.
- It establishes ongoing behavior support that can be used by ALL students, staff, volunteers, and parents.

#### **2) SOCIAL EMOTIONAL LEARNING (SEL)**

Social and emotional learning (SEL) is the process through which children and adults acquire and effectively apply the knowledge, attitudes, and skills necessary to understand and manage emotions, set and achieve positive goals, feel and show empathy for others, establish and maintain positive relationships, and make responsible decisions.

#### **3) POSITIVE RELATIONSHIPS**

- Strategically & intentionally establishing positive relationships with ALL students in the classroom and throughout the school.
- Focused with an emphasis on the basics of building relationships

#### **4) CLASSROOM MANAGEMENT**

- Agreed upon strategies that teachers can implement to prevent the occurrence of problem behaviors and create a classroom environment that is conducive to learning



### **What's New At Cougar Ridge**

This year we are implementing a K-5 Social Emotional Learning (SEL) curriculum called "Second Step". Each grade level will have 2 to 3 lessons a month with a similar focus. This classroom based program is designed to increase students' success and decrease problem behaviors by promoting social-emotional competence and self-regulation. It teaches critical skills that strengthen students' ability to learn, have empathy, manage emotions, solve problems, and get along well with others. The curriculum is easy for students to understand and will provide common language throughout the school. I hope to use lessons that piggy-back on the curriculum for students that may have a difficult time with a particular concept.

The data shows that students who participate in SEL programs:

- Are less likely to engage in high risk behaviors that interfere with learning (Hawkins et al., 1997)
- Score higher in standardized tests (Payton et al., 1997)
- Have fewer suspensions & expulsions (Dymnicki 2007)

**If you want to go fast, Go Alone**

**If you want to go far, Go Together**

**African Proverb**