

### February 2023

#### **Southern Regional Implementation Project**

"SRIP, Together we can do so much!"

#### **Next Upcoming Event**

# PBIS February Coach Meeting: Data Based Decision Making

February 8 3:15-4:15PM

Click Here to Register for 2022-2023 Coach Meetings



#### 2022-2023 Coach Meetings

Next Training Date: February 8, 2023

Time: 3:15-4:15PM Delivery Format: Online

COST: FREE

CEU's: 1 hour Teacher CEU

\*May meet Minnesota Licensure Requirement upon district approval

Target Audience: All regional PBIS and advanced tier coaches. Required for PBIS coaches in cohort 17 and 18.

Description: These coach meetings are online. They are 1 hour sessions to help coaches facilitate different parts of the PBIS framework. We are excited to see you there!

\*Required for coaches currently in cohort training.\*

Cohort 17 & 18 Coaches watch your emails for information on stipend opportunities. Attending these meetings is one of the tasks that can earn your school \$\$\$

## Mental Health Reminders with Rachel Cox Raverty



**PBIS Connect: Supporting Staff** 

Here are some strategies and techniques for teachers to use in improving self-care:

- 1. Schedule daily time for self-care, or it might not happen!
- 2. Make self-care a priority; even 10 minutes per day is helpful.
- 3. Set healthy boundaries for your time—literally use a timer and stick to your plans when it goes off.
- 4. Choose fun things to do with your time, in advance.
- 5. Take at least two 10-15 minute breaks during the workday, in addition to lunch!
- 6. Connect with other teachers and share your concerns, thoughts, questions and ideas.
- 7. Spend time with pets!
- 8. Reduce clutter and keep your desk/classroom organized.
- 9. Celebrate successes—your own and others!
- 10. When you get stuck, ask for help from colleagues, administrators and professional provider!

## PBIS Mental Health Webinars



Register Here

# Register Today for our PBIS Mental Health Webinars

2 More Training Dates: 2/13 & 3/20

Time: 3:15PM to 4:15PM Delivery Format: Online

COST: FREE

CEU's: 1 hour Teacher CEU
\*May meet Minnesota Licensure
Requirement upon district approval

<u>Target Audience:</u> All are welcome! Pick 1; pick all. Whatever you can make work. Join all together at a staff meeting. Join us to help yourself for your students. Each webinar will help you grow as an educator, and they are free!

<u>Description:</u> Southern Minnesota PBIS and Mental Health Consultant Rachel Cox Raverty are putting on monthly one hour webinars focusing on educator and student mental health.

#### Upcoming PBIS Meetings

February 8: PBIS Coaches Meeting: Data Base Decision Making Online

February 13: PBIS Mental Health Webinar: Considerations for Staff Wellness to Support Regulations in the Classroom-Online

February 28: Cohort 17 Day 9 Training

Please note: PBIS training, coaching, and assessment supports are provided regionally and/or online and is FREE to participants from southern Minnesota public schools made possible by a grant from the MN Department of Education, Federal Award CFDA #84.027A Special Education—Grants to States, IDEA Part B-611.



## Minnesota PBIS Sustaining Exemplar Application is now OPEN!

Visit PBISmn.org for more information

Click below to view a fun, short video highlighting one of our Southern Region 2022 PBIS Exemplar Schools

<u>Goodview Elementary Winona, MN</u>

# PBIS Cohort 19 Applications are being Accepted through the rest of February!

## Watch this Video about PBIS Cohort training in Southern Minnesota.



#### Cohort 19 Application Now Available!

Teams can now apply for Cohort 19 training (August 2023-Spring 2025)

Apply on our "Application for School Training" page or by clicking the direct link below.

Link to Apply: <a href="http://s.alchemer.com/s3/PBIS-Cohort-19">http://s.alchemer.com/s3/PBIS-Cohort-19</a>

**APPLICATIONS ARE DUE** by February 28, 2023!

**Have Questions or Want Assistance?** 

Please Contact: Allyson Pesek at allyson.pesek@swwc.org

Questions? Please reach out to your Regional Coordinator listed below.

#### **Southern Regional Implementation Project Contacts**



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Check Us Out...







Learn more about PBIS in Minnesota-Visit our Website

\*All PBIS training is done in Southern Minnesota and FREE to participants made possible by a grant from the MN Department of Education, Federal Award CFDA #84.027A Special Education– Grants to States, IDEA Part B-611

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