

March 2023

Southern Regional Implementation Project "SRIP, Together we can do so much!"



CONGRATULATIONS SIBLEY EAST ELEMENTARY SCHOOL, SIBLEY EAST MIDDLE SCHOOL, SIBLEY EAST HIGH SCHOOL, MANKATO EAST HIGH SCHOOL, KATO PUBLIC CHARTER SCHOOL, JACKSON COUNTY CENTRAL MIDDLE SCHOOL, PIPESTONE AREA ELEMENTARY SCHOOL, FULDA ELEMENTARY SCHOOL, AND FULDA HIGH SCHOOL ON COMPLETING THEIR TWO YEARS OF PBIS TRAINING!

Upcoming PBIS Events

Our Final PBIS Mental Health Webinar with Mental Health Professional Rachel Cox Raverty

> Register Today for our Last PBIS Mental Health Webinar this 2022-2023 School Year: Teacher Burnout

Training Date: 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

Target Audience: All are welcome! Join us together at a staff meeting. Join us to help yourself for your students. This webinar will help you grow as an educator, and it's free!

PBIS isn't about making

perfect students,

it's about making

perfect environments

where students

feel safe to grow.

Register Here

Mental Health Reminders with Rachel Cox Raverty

Are you looking for fast, simple ways to relieve stress?

Here is a list of strategies that may be helpful to you:

- 1. Listen to your favorite music (and sing along)
- 2. Go for a walk in nature
- 3. Play a favorite board game
- 4. Spend time with animals
- 5. Laugh
- 6. Write down your worries
- 7. Cut down on processed foods
- 8. Watch your favorite childhood cartoons
- 9. Wake up early
- 10. Go for a drive
- 11. Limit technology to a designated period of time
- 12. Stop and smell the flowers (literally)
- 13. Practice gratitude
- 14. Create something
- 15. Listen to the birds
- 16. Stretch
- 17. Breathe deeply
- 18. Use a stress ball, modeling clay or Play-Doh



PBIS March Coach Meeting:

Spring is Coming-What's Next Has your team completed your Fidelity Data-TFI Walkthrough, TFI, SAS-Action Planning!

2022-2023 Coach Meetings

Next Training Date: March 22, 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

March 22 3:15-4:15PM

Click Here to Register for 2022-2023 Coach Meetings 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.



Have you completed PBIS Cohort Training? Are you a Reconnecting or Sustaining PBIS School?

The PBIS Southern Regional Implementation team would like your feedback. As we plan for the 2023-2024 school year, we want to know how we can help you. What types of Professional Development would you like to have available? When would it work best to offer these PDs within your school calendar? Would you like PDs to be online, in-person, hybrid, or a variety? We want to put together a Professional Development Calendar that is useful to you so your feedback is essential.

Click Here to fill out a Quick Google Form

Thank you for your time!

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!

View an animated recording of the Positive Behavioral Interventions and Supports (PBIS) Application Overview (16:43 min, sec). 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>Waterville-Elysian-Morristown Middle School</u>

Watch this Video about PBIS Cohort training in Southern Minnesota.



Cohort 19 Application

If you are interested in Cohort 19 Training please reach out to: allyson.pesek@swwc.org

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Link to Apply: <u>http://s.alchemer.com/s3/PBIS-</u> <u>Cohort-19</u>

Have Questions or Want Assistance? Please Contact: Allyson Pesek at <u>allyson.pesek@swwc.org</u>

Questions? Please reach out to your Regional Coordinator listed below

Southern Regional Implementation Project Contacts



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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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