

# COUNSELING CORNER

## ZEN DEN NEWS

August | 2022

Los Altos Elementary

### Welcome, message by Ms. Sue

Hello, welcome to 2022-2023 school year! I am excited to debut the first monthly counseling newsletter. The goal of this newsletter is to provide teachers and staff with relevant information and resources to support with PBIS implementation along with practical tools to aid in the prevention and intervention of behaviors. I hope to bring you inspiring updates on student successes and our Lion's Leadership Programs.



### What is PBIS?

School-wide positive behavior intervention and supports (**SW-PBIS**) is a system of tools and strategies for defining, teaching, acknowledging appropriate behavior, and correcting inappropriate behavior. It is a framework for creating customized school systems that support student outcomes and academic success. **SW-PBIS** is for the whole school, it is preventative, and it changes the paradigm of focus from negative behaviors and exchanges to positive expectations and interactions. Check out the link below:

[https://youtu.be/x\\_KDFb\\_SSc0](https://youtu.be/x_KDFb_SSc0)

### Featuring: Zen Den Store & RISE tickets

Zen Den Store: The Lion's Zen Den store is located inside the counseling center and is open everyday during recess at 10:20 and 10:40a. Currently, students can make purchases with cash only and soon will be able to purchase select items with RISE tickets. Please show your students the following video clips that explain the Zen Den store and RISE tickets. [Zen Den Store.MOV](#)  
[RISE tickets.MOV](#)

### Announcements/ Coming Soon...

- **Aug/Sept | SRSS-IE:** The Student Risk Screening Scale, is a universal screening tool used 2-3 times a year to identify students with anti-social external and internal behavior patterns which may require interventions. Takes approximately 15-20 minutes for a class of 25-30 students.
- **Aug 10 |** Student Council applications available: Students in the 4th through 6th grade are eligible to apply. Applications will be available August 10th and due **August 23rd**.
- **Aug 15|** Peer Mentoring Training. Students in grades 5th and 6th are eligible to participate in this six-week training with me starting on August 15th. Permission slips now available.
- **Aug 31 |** PBIS committee. All committee members, our first meeting will be @ 3:20p.
- **Now available:** Staff handbook
- **Coming soon:** Student handbook. English/Spanish

## Building Relationships:

### Teacher-student relationships Part I

#### Important Considerations:

Positive and healthy relationships with caring adults are a protective factor in helping to heal trauma, prevent trauma, and prevent behavior issues.

A relationship will not come naturally, effort and evidence-based strategies will allow you to build relationships with your students effectively.

#### Best Practices:

•Teach the whole child: acknowledge your students' identities and personal obstacles they are facing. When you acknowledge and celebrate their identities, they are more likely to trust you and engage in the educational process.

•**Empathy:** what is home life like? What challenges both in school and at home has this student had? Does the child have a caring and loving primary caregiver at home? Has this child had a positive or negative view of school before? What makes this child feel joy? What makes this child feel successful?

#### •Reflect your student's voice:

Validate your student's feelings. One of the first things peer mentors learn is how to validate their mentee's feelings. When a student shares something with you, use reflective listening techniques. This will make them feel heard and accepted and will help you build rapport with them.

•**Example:** A student says, "that test was really hard!" Don't say, "it was so easy! It wasn't supposed to be hard. It shouldn't have been hard for you." Instead try "that test was really hard for you." Students don't want you to solve all their problems or make them feel better all the time. Most of the time they just want to be listened to and have their struggles/feelings acknowledged.

## Tier I Universal Supports: Morning Circles

The talking circle is a traditional way for Native American people to solve problems. It is an effective way to remove barriers and to allow people to express themselves with complete freedom. The symbolism of the circle, with no beginning and with no one in a position of prominence, serves to encourage people to speak freely and honestly about things that are on their minds. The most common type of circle is a simple sharing circle, where people just share what they have to say. Another type of circle is used to mediate problems between people, either individuals or groups. At Los Altos elementary we use circles to build and improve classroom communities, build trust among peers, address classroom community issues and feelings check-ins. For more information and important recommendations for circles check out this link:

[https://youtu.be/YF0yEZW0\\_KQ](https://youtu.be/YF0yEZW0_KQ)

## SWIS: Entering and managing referrals

The SWIS suite or school wide information system is a web-based data entry and decision-making tool for school climate and behavior supports. At Los Altos we use this system to record behavior incidents that occur on our campus, these are also called office discipline referrals or ODR's. Please refer to the Los Altos behavior flow chart [Los Altos Behavior Flowchart\\_revised.pdf](#) to identify the steps that need to be taken with all behaviors. Need a refresher on how to enter a referral?

Check out the following link:

<https://www.pbisapps.org/resource/referral-form-for-referral-entry-only-user>