



# SPRUCEWOOD SENTINEL

## DECEMBER 2016

*"You don't stop laughing because you grow old. You grow old because you stop laughing." -Michael Pritchard*

### WHAT IS PBIS???

Positive behavioral interventions and supports (PBIS) is a way for schools to encourage good behavior. With PBIS, kids learn about behavior, just as they learn other subjects like math or science. The key to PBIS is prevention, not punishment.

If your child struggles with behavior, you may worry about her getting in trouble at school. At Sprucewood, we try to be proactive and encourage good behavior through an approach called "positive behavioral interventions and supports" (PBIS). PBIS is a school-wide approach to make schools safe and promote positive behavior. It's also a way for schools to decide how to respond to a child who misbehaves. There are a few important principles:

- Every child can learn proper behavior.
- Stepping in early can prevent more serious behavior problems.
- Each child is different and schools need to provide many kinds of behavior support.
- How schools teach behavior should be based on research and science. PBIS is a researched based program.
- Schools must gather and use data to make decisions about behavior problems.

Keep in mind that PBIS is not a treatment or therapy. It's more like a framework for teachers, administrators and parents. And it's used with all students in the school, whether or not they receive special education services.

According to several studies, PBIS leads to better student behavior. In schools with PBIS, students receive fewer detentions and suspension. There's less bullying. Students also have better grades. In a school with a traditional approach to discipline, teachers may try to correct behavior through punishment. In a school using PBIS, the focus is on preventing problems. From the start, students learn about what behavior is appropriate, just like they learn math or science. Students are taught social skills, including how to act in different settings, such as the classroom, on the bus or with friends. They may learn through role-playing or through actual lessons. Staff at the school regularly praise kids for good behavior. It is recommended that to maintain an appropriate or good behavior, we focus giving four positives for every corrective or negative. This strategy works to build relationships and to encourage appropriate behavior at home too.

If a student acts out, the school creates a strategy to prevent the behavior from happening again. The strategy might include things like a break time to cool off or a student contract. At Sprucewood, we also use Think Time for behaviors that continue or are a little more serious, but do not warrant a visit to the principal. The school follows the student's progress in managing behavior issues and may change strategy if something's not working. In PBIS, discipline is used, but punishment isn't the focus. Minor behavior issues are handled in the classroom by teachers and major problems are sent to the office for the principal to intervene. At Sprucewood we have 3 main school-wide expectations.

Sprucewood Falcons are **SAFE, RESPECTFUL and RESPONSIBLE**. Every teacher is asked to have a version of classroom rules that reflect these expectations. Additionally, we try to reward appropriate behavior with Golden Falcon Tickets for weekly small prize drawings, CEO of the month, cafeteria rewards and grade level reward systems.

If you would like more information, just go to [PBIS.org](http://PBIS.org) or google PBIS for parents. Oh, and thanks for reading and learning more about PBIS! We like to use a lot of compliments too.

Wishing you all the best during the holiday season and winter season!

Mrs. Jones, Principal

**Traffic Safety-** With the cold weather starting, the volume of cars picking up students has increased. Please do not block the area by the recycle bins and the road into the parking lot and the driveway!!! We must keep this area open for emergency vehicles and buses. Also, it is easier if you park in the upper lot, on Hidden Valley or Cedar Ridge. When parking on the street, please do not park in between the red cones. These are set up so our crossing guards can see students and everyone has visibility. Remember it is our goal to keep our children safe. Thanks to all of the parents and other adults who model safe driving behavior and are kind and courteous in the parking lot. Our students in grades K-4 just learned about safe walking and biking through the Snap, Walk and Roll Assembly. Please ask them what they learned.

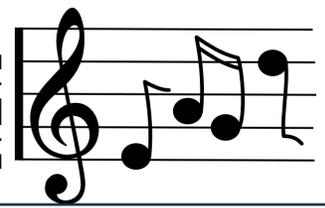


### Hour of Code

The annual Hour of Code, held Dec. 5-11, provides every student an experience with computer programming. The ability to learn coding has never been more accessible. The [code.org](http://code.org) website has provided materials where students can work “unplugged” without devices, or have access to increasingly challenging code puzzles online. Star Trek, MineCraft and Frozen are just a few of the tutorial topics. All classes at Sprucewood will participate in one hour of coding during the week. We encourage you to check out the code.org website for yourself. There are over 200 tutorials available. Coding will be a new literacy skill in the future that will be as important as Reading, Math and Writing.



## Sprucewood and the Arts



Music, dancing, singing, visual art..... these all help to make Sprucewood a wonderful place and we place a high priority on developing these talents. Did you know that all of our students receive an hour of art instruction during booster time every other week? Our art teacher is Mr. Hale and he is fabulous!! You can see many art projects that he is helping our students with throughout the school. Additionally, Mr. Hale is incorporating many elements of the reading, science and social studies curriculum into the art projects.

We also have a fabulous choir led by Mrs. Wilbur and Mrs. McDonald. Both of these teachers give up their planning time two mornings a week to provide choir practice and instruction for our students in grades 3-5.

Sprucewood is also proud of our orchestra that meets three mornings a week with Mrs. Kagie. They practice diligently and are always sounding terrific.

Many of our Sprucewood teachers are talented musicians, singers and artists. They incorporate these talents into their teaching. Mrs. Hamm is actually in a band outside of Sprucewood with her husband.

Come join us as we celebrate the talent of our choir and orchestra on Monday, Dec. 19. at 2 pm. Then in the Spring we will have a "Night of the Arts" to celebrate our talented students and teachers again. Everyone is welcome to attend even if your student is not in Choir or Orchestra.



**We sure appreciate all of our Junior Coaches!!** Under the direction of Coach Payne and Coach Royce, our volunteer junior coaches help all of our students stay active and involved during recess. They have been especially helpful in the younger grades during indoor recess and they help out outside and with equipment all of the time.