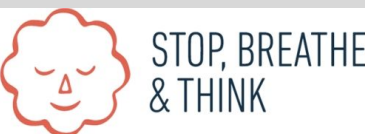


PBIS NEWSLETTER

January 2018 · nhoffman@nps.org · (508) 234-8718

Reduce Stress

Here are some free APPs to try out that are meant to reduce stress and improve happiness.



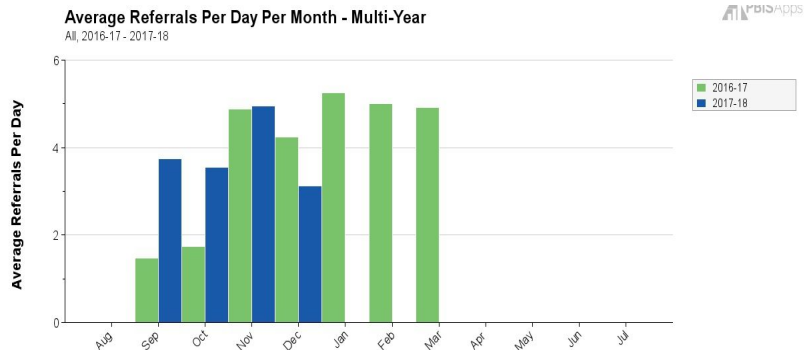
Mindful Minute

Breathing is essential for life but can also be extremely calming! Sit in a comfy chair, close your eyes and focus your attention on your breathing. Think about what you are feeling: your chest rising and falling, the air flowing through your nose. Take 5 minutes every day for breathing meditation to lower your stress and anxiety!

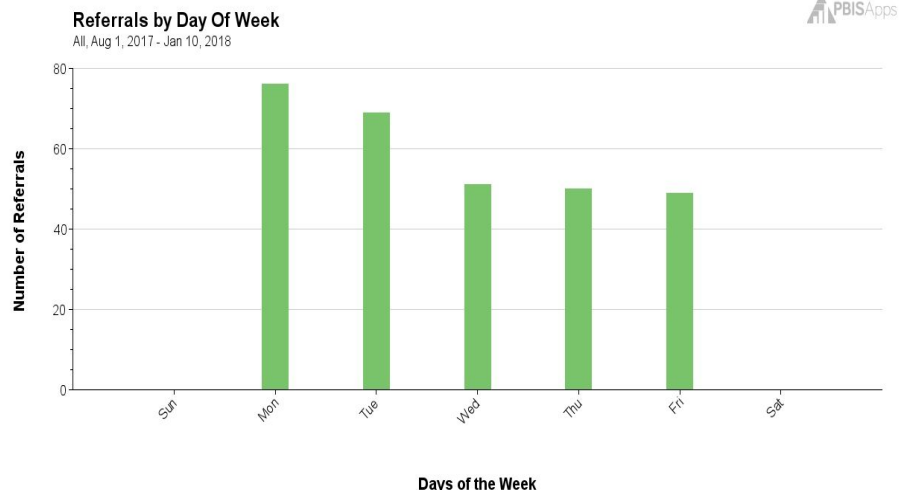
-Mr. Kissell

SCHOOL DATA AT A GLANCE

One responsibility of PBIS is to track our school's behavioral data. One positive change we've seen this year is that in the month of December our behavior referrals number dropped significantly from last year during December. We are especially proud since we know December can be a very high month for student misbehaviors with the holidays and break approaching.



Throughout the year, we have seen a trend that Monday and Tuesday we receive more office referrals for disruptive classroom behavior. Consider talking to your student about what behaviors may be considered disruptive or defiant. Try reminding them Sunday evening of RAMS expectations to help prepare for the week.



RAMS

RESPECTFUL
ACCOUNTABLE
MOTIVATED
SAFE

SPOTLIGHT ON KINDNESS

Bringing attention to the positive is exactly what PBIS works for. At NMS our guidance department has created a great way to recognize the good things happening! They invented the "Caught Ya! Cards." Students who notice a student, teacher or administrator doing something nice for someone can now call them out. They fill out the card and it's posted on the board in the guidance offices. What a great way to spotlight kindness at NMS! Why not try this idea at home? Catch each other being kind!



GIVING BACK

Try volunteering in the community at one of these businesses:

- Alternatives Unlimited
- St. Camillus
- Whitinsville Library
- Whitin Community Center

FEB BREAK IDEAS

- Ice Skating & Hot Cocoa
- Visit a Museum, many have free admission days
- Start and complete a challenging puzzle.
- Volunteer in your community

SNOWED IN

Activities to do during a snow day:

- Read as a family
- Game Night
- Build a Pillow Fort
- Bake together
- Craft Project

GOAL SETTING FOR SUCCESS

With the new year upon us, many people tend to set resolutions for the new year. Research has shown the importance of goal setting in helping us lead more successful and fulfilling lives. Starting it early on with your student can provide them with direction in life, build resilience, and develop their interpersonal skills. The importance of even

having a discussion about setting goals cannot be understated.

In the world we live in now, with all of its distractions, setting goals can help keep us focused. Here is a great article on helping your student set realistic and achievable goals:

[Read More at Parents.com](http://Parents.com)



WANT TO GET INVOLVED?

JOIN US ON THE NMS PARENT VOLUNTEER [FACEBOOK PAGE](#)

DECEMBER RAFFLE RECAP



Thank you to all parents who were able to donate materials, money or time in helping out with our December raffle. We had tons of exciting prizes for the students to win. Some prizes we raffled off included a large stuffed lion, various gift cards, sports equipment, and even lunch with teachers!

We are already looking forward to our next raffle in the spring. Did you want to donate but weren't able to this time? Start planning now for what you may want to donate this spring. Objects or money may be donated. Stay tuned in future newsletters for deadlines for donations.



WE NEED YOUR HELP!

SCHOOL STORE

FRIDAY
FEB 2

SCHOOL STORE

FRIDAY
FEB 16

SCHOOL STORE

FRIDAY
MAR 2

COPY RAMS BUCKS

FEB &
MAR

If you are able to help one of these days or tasks please contact:
Tina Wildfeuer at STEVENTINA420@AOL.COM