



Social/Emotional Learning

newsletter

NOVEMBER 2022

PBIS at Bennie

The three pillars of PBIS at Bennie are “Respectful, Responsible, and Safe”. Please talk with your student about what these might look like at school.

Scan or click the QR code for resources for this month’s theme!

Respectful:

- Use friendly language with others

Responsible:

- Use class time wisely
- Accept consequences for actions

Safe:

- Keep hands and body to self
- Follow adult directions



Monthly Tip

According to the CDC, “Children and adolescents who do not get enough sleep... are also more likely to have attention & behavior problems, which can contribute to poor academic performance in school.”

One tip to encourage better sleep is to use a media curfew. Technology use (computers, video games, or phones) may contribute to late bedtimes. Parents should consider banning technology use after a certain time or removing these technologies from the bedroom.

How Can I Help My Child’s SEL?

Work with your Bobcat on everyday skills like problem-solving and navigating conflict. Playing board games as a family can be a great time to practice!

PARENT RESOURCES

Scan or click this QR code for a compiled list of local mental & behavioral health agencies.

Note: Availability and insurance requirements vary.



SEL at School

- **Tier 1 (all students):** PBIS, morning meetings, Suite 360 Curriculum
- **Tier 2 (5-10% of kids):** Mentors, short-term groups, Check In/Check Out
- **Tier 3 (1-5% of kids):** Students that are substantially impacted may need a plan!