

Behavioral Health & Wellness

Family involvement has a positive effect on student behavior. When families are involved, students exhibit more positive attitudes and behavior.

PBIS

Positive Reinforcement

It is important to provide your child(ren) with positive reinforcement when they behave as you expect. Recognizing your child(ren) for following expectations, rules, directives, and directions are one of the most effective tools for managing, promoting, and correcting inappropriate behaviors. Children enjoy being rewarded and respond much better to positive reinforcement versus negative. Look at some ideas listed below:

1. Earn rewards such as monopoly bucks for chore completions or completing virtual assignments in a timely manner.
2. Use a menu of rewards based on what your child likes so they may use their bucks to purchase from the menu.
3. Set a family goal ("When we earn ____pts, we will.....")
4. Lottery style drawings in which more entries=more chances to win

PBIS Activity

Use candy with various colors such as M&Ms, Skittles etc. Each person takes 5 pieces of candy. Begin the activity by modeling the conversation matching each color of candy with the information below:

- **RED**- Best/Favorite rewards/incentives
- **GREEN**- Favorite family home activity
- **BLUE**- Funniest family memory
- **PURPLE**- Hopes and dreams for the future
- **ORANGE**- Wildcard (pass)

Mental Health

Powerful Positive Phrasing!

Positive Reframing- This can help an individual challenge negative thinking and work on redirecting/replacing with statements that are more positive.

Helps an individual "reframe" a negative statement or thought:

- "I'm a failure!" → "I'm learning!"
- "I'm so stupid I can't believe I did that." → "I've made a mistake and I'm glad I've learned from it."
- "I am scared of getting sick." → "I will do everything in my control to keep myself and my family healthy."
- "This will never end!" → "This is will pass and I will have an appreciation for things that I once took for granted."

Positive Phrasing focuses on what an individual *should* do and the positive outcomes. It communicates desired behaviors.

- "Don't be late." → "Be on time."
- "Don't yell." → "Lower your voice."
- "Stop jumping." → "Please sit down."

Social Work

Positive Affirmations.

Studies show that positive affirmations: 1. help to discontinue negative thinking patterns, 2. focus on the solution and not the problem, 3. help us develop more optimistic ways of looking at ourselves, 4. decrease stress and help make us more resilient.

Positive affirmations go a long way in developing self-esteem, self-worth and building strong, confident adults.

Activities You Can Do at Home

- Give or help your child pick an affirmation for the day and talk about how they exemplify that affirmation. For example, "I am helpful". Help them point out specific examples of how they help others.
- Create an affirmation board. Similar to a vision board, have your child write affirmations with words, draw pictures, or cut out pictures from magazines to represent your child's positive attributes.

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Nursing

The nurses at FBISD want to congratulate **Natalie Bostic, RN** at James Reece Career & Technical Center for making the **Houston Chronicle's Top 150 Nurses list!** We are all very proud of our fellow nurse. **Way to go Natalie!**

Seven Simple Steps to Boosting Energy

1. **Eat nourishing foods.** Avoid empty calories & processed foods. Opt for fresh or frozen fruits and vegetables, and lean protein such as fish, chicken and legumes.
2. **Sleep seven to eight hours a night.** Think about how you can eliminate the biggest sleep disruptors that negatively affect your mood, motivation, and energy levels.
3. **Keep good company.** We have to be socially distance, but not be distant socially! Connect with people who radiate positivity, and avoid those who may have negative outlooks, or make poor choices.
4. **Avoid news overdose.** Staying informed is important, but current news stories can cause you to focus on your worst fears. Find a balance to avoid over exposure to the news.
5. **Get regular exercise.** 150 minutes of weekly activity relieves stress and tension, strengthens muscles, boosts endurance, and helps your body work more efficiently.
6. **Do something meaningful or enjoyable each day.** Listen to your favorite music, learn a new hobby, read, volunteer or help someone, or just take time to relax and breathe!
7. **Think good thoughts for others.** Maintaining a compassionate mindset is another way to conserve energy. One example of practicing positive mindset is called "kind attention." Kind attention is a form of wishing other people well and not being judgmental. Judging others can cause us to place judgment on ourselves and this type of negative dialogue can be exhausting.

Physical Education



ROLL FOR FITNESS



- Roll a 2 – 5 pushups
- Roll a 3 – 15 sit-ups
- Roll a 4 – 15 squats
- Roll a 5 – 30 second bicycle
- Roll a 6 – 10 Burpees
- Roll a 7 – 25 jumps (with or without a rope)
- Roll an 8 – 20 lunges (10 each leg)
- Roll a 9 – 30 side jumps
- Roll a 10 – 20 second plank
- Roll an 11 – 25 jumping jacks
- Roll a 12 – 30 high knees (15 each leg)

Making activity fun is a great way to motivate kids and increase their focus. Incorporating short breaks for activity improves attention and brain function.

S&DFS

Safe and Drug Free Schools

Resources for Parents about Teen Drug Issues

Preventing Teen Drug Use: How to Talk With Your Child; <https://drugfree.org/article/how-to-talk-with-your-teen/>

Drug Guide: A comprehensive and up-to-date source of drug information for parents. Learn the facts, prevalence and warning signs to help keep your child safe.
<https://drugfree.org/drug-guide/>