




THIS AFTRNOON

- PBSES Overview
- PBSES @ PCMS
- My Role as Coach
- Second Step SEL
- Support for Families



Promote respect, positive relationships, and predictable, proactive learning environments so that students can lead socially and emotionally safe and healthy lives.

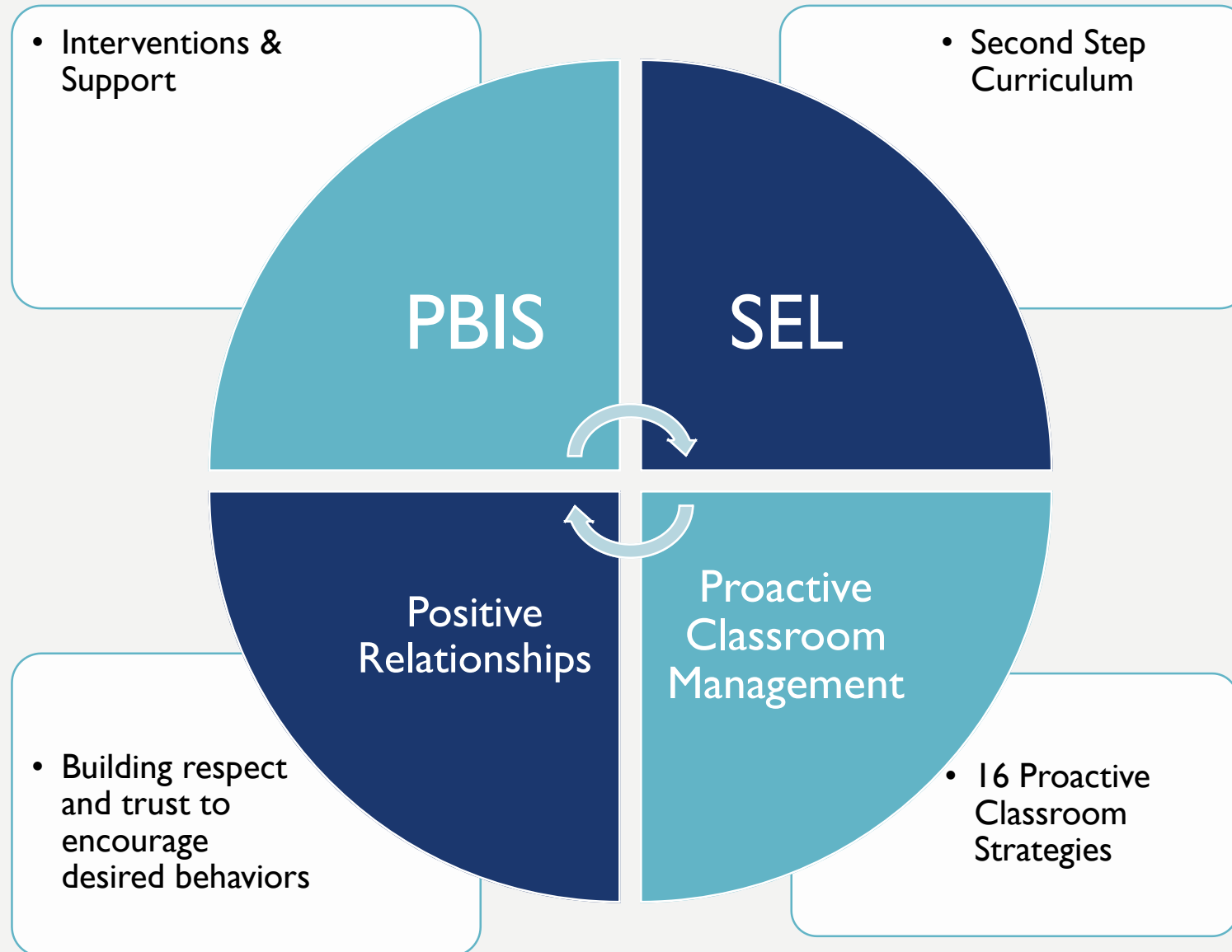
POSITIVE
BEHAVIOR
SOCCIAL
EMOTIONAL
SUPPORT



My role is to support teachers and students with positive behavior strategies and promote a school culture where everyone feels successful.



PBSES OVERVIEW



REMEMBERING WHO WE TEACH



PBSES @ PCMS

iLynx videos

H.E.R.O.E.S. of the Year

Pound The Paw

Lynx Life

Postcards to Students

Weekly H.E.R.O.E.S

Deliberate Scheduling

Multi-Age Advisory

BABS & SDQ

Cascade Corner

Check-In/Check Outs

Lynx Luxuries

Progressive

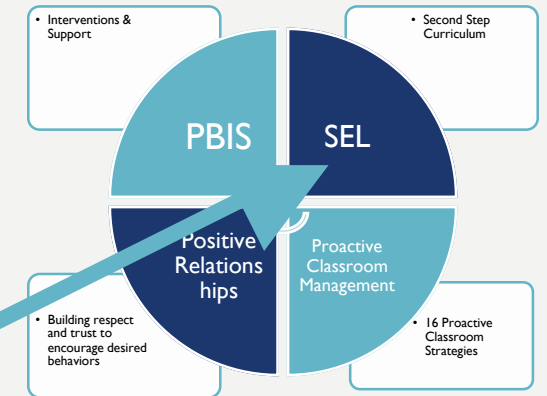
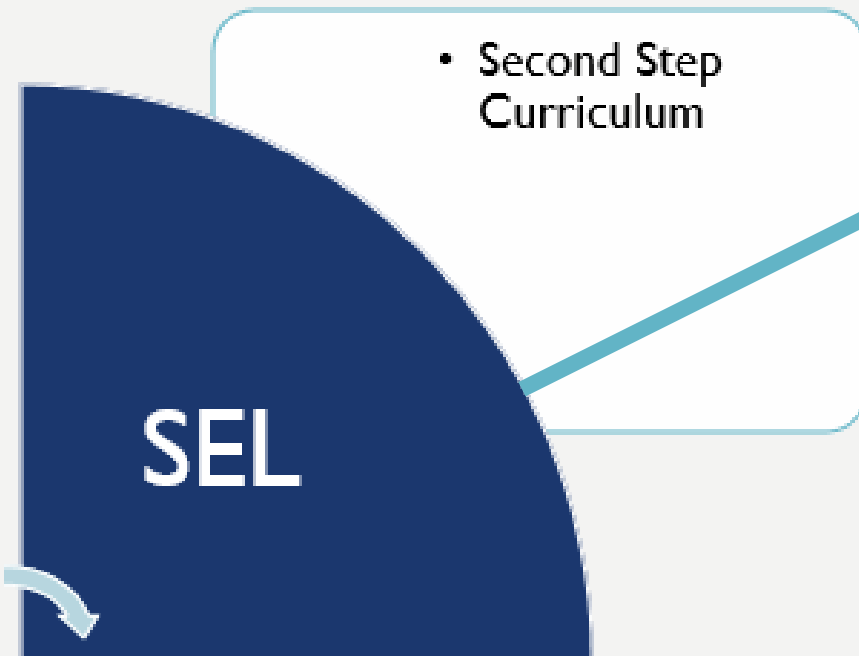
Everyday H.E.R.O.E.S

Discipline Slips

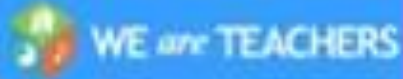
Study Skills v. Study Hall

PBSES Tier I Committee

SOCIAL EMOTIONAL LEARNING



Why Social-Emotional Learning Matters



29%:

Students who feel like their school provides a supportive, encouraging environment



83%:

Students who made academic gains when participating in an SEL program with an academic component



11%:

Average gained on standardized tests by participating in an SEL program



SEL programs improve behavior & attitudes toward school and prevent substance abuse.



11%:

Average increase in GPA for participants in one SEL program



Source: Collaborative for Academic, Social and Emotional Learning (www.casel.org)

NOT JUST BETTER STUDENTS, BETTER PEOPLE™

We can teach middle schoolers about math, grammar, and history. But how do we help them become better people? Educators can give students the social and emotional skills they need to thrive.

Discover the new Second Step Middle School Program. Our web-based social-emotional learning program for middle school supports the whole child.

SECOND STEP®

Not Just Better Students,
Better People



[Click image for video](#)

15 REQUIRED LESSONS

GRADE 6	GRADE 7	GRADE 8
<p>UNIT 1: MINDSETS AND GOALS</p> <ol style="list-style-type: none"> Welcome! Starting Middle School Helping New Students Grow Your Brain 1 Grow Your Brain 2 Can Personalities Change? Setting Goals If-Then Plans <p>Unit 1 Review and Assessment (Optional)</p>	<p>UNIT 1: MINDSETS AND GOALS</p> <ol style="list-style-type: none"> Welcome! Starting Middle School Helping New Students Making Mistakes Embracing Challenges Personalities Change Setting Goals If-Then Plans <p>Unit 1 Review and Assessment (Optional)</p>	<p>UNIT 1: MINDSETS AND GOALS</p> <ol style="list-style-type: none"> Welcome! Your Identity Identity and Social Groups Your Interests Matter Overcoming Failure SMART Goals If-Then Plans <p>Unit 1 Review and Assessment (Optional)</p>
<p>UNIT 2: VALUES AND FRIENDSHIPS</p> <ol style="list-style-type: none"> Values and Decisions Social Values What's a Friend? Making Friends Challenge: Making Friends <p>Unit 2 Review and Assessment (Optional)</p>	<p>UNIT 2: VALUES AND FRIENDSHIPS</p> <ol style="list-style-type: none"> Values and Decisions Online Values What Kind of Friend Are You? Strengthening Friendships Challenge: Friendships <p>Unit 2 Review and Assessment (Optional)</p>	<p>UNIT 2: VALUES AND RELATIONSHIPS</p> <ol style="list-style-type: none"> Values and Decisions Positive Relationships Relationships Change Negative Relationships Challenge: Relationships <p>Unit 2 Review and Assessment (Optional)</p>
<p>UNIT 3: THOUGHTS, EMOTIONS, AND DECISIONS</p> <ol style="list-style-type: none"> What Are Emotions? Values and Emotions Spot the Thought Calming Down Slow Breathing <p>Unit 3 Review and Assessment (Optional)</p>	<p>UNIT 3: THOUGHTS, EMOTIONS, AND DECISIONS</p> <ol style="list-style-type: none"> The Role of Emotions Handling Emotions Unhelpful Thoughts Be Calm Frustration <p>Unit 3 Review and Assessment (Optional)</p>	<p>UNIT 3: THOUGHTS, EMOTIONS, AND DECISIONS</p> <ol style="list-style-type: none"> Emotions and Decisions Responding to Anger Handling Rejection Stay Calm Anxiety <p>Unit 3 Review and Assessment (Optional)</p>
<p>UNIT 4: SERIOUS PEER CONFLICTS</p> <ol style="list-style-type: none"> Perspectives Challenge: Perspectives Recognizing Serious Conflicts Challenge: Recognizing Conflicts Resolving Serious Conflicts Challenge: Resolving Conflicts Making Amends Bullying Gratitude <p>Unit 4 Review and Assessment (Optional)</p>	<p>UNIT 4: SERIOUS PEER CONFLICTS</p> <ol style="list-style-type: none"> Jumping to Conclusions Challenge: Conclusions Avoiding Serious Conflicts Challenge: Avoiding Conflicts Resolving Serious Conflicts Challenge: Resolving Conflicts Taking Responsibility Gender Harassment What You Learned <p>Unit 4 Review and Assessment (Optional)</p>	<p>UNIT 4: SERIOUS PEER CONFLICTS</p> <ol style="list-style-type: none"> Assumptions Challenge: Assumptions Helping Friends Avoid Conflicts Challenge: Avoiding Conflicts Helping Friends Resolve Conflicts Challenge: Resolving Conflicts Helping Friends After a Conflict Sexual Harassment High School <p>Unit 4 Review and Assessment (Optional)</p>

Second Step Lesson Calendar

Pacific Cascade Middle School 2018-2019

All lessons will be taught on Wednesdays during Lynx Life. If the teacher is absent, we will try to make sure that a PCMS staff is available to teach the lesson. If students are absent, they will miss the lesson, but the lesson could be summarized for them by their peers.

Wednesdays	6 th Grade Lesson	7 th Grade Lesson	8 th Grade Lesson
Sept. 12 th	Unit 1: 2a – Starting Middle School	Unit 1: 2b – Helping New Students	Unit 1: 2 – Your Identity
Sept. 26 th	Unit 1: 3 – Grow Your Brain 1	Unit 1: 5 – Personalities Change	Unit 1: 5 – Overcoming Failure
Oct. 10 th	Unit 1: 4 – Grow Your Brain 2	Unit 1: 6 – Setting Goals	Unit 2: 9 – Positive Relationships
Oct. 24 th	Unit 1: 5 – Can Personalities Change?	Unit 2: 8– Values and Decisions	Unit 2: 10 – Relationships Change
Nov. 7 th	Unit 2: 9 – Social Values	Unit 2: 9 – Online Values	Unit 2: 11 – Negative Relationships
Nov. 21 st	Unit 2: 11 – Making Friends	Unit 2: 11 – Strengthening Friendships	Unit 3: 15 – Handling Rejection
Dec. 5 th	Unit 3: 13 – What Are Emotions?	Unit 2: 12 – Challenge: Friendships	Unit 3: 16 – Stay Calm
Jan. 9 th	Unit 3: 15 – Spot the Thought	Unit 3: 15 – Unhelpful Thoughts	Unit 3: 17 – Anxiety
Jan. 23 rd	Unit 3: 16 – Calming Down	Unit 3: 16 – Be Calm	Unit 4: 19 – Challenge: Assumptions
Feb. 6 th	Unit 3: 17 – Slow Breathing	Unit 3: 17 – Frustration	Unit 4: 20 – Helping Friends Avoid Conflicts
Feb. 27 th	Unit 4: 18 – Perspectives	Unit 4: 18 – Jumping to Conclusions	Unit 4: 21 – Challenge: Avoiding Conflicts
Mar. 13 th	Unit 4: 20 – Recognizing Serious Conflicts	Unit 4: 20– Avoiding Serious Conflicts	Unit 4: 23 – Challenge: Resolving Conflicts
Mar. 27 th	Unit 4: 22 – Resolving Serious Conflicts	Unit 4: 21 – Challenge: Avoiding Conflicts	Unit 4: 24 – Helping Friends After a Conflict
Apr. 17 th	Unit 4: 24 – Making Amends	Unit 4: 22 – Resolving Serious Conflicts	Unit 4: 25 – Sexual Harassment
Apr 1 st	Unit 4: 26 - Gratitude	Unit 4: 25 – Gender Harassment	Unit 4: 26 – High School

GLP	6th GRADE	7th GRADE	8th GRADE
Pod #1	Honn (1106)	Fielden (1107)	Batchelder (1109)
Pod #2	Knudtson (1113)	Cohen (1114)	Bailey, K. (2116)
Pod #3	Shade + Skalak (1307)	McGhee (1308)	Weider (1309)
Pod #4	Hankey (1310)	Potter (1311)	Murphy (1312)
Pod #5	Zabriskie (1314)	Henchen (2312)	Meyers (2314)
Pod #6	Gehle (2001)	Campbell (2003)	Freidenfelt (2104)
Pod #7	Summers, K. (2106)	Nichols (2107)	Lozada (2108)
Pod #8	Hoyt (2109)	Adamo (2133)	Arnot (2114)
Pod #9	Hafner (2203)	Laramore (2205)	Summers, C. (2307)
Pod #10	Hanks (2306)	McDonald (2308)	Velloth (2311)
Pod #11	Dungey + Steirer (Library)	Conner (Lib Lab)	Drew-Barker (P7)
Pod #12	Cardwell (P1)	VanMore (P2)	Kwok (P6)
Pod #13	Gibson (P3)	Miller (P4)	Riddick (P5)

WHAT PCMS FAMILIES ARE SAYING

“Thank You! I am glad we have this program.”

“Super important learnings to help our kids navigate the middle school (and beyond)!”

“It is a fantastic effort and I look forward to [student] learning these great life skills.”

“This is amazing. I think adults should have to do this too 😊”

“It’s obviously key that parents are reflecting these principles at home too, but glad the school is making it a priority”



Not Just Better Students,
Better People



SAMPLE LESSON
7th GRADE
UNIT 2
LESSON 11

Warm-Up	Video	Survey	Think, Turn, Tell	Discuss	Activity	Wrap-Up	Done	X
---------	-------	--------	-------------------	---------	----------	---------	------	---

Strengthening Friendships

+ OBJECTIVES

	Strengthening Friendships Grade 7, Lesson 11	< BACK	NEXT >
--	---	--------	--------

HOW **STUDENTS** CAN GET THE MOST OUT OF **SECOND STEP**

Be Kind

Be Open to Others

Be Willing to Share

Be Open to Ideas

Be Honest

Be Willing to Think

HOW **FAMILIES** CAN GET THE MOST OUT OF SECOND STEP

Be open to talk
with your student

**Remember your
students are in
Middle School**

Check out provided resources online

Communicate with school
for support

Read the Emails
From PBSES

Be Willing to Give Second Step A Chance



SUPPORT FOR FAMILIES

Home > Academics > Programs > PBSES

- Academy for Community Transition
- Advanced Language Arts
- Advanced Placement (AP)
- Dual Language Immersion Program
- Programa de inmersión de idioma dual
- Early Entrance
- English Language Learners (ELL)
- Guided Language Acquisition Design (GLAD)
- Highly Capable (Gifted)
- Home-Based Instruction
- Independent Health and PE (8)
- International Baccalaureate (IB)
- Kindergarten
- Learning Assistance Program (LAP)
- PBSES**
 - Components of PBSES
 - Resources for Teachers
 - Resources for Staff
 - Resources for Parents
 - Contact Information
- Running Start
- Science Technology Magnet Programs
- Summer School and Enrichment Courses - Elementary
- Summer School and Enrichment Courses - Secondary

PBSES



Vision Statement

Our vision for Positive Behavior Social Emotional Support (PBSES) is to promote respect, positive relationships, and predictable, proactive learning environments so that students can lead socially and emotionally safe and healthy lives.



MS. BUTSON @ PCMS



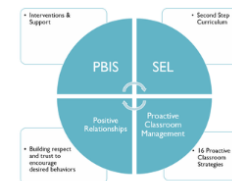
PBSES Coach
Pacific Cascade Middle School
Amy Butson
butsona@issaquah.wednet.edu
425.837.5929



What is PBSES?

PBSES stands for Positive Behavior Social Emotional Support. In the Issaquah School District, our vision is to promote respect, positive relationships, and predictable, proactive learning environments so that students can lead socially and emotionally safe and healthy lives.

To learn more about PBSES in the ISD [click on this link](#).



PBSES @ PCMS

As the PBSES Coach at Pacific Cascade Middle School I provide staff and students with positive behavior strategies to use at school and at home while also promoting a school culture where everyone feels successful.

Through the implementation of proven classroom management techniques, supportive recognition programs and a progressive discipline model that strengthens relationships and academic possibilities, PBSES at PCMS focuses on the success of the whole-child.

Social Emotional Curriculum

PCMS will begin using the district approved Social Emotional Learning curriculum (SEL), Second Step, during Lynx Life Advisory classes in the 2018-2019 school year. A minimum of 15 Second Step lessons will be taught in grade level specific advisory meetings throughout the year.

[Click here](#) more information about the Second Step curriculum.

[Click here](#) to learn more about SEL in Lynx Life.

To see the SEL Scope and Sequence for 2018-2019 [click here](#).





SCREEN TIME INDEPENDENCE RESPONSIBILITY COMMUNICATION [Learn More](#)

