



**PBSIS**

Helping Schools Build Systems of Support

## ***Newsletter - October 2023***

### ***Area-Level Practices for Positive Culture and Climate***

Classroom culture and climate is a complex, multidimensional construct that contributes to the development of academic, behavioral, and socioemotional outcomes for children and adolescents (Chapman et al., 2013, Hattie, 2009, Pianta and Hamre, 2009; Therpa, et al., 2013). The literature on classroom culture and climate is vast, and the number of practices that are recommended can be overwhelming. To help you with application, NJ PBSIS has organized the many different recommended practices into four categories: 1) being **p**redictable, 2) being **p**ositive, 3) being **p**resent and 4) being **e**ngaging (P<sup>3</sup> & E). P<sup>3</sup> & E provides teachers and staff with a user-friendly way to select and use practices that focus on positive classroom culture and climate. In the meantime, our [P3 & E practices list](#) and [5 Everyday Reflection Tool](#) will help you get started. For more professional development resources to support culture and climate, visit the [classroom resources page](#) for [pbsisnj.org](#) or reach out to your NJ PBSIS Coach. Be on the lookout for information on our upcoming webinar series to help you learn how to P<sup>3</sup> & E in the classroom!

### ***Thank You for Another Successful Leadership Forum!***

Last spring, attendees of the 2023 Leadership Forum gathered at the Conference Center at Mercer for a day of inspiration, learning, and networking with fellow implementers. Twenty-three school teams delivered presentations about implementation topics including, pairing the universal tier with other school-wide efforts, strategies for energizing implementation, and so much more! Announcements about the 2024 Leadership Forum are coming soon!

# ***New Year - Fresh Start***

Teaching expectations is a great way to maximize engagement and minimize routine disruptions. Consistent expectations establish predictability and minimize the anxiety associated with changing standards and expectations across classroom and non-classroom settings. Predictability helps students to feel confident and prepared, which in turn readies them to engage in learning experiences. Are you still planning your start of the year instruction on the expectations? Check out these NJ PBSIS resources to help you get started:

- [Start of the Year Planning Checklist](#)
- [Lesson Planning Reflection Tool](#)
- [Post-Instructional Rollout Survey](#)
- [Instructional Rollout Reflection Rubric](#)
- [Lesson Plan Template](#)

Find more universal tier resources [athere](#).

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## ***Teaching "Asking for Help" Routines***

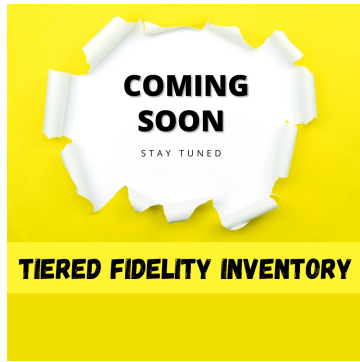
Did you know that of the New Jersey students who participated in the [CDC's 2021 Youth Behavior Risk Survey](#), 41.5% reported feeling sad every day for 2 or more weeks and 19.6% reported contemplating a suicide attempt in the 12 months leading up to taking the survey? Recent studies have found that accessibility, stigma, and health literacy are critical influences on adolescent and young adult help-seeking behavior (e.g., Eigenhuis et al., 2021; Radez et al., 2021; Studen et al., 2020). Be proactive by increasing health literacy and reducing the stigma associated with asking for help routines using the features of universal prevention. Consider how these strategies may strengthen your universal plan this year:

- Deliver a school-wide lesson that teaches students a help-seeking routine for academic, social, and emotional needs. View a sample asking for help lesson from Halsted Middle School [here](#).
- Include asking for help and self-regulation skills in your expectation matrix.
- Build wellness breaks into classroom routines. View a sample wellness break menu [here](#).
- Have a classroom or individual student coping plan. See a sample [here](#).

- Make help-seeking visible by displaying contact information, reminders about who and how to access help.
- Have a daily wellness check routine. See two samples [here](#).

Want to learn more? [Register for our upcoming webinar](#) on Leveraging the Universal Tier to Support Social and Emotional Wellness!

## What's Coming Up?



Beginning with the 2023-2024 school year, NJ PBSIS will use the Tiered Fidelity Inventory (TFI) for the annual fidelity assessment, replacing the Benchmarks of Quality. Stay tuned for more information about the TFI in the next newsletter!

## 2023-2024 Webinars At A Glance

Date and Time	Title	Registration Link
11/16 at 3 p.m.	Do you see it? Do you hear it? Embedding Prevention Practices in Non-classroom Settings and Routines	<a href="https://rutgers.ca1.qualtrics.com/jfe/form/SV_b8kNDSQINi7tDdc">https://rutgers.ca1.qualtrics.com/jfe/form/SV_b8kNDSQINi7tDdc</a>
11/30 at 3 p.m	Leveraging the Universal Tier to Support Social and Emotional Wellness	<a href="https://rutgers.ca1.qualtrics.com/jfe/form/SV_80n36hrWwVc036S">https://rutgers.ca1.qualtrics.com/jfe/form/SV_80n36hrWwVc036S</a>
12/14 at 3 p.m.	Re-Energizing Implementation: Strategies for Creating Momentum	<a href="https://rutgers.ca1.qualtrics.com/jfe/form/SV_7QzMs32qd6ZbjRY">https://rutgers.ca1.qualtrics.com/jfe/form/SV_7QzMs32qd6ZbjRY</a>

### New Team Member Training

The new team member training is for personnel who are new to a universal prevention planning and would like to learn the basic implementation features. This is a self-guided asynchronous training. Registration is open September 1, 2023- March 30, 2024.

[Learn More and Register](#)

Get featured in the NJ PBSIS Newsletter

Do you have an innovation to share? A product or implementation example that is a point of pride for your team? Whether a document, PowerPoint, Video, or photo you can use our product submission form to share your innovations. We love to include your products as examples in trainings, presentations, coaching sessions, and in the Community of Practice feature in the newsletter.

[Submit Your School Product](#)

### Request Coaching Support

Has it been a while since you have been in touch? Not sure who to contact for help? Submit your request for implementation assistance through our request link:

[Request Implementation Assistance](#)

### Enroll in NJ PBSIS

Interested in learning more about how your school can enroll in NJ PBSIS? Enrollment opens in March 2024. Complete the enrollment inquiry link on the [enrollment page](#) of [www.pbsisnj.org](http://www.pbsisnj.org) to get on our announcement list and look for updates.

[Complete Enrollment Inquiry](#)

#### References

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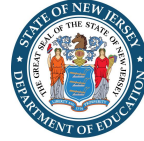
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DOI: [10.2196/18514](https://doi.org/10.2196/18514)

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