



STAFF RESOURCES– Distance Learning

Instant COFFEE TALK

Coffee Talks are trainings provided by the MH&BSS Department for staff, students, and families addressing behavior and mental health issues. Check out our pre-recorded content now! More LIVE webinars coming soon!

Staff Returning to School

- [Addressing Fears and Anxiety about Returning to School](#)
- [Building Relationships and Responding to Student Concerns](#)
- [Stress Management for School Staff](#)
- [Welcoming Students](#)

Supporting Parents and Students at Home

- [Creating a Work Space](#)
- [Setting Limits and Effective Instructions](#)
- [How to Motivate Learning](#)
- [Strategies for Managing Challenging Behavior](#)
- [Setting Up Schedules](#)

Monthly Mindfulness Practices

A monthly video series sharing mindfulness strategies for students, families, and staff.

August 2020: Mindful Return to School

English: <https://youtu.be/-tFvV121NjA>

Spanish: <https://youtu.be/m9oho5etO0Q>



WE ARE TRAUMA INFORMED!

<https://www.stocktonusd.net/trauma-informed>

Quick Tips for Trauma Informed Responses



Creating a Trauma Informed & Compassionate Classroom to Support Your Students

Trauma Informed Education Foundations:

How does our physiology impact how you handle stress and anxiety? Developing a common language amongst parents, staff, and students regarding trauma. A look at how trauma impacts motivation and how we can work to increase resiliency in our community. Please check out our video series.

Part 1: <https://youtu.be/xgEixG6a6l8>

Part 2: <https://youtu.be/8T9z9ORwQj4>

Part 3: <https://youtu.be/YmqaiSWBFz5>

RELAUNCH! www.stocktonusd.net/PBIS

Help Parents With Positive Behavior Interventions & Supports @ Home: Learn how to set up Positive Behavior Interventions and Supports in the home. PBIS is a district wide initiative that builds children's social-emotional-behavioral skills and reduces challenging behaviors. Included here are recommendations for families to support your child's social and emotional growth and minimize behavioral disruptions.
<https://bit.ly/3gEKgyu>

Set Positive Behavioral Expectations In Your Virtual Classroom

<https://bit.ly/3kjiMoJ>



Reinforcing Behaviors You Want to See in your Virtual Classroom

<https://www.stocktonusd.net/Page/14430>

Quick Bits with BIT (Some TIPS for your BACK TO SCHOOL NIGHT)

- [Tips for Getting Set Up for Virtual Learning](#)
- [Tips for Helping Parents Support Students in your Virtual Classroom](#)
- [Explaining CHAMPs for Students in Virtual Classrooms](#)

An Intro to CHAMPs Classroom Management: Learn foundational techniques and strategies to develop class wide Positive Behavior Supports (PBS) systems to help improve student behavior, attitude, and motivation, as well as enhance student engagement.

Visit Our Virtual Calming Room

Time to take a break?

- Watch live animal cams
- Learn to draw
- Go on a virtual kayak ride
- Watch calming videos
- Get in some exercise
- Practice breathing techniques
- Mindfulness Techniques
- and more!

<https://www.stocktonusd.net/calm>

Add this link to your Virtual Classrooms!