



SAN JOAQUÍN ELEMENTARY

PBIS NEWSLETTER

April 2021 | Issue 3 |

SJE'S PBIS VISION

In keeping with our school's mission, San Joaquin's PBIS vision is to build an inclusive and safe school culture through equitable practices, a restorative lens, and with an emphasis on the social and emotional well being of our students, staff, and families.

We value :

1. Respect within our School Community
2. Positive Attitudes
3. Empathy and Understanding
4. Support to all Members of our Community



PBIS AND TEACHING

Hello SJ Team,

Let's talk about STOIC.

STOIC is an acronym to support with PBIS at SJ.

STOIC includes structuring school and classroom settings for success, teaching behavioral expectations, observing and monitoring student behavior, interacting positively with students, and correcting fluently. It is essential that all teachers promote STOIC. Click here to learn more about STOIC and join our PBIS PD to discuss how STOIC will be implemented at SJ.

S

Structure/Organize

the classroom & school setting
in ways that promote responsible student behavior

T

Teach

students how to behave responsibly
in the classroom, common areas, and situations

O

Observe/Monitor

student behavior
by physically circulating and
visually scanning to supervise!

I

Interact

positively with students
by giving specific descriptive feedback on student behaviors
maintaining a high ratio of positive to corrective interactions

C

Correct

irresponsible behavior fluently,
briefly, calmly, and consistently
in a manner that does not interrupt the flow of instruction

MONTHLY MESSAGE

SJ Family,

We appreciate the messages of support we have received regarding the relaunch of PBIS at our site. We believe everyone will benefit from universal positive interventions and interactions.

As a reminder, our PBIS PD sessions begin on **March 30th**, if you'd like to learn more.

BE ON THE LOOK OUT



PBIS PD Dates:

- * March 30th: PBIS Foundations
- * April 6th: PBIS & Return to School (Please note this change!)
- * May 4th: PBIS & Site or Distance Learning

CWA CONNECTS



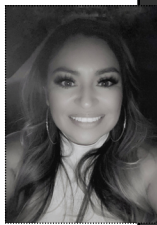
Child Welfare
and
Attendance

Across the country, more than 8 million students are missing so many days of school that they are academically at risk. At San Joaquin School as of mid-March we had 778 students enrolled and of those students 7.84% were chronically absent from school, which means they have missed 10% or more of the school year. Daily school attendance even during a pandemic is crucial for your student's success!

It is important we are connecting with our families to break any barrier student may be facing.

Please notify office if your student has missed 10 consecutive days.

Let us make a difference!



Veronica Estrada
Kennedy, Pittman, San
Joaquin, Taft, Taylor
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VEstrada@stocktonusd.net

COUNSELOR'S CORNER

Testing..1, 2, 3!

Testing Season is Once again Upon us!

For those of you who love mindfulness, here is a short 3 minute video to help set the stage!



Truancy Rate as of
Mid-March:

7.8%

(Mid-February: 7.7%)

* Character Trait for April: Trustworthiness!

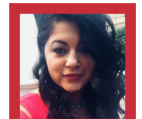
Here are a couple videos to prompt discussion that your students may enjoy!



Yazmin Gutierrez
School Counselor.
K-4th



Ana Garza
School Counselor.
5th-8th



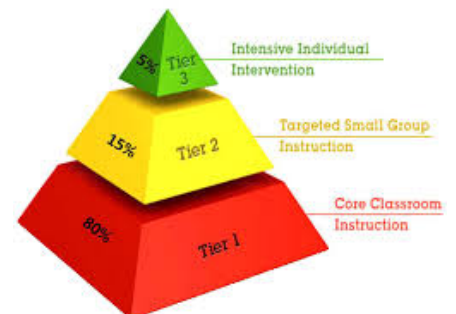
Jaguar Paws

formely known as
"Caught Being Good!"



OUR PBIS LEADERSHIP TEAM

Ms. April Scott: AP
Mrs. Gutierrez Counselor K-4
Ms. Garza, Counselor 5-8
Mrs. Estrada, CWA
Mrs. Gulcynski, Teacher; 1st
Ms. Vellrath, RSP Teacher
CSA and Noon Duty Officers



Trauma Informed Schools

Last month, you were introduced to adverse childhood experiences and their effects on long term health. But why is this relevant to us in the educational world?

This month, I'd like to introduce you to the Vagus Nerve and its effect on our students.

In short, when a student's vagus nerve is overstimulated by trauma, (aka unhealthy vagal tone), they stay in a flight or fight response until they feel safe. We know that for some kids, this is exactly, never.

Think about that tough kid. The one who fights you on everything, who ends up walking out of class or being sent out regularly. They argue back, can never sit still and never really "get into" learning. When children (or adults) constantly live in this flight or flight state due to ongoing or unresolved trauma, it WILL be impossible to "get them into learning." Imagine what that must feel like to them; to have a body always ready to protect itself and to see everyone as a potential source of harm.



So what do we do about it? How do we make a vagal tone healthy? Is it possible? YES! It is. And you can do it in your class every morning. The video shares some ways, but the most relevant to a class setting are:

1. **Breathwork.** So simple to do, it's simple NOT to do. The district has provided us with MindYeti, if you want support here, just ask! Of you can just take 5 deep breaths together!
2. **Exercise.** This doesn't have to mean getting out of class. Encouraging stand up breaks, very basic stretching and wiggling.
3. **Singing/chanting!** Start your day with a group sing and see what happens! It can't hurt.
4. **Laughing.** Find some funny jokes and share one every morning.
5. Simply say "**You are safe here**" regularly.

San Joaquin's Tiered Support System

Below You will find a "Menu of Services," our overview of how your school counselor's work with the needs of students. School Counselors provide support in three domains: social/emotional; academic; and college/career.

