

# SAN JOAQUÍN ELEMENTARY PBIS NEWSLETTER

May 2021 | Issue 4 |

## HAPPY NATIONAL TEACHER APPRECIATION WEEK

Dearest Team SJE,

Despite the challenges of this past year, you remained unwavering in your commitment to and care of our students. As we navigated unprecedented changes in how we educate our youth, you continued to forge ahead to accomplish great things. We are impressed by your resilience, passion, and strength and want you to know how proud we are to have such wonderful colleagues in all of you! *You don't just teach, you inspire!*

~SJE Admin Team

**THANK  
YOU  
FOR  
MAKING  
A  
DIFFERENCE  
EVERY  
DAY.**

## PBIS AND TEACHING

Welcome Back San Joaquin Teachers and Staff! In the difficult and trying times ahead of us we would like to share some resources to help ease the upcoming transitions for our students, but also for our teachers and staff. Please take a few minutes and review the following resources for some suggestions and skills for Mindfulness.



## BE ON THE LOOK OUT



- \* Final PBIS PD for this year: May 4th
- \* Link to PBIS Presentations for SJE [HERE](#)
- \* Teacher Appreciation Week! May 3-7.

# COUNSELOR'S CORNER

**Teacher Appreciation Week** should be EVERY Week!

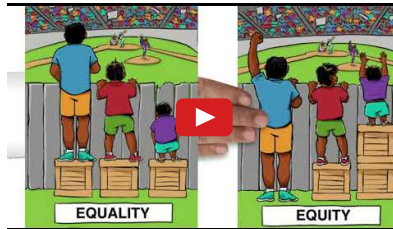
Please accept the counseling departments BIGGEST thanks for your collaboration, hard work and support of our work as well. We are honored to work with such fabulous teachers!

-Ana & Yazmin



## Character Trait for May: FAIRNESS!

When we think of fairness, its quite normal to think about equality. However, fairness also means equity. If you are comfortable, here are a couple videos to help you have a discussion regarding equity as well as equality. (The last one is best suited for older kiddos ).



Truancy Rate as of mid-April:

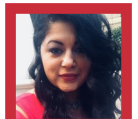
# 7.9%

(Mid-March: 7.8)

Yazmin Gutierrez  
School Counselor.  
K-4th

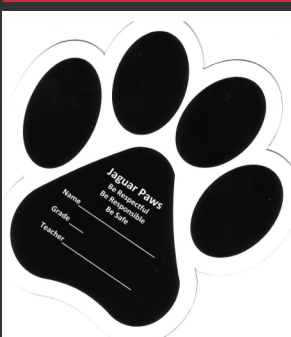


Ana Garza  
School Counselor.  
5th-8th



## 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. Gulcynski, Teacher; 1st  
Ms. Vellrath, RSP Teacher  
CSA and Noon Duty Officers



# Trauma Informed Schools

Up to now, if you have read the last few months of our newsletter, you have learned about why a trauma focus is important; how trauma effects the brain; and simple ideas to help students calm the vagus nerve.

In our final part of this trauma informed series, I wanted to close with the concept of Co-Regulation. "**Co-regulation** is defined as warm and responsive interactions that provide the support, coaching, and modeling children need to "understand, express, and modulate their thoughts, feelings, and behaviors" (Murray et al.2014)." In short, it is the process of harmonizing with another nervous system (as stated in one of the videos below). Even shorter: students feed off of our energy. They know when we are tense or upset and when we are in a good place emotionally. Co-regulation is the ability to calm students simply by being calm ourselves. Happy

## Components of Trauma-Informed Care



Substance Abuse for Mental Health Services Administration, 2014

Putting it altogether: now that you know why it is important to be trauma-informed, these few simple steps will help it all tie together:

1. Use STOIC to create a safe environment. As mentioned in last month's trauma section, using steps to calm the vagus nerve will increase positive behavior and learning preparedness.
2. Focus on your connections with students. We won't buy what someone is selling if we don't buy the person! Sales 101!
3. Students will only be calm, if we are. Learn and Use Co-Regulations Skills to keep students calm.

Below are a couple videos regarding what co-regulation is and some examples of using co-regulation in the classroom.





# 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.

