

# North Metro GNETS Newsletter



January 2021

## Director's Corner

### Monthly North Metro GNETS Eggs and Issues Updates

Team North Metro GNETS,

Happy New Year! 2020 is finally over and I hope we all have high hopes of great things to come in 2021. As we transition from one administration to another, I do not care about the politics. I care about the impact the trauma from 2020 may have caused for our students, staff, and families. It is extremely important that we continue to support each other using trauma informed, restorative practices, and genuine compassion for each other. In my search for some level of resolve for our profession, "education", I found President Elect Joe Biden and Dr. Jill Biden's, "The Biden Plan for Educators, Students and our Future" <https://joebiden.com/education/>.

The new administration has promised to:

- Provide educators the support and respect they need and deserve
- Support our educators by giving them the pay and dignity they deserve
- Invest in resources for our schools so students grow into physically and emotionally healthy adults so educators can focus on teaching
- Invest in all children from birth, so that regardless of their zip code, parents' income, race, or disability, students are prepared to succeed in tomorrow's economy
- Ensure that no child's future is determined by their zip code, parents' income, race, or disability
- Provide every middle school and high school student a path to a successful career
- Start investing in children at birth

Although these promises are lofty, they are doable. With the support of Dr. Jill Biden, an educator with over 30 years of experience, I have high hopes that improving education for our students with and without disabilities will be back on the table. Let's be vocal and advocate for the necessary improvements for our profession. Your voice matters. Let's make 2021 the best year ever. Happy New Year Again 2021!

*Cassandra Allen Holifield, PhD, RBT*

<https://nmgnets.org/>

<https://twitter.com/nmgnets?lang=en>



### January 2021:

- North Metro GNETS File Audits continued – January 1<sup>st</sup> – 31<sup>st</sup>, 2021 (NM Director & District Team Only)
- North Metro GNETS LKES Formative/Mid-Year Evaluations Completion Deadline January 31, 2021
- Complete all Expired/Expiring Mindset Re-Certifications prior to students returning face to face
- Complete all student packets due this month

### Upcoming Due Dates:

- Complete the 2<sup>nd</sup> North Metro GNETS TKES & Contributing Staff Walkthroughs & Observations by February 5, 2021

# Trauma Informed Care Update

For the month of January let's think of new ways we can take care of ourselves mentally and physically for the new year. Last year was A LOT, to say the least. Let's try to move towards healing and focusing on becoming the best version of ourselves for ourselves, our students and our families for 2021. A few recommendations to help with this:

- **Communicate, use our words**—If you need assistance, ask for it. Our jobs are stressful and we all can use some assistance from time to time. Do not be afraid to ask for help or clarification on an issue. We do not know who can help us with the smallest task unless we ask. Let's get the job done together!
- **Listen to your body**- Our roles can be tiring, and harsh on our bodies. When the day is done, get your rest. Relax, breath, meditate and let your body tell you what it needs. Once the work day is over, recharge and restart for the next day.
- **Listen, respond and let it go**- When dealing with children with trauma, at times it is easy to harbor their emotions and feelings from that day. At times, it can be very difficult to let certain incidents and/or conversations go. But to maintain your own self-care, we must let them go. Our students need us to be strong role models for them. In order to do that we have to be strong for ourselves.
- **No one can do this alone**—It takes a village to create a positive healthy mental and physical environment: and one person cannot do it by themselves. Ask for help, accept help, do not be afraid to build a community for support and honest communication.

## Curriculum, Instruction, and Compliance Reminders:

The mid-year i-Ready Diagnostic will open for students in January 11th. Teachers should ensure they have reviewed expectations and directions for how to complete the diagnostic with students prior to having students log on to begin. Quarter 2 Data Binder Checks were to be completed by December 20<sup>th</sup>. If you were unable to complete the checks prior to the 20<sup>th</sup>, please complete them as soon as possible. If a follow-up check is needed, please ensure you schedule time to complete one. If your district is still in Universal Remote learning (virtual learning) please continue to follow all guidelines in regard to providing instruction to students. If your district has returned to face-to-face learning, with the option of virtual learning, please ensure you are providing instruction to both sets of students (face-to-face students & virtual students). Continue reviewing your Edgenuity time logs that are sent to you each week by your CIBC Coordinator. Please ensure that teachers are utilizing the Blended Learning Model to instruct both in-person students and virtual students.

**Curriculum, Instruction, and Compliance Tip of the Month: 7 High Impact Evidence Based Tips for Online Teaching**

[https://www.edutopia.org/article/7-high-impact-evidence-based-tips-online-teaching?gclid=Cj0KCQiAw\\_H-BRD-ARIsALQE\\_2NmQGA8df67qxiWK6sYuwXZaK7ov6ldd81S9AYIDQjvnRNBWjPaLeYaAtniEALw\\_wcB](https://www.edutopia.org/article/7-high-impact-evidence-based-tips-online-teaching?gclid=Cj0KCQiAw_H-BRD-ARIsALQE_2NmQGA8df67qxiWK6sYuwXZaK7ov6ldd81S9AYIDQjvnRNBWjPaLeYaAtniEALw_wcB)

# Behavior Specialist Coordinators

- **FBA/BIP Team Meetings**
  - Make sure you are completing your FBA/BIP team meeting as 1 is required every quarter.
    - This allows you to look at 10 students at a time and plan ahead until the following quarter
  - Include your behavior specialist in this meeting
- **BIP Walkthroughs**
  - Make sure BIP walkthroughs are still being completed.
  - BIP walkthroughs can also be done virtually
- **FBA/BIPs – Always obtain written consent prior to collecting ABC data**
  - Staff are still responsible for conducting student packets based off their case load.
  - Due to students being virtual, if a student requires a new FBA complete a minimum of 2 interviews and 2 rating scales once written consent has been given.
  - Once students return to school, begin with baseline data, and continue to ABC data collection.
  - Be sure all FBA and BIPs are uploaded in your IEP system.
  - Make sure scored FBA/BIPs are acted upon. Meaning, if feedback is given on an FBA/BIP, please redo the FBA/BIP or have corrected items ready to be proposed in student's meeting.
- **Mindset**
  - All staff members should be certified by 12/18/2020
  - MindSet during COVID-19 guidelines have been provided to all MindSet trainers
  - Be sure to update your MindSet folder as trainings and medical notes are received

# Positive Behavior Interventions and Supports

**Happy 2021!!!!** We think it is safe to say that we made it out of one of the most difficult years of our lives!! North Metro GNETS staff we survived a chaotic first half of the school year!! And you did it Respectfully, Responsibly and were awesome Role Models for each other and your students!!! We wanted to personally shout out each Coach for providing something special to their team in 2020.

**Coach Johnson-** You did an awesome job keeping your PBIS motivated and empowered during the meetings! Awesome job maintaining your parent representative for almost every PBIS meeting in 2020!!

**Coach McClure-** You did an awesome job multitasking!! Every year you shine with PBIS and this year was no different!! Thank you for taking on multiple roles and being an awesome Responsible Role Model for your staff and students!! Thank you for all you do!

**Coach Belligio-** You rocked with maintaining individuality among your team. You created assessments that helped maintain momentum and team spirit among your team!! You were an awesome Role Model for your PBIS team!!

**Coach Griffin-** Kudos for confirming an awesome community partner for your sites and PBIS team!! You diligently completed the work and got it done!!! Thank you for being a Role Model for your staff and students!

**Coach Evans-** You are such an awesome Coach! You kept your PBIS team motivate and excited about PBIS in your sites. You maintained a respectful environment for your staff and your students, and you always provide assistance when need!! Thank you for being Responsible and an awesome Role Model!!

**Coach Sibcy-** Thank you for diligently providing guidance to your team, asking for help when needed and jumping in to help whenever needed!! Thank you for being Responsible and being an awesome Role Model for your staff and team!!

**Coach Holman-** Thank you for being ready to jump into the fire with PBIS!! I know this year you will be an awesome Role Model for your staff and your team!!

Again, last year we learned how to navigate through unprecedented times, this year we are going to end the school year out strong. Thank you all and I look forward to all the positivity and success that we will have this upcoming year!!!

Coaches, Behavior Specialists will be completing classroom walkthroughs and will be providing feedback to our PBIS team and staff in the upcoming meetings. Site Coordinators will continue to conduct PBIS fidelity checks to ensure we are doing all we can to provide Positive Interventions and Supports for our students and each other 😊

We have our District Coordinator meeting on January 14, 2021. Any changes and upcoming trainings will be discussed after the meeting!!

# Crisis & Safety Prevention



Are you being bullied? Do you see bullying at your school? There are things you can do to keep yourself and the kids you know safe from bullying.

## Treat Everyone with Respect

Nobody should be mean to others.

- Stop and think before you say or do something that could hurt someone.
- If you feel like being mean to someone, find something else to do. Play a game, watch TV, or talk to a friend.
- Talk to an adult you trust. They can help you find ways to be nicer to others.
- Keep in mind that everyone is different. Not better or worse. Just different.
- If you think you have bullied someone in the past, apologize. Everyone feels better.

## What to Do If You're Bullied

There are things you can do if you are being bullied:

- If speaking up seems too hard or not safe, walk away and stay away. Don't fight back. Find an adult to stop the bullying on the spot.

There are things you can do to stay safe in the future, too.

- Talk to an adult you trust. Don't keep your feelings inside. Telling someone can help you feel less alone. They can help you make a plan to stop the bullying.
- Stay near adults and other kids. Most bullying happens when adults aren't around.

## Stand Up for Others

When you see bullying, there are safe things you can do to make it stop.

- Talk to a parent, teacher, or another adult you trust. Adults need to know when bad things happen, so they can help.
- Be kind to the kid being bullied. Show them that you care by trying to include them. Sit with them at lunch or on the bus, talk to them at school, or invite them to do something. Just hanging out with them will help them know they aren't alone.

Not saying anything could make it worse for everyone. The kid who is bullying will think it is ok to keep treating others that way.

## Get Involved

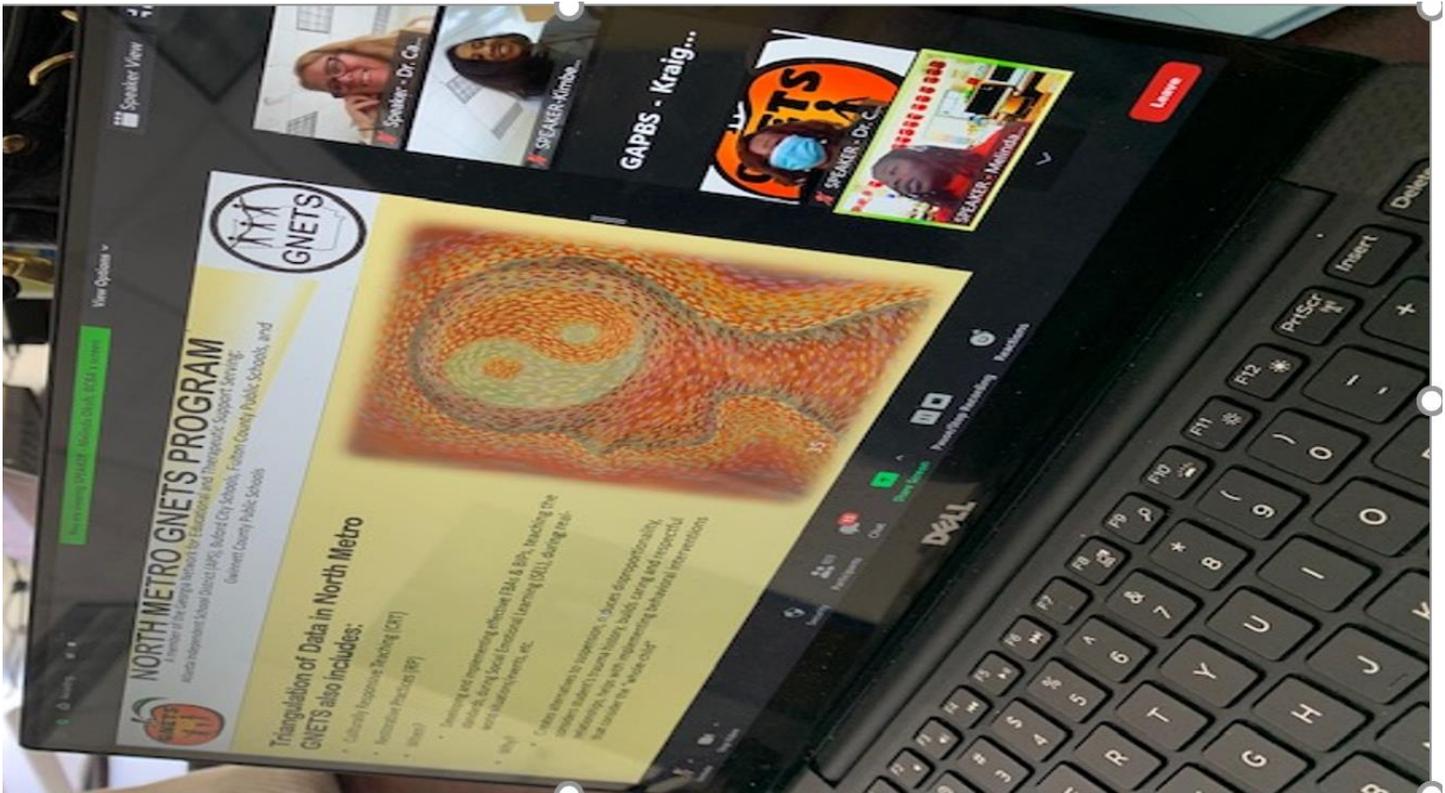
You can be a leader in preventing bullying in your community.

- Talk to the Site Coordinator about getting involved at school. Schools sometimes give students a voice in programs to stop bullying. Get involved with your school PBIS student committee. Be a role model for younger kids.

# Special Announcements & KUDOS!

**KUDOS to members of the North Metro GNETS District Team (Dr. Cassandra Holifield, Kimberly Lewis, MED ABA, Melinda Okoh, BCBA, & Dr. Carrie Powell) for presenting at the 2020 GAPBS Virtual Conference on “Culturally Responsive Triangulation of Data That Helps Reduce Bias and Disproportionality”.**

**YOU ROCKED with over 200 participants attending your session!!**



**MINDFULNESS MEDITATION ACTIVITIES OF THE MONTH...**

**Remember to Practice Self-Care...**

**Out With The Old And In With The New**

