



PBIS at Sunrise Elementary

Positive Behavioral Interventions and Supports (PBIS) is an approach to building a safe and effective school environment where academic and behavioral growth is supported. Is supported by the Colorado Department of Education and Cherry Creek Schools to promote and maximize academic achievement and behavioral competence. It is a school-wide strategy for helping all students achieve important social and learning goals. We know that when good behavior and good teaching come together, our students will excel in their learning.

Sunrise has a PBIS team that meets regularly to review behavioral data, review current practices, and plan for new approaches or interventions. It is made up of members from multiple grade levels, specials, and administration/office staff.

Mindful Life: “Mindful Life’s mission is to provide children, families and schools with brain-based mindfulness tools and strategies to help them become more resilient to the stress in their lives.”-Mindful Life LLC 2013. We regularly use mindful breathing and listening techniques for students and adults to become grounded at school to maximize their awareness. In addition, we focus on mindful traits such as gratitude, kindness, compassion, learning from mistakes.



MINDFUL
LIFE™

The 3 Bs: Our three guiding principles regarding positive behaviors are “Be Safe, Be Respectful, Be Responsible.” We specifically teach these principles and how they are practiced in a variety of settings around the school. You may encounter our “settings” signs. These signs describe what is appropriate for a setting, and can be found in the hallways, classrooms, restrooms, and cafeteria. For example, the sign below is for arrival and dismissal. It describes what is appropriate for all settings, and then specifically for arrival and dismissal...

Sunrise Super Strategies: These are the strategies that students use to be safe, respectful and responsible. They are a synthesis of themes in Mindful Life, Second Step, Bullyproofing, and the Trauma-Sensitive classroom. They are: **Quiet, Safe Place Strategy, Calming Strategy, Personal Space Strategy, Patience Strategy, Let It Go Strategy, Reflection Strategy, Courage Strategy, Listening Strategy, Using Words Strategy,**

Apology and Forgiveness Strategy, Empathy Strategy, and the Please and Thank You Strategy.



“Be” Stickers: Reinforcing positive behavior is key to the success of PBIS at Sunrise. From the very beginning of the year, students demonstrating positive behaviors can receive “B” stickers like this one...



Golden Horseshoes: Other reinforcers of positive behaviors are the “Golden Horseshoes.” Teacher assistants and specials teachers can give out Golden Tickets indicating which of the three “Bs” the student has demonstrated. The student then takes the ticket to the office and puts it in a box marked for their grade level. Then, the principals will draw two names per grade level at the end of the month for “Desserts with the Principals.” In addition, every two weeks, the class with the most Golden Horseshoes gets receives the classroom traveling Golden Horseshoe Trophy.

A form titled "Sunrise Golden Horseshoe" with fields for "To:" and "Grade:" at the top. Below these are fields for "Presented by:" and "Date:". The main body of the form contains three horseshoe icons. The top-left horseshoe is labeled "Safe", the top-right is labeled "Respectful", and the bottom-center is labeled "Responsible". In the center of the form, it says "So glad to see that you are...". At the bottom, there is a line for "I earned this award for:" followed by two blank lines for a signature or message.

Second Step: Each teacher has a Second Step Kit. Second Step was developed by the Committee for Children to help teachers and schools with social-emotional learning and bullying prevention. Each month teachers will go through specific interactive lessons that cover topics like empathy, respect, assertiveness, and understanding each other’s perspectives. Sometimes, these topics are further explored in Principal Chats. For more information on Second Step, go to <http://www.cfchildren.org/>

Bullyproofing 2.0: Cherry Creek School District continues its ongoing efforts in bullying prevention by joining PBIS and Bullyproofing 2.0. Promoting psychological wellness is an important part of academic success. Starting in the fall of 2013, Sunrise will have a PBIS/Bullyproofing coach that will promote and support our school-wide efforts. This coach will meet with classes, small groups and individuals to teach specific skills and support class meetings.



Principal Chats & Sunrise Awards: Near the end of the month, each grade level meets in the small gym for “Principal Chats.” Topics vary each month, such as teaching about the “3Bs”, Sunrise Super Strategies, Mindful practices, and issues that impact everyone. The principals then give out “Sunrise Awards” to students. These awards are filled out by teachers for students who have demonstrated exceptional behaviors in following the “3Bs”.



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