PBIS Continuity of Learning

PBIS can be effectively used at home and is especially helpful when events disrupt normal routines (e.g., worldwide health pandemics, natural disasters, extended breaks). Below are some recommendations for families and caregivers on how to use PBIS to support their children’s social and emotional growth and minimize behavioral disruptions in the home.
Identifying Routines and Creating Schedules
Create consistency and predictability during this unpredictable time.

- **Identify “have to do’s”**
  - School/learning tasks/schedule
  - Work tasks/schedule
  - Physical activity, wellness
  - Chores
  - Family time

- **Identify “want to do’s”**
  - TV time
  - Video game time

- **Review and post schedule**

- **Visual reminders for specific routines**
  - What to do when Mom and/or Dad are in a meeting
Things to Consider When Making A Schedule

- Build the schedule for your home
- Get your children involved
- Get them involved in identifying the Have to Do’s and Want to Do’s
- Younger children: Develop schedule, review, check their understanding
- Older children: Encourage them to develop their own schedule and then review
- If you find it isn’t working after a few days, adjust it to better meet your needs
## Sample Routine

<table>
<thead>
<tr>
<th>Get Ready to Learn</th>
<th>Wake up and eat breakfast</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Morning Check In</strong></td>
<td>Review schedule for the day. Ask questions</td>
</tr>
<tr>
<td><strong>Morning Movement</strong></td>
<td>A walk outside; some movement inside</td>
</tr>
<tr>
<td><strong>Structured Learning</strong></td>
<td>Scheduled time for reading writing and math</td>
</tr>
<tr>
<td><strong>Lunch Check In</strong></td>
<td>Enjoy lunch, review afternoon schedule</td>
</tr>
<tr>
<td><strong>Afternoon Learning Activity</strong></td>
<td>Continue activities; add science, social studies, music, or art</td>
</tr>
<tr>
<td><strong>Afternoon Movement</strong></td>
<td>Any type of movement</td>
</tr>
<tr>
<td><strong>Social Connections</strong></td>
<td>Connect with family via social media</td>
</tr>
<tr>
<td><strong>Evening Routines</strong></td>
<td>Continue established family routines for dinner, tv, and bedtime</td>
</tr>
</tbody>
</table>
## Sample Home Schedule

<table>
<thead>
<tr>
<th>Time</th>
<th>Activities</th>
<th>Options AM</th>
<th>Options PM</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:00</td>
<td>Breakfast</td>
<td>Get ready for the day</td>
<td>Make breakfast together</td>
</tr>
<tr>
<td></td>
<td>Meal</td>
<td>Morning Chores</td>
<td>Help your child to share in the responsibility of chores for your home-make a list, Mindfulness Activities</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>10:00</td>
<td>Structured Learning Time</td>
<td>PREK-30 minutes</td>
<td>Example First Grade:</td>
</tr>
<tr>
<td></td>
<td></td>
<td>K-1st Grade 45 minutes</td>
<td>20 minutes Reading/Writing</td>
</tr>
<tr>
<td></td>
<td></td>
<td>2nd-3rd Grade 60 minutes</td>
<td>15 minutes Math</td>
</tr>
<tr>
<td></td>
<td></td>
<td>4th Grade-90 minutes</td>
<td>10 minutes Art, Music, Technology, Media, PE</td>
</tr>
<tr>
<td>11:00</td>
<td>Movement Break</td>
<td>Outside Activities-walking drawing with chalk, dancing</td>
<td></td>
</tr>
<tr>
<td>12:00</td>
<td>Lunch</td>
<td></td>
<td>Prepare meals together</td>
</tr>
<tr>
<td>1:00</td>
<td>Choice Of Activities</td>
<td></td>
<td>Add Science or Social Studies activities</td>
</tr>
<tr>
<td>2:00</td>
<td>Reading</td>
<td>Pick a favorite book to listen to or read to your stuffed animals</td>
<td>Pick a favorite book to listen to or read to your stuffed animals</td>
</tr>
<tr>
<td>3:00</td>
<td>TV/ Game Time</td>
<td></td>
<td></td>
</tr>
<tr>
<td>4:00</td>
<td>Connect with Family</td>
<td>Connect with family through social media</td>
<td></td>
</tr>
<tr>
<td>5:00</td>
<td>Dinner/Evening Routines</td>
<td></td>
<td>Dinner, tv, book time, quiet time for everyone</td>
</tr>
</tbody>
</table>
Some Days Will Work Better Than Others!

Isn’t It nice to think that tomorrow is a new day with no mistakes in it yet?

Be flexible.

It’s okay if you deviate from the schedule sometimes.

Take care of your needs and your child’s needs.

Take a deep breath and reset for the next day.
Family Expectations

Family Values: How would you like to be when you are around each other?

What does it look like to show these values?

Why:
- Provides guide for appropriate behavior
- Prevents disruptions
- Encourages independence

How:
- Create together as a family - get your kids’ input!
- Keep it simple: only 3 to 5 values
- Use our school expectations as a guide
- Post as visual reminder to ALL
- Review, teach, acknowledge
Families and school work best when children have guidelines to follow.

The next few slides we share will help the student to review our ROAR Expectations for them while they are in school. We have also developed a sample ROAR Expectation Matrix that your may be able to use in your home. It is only a sample. Please feel free to modify and help you meet the needs of your family.
<table>
<thead>
<tr>
<th>CLASSROOM</th>
<th>HALLWAYS</th>
<th>CAFETERIA</th>
<th>BATHROOM</th>
<th>ASSEMBLIES</th>
<th>RECESS</th>
</tr>
</thead>
</table>
| **RESPECT** | 1. Listen  
2. Raise your hand  
3. Use kind words  
4. Stay in your own space | 1. Listen  
2. Use inside voice  
3. Walk in a straight line  
4. Stay in own space  
5. Stay to the right | 1. Listen  
2. Use inside voice  
3. Line up quietly  
4. Follow directions | 1. Honor the privacy of others  
2. Wash hands  
3. Flush the toilet | 1. Listen  
2. Sit quietly  
3. Eyes on presenter  
4. Participate  
5. Use good manners |
| **OWNERSHIP** | 1. Be prepared  
3. Complete all assignments on time  
3. Ask permission to leave seat/room | 1. Move quickly and quietly  
2. Keep hands and feet to yourself | 1. Keep your area clean and chairs pushed in  
2. Throw away your trash  
3. Be honest about your lunch choice | 1. Use your time wisely  
2. Promptly return to class  
3. Always have a pass | 1. Show good sportsmanship  
2. Line up quickly and quietly on time |
| **ATTITUDE** | 1. Be positive.  
2. Always do your best  
3. Ask for help when needed | 1. Be a good role model for others  
2. Greet others with a silent wave | 1. Be nice to others  
2. Make new friends  
3. Say “May I” “Please” and “Thank you” | 1. Honor the privacy of others  
2. Be a good role model | 1. Participate  
2. Enjoy the presenter  
3. Clap appropriately |
| **RESPONSIBILITY** | 1. Follow directions first time given  
2. Complete assignments  
3. Keep hands and feet to self | 1. Tell an adult if there is a problem  
2. Move quickly and quietly  
3. Walk | 1. Clean up  
2. Have money ready  
3. Know your cafeteria ID  
4. Line up quietly | 1. Use trash cans  
2. Conserve water and paper  
3. Keep the walls clean | 1. Pay attention  
2. Keep hands and feet to self.  
3. Tell an adult if there is a problem |
<table>
<thead>
<tr>
<th></th>
<th>Virtual Classroom</th>
<th>Mealtime</th>
<th>Bedtime</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Respect</strong></td>
<td>Keep background noise to a minimum when engaged in lesson</td>
<td>Be kind to family members during conversation Put your dishes in the sink</td>
<td>Be polite when reminded about bedtime</td>
</tr>
<tr>
<td><strong>Ownership</strong></td>
<td>Complete work Keep drinks away from device</td>
<td>Keep feet on the floor</td>
<td>Wash your hands before brushing your teeth</td>
</tr>
<tr>
<td><strong>Attitude</strong></td>
<td>Keep trying</td>
<td>Use your manners</td>
<td>I will have a great day tomorrow</td>
</tr>
<tr>
<td><strong>Responsibility</strong></td>
<td>Do your best work Turn in your homework when it is due</td>
<td>Wash your hands before helping with meal preparation and/or eating</td>
<td>Go to bed on time</td>
</tr>
</tbody>
</table>
## Teach and Remind

<table>
<thead>
<tr>
<th>Teach</th>
<th>Remind</th>
<th>Reward with Positive Feedback</th>
</tr>
</thead>
</table>
| **Respect**
  Example: Kind Language | **Ownership**
  Describe what kind language does and does not sound like at home. Demonstrate and practice. | **Attitude**
  Describe what taking ownership of your work looks like. The child is realizing they have a job to do. |
| **Responsibility**
  Example: Do Your Best Work | **Responsibility**
  Describe what your child can do to have a good attitude of work. Demonstrate an example of your work and how you feel when you have a good attitude. | **Responsibility**
  Describe what do your best work means in your home. This may include focusing on your work, reading/listening to your instructions, asking for help. |

### Teach
- Describe what kind language does and does not sound like at home. Demonstrate and practice.

### Remind
- At the beginning of each day remind your child what language is expected.
- Remind your child this is their work.
- Remind your child that a good attitude will help get the job done faster!

### Reward with Positive Feedback
- Praise child when they are using kind language. Example: “Thank you for being kind when your sibling was having hard time.”
- Praise your child when they complete a task. “Thank you for taking ownership of your work. I am proud of you.”
- Praise your child when he or she has a good attitude. “Thank you for completing your work with a smile.”

When you child is doing a good job, give him or her a specific phrase. “It is good to see you are doing your best work. I think you will be proud of your work.”
Who Can Help Me?

The following members of our PBIS Team are available to support you with any questions/concerns you may have through email or phone calls.

- Mr. Lawrence Dunn lawrence.dunn@qacps.org
- Mrs. Susan Peterson susan.peterson@qacps.org
- Mrs. Linda Slaughter linda.slaughter@qacps.org
- Mrs. Marjorie Hershberger marjorie.hershberger@qacps.org
- Mrs. Cathy Crew cathy.crew@qacps.org
- Mrs. Stacey Deighan stacey.deighan@qacps.org

- School Hours are 8:30-12:30 Monday-Friday
**FOOD DISTRIBUTION DATE CHANGES**

In order to limit potential COVID-19 exposure to food service workers, volunteers and the public Queen Anne's County Public Schools (QACPS) will institute the following schedule effective Tuesday, April 14, 2020:

**Tuesdays (Beginning Tuesday, April 14, 2020)**
- Breakfast, lunch, dinner, and snack will be provided for Tuesdays, Wednesdays and Thursdays

**Fridays (Beginning Friday, April 17, 2020)**
- Breakfast, lunch, dinner and snack will be provided for Fridays and Mondays
- Backpack meals will be distributed every Friday

<table>
<thead>
<tr>
<th>Free Grab-n-Go Meal Locations</th>
<th>Tuesdays &amp; Fridays</th>
</tr>
</thead>
<tbody>
<tr>
<td>Barclay Post Office</td>
<td>11:15AM-11:45AM</td>
</tr>
<tr>
<td>Bayside Elementary School</td>
<td>12:00PM-2:00PM</td>
</tr>
<tr>
<td>Church Hill Elementary School</td>
<td>11:00AM-1:00PM</td>
</tr>
<tr>
<td>Crompton Volunteer Fire Department</td>
<td>12:00PM-1:00PM</td>
</tr>
<tr>
<td>Duck Neck Campground Entrance</td>
<td>1:15PM-1:45PM</td>
</tr>
<tr>
<td>Grasservile Elementary School</td>
<td>12:00PM-2:00PM</td>
</tr>
<tr>
<td>Kingstown Apartments</td>
<td>11:15AM-11:45AM</td>
</tr>
<tr>
<td>Matapeake Elementary School</td>
<td>12:00PM-2:00PM</td>
</tr>
<tr>
<td>Pinkney Park</td>
<td>12:00PM-1:00PM</td>
</tr>
<tr>
<td>Queen Anne’s County High School</td>
<td>12:00PM-2:00PM</td>
</tr>
<tr>
<td>Roundtop Park</td>
<td>12:00PM-1:00PM</td>
</tr>
<tr>
<td>Sudlersville Middle School</td>
<td>12:00PM-2:00PM</td>
</tr>
<tr>
<td>Templeville Community Church</td>
<td>12:00PM-1:00PM</td>
</tr>
</tbody>
</table>

Students do not need to be present to receive the bagged meals.
Internet Resources

COVID-19 Queen Anne’s County Internet Resources

► Atlantic Broadband 855-284-1786 2 free months of Internet
► Comcast 1-855-846-8376 60 days of complimentary Internet
► Spectrum 1-844-488-8395 60 days of free internet to students K-12th grade
► Wifi Hotspots Around Queen Anne’s County

This list of wireless hotspots is provided as a courtesy to families. Businesses and organizations located near the QAC School District are included. The District makes no guarantees as to the accuracy of this list or the quality of the wi-fi services provided by each business or organization.

► Queen Anne’s County Public Library 121 South Commerce Street Centreville
► McDonalds 2490 Centreville Road Centreville
► Commerce Street Creamery Centreville
► Kent Island Public Library 200 Library Circle Stevensville
► McDonalds 12 Chester plaza Chester
► Luke’s Grille 388 Thompson Creek Mall Stevensville
► McDonalds 410 Thompson Creek Mall Stevensville