



# Church Hill Elementary School

PBIS Continuity Of Learning



# 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

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

# Sample Home Schedule

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

## Some Days Will Work Better Than Others!

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.

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



## 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

# PBIS Expectations for School and Home

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 you 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.



**CHURCH HILL ELEMENTARY SCHOOL**  
**Where CHES CUBS are WORKING ON THEIR ROAR!!**



	<b>CLASSROOM</b>	<b>HALLWAYS</b>	<b>CAFETERIA</b>	<b>BATHROOM</b>	<b>ASSEMBLIES</b>	<b>RECESS</b>
<b>RESPECT</b>	<ol style="list-style-type: none"> <li>1. Listen</li> <li>2. Raise your hand</li> <li>3. Use kind words</li> <li>4. Stay in your own space</li> </ol>	<ol style="list-style-type: none"> <li>1. Listen</li> <li>2. Use inside voice</li> <li>3. Walk in a straight line</li> <li>4. Stay in own space</li> <li>5. Stay to the right</li> </ol>	<ol style="list-style-type: none"> <li>1. Listen</li> <li>2. Use inside voice</li> <li>3. Line up quietly</li> <li>4. Follow directions</li> </ol>	<ol style="list-style-type: none"> <li>1. Honor the privacy of others</li> <li>2. Wash hands</li> <li>3. Flush the toilet</li> </ol>	<ol style="list-style-type: none"> <li>1. Listen</li> <li>2. Sit quietly</li> <li>3. Eyes on presenter</li> <li>4. Participate</li> <li>5. Use good manners</li> </ol>	<ol style="list-style-type: none"> <li>1. Listen</li> <li>2. Share</li> <li>3. Take Turns</li> <li>4. Include Others</li> </ol>
<b>OWNERSHIP</b>	<ol style="list-style-type: none"> <li>1. Be prepared</li> <li>3. Complete all assignments on time</li> <li>3. Ask permission to leave seat/room</li> </ol>	<ol style="list-style-type: none"> <li>1. Move quickly and quietly</li> <li>2. Keep hands and feet to yourself</li> </ol>	<ol style="list-style-type: none"> <li>1. Keep your area clean and chairs pushed in</li> <li>2. Throw away your trash</li> <li>3. Be honest about your lunch choice</li> </ol>	<ol style="list-style-type: none"> <li>1. Use your time wisely</li> <li>2. Promptly return to class</li> <li>3. Always have a pass</li> </ol>	<ol style="list-style-type: none"> <li>1. Keep hands and feet to self</li> <li>2. Follow the quiet signal</li> </ol>	<ol style="list-style-type: none"> <li>1. Show good sportsmanship</li> <li>2. Line up quickly and quietly on time</li> </ol>
<b>ATTITUDE</b>	<ol style="list-style-type: none"> <li>1. Be positive.</li> <li>2. Always do your best</li> <li>3. Ask for help when needed</li> </ol>	<ol style="list-style-type: none"> <li>1. Be a good role model for others</li> <li>2. Greet others with a silent wave</li> </ol>	<ol style="list-style-type: none"> <li>1. Be nice to others</li> <li>2. Make new friends</li> <li>3. Say "May I" "Please" and "Thank you"</li> </ol>	<ol style="list-style-type: none"> <li>1. Honor the privacy of others</li> <li>2. Be a good role model</li> </ol>	<ol style="list-style-type: none"> <li>1. Participate</li> <li>2. Enjoy the presenter</li> <li>3. Clap appropriately</li> </ol>	<ol style="list-style-type: none"> <li>1. Be Positive</li> <li>2. Make new friends</li> <li>3. Include others</li> <li>4. Take turns</li> </ol>
<b>RESPONSIBILITY</b>	<ol style="list-style-type: none"> <li>1. Follow directions first time given</li> <li>2. Complete assignments</li> <li>3. Keep hands and feet to self</li> </ol>	<ol style="list-style-type: none"> <li>1. Tell an adult if there is a problem</li> <li>2. Move quickly and quietly</li> <li>3. Walk</li> </ol>	<ol style="list-style-type: none"> <li>1. Clean up</li> <li>2. Have money ready</li> <li>3. Know your cafeteria ID</li> <li>4. Line up quietly</li> </ol>	<ol style="list-style-type: none"> <li>1. Use trash cans</li> <li>2. Conserve water and paper</li> <li>3. Keep the walls clean</li> </ol>	<ol style="list-style-type: none"> <li>1. Pay attention</li> <li>2. Keep hands and feet to self.</li> </ol>	<ol style="list-style-type: none"> <li>1. Follow rules for equipment and games</li> <li>2. Return equipment</li> <li>3. Tell an adult if there is a problem</li> </ol>



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	Virtual Classroom	Mealtime	Bedtime
Respect	Keep background noise to a minimum when engaged in lesson	Be kind to family members during conversation Put your dishes in the sink	Be polite when reminded about bedtime
Ownership	Complete work Keep drinks away from device	Keep feet on the floor	Wash your hands before brushing your teeth
Attitude	Keep trying	Use your manners	I will have a great day tomorrow
Responsibility	Do your best work Turn in your homework when it is due	Wash your hands before helping with meal preparation and/or eating	Go to bed on time

# Teach and Remind

	Respect Example: Kind Language	Ownership	Attitude	Responsibility Example: Do Your Best Work
Teach	Describe what kind language does and does not sound like at home. Demonstrate and practice.	Describe what taking ownership of your work looks like. The child is realizing they have a job to do.	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.	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.
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!	Remind your child at the start of the day or at the beginning of a new activity “do your best work”
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](mailto:lawrence.dunn@qacps.org)
  - ▶ Mrs. Susan Peterson [susan.peterson@qacps.org](mailto:susan.peterson@qacps.org)
  - ▶ Mrs. Linda Slaughter [linda.slaughter@qacps.org](mailto:linda.slaughter@qacps.org)
  - ▶ Mrs. Marjorie Hershberger [marjorie.hershberger@qacps.org](mailto:marjorie.hershberger@qacps.org)
  - ▶ Mrs. Cathy Crew [cathy.crew@qacps.org](mailto:cathy.crew@qacps.org)
  - ▶ Mrs. Stacey Deighan [stacey.deighan@qacps.org](mailto:stacey.deighan@qacps.org)
- ▶ School Hours are 8:30-12:30 Monday-Friday

# Food Resources

## 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

Free Grab-n-Go Meal Locations	Tuesdays & Fridays
Barclay Post Office	11:15AM-11:45AM
Bayside Elementary School	12:00PM-2:00PM
Church Hill Elementary School	11:00AM-1:00PM
Crumpton Volunteer Fire Department	12:00PM-1:00PM
Duck Neck Campground Entrance	1:15PM-1:45PM
Grasonville Elementary School	12:00PM-2:00PM
Kingstown Apartments	11:15AM-11:45AM
Matapeake Elementary School	12:00PM-2:00PM
Pinkney Park	12:00PM-1:00PM
Queen Anne's County High School	12:00PM-2:00PM
Roundtop Park	12:00PM-1:00PM
Sudlersville Middle School	12:00PM-2:00PM
Templeville Community Church	12:00PM-1:00PM

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