



Behavior Bulletin

Winter 2012/2013

President's Message :

Using the Power of Relationships to Make a Difference

As the season of thankfulness and giving comes, I reflect on the professional and personal connections that I have made as a member of Kentucky's Council for Children with Behavioral Disorders. I realize that I am extremely thankful for the networking and resources that come with being a member of such a wonderful organization. Looking back over my years as a professional, I realize that being a part of such a quality professional organization has shaped me into the special educator that I am today.

Now, as the current president of KYCCBD, my colleagues and I are on a mission to reach out and bring others on board. Becoming a member of a group typically takes the personal connection of someone who is a current member. I know I was invited to my first KYCCBD meeting by a friend and colleague and have been involved since.

The vision of KYCCBD is to be the premiere resource for educators who work with children with behavioral challenges. Our goal is to serve YOU so that you may better serve our students.

Please join forces with us and help us spread the word about KYCCBD by encouraging others to join. All it takes to make a difference for one professional is for one KYCCBD member to reach out . . . just imagine how many students' lives will be impacted by that one simple gesture.

Who reached out and invested time in you as a professional? Are you willing to use the power of relationships to make a difference?

Please make it your personal mission to bring just ONE person to KYCCBD!

For more information, please contact Traci Sharpe, KYCCBD President, at Traci.Sharpe@taylor.kyschools.us

Get Involved! KYCCBD Meetings

Join us at Central KY Special Education Cooperative from 10am-2pm on the 2nd Saturday of each month:
January 12
February 9
March 9
April 13
May 11

CKSEC is located at
2331 Fortune Drive,
Suite 110,
Lexington KY 40509

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The Power of Interactions

Some of the most powerful tools that teachers have at their disposal are absolutely free! The spoken word, a pat on the back, a thumbs up – these positive interactions are highly effective for motivating students and shaping behavior. Current research indicates that a ratio of 5:1 – five positive interactions to one negative is optimal for relationship building and improving student behavior and performance. It is fascinating to note that researchers have applied this ratio to adult relationships as well. Successful business AND marriages are built on positive interactions.

Interactions are deemed positive or negative depending on the behavior which they are addressing. With this being said, any interaction that is in response to an inappropriate behavior is considered to be a negative interaction regardless of how kindly it is delivered. For example, a student may be blurting out in class and I say, "Katie, I am so glad that you know the answer, but I need to see that others know as well." The correction was delivered in a kind manner, but since the behavior being addressed is negative, the interaction is still a negative interaction.

So, how does this ratio occur in your classroom? Well, it does not just happen, it requires that you make a concerted effort to systematically acknowledge and reinforce appropriate behaviors as often as possible. Additionally, when dealing with inappropriate behaviors, it is important to determine which behaviors can be ignored and which behaviors must be addressed. When a student exhibits an inappropriate behavior in your classroom, ask yourself the following questions: Can I still teach? Can the student still learn? Can the other students still learn? If the answer to all three questions is YES, ignore the behavior. If you consciously

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Our Web Site Has Moved!

The Kentucky Council for Exceptional Children (KYCEC) invited KYCCBD to post information on their redesigned Web page (<http://kycec.org/>). We decided to move our entire site to allow visitors easy access to KYCEC, KYCCBD, and all other state subdivisions. Our new address is http://kycec.org/ccbd_about.htm. From this page, you can access board members and regional representatives, meeting dates, membership Information, and more. Check us out!

Add us to your Favorites:

http://kycec.org/ccbd_about.htm



The Power of Interactions –continued from page 2

acknowledge appropriate behaviors and ignore those behaviors that do not interfere with instruction, you will make great strides toward the 5:1 ratio.

Begin your morning with 10 pennies, paperclips, or other small object in your pocket. Each time you feel the object in your pocket, provide a positive interaction and remove one item from the pocket. By lunchtime, your pocket should be empty. Refill and strive to deliver at least ten more positive interactions before the end of the school day. Even at this rate, you most likely have not reached the 5:1 ratio, but you are training yourself to make positive interactions a part of your daily instruction. By achieving this ratio, we teach our students that they will more readily gain access to teacher attention by behaving appropriately rather than inappropriately.

“The more positive attention a child receives, the more cooperative he becomes.” (<http://www.aish.com/f/p/48918197.html>)

Posted on: <http://wteconline.net/blog/2012/02/>
For more information contact Shannon Cornette via email: shannoncornette@kedc.org

“The more positive attention a child receives, the more cooperative he becomes”



Administrative Regulations to Watch!

For up-to-date information and current drafts of administrative regulations, visit KDE’s website at

<http://education.ky.gov/districts/legal/pages/kde-public-hearing-information.aspx>

704 KAR 7:160 Use of Restraint and Seclusion in Public Schools
11/14/2012 version of the draft is available on the website

704 KAR 19:002 Alternative Education Programs
Public Hearing scheduled for November 26, 2012

Is there an App for that? The iRewardChart

We all are familiar with the traditional reward chart that is kept in a folder and checked once or twice daily by the teacher and student. Sometimes, the chart is even forgotten because enthusiasm for the chart has faded or it is not completed due to the hectic pace of the typical classroom day.

Now, there is a Smart Phone/Tablet solution available for **iPhone/iPad, Android, Kindle** (iTunes Store, Google Marketplace, Amazon AppStore, and Nook appstore), and **Windows Phone 7** (AppHub stores) that can help address both concerns. The iRewardChart is an app that brings the traditional reward chart onto most mobile devices in a way that allows you to customize the chart to the specific needs of your student and maintain enthusiasm. The iRewardChart was originally developed for use by parents but can be easily adapted for classroom use.



The iRewardChart helps you keep track of your students' good behavior and reward them promptly and appropriately. This app has earned a 4.5 star rating in the iTunes App Store.

There are two versions of the app, Pro and Lite. The Lite app is free and has a limitation of one student and four tasks per week. The Pro version, which costs \$3.99, allows you to create an "account" for several students – I have four so far and do not know what the ceiling is for adding students. It also allows you to add a picture for each of your students.

The first screen after the iRewardChart "splash" gives you a quick summary of total stars earned and the students' current balance. This screen also allows you to select each student for more detail.

The Chart screen for each student allows you to select specific skills. You may select from a list of available tasks or you may customize the list for each student. You may also specify the value of each task for the week.

To award a star, you simply touch the space for the day and it shows the star value accompanied by a ring tone. To take a star away or award a negative star, you simply hold the star and you will hear another, less rewarding tone. Once a student has reached their star target for the week, you are offered an opportunity to send a certificate to your Facebook account.

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Is there an App for that? The iRewardChart—continued

You may also select the setup button to select your rewards for the week. As with the skills screen, you may select from a list of preloaded rewards or you may enter custom rewards. Again, you may set the star value of each reward. *NOTE: The weekly chart was designed for parents, it is set for seven days so you must be careful with regard to Saturday and Sunday.*

Each student has a Balance Screen. This screen allows you enter the specific reward and have its value subtracted from the available balance. As with earning the target number of stars, once you have rewarded a child for the week, you are offered the option for sharing this on Facebook. The Balance screen also shows you earlier weeks and most recent rewards.

The iRewardChart Pro is fully customizable for your students. It aids enthusiasm as students are more and more motivated by technology. It also provides you with a list of both tasks and rewards that can also be customized. Having a preloaded list of these tasks and rewards make creating a chart that is specific for each student easy to do. This app can turn the reward chart into a fun and exciting activity as you work toward encouraging prosocial behaviors.

For more information, contact [Alan Siegel](#), KYCCBD Treasurer, at bagel40@insightbb.com



Choosing Suicide Prevention Videos Wisely

According to the American Association of Suicidology, teaching young people how to help a friend is an important part of a comprehensive school-based suicide prevention strategy. Educational videos that teach suicide prevention skills are often a helpful part of instruction. Videos are most effective when used with an accompanying curriculum as part of a larger presentation on mental health and helping friends who are experiencing distress. The American Association of Suicidology has developed a list of criteria for what to look for and what to avoid when choosing educational videos. They also provide a list of recommended videos that have been reviewed by a committee of suicidology experts. Please check their website when choosing educational videos to support your suicide prevention efforts.



<http://www.suicidology.org/resources/multimedia-resources/videos>

PASS: Positive Approach to Student Success

This year our school started to use the PASS Program: Positive Approach to Student Success. A key component of the PASS Program is providing the participants with a resource class for social skills. We began using The Discovery Program. *"The Discovery Program was designed in 1990 by Eric Larsen, an alternative high school teacher in Poudre School District in Fort Collins, Colorado. The program was implemented to teach positive social skills to students struggling with academic, attendance, and attitude problems. The curriculum includes sophisticated social skills, management strategies, culture development, and experiential activities."* – www.TheDiscoveryInstitute.com. The part I like the most about The Discovery Program is that we begin each class by "Circling Up." One student serves as the prompter and asks each student in the circle the same question, which goes like this: What's your name? Rate yourself (1-10), How do you feel/why? Answer the prompt, and then clap out each response. The prompt changes to fit the big idea of the lesson. In the beginning, the prompt questions were easy like: Describe your favorite desert. As their confidence and trust within the group grew, the questions became more challenging. By having the students rate themselves, we get a quick idea of how the day is going and if there is anything building up under the surface that could lead to an outburst later in the day. Most of all, we get to know our students better by taking the time to listen to them.

For more information, contact Kathy Isenhour, Edythe J. Hayes Middle School & KYCCBD Region Rep Coordinator at kathy.isenhour@fayette.kyschools.us

GETTING INVOLVED

KYCCBD is most effective when our membership is actively involved. If you are a member, please consider how you can renew or increase your involvement in KYCCBD activities. There are many needs presenting diverse opportunities from Behavior Institute planning to advocacy to coordinating activities for members in your region. If you would like to get involved, please contact a Board Member or Regional Representative at http://kycec.org/ccbd_board.htm

Know someone that wants to become a member of KYCCBD? Send them to the membership information website at http://kycec.org/ccbd_join.htm

Get involved!
 KYCCBD
 needs you!