

Supporting families with PBL at home

As a PBL (Positive Behaviour for Learning) school Murray High School consistently teaches the values of Ready, Respect and Responsible. PBL can be effectively used at home and is especially helpful when events disrupt the normal routine. Below are some recommendations for how families and caregivers can use PBL to support students' social and emotional growth and minimize behavioural disruptions in the home.

Set routines

Most children thrive when they have routine and structure. When schools are not in session, students may have fewer predictable routines, which can increase their anxiety and challenging behaviours. To cut down on behaviour problems, families and caregivers can mimic school routines with their children and set up times for learning, exercise, and play.

Example

Routine
Get ready to learn <i>Wake up, get ready for the day, eat breakfast</i>
Morning check-in <i>Together, set schedule & expectations. Check-in (How are you doing today? Do you have any questions?)</i>
Morning exercise <i>Chose an activity to do inside or outside (stretch, walk, static balance, shoot a basketball)</i>
Morning learning session <i>Support student to engage in remote learning activities (Encourage them to contact teacher)</i>
Lunch check-in <i>Eat healthy lunch, discuss afternoon schedule & expectations. Check-in</i>
Afternoon learning <i>Support student in re-engaging in remote learning activities</i>
Afternoon exercise <i>Choose an exercise activity to do inside or outside (dribble a soccer ball, meditate, squats)</i>
Social connection <i>Connect with family members or friends via social media, phone or online gaming</i>
Evening family time <i>Maintain typical evening routines to connect with each other</i>

Set home expectations

MHS has a poster with desired behaviours, including a description of how those behaviours will look like in each setting displayed around the school. These can be adapted by families to fit the home setting.

Example expected behaviour matrix

	Learning space	Mealtime	Bedtime
Ready	Have your device charged and your books and pens	Wash your hands	Wash your hands and brush your teeth
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
Responsible	Do your best work Turn in your homework when it is due	Help with meal preparation and/or eating	Go to bed on time

Teach, Remind, and Reward Expected Behaviors with Positive Feedback

Placing an emphasis on ready, respect and responsible is important for maintaining a smooth transition to learning from home. It is essential that you teach your child when they display learning errors.

Example

Responsible <i>Example: Do Your Best Work</i>
Describe what “doing your best” means in your home. Examples might include focusing on your work, reading/listening to all instructions before beginning, asking for help when needed, and sticking with it until done. Discuss what this looks like and does not look like.
At the start of the day and at the beginning of new or difficult activities, remind your child to “do their best work.”
When you see your child doing their best, provide specific praise. “It’s great to see you doing your best! I think you’ll be proud of your work!”

In addition to teaching, rewarding, and reminding, you may need to correct behavior.

When a child makes an error, provide a quick correction or redirection. For example, if you observe your child showing disrespect to others:

1. Quickly correct or signal the error, (“That was not respectful”)

2. Re-state the expected behavior, (“We speak kindly to each other to show respect”)
3. Provide an opportunity for positive interaction, (“Let’s try that again. How would you show respect?”)
4. Provide the child positive feedback, (“That was a kind thing to say.”) Redirections can be even quicker (“Remember, you need to wash your hands before coming to the table. Please go wash your hands.”).

Remain calm and brief, it's easy to get into a habit of correcting, but the goal is to maintain a ratio of 5 positive interactions or praise statements for every 1 negative interaction or corrective statement.

Communicate with MHS for Instructional Guidance

It is important to know how to access your child’s online learning space. All teachers have created Google Classrooms for your child’s learning to continue. If you do not have access to the internet or devices (e.g., computers) to allow for online learning, contact us for help or alternatives.

Be Creative

Keep children connected to their peers and distant family members virtually and take breaks throughout the day if feeling overwhelmed.

Model and Promote Emotional Wellness

You or your child might experience stress and anxiety during this time of leave from school. Everyone reacts differently to stressful situations and how you respond will make an impact on your child and the other individuals in your household. Take breaks from the news or social media. Take care of your body by engaging in deep breaths, stretching, exercising, and getting plenty of sleep. Make time for an enjoyable activity, and connect with others by talking to them. Modeling these behaviors will not only help you but will show and teach your child how to cope during stressful situations. It is important to continue to monitor your needs and your child’s, and contact your healthcare provider if you have immediate or ongoing concerns.

References

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<https://pbl.schools.nsw.gov.au/about-pbl/overview-of-pbl.html>