

# Paris ISD

## *Social, Emotional and Behavioral Supports*

Newsletter 8

May 11, 2020



### SENIORS

#### #GraduateTogether

by XQ in partnership with The LeBron James Family Foundation and The Entertainment Industry Foundation

<https://graduatetogether2020.com/>

#**GRADUATE  
TOGETHER**

## AMERICA HONORS THE CLASS OF 2020

This one-hour primetime special airs on ABC, CBS, FOX, and NBC, and will be streaming on multiple online platforms. [Learn More](#)

**Saturday, May 16th**

**8pm ET/PT**

**7pm CT/MT**



**YOUR GRADUATION CEREMONY  
JUST GOT BIGGER**



## Mental Health/Trauma Tools

### Your Life Your Voice

by Boys Town

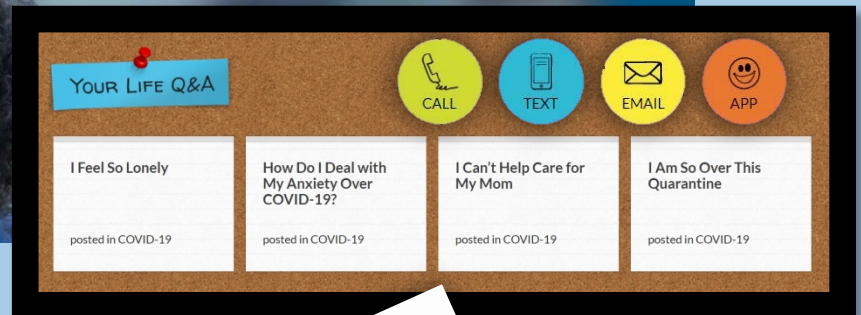


<https://www.yourlifeyourvoice.org/>

# YOUR Life YOUR Voice

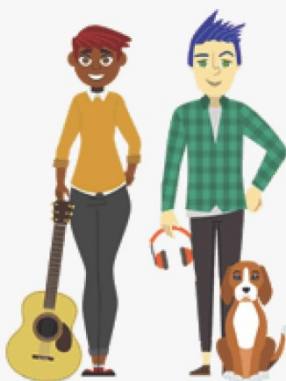


It's OK to Ask for Help



## YOUR LIFE YOUR AVATAR

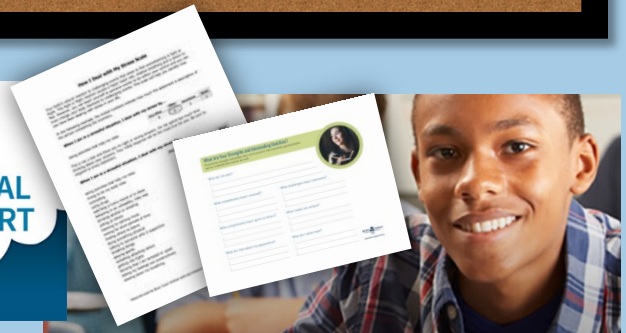
Express yourself!  
Create an Avatar to  
reflect your  
personal style and  
coping skills. Be  
yourself. Share it  
and save it.



Try it Out

## DAILY DOSE of DIGITAL SUPPORT

SIGN UP FOR ENEWS



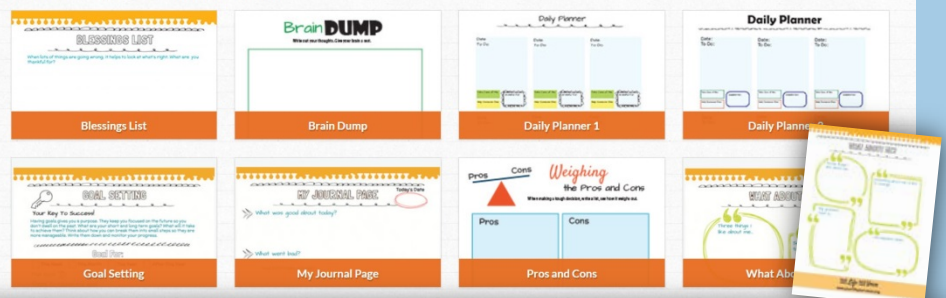
Day 28: Helping Kids Maintain Their Self-Worth

### Topic: Journaling

#### Why to Journal?

Journals are like a power tools for your life. They help you cut through your emotions so you can make good decisions and reach your goals.

Click to view and print PDF's to help with this topic.



The best advice I can give anyone going through a rough patch is to never be afraid to ask for help.

- Demi Lovato

# Behavior Support Tools

## Self and Match: For Home

by Jamie S Salter Ed.S. BCBA and  
Katharine M Croce Ed.D. BCBA-D

[https://docs.google.com/document/d/1ZZQZ2IkK0MylXB8x4jGgmSGtHnElqc7yUTBi\\_UVQQk0/edit?usp=sharing](https://docs.google.com/document/d/1ZZQZ2IkK0MylXB8x4jGgmSGtHnElqc7yUTBi_UVQQk0/edit?usp=sharing)



**SELF & MATCH**  
BRIEF Version

	Monday	Tuesday	Wednesday	Thursday	Friday
Did I brush my teeth, get dressed, and make my bed?	Yes/No	Yes/No	Yes/No	Yes/No	Yes/No
Did I do my morning work? (Math/Writing)	Yes/No	Yes/No	Yes/No	Yes/No	Yes/No
Did I do my afternoon work? (Coloring/Reading)	Yes/No	Yes/No	Yes/No	Yes/No	Yes/No
Did I play for 1 hour? (Golf/Backyard)	Yes/No	Yes/No	Yes/No	Yes/No	Yes/No
Did I wait to ask for help when mom was off the phone?	Yes/No	Yes/No	Yes/No	Yes/No	Yes/No
# of Points Earned	Points	Points	Points	Points	Points

7 points = Stay up 30 minutes later  
8-10 points = Stay up 1 hour later

© Salter & Croce (2020)  
www.selfandmatch.com p.4

**SELF & MATCH**  
BRIEF Version

	Monday	Tuesday	Wednesday	Thursday	Friday
Did I brush my teeth, get dressed, and make my bed?	Yes/No	Yes/No	Yes/No	Yes/No	Yes/No
Did I do my morning work? (Math/Writing)	Yes/No	Yes/No	Yes/No	Yes/No	Yes/No
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Did I play for 1 hour? (Golf/Backyard)	Yes/No	Yes/No	Yes/No	Yes/No	Yes/No
Did I wait to ask for help when mom was off the phone?	Yes/No	Yes/No	Yes/No	Yes/No	Yes/No
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**SELF & MATCH**  
BRIEF Version

	Monday	Tuesday	Wednesday	Thursday	Friday
Was I responsible during the morning academic time?	Yes/No	Yes/No	Yes/No	Yes/No	Yes/No
Was I responsible during morning academic time?	Yes/No	Yes/No	Yes/No	Yes/No	Yes/No
Was I responsible during afternoon academic time?	Yes/No	Yes/No	Yes/No	Yes/No	Yes/No
Was I responsible during afternoon academic time?	Yes/No	Yes/No	Yes/No	Yes/No	Yes/No
Was I responsible during afternoon academic time?	Yes/No	Yes/No	Yes/No	Yes/No	Yes/No
Was I responsible during afternoon academic time?	Yes/No	Yes/No	Yes/No	Yes/No	Yes/No
Was I responsible during afternoon academic time?	Yes/No	Yes/No	Yes/No	Yes/No	Yes/No
Was I responsible during afternoon academic time?	Yes/No	Yes/No	Yes/No	Yes/No	Yes/No
# of Points Earned	Points	Points	Points	Points	Points

7 points = Stay up 30 minutes later  
8-10 points = Stay up 1 hour later

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**SELF & MATCH**  
BRIEF Version

	Monday	Tuesday	Wednesday	Thursday	Friday
Was I responsible & kind during each time of the day?	Yes/No	Yes/No	Yes/No	Yes/No	Yes/No
Time 1	Yes/No	Yes/No	Yes/No	Yes/No	Yes/No
Time 2	Yes/No	Yes/No	Yes/No	Yes/No	Yes/No
Time 3	Yes/No	Yes/No	Yes/No	Yes/No	Yes/No
Time 4	Yes/No	Yes/No	Yes/No	Yes/No	Yes/No
Time 5	Yes/No	Yes/No	Yes/No	Yes/No	Yes/No
Time 6	Yes/No	Yes/No	Yes/No	Yes/No	Yes/No
# of Points Earned	Points	Points	Points	Points	Points

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8-10 points = Stay up 1 hour later

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www.selfandmatch.com p.7

### ADDITIONAL INFORMATION REGARDING THE SELF & MATCH SYSTEM

The *Self & Match* System is a self-monitoring and motivational system firmly grounded in principles of Applied Behavior Analysis (ABA). This behavioral intervention encourages a collaborative approach to promoting systematic behavioral success for children and young adults using self-monitoring with a match component. *Self & Match* has been implemented internationally across a variety of settings including: special and general education; home; camp; clinic; public, private, and parochial schools; post-secondary education; and sports programs. *Self & Match* can be incorporated into individualized behavior systems, class-wide, and school-wide management procedures as a part of SWPBS. Systematic planning before beginning an intervention makes a world of difference and is a fundamental element of the *Self & Match* system. Each system is individually developed using a comprehensive considerations guide that is included within the manual. *Self & Match* is an inexpensive, data-based, & interactive intervention.

#### Overview of Self & Match Procedures

- **STEP 1:** At predetermined times, the student independently answers all questions on his/her *Self & Match* form
- **STEP 2:** Then, the teacher/clinician/parent independently answers all questions
- **STEP 3:** Teacher and student compare answers and identify all matches
- **STEP 4:** Student receives 2 points or more for each "Yes" match (1 point for engaging in appropriate behavior and 1 point for being honest). Student receives 1 point for each "No" match (for being honest and taking ownership for behavior)
- **STEP 5:** Student receives reinforcement at pre-determined time(s) contingent on percentage of points earned

#### Four fundamental elements of the *Self & Match* System:

##### #1) SYSTEMATIC PLANNING BEFORE BEGINNING AN INTERVENTION MAKES A WORLD OF DIFFERENCE.

The *Self & Match* system incorporates a thorough *Considerations Guide* to implement PRIOR to beginning the intervention.

##### #2) NO ONE IS PERFECT (NOT EVEN YOU)

We often advocate setting a student's criteria for reward at 80-85% (sometimes even lower). No one is perfect, no should need 100% to access a reward, no one has a 100% day (not even your best student).

##### #3) LINKING FUNCTION OF BEHAVIOR TO REWARD OPTIONS LEADS TO HIGHER RATE OF SUCCESS

*Self & Match* strongly urges the users of this (and other) interventions to link rewards to the student's behavioral function(s).

##### #4) INTERVENTIONS CHANGE AS A STUDENT CHANGES

We highly suggest reviewing the data on a frequent basis to determine whether any phase changes are necessary. A great thing about this system is that it will change and advance with the student.

Every *Self & Match* form is individualized and therefore nearly every *Self & Match* form looks different. There are thousands of ways to individualize your *Self & Match* forms to meet the needs of your target student(s). We encourage individualization! Here are a few samples of *Self & Match* forms:

<https://secureservercdn.net/198.71.233.19/5c3.58e.myftpupload.com/wp-content/uploads/2016/08/PAGE-1-Self-Match-Quick-Sheet-copy.pdf>



## Exceptional Learning Tools

### (Special Education and Early Childhood)

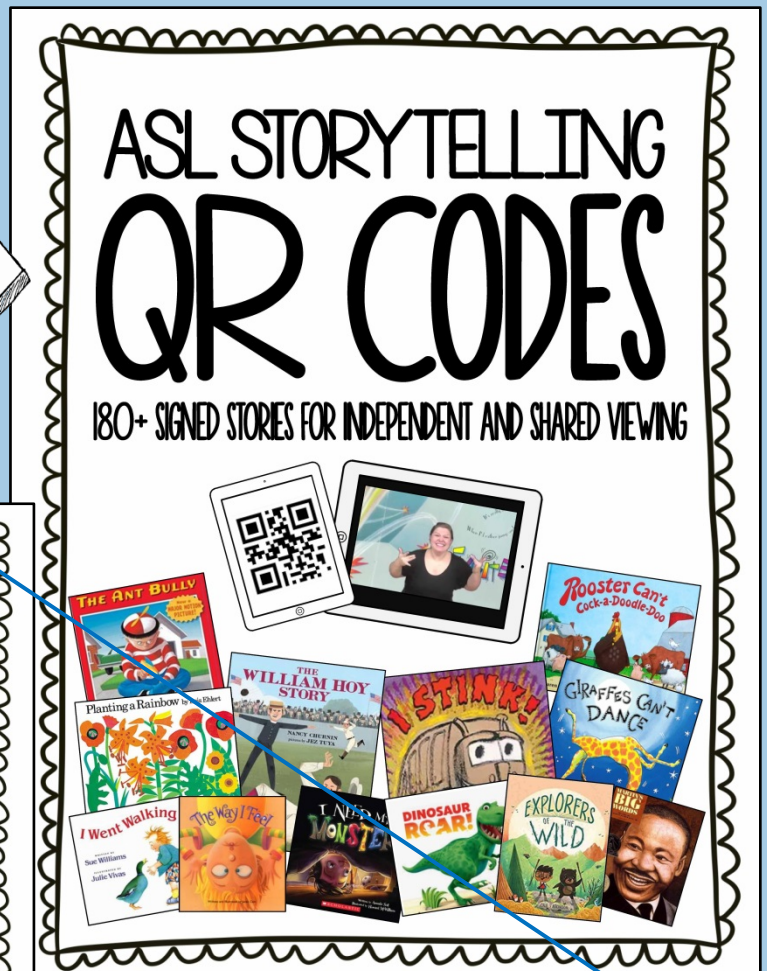
#### Books in Sign

A collection of signed stories by Joanna Hendrix  
[jhendrix@sbceo.org](mailto:jhendrix@sbceo.org)

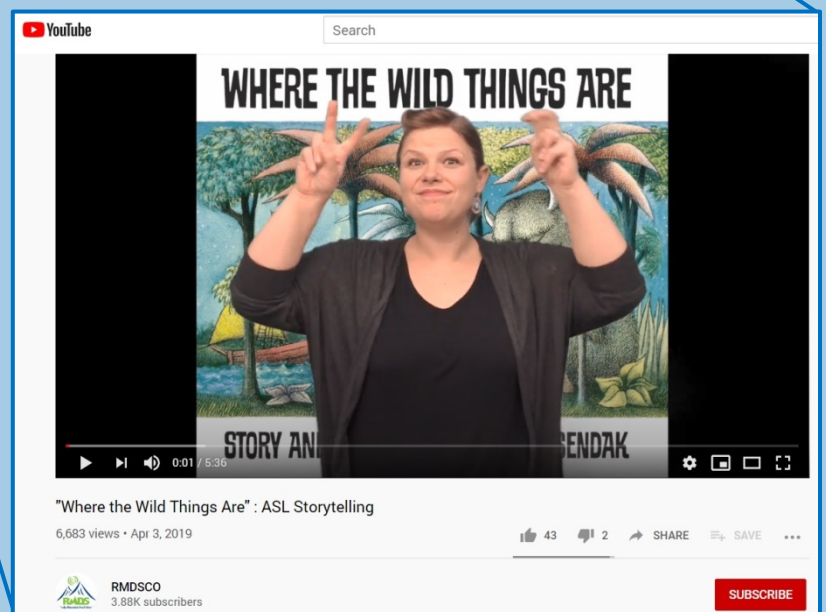
Get a PDF of the whole collection here



Test one out here



How to Scan a QR Code with:  
Android      iOS



## Additional Resources/Links



### Students, Parents, & PISD Staff

For updates & general information on social-emotional-behavioral resources (including mental health) during at-home learning (and this summer) please join the LSSP Alerts group.

LSSP Alerts  
@lsspal

### Students & Parents

Sign up for the campus group if the student receives psychological or behavioral services from Ms. Field.

These groups will get the same general information that is shared with the LSSP Alerts group; however, they may also get campus specific information.

This will also allow students and parents to communicate privately with Ms. Field about individual needs during at-home learning (and this summer).

Justiss  
@fieldjes

Aikin  
@fieldaes

Crockett  
@fieldcis

P J H  
@fieldpjh

PHS  
@fieldphs

Travis  
@msfieldth

To Join:

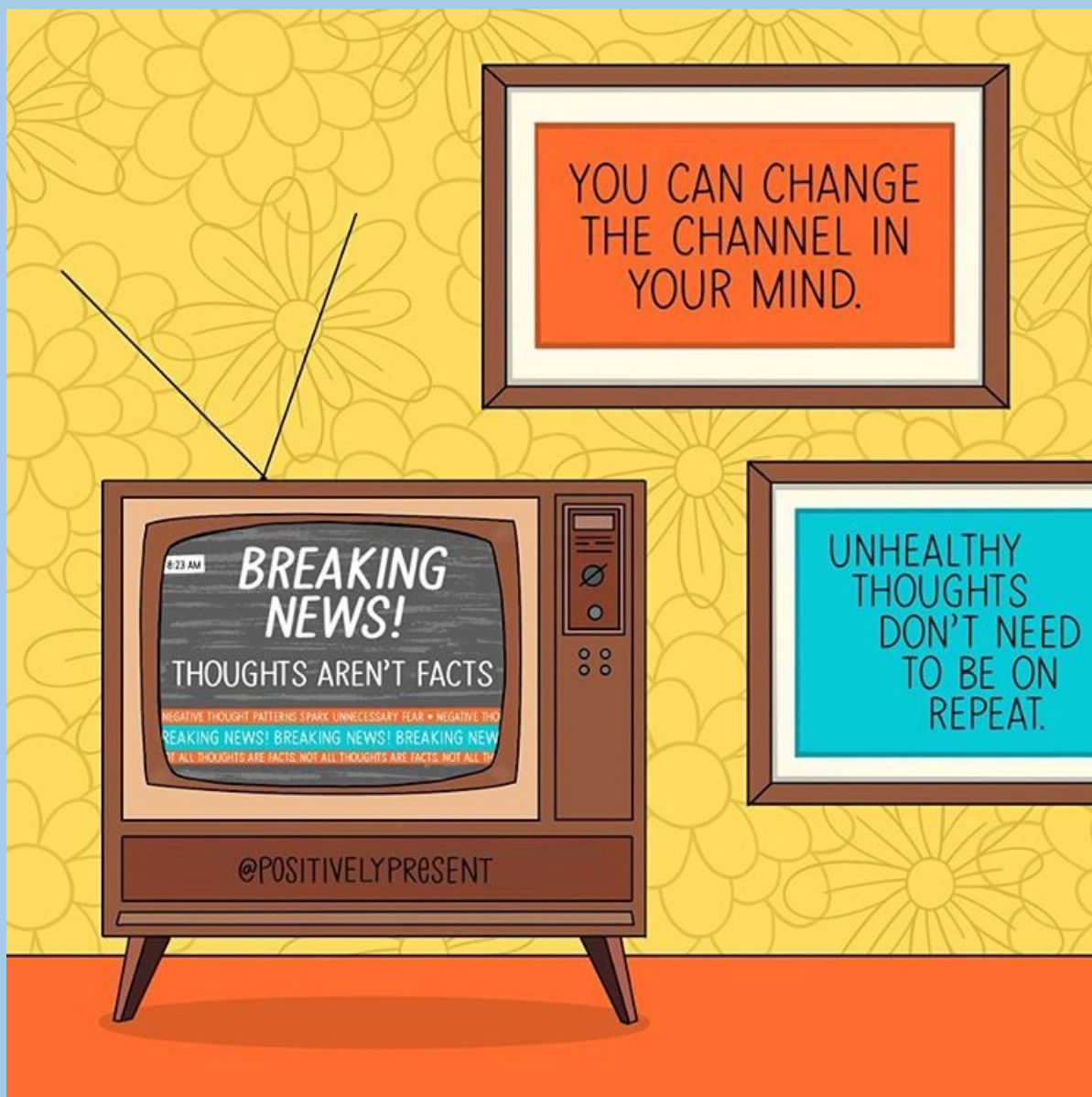
Click on the group above

Text the group code to 81010

Search for the group in the [app](#) or [online](#)

## VISIT OUR WEBSITE

<https://www.parisisd.net/SpecialServicesAtHome>



 ***#BetterTogether***

### District Support Team

Elizabeth Field, District LSSP

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