



Welcome to the Newsletter for NCKSEC. This newsletter will feature student achievements, teacher achievements and news you can use to help improve student outcomes, add instructional strategies to your toolbox, and keep informed of happenings across the cooperative.

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## *Coach, Consult, Collaborate*

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### Teacher Tidbits

**Unlock your Creativity with Kernels** an article by Scott Fluke from “Rethinking Behavior Magazine from the Midwest Symposium for Leadership in Behavior Disorders, Inc. (Table adapted from Embry and Biglan 2008)

<b>Kernels that Increase Behavior</b>	<b>Brief Description</b>
Verbal Praise	Acknowledgement for engaging in positive behavior
Peer-to Peer praise	Students taught to catch each other being good
Beat the Buzzer	Reward for finishing a task accurately before a timer goes off
Mystery motivator	An unknown prize is “hyped” and given to students when they accomplish a goal
Public graphing of feedback	Performance on a skill is publicly graphed or posted
Token economy	Tokens or other symbolic reinforcers are given for positive behavior. Tokens can be turned in for rewards
Team competition	Groups compete on some task, performance or game
Contingent music	Music is played or stopped base on observed behavior
<b>Kernels that Decrease Behavior</b>	<b>Brief Description</b>
Time out	Removal from natural reinforcement for 1 minute + 1 minute for each year of age
Positive note home for inhibition	Note sent home for choosing not to engage in negative behavior
Timed reward for inhibition	Reward earned for not engaging in negative behavior for a set amount of time

Premack principle	First-Then strategies. Student must first complete a task to access a more desirable activity
Response cost	Points or tokens lost after engaging in negative behavior
Private reprimands	Corrective feedback given in a private, non-threatening way
Stop clock	Clock starts when misbehavior occurs. Lower times on the clock result in access to rewards
Positive practice	Repeat corrective behavior many times
<b>Antecedent Kernels</b>	<b>Brief Definition</b>
Non-verbal transition clues	Visual, kinesthetic, or auditory cues that transition will occur
Stop light signals	Distinct signal given when behavior is appropriate versus inappropriate
Boundary cues	Physical cue, such as a rail or line, marking a specific area where a behavior is acceptable
Self-modeling	Video, audio, photo, or drawing of a student engaging in appropriate behavior
Self-monitoring	Student tracking their own behavior, with guidance from teachers
<b>Kernels Affecting Physiology</b>	<b>Brief Description</b>
Pleasant greeting	Friendly physical and verbal gestures on a frequent basis or to start the day/period
Aerobic play	Running, sports, or other aerobic activity
Nasal breathing	Deep breathes through nose instead of mouth
Progressive muscle relaxation	Tensing then relaxing sequences of muscle groups

## ***Down Syndrome Awareness Month***

The National Down Syndrome Society started Down Syndrome Month in the 1980's, designating October as the Down Syndrome Awareness Month. During the month, celebrate individuals with Down Syndrome and make people aware of their abilities and accomplishments. The theme this year is "Talk, Think, Write with RESPECT". Here's a video made by moms and suggested by a student in our cooperative.

[www.youtube.com/watch?v=11N8Yet\\_G2K](http://www.youtube.com/watch?v=11N8Yet_G2K)

## ***Student Showcase***

### ***Jessica Gooder***

Jessica Gooder moved to Phillipsburg Middle School her 7th Grade year. We have been truly blessed to have her. At the end of her 2nd grade year, she was diagnosed with a rare brain tumor that was cancerous. During the next summer she underwent radiation and chemotherapy, due to the rareness of the cancer, doctors were unable to say what long lasting effects would be. She has been cancer free for 5 years this January. She has come through it all with a great smile and a happy personality. She strives to be independent in all that she does and wants to get better. She has become such an organized young lady and stays on top of all of her work by herself. She puts her homework before anything else. Jessica is well liked by her peers and staff in the building. She is very confident in who she is and what she has been through. Her social studies teacher had this to say about her: "She is one of the most genuine, hardworking, breath of fresh air type of people you'll ever meet!" Jessica is totally an inspiration to anyone who is going through adversity. She demonstrates that you can come out strong on the other side. (Submitted by Nicole Glynn, special education teacher)



***CONGRATULATIONS, JESSICA GOODER, FOR BEING NCKSEC STUDENT SHOWCASE  
IN OCTOBER 2018!***



**“AIM FOR SUCCESS, NOT PERFECTION. NEVER GIVE UP YOUR RIGHT TO BE WRONG, BECAUSE THEN YOU WILL LOSE THE ABILITY TO LEARN NEW THINGS AND MOVE FORWARD WITH YOUR LIFE. REMEMBER THAT FEAR ALWAYS LURKS BEHIND PERFECTIONISM.”**

**DAVID M. BURNS**

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### CALENDAR REMINDERS:

**THANKSGIVING BREAK—NCKSEC OFFICE WILL BE CLOSED NOV. 21-23**

**CHRISTMAS BREAK—NCKSEC OFFICE WILL BE CLOSED DEC. 24-JAN.1**

#### SAVE THE DATE!

**PLC MEETINGS IN JANUARY:**

**SCHOOL PSYCH—JAN. 16**

**INTERRELATED—JAN. 22 IN SMITH CENTER**

**JAN. 23 IN ALMENA**

**JAN. 24 IN PLAINVILLE**

**GIFTED—JAN. 23**

**SLP—JAN. 25**

**EC—JAN. 25**



**NEXT NEWSLETTER COMING IN DECEMBER**