

Effective Behavioural Support (EBS)

What is it?

EBS is a system, not a program or “canned” package. There are many systems in use in our schools that are aimed at improving behaviours. EBS is a particular system that was developed by people from the University of Oregon. The elements included in this system are based on extensive research about what works and what doesn't work. The system incorporates key components that can be tailored to individual schools based on individual school's needs.

Some of the key components:

1. A discipline data collection system that clearly measures the present status of the school with respect to inappropriate behaviours, outlines and identifies areas where improvement is needed, and measures

progress over time.

2. A list of school wide expectations (e.g. Responsibility, Respect, Safety) that are consistently reinforced in all areas of the school at all time.
3. The teaching of social skills and positive behaviours that specifically demonstrate those school wide expectations.
4. Reinforcements and rewards for individuals and groups who consistently demonstrate the expected behaviours.
5. Thorough assessment of some individuals' behaviours to help plan interventions for these most challenging students.

Although each of these components just seem like basic good practice, EBS research indicates that it is the systematic inclusion of all of these components consistently and simultaneously that creates school-wide behaviour improvement. The foundation of the system is the teaching of behaviours. Teachers are trained and experienced at teaching—how convenient! Research

shows that we can no longer assume that children have the skills necessary to behave positively. We can teach them these skills just as we teach anything in the curriculum.

Effective Behaviour Supports

- Teachers should review appropriate behaviour daily with students.
- Visuals should be posted as reminders for students.
- Expectations should be consistent.
- Rewards for appropriate behaviour should be discussed and posted.
- Praise appropriate behaviour often.

Data Collection

- Data collection is essential when trying to change behaviour.

- Dealing with situations immediately is important when solving problems.
- Investigation of situations must be completed to determine what consequences need to be assigned. We cannot assume anything when students are dealing with one another.
- Write ups must be complete. Levels must be indicated as well as parent contact documented before the 3 write ups can come to the office for potential Think Tank referrals.
- This must be a 3 step process.
 - Step 1: Playground/Classroom
 - Step 2: Think Tank
 - Step 3: Office

General Courtesy

- Greet others with kindness and courtesy. Insist your students return your greeting.
- Respond politely when spoken to
- No swearing or put-downs
- Door etiquette: hold the door for others, let someone go ahead of you, ask to help when someone is carrying stuff.
- Use people's proper names
- Pick up dropped items for others and put in the right place. Pick up garbage.
- Say "please" , "thank you" and "may I"
- Invite others to participate in activities
- No physical/verbal violence
- We respect our environment- no graffiti
- Ensure that all wet, dirty footwear is removed when entering the school

- No gum
- Hats off at the entry to school
- Use appropriate tone of voice

Arrival at School/Leaving School

Outside and Entering the School

- Students must stay outside and play on the playground (not by entrances) following playground rules
- When the bell rings students must enter the school through their assigned entrances.
- Students must remove hats, helmets and hoods at the door.
- Students must enter the school quietly
- Students must remove outdoor footwear and place them on the racks for their class

- Student must hang up their coats on the coat hooks in the hallways
- Students must walk on the right hand side of the hallway to their classroom and enter their classroom quietly
- On Breakfast program days, students may enter and exit through the community centre doors. Students must demonstrate proper breakfast program behavior.
- When the supervising teacher advises students it is a “Bad Weather” day students may enter the school and wait in the boot rooms. Inside supervising teachers will advise the students when they may walk to their classrooms. Students must use proper classroom behaviors in their classrooms.

- Students riding their bike to school must walk their bike on the playground and lock their bike in the bike racks
- Skateboards, scooters, rollerblades must be stored appropriately in class

Late Arrivals

- Students that arrive late at school must go to the office and inform Mrs. Tarcon
- Students must use proper courtesy when informing Mrs. Tarcon. They should wait and then say, “Excuse me Mrs. Tarcon. I want to let you know that I was late this morning/afternoon”
- Students that arrive late and go to class will be sent to the office by their teacher to inform Mrs. Tarcon that they are late. They will follow the procedure as outlined using proper courtesy.

Departing the School

- When the bell rings students must gather coats, backpacks quickly and quietly
- Students must walk quietly in the hallways
- Students must exit the school using their assigned door

Routines with Guest Teachers

- Treat your guest teacher as a guest in our school
- Show courtesy
- Provide help and assistance when asked (classrooms, routines)
- Be flexible to new routines your guest teacher may suggest
- Follow regular classroom expectations

Classroom Routines

- Hang up coat, backpack- store personal gear appropriately before, during and after school
- Put on indoor shoes- ensure that they are tied up and kept on at all times in the school
- Sit quietly for morning announcements
- Stand for “Oh Canada”, hands at sides unless given special permission to do otherwise
- Always show respect in the classroom:
 - Hands Up- one speaker at a time
 - Look at speaker
 - Listen to the speaker
 - Be still
- Clean your desk regularly
- Follow all your classroom rules

- Follow your classroom rules for bathroom breaks, use of the water fountain and water bottles on desks
- Keep your classroom tidy- clean up after yourself and help others clean up

Hallways

- Follow your classroom routines for finishing up a class
- Move quickly and quietly to your next class or recess
- When requested line up quietly
- Last person in the line, turns off the lights as they leave the classroom
- Walk on the right hand side in the hallways
- Walk single file in the hallways
- Keep your hands to yourself

- If getting a drink wait patiently in line and take a short drink (count to 3) during long line ups
- When changing classrooms and waiting for another class, wait patiently until the teacher allows you to enter the classroom
- Use your courtesy in the hallways- quiet voices, waiting your turn, holding the door for others

Lunch Room Expectations

- Eat your lunch in the classroom unless you are walking home for lunch
- Students must stay on the school grounds during the lunch recess unless signed out at the office
- Eat your lunch at your desk and use a quiet voice

- Clean up after yourself
- Stay seated until dismissed
- Any problems should be reported to the supervisor
- Use manners and treat each other with respect
- When the bell rings, students should ensure classroom is tidy and go outside quickly following proper hallway procedures
- Follow school expectations for leaving the school
- If it is an inside day, students stay inside the classroom and follow proper classroom behaviors

Washroom Routines

- Students are to use their assigned washroom unless directed by their teacher or supervisor
- Respect the privacy of others when using the washroom

- Keep your hands and feet to yourself
- Treat all property with care
- Use equipment properly
- Students should wash their hands after using the washroom
- Take pride in your appearance and hygiene
- Clean up after yourself
- Use quiet voices in the washroom
- Return quickly to class after using the washroom
- Report any problems with the washroom to your teacher or the office

Routines at Assemblies

- Enter the gym enthusiastically – High 5 tunnel
- Bring only yourself (no toys, pencils etc.)
- Sit in designated area

- Remain seated during the assembly in your assigned spot unless directed otherwise
- Keep your hands and feet to yourself
- Practice good listening skills (body still, eyes on speaker, mouth closed, think along)
- Participate in activities when asked to do so
- Applaud appropriately and at appropriate times
- Positively recognize others achievements
- Be a role model

Playground

- No rough play. Play fighting is not allowed
- Be courteous
- No playing in muddy or water areas. Stay away from these areas when possible
- Rocks, sticks are to remain on the ground
- No snowballs
- No physical/verbal violence, no swearing or put-downs
- No push-off games
- Swings- no standing, no jumping off and swing straight
- Climbing structures and slides- Wait your turn, feet first – no standing on slides, move safely, be courteous
- Stay within school boundaries

- Students must not play behind the sea-can.
- Students should get drinks before or after the recess breaks
- Students that need to use the washroom, need to get permission from a supervising teacher
- Students use assigned doors and washrooms
- Students must return to classrooms immediately after recess following proper hallway and classroom behaviors
- Students need to put their garbage in the trash cans

If there are bins then....

- Students may use recess equipment only when the bins have been delivered to the playground by playground helpers

- Students must treat bin equipment with respect and use it safely
- All recess equipment must be returned to the bins when no longer being used or the recess has ended
- If equipment goes out of school boundaries, students must notify the supervisors

School Dress

- **Dress Appropriately for school**
- No hats/ hoods/ helmets inside
- No bare midriffs
- Appropriate coverage with thin strapped shirts and shorts/skirts – 2.5 to 3 inch inseam
- No provocative t-shirts- **swearing, violence, alcohol/drug promotion**
- Indoor footwear inside classrooms and hallways- ensure they are tied

- Proper gym footwear
- Heelie shoes are only permitted outside
- Hats, mitts, snow gear for colder winter days on the playground
- A good reference for our dress code that aligns with Percy Baxter Middle School is that backs, chests, bellies and bottoms need to be covered.

School Departure and Bus Behavior

Bus Lineups

- Bus students must quickly move to their bus line
- Bus students must stay behind their pylon in line (either sitting or standing – no playing or wandering in parking lot area)

- Bus students must board the bus only after being instructed to do so by the supervising teacher
- Students must walk and board bus one at a time

Riding Buses

- Help and include others
- Be a role model and a problem solver
- Follow the rules for your bus
- Sit in your assigned seat
- Stay seated
- Listen to your bus driver
- Hands/Feet to yourself
- Talk quietly
- Treat everyone on the bus with respect
- Report any bus problems to the bus driver

Walking Students

- Students must leave the playground immediately after dismissal
- Students must not play on the playground after school
- Students may only return to the playground after 3:30 and they have checked in at home

Students Waiting for Parents

- Students waiting for rides home must stand on the sidewalk (along red railing) beside the bus supervisor
- Students must stay in the wait area until parent arrives or the supervisor directs them to wait inside the office area of the school

- Parents must pick students up from this area
- Students waiting for parents must not play on the playground after school