



# PBIS NEWS

February 2023

## February Theme Honesty

For the month of February, we are going to focus on Honesty. Honesty is "being truthful in what we say and do" and helps us strengthen relationships with one another, reduces stress, and builds trust.

Classes will be focusing on activities during Homeroom and Morning Meeting that will also develop skills like emotion regulation, self talk, and stress management.

Please talk with your child about what Honesty means in your family!

## Golden Award Winners

Each month we celebrate classrooms that have been SOARing in the different areas of the building. This month's winners are:

Golden Dustpan

**3-2 Mrs. Ruud**



Golden Whistle

**2-3 Mrs. Diamond**



Golden Lunch Tray

**4-2 Mrs. Kanive**



Golden 'O'

**3-5 Ms. Boe**



## Bringing It Home

**What can you do at home to support the theme of Honesty?**

Set aside some time to gather as a family and check in with each other. Ask each family member, "How are you feeling today?" Practice Honesty when responding and listen carefully as each family member shares. Use the emotion check-in questions to learn more. Challenge yourselves to check in with each other on a regular basis!

### Emotion Check-In Questions:

- Tell me more about that feeling.
- Why do you think you are feeling that emotion?
- What do you need right now?

Check the [PBIS page](#) on the Hilltop website for more ideas!

## 4th Grade Character Awards

These 4th graders have been recognized for showing Perseverance during the month of January!

