Stepping Stones

Ripon Area School District * Student Services Department * January 2016

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"Every child has a different learning style and pace. Each child is unique, not only capable of learning but also capable of succeeding."

Robert John Meehan

At a Glance

Academic and Career Planning
From the Wisconsin Department of Public Instruction

January greetings,

Currently, Wisconsin school districts implement career exploration and planning services for students by aligning their programming with the Wisconsin Comprehensive School Counseling Model (WCSCM) through nine Model Academic Standards in three domains: Academic, Personal/Social, and Career.

School districts are also required to comply with Wisconsin Administrative Code P126 regarding access to Education for Employment programming. In Wisconsin Academic and Career Planning will now meet the requirements of Education for Employment and the Wisconsin Comprehensive School Counseling Model standards with a focus on personalization of learning, opportunities, and experiences. Academic and Career Planning also links the requirements for the Individualized Education Program and Post-Secondary Transition Plan for special populations.

ACP Mission
Empowering ALL students to travel the road TO adulthood THROUGH education and training to careers!

ACP Vision
Reimagining K12 education to equip students

- ❖ With meaningful and supportive adult relationships
- ❖ And the ability to adapt to opportunities and challenges
- ❖ On their personalized journey to successful lives.

For more information on Academic and Career Planning visit

- ❖ the DPI's website at http://dpi.wi.gov/acp
- ❖ the DPI's blog at http://dpiwisacp.blogspot.com/.
- ❖ Or DPI's Twitter page at https://twitter.com/WisDPI_ACP.

Positive Behavior Intervention System (PBIS)
Robyn Badtke

What is School-wide PBIS?
One of the foremost advances in school-wide discipline is the emphasis on school-wide systems of support that include proactive strategies for defining, teaching, and supporting appropriate student behaviors to create positive school environments. These strategies are implemented in all areas of the school including classroom and non- classroom settings. Positive behavior support is an application of a behaviorally based systems approach to enhance the capacity of schools, families, and communities to design effective environments that improve the link between research based practices and the environments in which teaching and learning occurs. Attention is focused on creating and sustaining a 3 tiered system of support (school wide, classroom and individual) that improves results for all children and youth by making targeted behaviors less effective and desired behavior more functional. The school focuses on 3 to 5 behavioral expectations that are stated positively and easy to remember.

Why is it so Important to Focus on Teaching Positive Social Behaviors?
In the past school wide discipline has focused on reacting to specific student misbehavior by giving a punishment or consequence. Research has shown that the use of punishment especially inconsistently is ineffective. Teaching behavioral expectations and rewarding students for following them is a much more positive approach than waiting for misbehavior to occur before responding. Introducing, modeling and reinforcing positive social behavior is an important step in a student's educational experience. The purpose of school-wide PBIS is to establish a climate in which appropriate behavior is the norm.

For more information on PBIS visit www.pbis.org.

What is Bullying?
Kara Olson & Lindsey Michels

Bullying is defined as <u>deliberate or intentional behavior</u> that is intended to cause fear, intimidation, or harm. It is when a person or a group of people <u>repeatedly</u> use words or actions <u>to cause physical or emotional harm</u> to another person. Bullying behaviors happen over a period of time and typically include a real or perceived imbalance of power between people (Olweus, 1993). Bullying is not single or random incident of mean or unkind behavior.

Bullying behaviors can include:
- **Physical harm** - such as hitting, kicking, pushing, or taking/damaging another's property
- **Verbal Harm** - taunting, making threats, malicious teasing, name calling/insulting
- **Psychological/Social** - spreading rumors and purposely excluding others
- **Cyberbullying** - using communication technology (cell phone, social media, email) to inflict verbal or psychological harm. Cyberbulling includes taking and sending inappropriate photographs of others or posting misleading information/pictures of others.

Teasing or conflict between children and adolescents is not necessarily bullying behavior. A conflict typically involves a fight, disagreement, or argument that happens occasionally and does not recur after an adult intervenes. A conflict between students typically does not involve an imbalance of power and often happens between friends (www.stopbully.gov).

Cyber Bullying
Kara Olson & Lindsey Michels

With all of the technology and social media apps available, we are seeing an increase in the Internet/cyber bullying and crimes. We would like to provide you with a few tips and reminders in regards to cyber safety.

Often times we are asked when should an incident be reported to the police? Here are some tips to consider when determining whom to report an incident to:

- ―When posts, messages, etc. involve any of the following activities it is considered a crime and should be reported to law enforcement:
    - Threats of violence
    - Child pornography or sending sexually explicit messages or photos
    - Taking a photo or video of someone in a place where he or she would expect privacy
    - Stalking and hate crimes

Education is ―key to ensure you or a family member do not fall victim to a cybercrime. Make sure to educate not only yourself, but those around you, adults and children. Some important Internet safety rules are:

- Think before you post: agree not to post information and images that could put you at risk.
- Respect other people online: do not post anything rude, offensive, or threatening.
- Respect yourself online.

Make sure that you are doing "spot" checks on all technological devices. Have conversations with children and others about expectations, consequences, etc. of technology use and its appropriateness.

How can Bullying be Prevented?
Kara Olson & Lindsey Michels

The Ripon Area School District has engaged in a variety of school climate projects in an effort to develop a school climate that fosters acceptance, understanding, respect, responsibility, and safety. Some of these include: Positive Behavioral Intervention Support (PBIS), Classroom Guidance Lessons, Conscious Discipline, Responsive Classroom Practices, and WEB. However, if you or your child believe he or she is being bullied, there are several methods for reporting:

- Contact your school counselor or principal by phone
- Make a report in person
- Complete the Bullying Policy & Procedures Reporting Form available online at: http://www.ripon.k12.wi.us/district/student_services.cfm. You can also visit this website for more information from the Bullying Policy and Procedures Handbook.

Once the report is made, the appropriate school personnel will investigate the situation.

The following are ways you can help your child to prevent bullying:

- <u>Set a good example</u>. Model how to treat all people respectfully.
- <u>Encourage</u> your child to make friendships with children who are kind to others.
- <u>Identify</u> "small" versus "big" problems with your child to avoid over reacting to conflict.
- <u>Teach and model respectful assertiveness</u>. Being able to stand up for oneself firmly, yet respectfully can discourage bullying behavior.
- <u>Empower</u> your child to solve problems by advocating for him or herself and seek adult help when needed.
- <u>Keep an open mind</u>. Your child may not know or have shared the whole story.
- <u>Build social skills and confidence.</u>
- If your student is being cyberbullied, teach them to take the following steps:
    - STOP - Immediately stop communication with the person
    - COPY - Make copies of any evidence of the bullying
    - BLOCK - put a block on that person
    - TELL - Let a trusted adult know what is going on

There may be incidents when the Ripon Area School District works with our School Resource Officer and the Ripon Police Department on bullying incidents. A few examples of when this may occur would be if the incident occurs outside of school, but is reported at school, if the incident would be criminal in nature, and many other reasons.

Both the district and the police department take proactive approaches to preventing bullying by providing a number of programs and resources both in school and outside of school. We encourage you to contact us if you have any further questions in regards to the above information.

Practical Ways to Minimize College Debt
Steve Hazell

The cost of going to a 4-year college can be intimidating, but getting a college education is still an investment that provides lifelong benefits. The tips listed below are specific things you can do to keep the cost of college manageable. Even though this article is written with 4-year colleges in mind, many of these steps can be applied to attending a technical college as well.

• **Attend a public institution.** A for-profit institution generally costs more than a public institution.

• **Attend a 2-year college** for your freshman and sophomore years. Tuition at a 2-year college is significantly lower than at a 4-year college.

• **Earn college credits** while still in high school. Programs like Youth Options and Course Options provide the opportunity for qualifying students to earn college credits at no cost to them while still enrolled in high school. Other possibilities include taking CAPP classes or taking AP tests.

• **Comparison shop** when it comes to colleges. Learn about extra fees that may be included in your tuition at one school but an additional fee at another (example: use of the fitness facility).

• **Set a budget** and only take out the loan amount you need to cover the budget. This budget should include costs associated with tuition, books, fees, and basic living expenses. It should not include vacations or other non-essential items.

• If you must take out student loans, aim to accept as many **federal loans** as possible. These come with lower interest rates and are more flexible when it comes to paying them back. Private loans often come with high interest rates and have to be paid back more quickly.

• Plan to **complete your degree** in the specified time. If you attend a university, attend summer school or take more credits during the semester to ensure you graduate within four years if at all possible.

• **Save money** before enrolling in college.

• **Get a part time job** while in college. This helps cover expenses and also builds a resume for after college.

• **Apply for scholarships** and **complete the FAFSA** (Free Application for Federal Student Aid) - you never know what money you may be eligible to receive.

Thanks to the TRIO Talent Search Program at UW-Stout for providing much of the information in this article.

WELL, SURE, IT MAY BE A BIT HIGH... BUT HAVE YOU SEEN WHAT *COLLEGE* IS GOING TO COST?

MONEY

LEMONADE $5,000 A CUP

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