



PBISApps Community

2025 Wrap Up
December 12, 2025

Danielle Triplett, M.Ed.
Senior Research Assistant and PBISApps Trainer
University of Oregon



Welcome!

What is your favorite thing about PBIS and the work you get to do?



Topic: 2025 Wrap Up

1. Self-care for educators
2. Data in December: Winter Catch
3. New Year, New Teachable Moments



Self-Care: Definition, Benefits, & Ideas to Try

What Is Self-Care?

Self-care is a daily holistic wellness practice that accounts for emotional, mental, social, and spiritual health. Self-care validates your needs, allowing you to honor your goals, beliefs, relationships, and overall existence. Fulfilling your needs helps you manage stress, fight physical ailments, and increase positive emotions.

Why is Self Care Important?

Self-Care: Definition, Benefits, & Ideas to Try

Why Is Self-Care Important?

- Lower stress levels
- Happier relationships
- Better sleep
- Improved immune response
- Increased self-esteem
- Improved productivity
- Decreased risk of heart disease, stroke, or cancer
- Increased happiness
- Lower likelihood of depression and anxiety
- Reduced risk of burnout

Model Self Care for Your Students



Winter Months

~ Dr. Deborah Serani

SELF CARE TIPS

SUN	MON	TUE	WED	THU	FRI	SAT
Light a candle	Take a long bath	Enjoy a hot cocoa	Take a walk in the snow	Peppermint lotion your feet	Read a book	Relax to Theta music
Bake bread	Eat dinner by candlelight	Go to bed early	Play a board game	Apply a soothing face mask	Listen to beach soundscapes	Burn incense
Order in comfort foods	Listen to an audiobook	Unplug from all electronics	Bundle up and count the stars	Take a long, fizzy shower	Bake some treats	Nap on laundry right out of the dryer
Do pajama stretches	Thumb through old photos	Moisturize your skin	Rest in a pool of sunlight	Stay hydrated with water	Diffuse essential oils	Get out some crayons and a coloring book

Prioritizing Teacher Self-Care



It's a simple self-care strategy: Teachers text a colleague to cover their class for a minute when they need to de-escalate and recharge.

Short breaks help reduce stress teacher burnout.

No one is alone; someone always has your back.

50% of students who received 6 or more total ODRs during the course of the year already received 2 or more ODRs by the end of October

79% had 2 or more ODRs by the end of December

School Psychology Review,
2010, Volume 39, No. 3, pp. 380–394

Establishing Research-Based Trajectories of Office Discipline Referrals for Individual Students

Kent McIntosh
University of British Columbia

Jennifer L. Frank
University of Oregon

Scott A. Spaulding
University of Washington

What is The October Catch?

It is once again time for the October Catch! No, we are not talking about Fall seafood! To be sure, this is not so much about “Catch and Release” as it is about “Catch and Support!” The October Catch is a decision rule that is based on research demonstrating that students with **two** or more Office Discipline Referrals (ODRs) by October are on a trajectory for having **six** or more by the end of the year. By identifying and referring kiddos with two or more ODRs by October, teams can catch and support these kids early in the year, making it easier to change the trajectory for these students.



MO SW-PBS
Missouri Schoolwide Positive Behavior Support

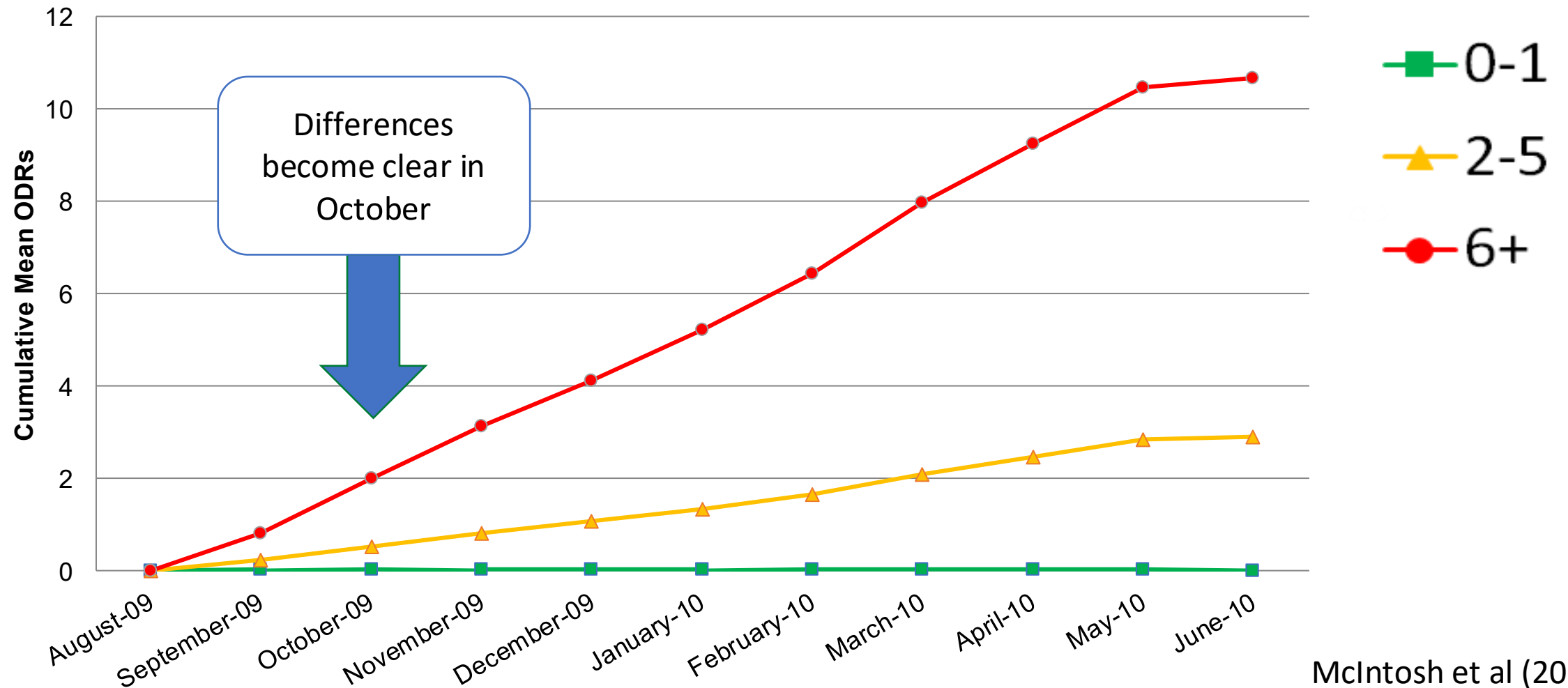
October Questions to Ask

- What you know about each student?
- Do you have additional screening data available to you?
- What are the targeted supports available in your building?
- Which of the students in this report would benefit from enrollment in a targeted intervention?

- How has their referral trajectory changed or not?
- If your school has a Check-In Check-Out program, were any students enrolled in October?
- What do their data in CICO-SWIS tell you?
- Is there additional support needed?

When should schools start screening?

Cumulative Mean ODRs Per Month for Elementary Schools



New Year, New Teachable Moments

In the chat, tell us what you might predict students and staff need to know as January rolls around?

What have they forgotten how to do?

What new things are happening we can be proactive about?

New Year, New Teachable Moments

No school days and late start days

Snow or ice on the playground, walkways, etc.



Being sick, when to stay home, practicing good hygiene

Substitute teachers: writing plans, preparing your students, setting up guest teachers for success

Resources: Training and PD



pbis.org



pbisapps.org

Complete Training Catalog

Live Trainings and
Webinars



Register for any of the
upcoming in-person or
online training events.

Online
Courses




Get started with any
of our self-guided
training modules.

Facilitator Training Events

 SWIS Certification

 CICO-SWIS Certification

 I-SWIS Certification

 EC-SWIS Endorsement

Upcoming Events

All Deliveries ▾

PBISApps Community

SWIS Facilitator and Data Coach Training

Tiered Fidelity Inventory 3.0 Overview

SWIS Equity Reports and the Data Drill Down Process

Resources: Training and PD



[Home](#) [About](#) [Events](#) [Coaches](#) [Conference](#) [Resources](#) [Contact](#) [Donate](#) [Twitter](#) [Instagram](#) [Search](#)

Rooted in Relationships: Building Community for Sustainable PBIS

Strong connections, strong systems, strong futures.

April 29 – May 1, 2026 | Spokane Convention Center

About the Conference

The Northwest PBIS 2026 Conference brings together educators, school leaders, family partners, and community members to explore how positive relationships form the foundation for thriving PBIS systems. This year's theme, *Rooted in Relationships*, highlights the critical role of trust, collaboration, and shared purpose in building strong school communities that support every learner.

pbisnetwork.org



NEPBIS

Northeast Positive Behavioral Interventions and Supports

Mark Your Calendars!

**The 2026 NEPBIS Leadership Forum will be held
May 14th and 15th, 2026 in Mystic, CT**

**Registration and access to a discounted hotel room block
will open in January, 2026**

Registration for the full 2026 conference: \$395

Pre-conference workshops: \$275

nepbis.org

Wrap up with Intention



What stuck with
you the most
from today's
session?

Contact info:
training@pbisapps.org

Bonus Time!



11:00-11:15 open for questions, problem solving, resource sharing, etc.