



## Gratitude is good for you

Our Advisement Team at Westside this year has worked hard to ensure all students have been exposed to the principles of the “The 7 Habits of Highly Effective Teens.” It has been introduced faithfully during the morning throughout this school year.

While browsing through the workbook, according to Habit 7: Sharpen the Saw, “research has shown that gratitude is a good way to renew the spirit. Whether it’s writing in a gratitude journal, sending a thank-you note, or thanking people you love for being in your life, there are countless ways to express appreciation and thankfulness.”

Let’s repeat that — gratitude is expressing appreciation and thankfulness.

Did you know that being grateful has several scientifically-proven benefits? Habit 7 says that being grateful “reduces aggression, stress, toxins in the body, there’s less negative response to trauma, and there’s less illness.”

Being grateful also allows us to have more relationships, have better psychological health, have more empathy, get better sleep, and last but not least, improve our self-esteem. How wonderful is that?!

Expressing a kind word to someone, giving a smile, extending a handshake, opening a door for someone — these are all free!

When was the last time you expressed gratitude? Try it — it’s good for you!

*Jenny Gordon*

*PBIS Communications Team*

## Congratulations to March Student of the Month honorees

12th Grade: **Jessica M.**

“Jessica M. is always very respectful to her teachers and strives to do her best in class every day. She rarely misses an assignment and tries her best each day to remain engaged in class and pay attention.” *Nominated by Mrs. Gordon*

11th Grade: **Jayla C.**

“Jayla is a self-disciplined student. She never gives up and always strives to excel in her Math class.” *Nominated by Ms. Mehta*

10th Grade: **Justin L.**

“Justin is goal-setter and has worked extremely in fulfilling academic goals and personal goals to ensure his future success in the military. I see him at his part-time job and we engage in conversations on his growth and staying focused on his five-year plan.”

*Nominated by Dr. Walker*

9th Grade: **Brandon T.**

“Brandon is always eager to contribute to class discussions in ELA. He is somewhat soft-spoken but his voice is definitely heard. He is always very respectful to his teachers and classmates, and tries his best every day.” *Nominated by Mrs. Gordon*



**PBIS @ Westside  
St. Patrick Day  
Celebration**

# Building Relationships



Teacher of the Month  
**Cynthia Aaron**  
PEC/ELA

"Ms. Aaron works hard in ensuring that the students in the ACCESS program get a quality education. Her out-of-the-box learning experiences are an inspiration to watch, as well as the relationships she has with her students and their parents."

*Nominated by Ms. Jackson*



Staff of the Month  
**Carla Mack**  
PEC

"Ms. Mack is always present and willing to lend a hand whenever and wherever it is needed, while also carrying out her duties as a PEC paraprofessional. She has a great rapport with her students and co-workers. Ms. Mack is dedicated to the WHS family. I am honored to work with her!"

*Nominated by Ms. Jackson*

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At W.H.S., each student in each classroom will experience meaningful, rigorous standards – based instruction in a highly engaging learning environment that is tailored to meet their individual needs.



# We salute our **MARCH 2021 PBIS Students of the Week**

## **WEEK 1**

### **9th Grade: Shaderricka L.**

"Shaderricka is amazing! She has found strength to break out of her shell and become a class leader. She speaks up in class, reads and answers bell ringers, and leads the class without hesitation. This future teacher is on the rise and I am thankful for her butterfly transformation." *Nominated by Jasmine Felder*

### **10th Grade: Justin L.**

"Justin has been doing an awesome job of setting and achieving his academic and personal goals. When he encounters a challenge he faces it head-on and implements positive habits to achieve a positive outcome." *Nominated by Dr. Walker*

### **11th Grade: Kimberly A.**

"Kimberly is truly unique in her ability in talent, research, and mastering skills. She always strives hard and always helps others from diversified backgrounds. She never missed a class or any assignment and always stays on top of the class. She is truly an amazing and fabulous student!" *Nominated by Mr. Khan*

### **12th Grade: Tridrika W.**

"Tridrika is a hard worker. She is very respectful and has a good relationship with both her peers and her teachers. She always demonstrates the Seminole Way!" *Nominated by Ms. Jackson*

## **WEEK 2**

### **9th Grade: Brandon T.**

"Brandon is always eager to contribute to class discussions in ELA. He is somewhat soft-spoken but his voice is definitely heard. He is always very respectful to his teachers and classmates, and tries his best every day." *Nominated by Mrs. Gordon*

### **10th Grade: Reagan W.**

"Reagan is always engaged, contributes to discussion and is attentive during class. She readily participates!" *Nominated by Ms. Fields*

### **11th Grade: Jayla C.**

"Jayla is a self-disciplined student. She never gives up and always strives to excel in her Math class." *Nominated by Ms. Mehta*

### **12th Grade: Jessica M.**

"Jessica is always very respectful to her teachers and strives to do her best in class every day. She rarely if ever misses an assignment and tries her best each day to remain engaged in class and pay attention." *Nominated by Mrs. Gordon*

## **WEEK 3**

### **9th Grade: Youman F.**

"Finn has proven to be an example to his peers this week. Finn was the first to complete his Environmental Science Unit assessment with a score of 100!" *Nominated by Ms. Rosalind Harris*

### **10th Grade: KeAsia H.**

"KeAsia is a student who always contributes to class discussions and is not shy about sharing her thoughts. She is always a welcome addition to whatever topic we are discussing for the day!" *Nominated by Mrs. Gordon*

### **11th Grade: Jaidyn H.**

Jaidyn demonstrates ownership of his conduct and academics. He is conscientious and turns in all his work on time. *Nominated by Ms. Mehta*

### **12th Grade: Paschal M.**

"Paschal has overcome all the problems and is now focused and trying to earn higher grades in his classes. He demonstrates ownership of his behavior and is trying to make it happen." *Nominated by Ms. Mehta*



## The Goal of PBIS

- Prevent the development and the intensifying of problem behavior
- Maximize academic success for all students



## PBIS is All About Being Positive

## Recognitions & Celebrations

**PBIS Student of the Month**

**PBIS Teacher of the Month**

**Perfect Attendance**

**Zero Office Discipline Referral (ODR)**

**Behavior Improvement**

**(Virtual) Shout-outs**

**Faming Hot**

## Meet our PBIS Coach/Coordinator



### Ms. Jeeja Kannanayakkal

Dr. George is the Science Teacher at Westside. She received her Biology degree, Masters in Biology, M Ed degree, MPhil degree (Biology and Education) and Doctoral degree from various universities in India. She has been an educator for 23 years and is still going and growing in her profession. She has been married for 24 years; she and her husband raised her son to become a part of society with positive social skills to serve people with a kind heart.

Dr. George was the PBIS Teacher of the month October 2016 at Calhoun County High School, Ga and PBIS Teacher of the month September 2019 at Westside High School.

Visit our website:  
<https://westside.bcsdk12.net/>



*PBIS is an acronym for Positive Behavior Interventions and Support*

It is a school-wide integration of the following:

- A systems approach for building capacity
- A continuum of behavioral supports
- Prevention focused efforts
- Instructionally focused behaviors
- Data information analyzed and utilized on a frequent basis

**Westside High School**  
2851 Heath Road  
Macon, GA 31204  
478-779-3800

## PBIS Team

**PBIS Coach**

Jeeja Kannanayakkal

**Team Leader**

Donna Wright

**Recorder**

Apeksha Mehta

**Timekeeper**

Candice Roberson

**Data Specialist**

Joseph Martin

**Administrator** Lisa Thompson

**Communications**

*Internal* Dominique Nichols, Jenny Gordon

*External* Mark Paschal (social media public relations)

**Parent**

Santina Bagley

**Student**

Coray Collins

**Team Member**

Eboni Poindexter

**Team Member**

Tamara Serls

**Team Member**

Vashun Tobler



## **We are prepared**

### **Virtual Expectations**

#### *Entering the Virtual Classroom*

- Follow directions
- Laptops/Computer fully charged.
- Log in on time or before time.

#### *Teams/Canvas*

- Have all materials and supplies ready
- Actively participate in instruction.

#### *Video Conferencing*

- Be on time.
- Check your audio and video setting prior to starting.
- Use appropriate background setting.

#### *Independent Work*

- Stay focused on the task at hand.
- Schedule time for each assignment.
- Ask questions if you have them.
- Attempt to find the answer on your own.

#### *Breakout Groups*

- Be familiar with moving from General Session to Breakout Groups.
- Ask for help if you don't know how to move to your breakout room.

#### *Communication(s)*

- Speak with purpose – have a reason to speak
- Use proper netiquette
- Dress appropriately
- Use the "Raise Hand" icon in TEAMS

#### *Exiting the Virtual Classroom*

- Exit only when teacher dismisses.
- Know where to locate pending assignments.



## **Hold self accountable**

### **Virtual Expectations**

#### *Entering the Virtual Classroom*

- Be on time and ready to learn.
- Use crosswalks and sidewalks
- Follow outlined arrival and dismissal procedures

#### *Teams/Canvas*

- Complete and turn in assignments on time.
- Accept constructive feedback

#### *Video Conferencing*

- Be present during instruction and group sessions.
- Be engaged and participate in group meetings/discussions

#### *Independent Work*

- Be sure to meet the submission deadline.
- Take ownership of your learning and behavior
- Accept constructive feedback
- Be engaged and participate in your individual assignments.

#### *Breakout Groups*

- Move directly to your assigned breakout group.
- Encourage each other to stay on topic.
- Complete the work together. (No one person should be doing all the work of the group.)

#### *Communication(s)*

- Use academic language
- Speak clearly into device
- Focus on speaker on the screen.

#### *Exiting the Virtual Classroom*

- Complete exit assignment before leaving.
- Log out After teacher dismisses the class.



## **Show respect for all**

### **Virtual Expectations**

#### *Entering the Virtual Classroom*

- Say "Good Morning"! Greet the teacher.
- Use profanity-free language; Use appropriate language when posting or asking questions.

#### *Teams/Canvas*

- Use profanity-free language;
- Use appropriate language when posting or asking questions

#### *Video Conferencing*

- Use the "Raise Hand" icon to ask a question.
- Maintain your place in line
- Wait patiently to be served

#### *Independent Work*

- Listen quietly while others are speaking
- Use profanity-free language
- Use self-control

#### *Breakout Groups*

- Use the chat to respond when others are talking.
- Respect others' cultures, opinion and viewpoints.
- Maintain positive conversation

#### *Communication(s)*

- Think first before typing a message or speaking.
- Listen while others are speaking.
- Wait your turn.
- Use kind, respectful words.

#### *Exiting the Virtual Classroom*

- Wait for the teacher to dismiss the class, then logout. Completely Logout of Teams/Canvas.
- Say, "Have a great day!"



## Bibb County School District

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2851 Heath Road  
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[https://  
westside.bcsdk12.net](https://westside.bcsdk12.net)

### VISION

Each student will demonstrate strength of character and will be college or career ready.

### MISSION

The Bibb County School District develops a highly trained staff and an engaged community dedicated to educating each student for a 21st century global society.



**WESTSIDE  
PBIS**



**Good food and fun memories**

