

## Well Managed Schools Program

Superior Elementary believes children should be educated in a healthy, nurturing, and supportive environment where lifetime habits are encouraged and reinforced. To support these beliefs, we are implementing the Boys Town Well-Managed Schools explicit social skills instruction to complement our PBIS (Positive Behavioral Intervention and Supports). The Boys Town Well-Managed Schools training took place in August and teachers are now using it in their classrooms. This program emphasizes relationship building, proactive classroom management practices, and social skills instruction to reduce behaviors that interfere with learning, and to empower students with self-management skills. Boys Town is one of the few programs that can be integrated into the entire school day and across the curriculum, and can be applied by parents and guardians at home.

There are 16 essential skills that encourage students to accept responsibility for their behavior while motivating them to make the best choices that they can.

1. **Following Instructions-** Look at the person. Say “Okay.” Do what you’ve been asked right away. Check back.
2. **Accepting Criticism or a Consequence-** Look at the person. Say “Okay.” Stay calm.
3. **Accepting “No” for an Answer-** Look at the person. Say “Okay.” Stay calm. If you disagree, ask later.
4. **Greeting Others-** Look at the person. Use a friendly voice. Say “Hi” or “Hello.”
5. **Getting the Teacher’s Attention-** Look at the teacher. Raise your hand. Stay calm. Wait until the teacher says your name. Ask your question.
6. **Asking for Help-** Look at the person. Ask the person if they have time to help you. Clearly explain the kind of help that you need. Thank the person for helping.
7. **Disagreeing Appropriately-** Look at the person. Use a friendly voice. Tell why you feel differently. Give a reason. Listen to the other person.
8. **Listening-** Look at the person who is talking and stay quiet. Wait until the person is finished talking before you speak.
9. **Appropriate Voice Tone-** Listen to the level of the voices around you. Change your voice tone to match. Watch and listen for visual or verbal cues and adjust your voice as needed.
10. **Making an Apology-** Look at the person. Use a serious, sincere voice. Say “I’m sorry for ... .” or “I want to apologize for.. .” Explain how you plan to do better in the future. Say, “Thanks for listening.”
11. **Having a Conversation-** Look at the person. Use a friendly voice. Listen to what the other person says. When there is a break in the conversation, ask a question or share your thoughts.
12. **Working with Others-** Identify the task to be completed. Assign tasks to each person. Discuss ideas in a calm, quiet voice and let everyone share their ideas. Work on tasks until completed.
13. **Accepting Compliments-** Look at the person. Use a friendly voice. Say “Thank you.”
14. **Staying on Task-** Look at your task or assignment. Think about the steps needed to complete the task. Focus all of your attention on the task. Ignore distractions and interruptions from others. Stop working only when instructed.
15. **Sharing with Others-** Let the other person use the item first. Ask if you can use it later. When you get to use it, offer it back to the other person after you have used it.
16. **Asking Permission-** Look at the person. Use a calm and friendly voice. Say, ‘May I...’ Accept the answer calmly

