



BILL METZ ELEMENTARY METZ MESSENGER

Our mission is to inspire the pursuit of excellence, one student at a time.

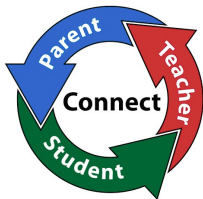
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Elementary Electives

Our elementary electives will be beginning later this month. This year students will get to pick 2-3 electives that they want to participate in during the school year. The elective will last for one quarter and then they will rotate to something else they are interested in. The 3rd-5th grade students will have theirs on Thursdays and the 1st-2nd grade students will be on Tuesdays. Opportunities for classes like cooking, Spanish, art, painting, photography, cheerleading, science fair, Zumba, sign language, team building, STEM, and more will be offered!

Our librarian, Annette Montoya, is also going to offer an elective for parents (of any grade level student) on Thursdays from 3:05-3:45pm. It will be about the fundamentals of teaching a child to read. Parents, please let the office know if you are interested in this elective.



Fall Parent-Teacher Conferences

We will have our fall parent-teacher conferences on Thursday, November 2nd from 7am-7pm. There will be NO SCHOOL for Metz students that day; however, the rest of the district will have students. Later this

month you will be getting a letter from your child's teacher inviting you to a conference. If for some reason the time doesn't work for you, please let the teacher know and they can schedule a time that will work. We strive to get 100% of our students' parents to conferences so we can discuss student strengths, next steps for learning, and answer any questions parents have for us.

Monster March

We will host our annual Halloween parade called "Monster March" on the afternoon of October 31st. We will be gathering canned and boxed foods during the month and then we will march to the food bank to donate the items. Please consider donating some items.



IMPORTANT UP-COMING DATES:

- *Monday - Wednesday 10/9-10/11 4th grade swim program*
- *Monday - Wednesday 10/16-10/18 3rd grade swim program*
- *Thursday 10/19 - 1st quarter ends*
- *Thursday 10/26 - Homecoming parade*
- *Thursday 10/26 @ 6:30pm - Family Fun Night*
- *Tuesday 10/31 - Monster March*
- *Wednesday 11/1 - Picture retakes*
- *Thursday 11/2 - Parent Teacher Conferences - NO SCHOOL for BME*

School Information

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Empathy: Developing an Ethical Code

Developing a moral code in children sometimes seems like a very difficult task that keeps getting harder. In fact, a recent study by Ohio State University has found parents that tell their children they are more special or deserve more in life than others are increasing the narcissism in their kids. However, studies have also

shown excessive negative comments towards kids are internalized and become their inner voice leading them to believe they are bad. So, how do we help develop a moral code in our kids? There are five proven strategies that work, according the research.

- **Take a reality check:** if a kid asks for praise, forgets other people's contributions, or shows repeated signs of entitlement, this is a sign that the child is receiving too much praise.
- **Align praise with character:** instead of focusing on accomplishments and achievements, help your children by pointing out how their behavior matches their identity. "You're my 'caring girl', you always make people feel so good."
- **Use nouns, not verbs:** Instead of saying "some kids choose to help", say, "some kids choose to be helpers". The change to "helpers" means something positive about the child's identity and motivates them to help more, because they can picture themselves doing the helping.
- **Focus on character, not behavior:** Praising the character instead of the behavior helps children to internalize the altruism. For example, "You're the kind of person who likes to help other people" will encourage that behavior again, instead of saying "it was considerate of you to share your toys".
- **Model it!** Modeling the behavior you wish to see in your children, encourages that behavior to happen more often. For example, if you just tell kids it's compassionate to donate to those in need it's very different than you donating something of yours to someone less fortunate while your kids are watching. Kids learn from us how to act.

The most difficult part is following the moral code even when there is peer pressure. So, here are some strategies:

Review who you are and ask yourself, "Is this kind and safe?"

Express your belief by preparing a short comeback line, "It's not my style"

Firm voice is necessary to show it is something you strongly believe in.

Use strong posture to show your assertive body language, such as standing straight, looking the person in the eye, head up and shoulders back.

Say no and don't give in even if someone is trying to change your mind. This is a confidence boost.

Exit. Sometimes the best thing is to just leave the scene.

So let us all work together to boost the moral identity in our children!



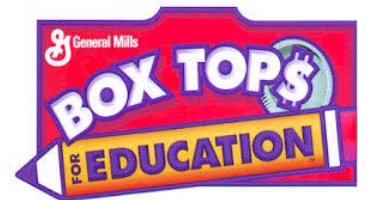


Monte Vista in Motion

Monte Vista in Motion is a program that challenges students to get moving before the school day starts. Starting in early October, the students will have a choice of staying on the playground or going into the gym from 7:30-7:42am. If students go into the gym they are required to participate in the games or dancing to get their bodies moving. Because of space, we will have 1st-2nd graders be able to go to the gym on Mondays and Wednesdays and 3rd-5th graders can participate on Tuesdays and Thursdays. They must enter the doors by the gym by 7:35am in order to participate. After that they will be required to stay on the playground. Ms. Barbosa will be running the program with the help of a couple of Americorp members. If you have any questions or would like to volunteer, please contact Ms. Barbosa at brandidb@monte.k12.co.us

Box Tops for Education

Bill Metz Elementary collects box tops each school year as our primary fundraiser. With the help of the money raised we buy things like playground equipment and technology. The funds also help students go on field trips (grade level, swim program, ski program, etc.) that they wouldn't be able to otherwise. Our first collection of the year will be October 12th. Please send box tops with students to turn into their teachers. Parent volunteers then send them in and we get ten cents per label. Those typically add up to around \$1000 a year for BME! We also have a contest to see which classrooms can bring in the most and the winners get either a pizza or rootbeer float party, which is paid for out of the funds. Please help us by cutting out your box tops and sending them to school. Thank you for your support!



Attendance Matters

School starts at 7:45am and ends at 3:45pm. Please set your children up for success by having them here for the whole day! Students can not get an attendance award for the quarter if they have 3 or more tardies or 3 left early days for a quarter.



October Family Fun Night

We will host our 2nd family fun night of the year on Thursday, October 26th from 6:30-8pm. Thank you for making our first one of the year a hit! 335 people attended and we raised almost \$150 dollars for the Hurricane Harvey victims.

Drop Off/Pick Up

Please pull forward as far as you can in the loop before stopping to drop off students in the morning or pick them up in the afternoon.

