



BILL METZ ELEMENTARY
METZ MESSENGER

VOLUME 8, ISSUE 4

NOVEMBER 1, 2018

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

Principal's Connection

We have wrapped up a quarter of the school year and winter temperatures are coming our way. Please send your children prepared for the cold with winter coats. We go outside each morning for 10-12 minutes before school starts. We will go inside if the temperature is below 0 degrees so students should have hats and gloves along with their coat.

We want to thank everyone for coming to the October family fun night last week. We would also like to recognize the migrant education program that came to support by donating supplies, books, and money to help make the night a success. One of our local school psychologists, Milcah Hawk, also did activities to help families learn how to "tame their monster" by having a happy environment for children and controlling their emotions through calming techniques.

We would also like to remind you that we have an early release next Wednesday, November 7th at 12:40pm from Metz. The whole district will be having a staggered early release starting with Marsh at 12:30pm and ending with the middle and high school.

The last thing we would like to invite you to do is take a parent survey about the learning climate of the school and district. The survey will be available on the Metz website through next week, and we will have computers available during conferences. We welcome your feedback and input on how we can improve.

Ski Programs Coming Up for 3rd-5th Grades

Important Deadlines:

- November 1-13 Ski Scholarship Applications available in the office (no snowboard scholarships)
- November 13 Deadline to sign and return ski and snowboard papers (money is not due on this date, but signed paperwork is due)
- December 3 Ski and snowboard money is due

**IMPORTANT UP-
COMING DATES:**

- 11/4 - Daylight Savings ends
- 11/7 @ 12:40pm - Early release
- 11/8 @ 6pm - School Board meeting
- 11/21-11/25 - Thanksgiving break
- 11/27 @ 4pm - Parent School Improvement Team meeting
- 11/29 @ 6pm - 2nd/5th grade music program
- 12/4 & 12/11 - 5th grade ski trip
- 12/5 & 12/12 - 4th grade ski trip
- 12/6 & 12/13 - 3rd grade ski trip

School Information

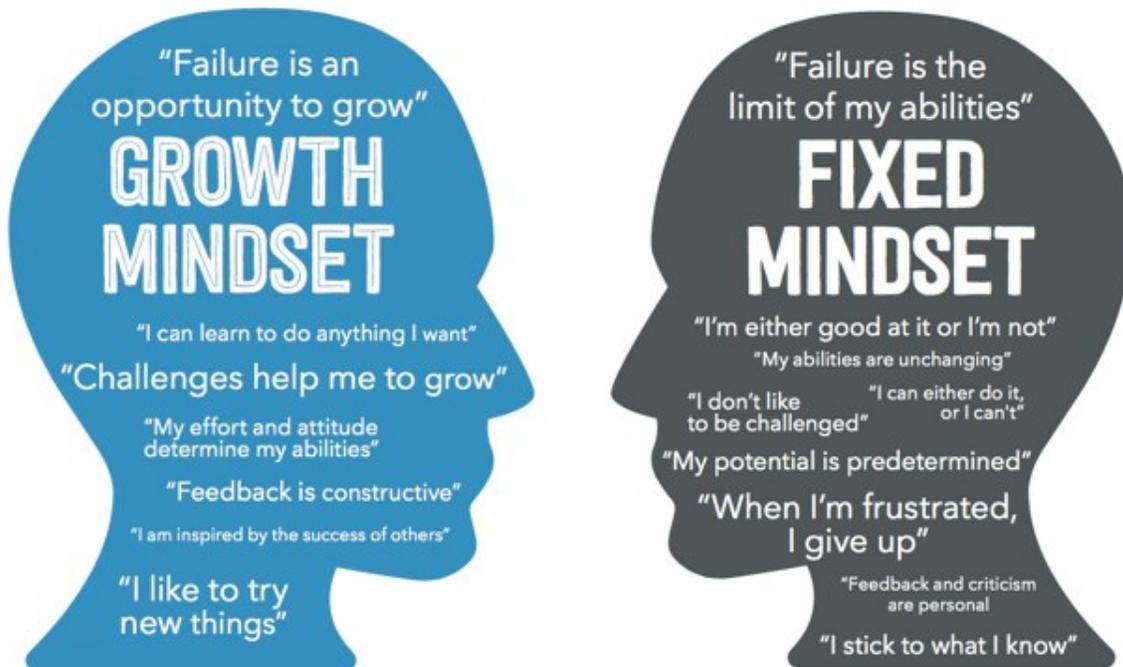
545 2nd Ave
Monte Vista, CO 81144
Phone: 719-852-4041
Fax: 719-852-6196
Principal: Gabe Futrell
gabef@monte.k12.co.us

Counselor's Corner

Fixed Mindset vs. Growth Mindset

Recently we hosted the NED Show Mindset Mission, which was teaching how to have a growth mindset. Have you ever noticed your children saying, "I'm not good at math/reading", "I'm not smart", "I can't do it" or "I give up"? These types of phrases show a fixed mindset.

If you think back to when you started school, you didn't already know how to read and write and do math, but these are things you learned because you kept practicing using the muscles in your brain. By practicing you were showing resilience and eventually you learned those skills. However, many people lose chances to learn new skills because they think it's too hard or they can't do it. Growth mindset is knowing that something is hard but saying things like, "I will keep trying", "I will do my best", "I will get better at math/reading".



It is also possible to encourage a fixed mindset in a well meaning statement, such as "you are so smart", "you're a natural at that", "you did that so quickly and easily; great job!". These statements are meant well but encourage kids to think that intelligence is a fixed thing, when in fact it can grow throughout our lifetime. If you would like more information, please feel free to ask!

Positive Things to Say to Your Child

*You make me proud! You have great ideas! I believe in you! That's a great question.
We all make mistakes. I love you! You don't have to be perfect to be great.*