



BILL METZ ELEMENTARY
METZ MESSENGER

VOLUME 9, ISSUE 4

NOVEMBER 4, 2019

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

Principal's Connection

Last week we held a meeting for the parents and community to learn about how we will be partnering with an external agency to improve our student state test scores through the use of best practices. If you missed it and would like to learn more, please attend the parent school improvement team meeting this Tuesday immediately after school. Elementary childcare will be provided.

I also wanted to remind parents to send your children dressed for the weather. It seems that winter is here a little early this year and is likely to stay for several months. Please make sure you send children with coats (not just sweatshirts), a winter hat, and gloves. We do try to go outside even when it's cold so students can burn off some of their cooped up energy.

Please mark November 21st on your calendar as a special day. We will have an early release at both Marsh and Metz that day to provide our teachers a math training. At Metz we will release students at 1pm. The buses will run to take students home on their regular bus routes. Lunch will also be provided as normal for students. Kids Connection has also agreed to be open for students and their parents. They will pick students up at 1pm from Metz.

Our ski dates are coming up soon for our 3rd, 4th, and 5th graders as well. More information will be coming home from their PE teachers. This is a great learn to ski program provided by Wolf Creek Ski Area. Students are put into small groups and paired with ski instructors that will take very good care of them and help them have fun no matter what level they are at. Parents are welcome to follow the bus to the ski area. Students must ski with their instructors in the morning but can ski with their parents in the afternoon. Below are the dates to write on your calendar:

- * 5th grade - Tuesday, December 3rd & 10th
- * 4th grade - Wednesday, December 4th & 11th
- * 3rd grade - Thursday, December 5th & 12th



**IMPORTANT
 UPCOMING
 DATES:**

- Nov 5 4pm - Parent School Improvement Team meeting
- Nov 13 6:30pm - PTO meeting
- Nov 13-15 - Kids Connection closed
- Nov 14 @ 6pm - School board meeting
- Nov 21 @ 1pm - Early release
- Nov 25-28 - Thanksgiving break
- Dec 5 @ 6:30pm - Family Fun Night
- Dec 12 @ 6pm - 2nd & 5th grade music program

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

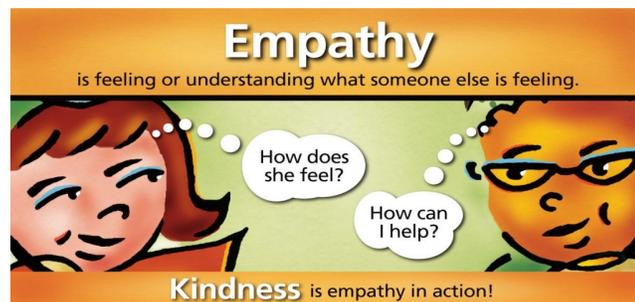
Counselor's Corner

For the last four weeks, we have been using Second Step's Bullying Prevention unit to learn how to recognize, report and refuse bullying if it happens to you or if you see it happening to someone else. After we talk about this topic I move into talking about empathy which has been proven a deterrent to bullying when paired with kindness. Empathy is a really hard concept for children to understand. Empathy is being able to understand another person's feelings and emotions. To help us understand people's feelings, they give clues and cues of their feelings with their facial expressions and body language. We need to be able to "read" those clues and cues. We also have to appreciate another person's perspective/point of view and put ourselves in someone else's shoes.

Some stages of child development makes it more difficult to understand the perspectives of others. Here are some things you can do to work on empathy:

- What does empathy mean and why is it important?
- Tell me about a time when you did not feel understood. What was that like?
- Tell your child about a situation in your life that involved empathy and discuss what happened.
- While reading a book or watching a movie, pause to talk about how different characters may feel. Discuss a time when you or your child had that feeling.
- Consider having your child walk in your shoes, literally if possible, and share ideas about what he/she thinks your day is like. Then hold his/her shoes and tell your thoughts about what life is like for your child. Discuss how close each of you were.
- Make it a point to talk about your child's feelings.
- Use feeling words when you talk about your day with your child to help build this vocabulary & build a feelings focus in your home.
- We can't choose our feelings but we can choose how to act on them. When talking with your child, discuss possible actions that could be taken in response to various feelings.

If you want more ideas to practice empathy in your children, please let me know and I will be happy to give you some ideas. You can reach me at kimal@monte.k12.co.us or 719-852-4041 x 4138.



Music Program

The 2nd and 5th grade students will be performing on Thursday, December 12th at 6pm in the Central Auditorium at Bill Metz Elementary. The 5th graders are in need of several items in order to put on their musical play. If you have any of these and would be willing to either donate them or let us borrow them, please contact the music teacher, Elizabeth Dameworth.

1 White Christmas tree, 8 Boxes wrapped in white or fluorescent colors, 20 Command hanging hooks, 2 White/neon drapes. 2 Small neon/white pairs of children's pajamas, 2 White or fluorescent sheets, 4 Neon/ white x- mas Stockings, 1 Hot glue gun and 20 sticks, 40 2-4 ft long dowel rods, 1 women's pajama neon/white, 1 men's pajamas neon/white, 26 pairs Neon/ fluorescent socks, 2 Kings Sized White or fluorescent sheets, Fluorescent body/face paint, 4 Neon/ white Stockings