



BILL METZ ELEMENTARY
METZ MESSENGER

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

Principal's Connection

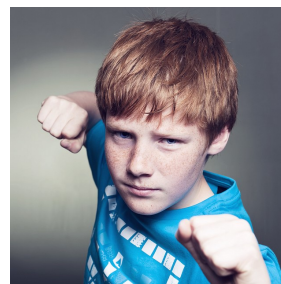
February will be a busy month for us at Metz. Spring class pictures will be taken on Monday the 10th. Parents have the opportunity to get their child's individual pictures taken again as well. Our 3rd graders are working on their music/PE program, while a group of 4th and 5th graders are completing their science fair projects in time for the school science fair on February 27th. We also will host our 3rd quarter school improvement team meeting for parents to attend on Monday, February 25th. Elementary childcare will be provided.

Monday, February 17th there will be NO SCHOOL for any students in the Monte Vista School District due to President's Day. Also, on Wednesday, February 19th we will have a district-wide early release. Bill Metz students will be released at 11:40am. Students will have lunch at school before leaving, and the buses will run their normal routes. Kids Connection will also be open for the afternoon for kids that usually attend.

Handling aggressive behavior

It's a month after our Christmas break, and we are about to enter February. Nationally, February is one of the hardest months during the school year for student behavior. We are trying to help our students work to their full potential and grow academically. However, that growth can be impacted by aggressive behavior. When students use physical aggression to fulfill a need, it doesn't just impact that student, it impacts all the students that witnessed the physical aggression and the adults that are employed to help deescalate the situation. You can help at home by talking with your child. Be open with your child and help them come up with safe alternatives when they are angry or enraged. Let them know it's ok to get angry, but we need to release it in a safe way. Behaviors that are physically aggressive or verbally abusive are about a child's lack of ability to solve their problem appropriately. These behaviors should be followed up at home with a discussion and a possible consequence. Help your child figure out where his/her coping skills broke down by having a problem-solving conversation. Then work with them on coming up with some appropriate ones. The more we are open with our children and teach appropriate behavior skills on the front end, the better our children will be at handling challenging events. Thank you for everything you do as parents!

Josh Keeling - Behavior Interventionist



IMPORTANT UPCOMING DATES:

- 2/10 - Class pictures
- 2/12 @ 6:30pm - PTO meeting
- 2/12-2/13 - 4th grade field trip to Denver
- 2/13 - Valentine's Day parties
- 2/17 - No school
- 2/19 @ 11:40am - Early release
- 2/25 @ 4pm - Parent School Improvement Team meeting
- 2/27 @ 6pm - 3rd grade PE/Music program

School Information

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Counselor's Corner

During classroom lessons this month we will be working on different strategies to calm down our strong emotions, so that we do not do things that take away other people's emotional or physical safety. Some of the things we will be talking about include positive self talk, deep breathing strategies (balloon breathing, five finger breathing), grounding strategies (5, 4, 3, 2, 1; muscle relaxation; and be the tree). When we can remember to use a strategy before we react, it is much less likely to do something that dumps another person's bucket.

Also, during the first week of February I take time for National School Counseling Week. This is **not** a week for me as a counselor, but rather is a time I can advocate and teach about the role of the school counselor. So here are some facts about what a school counselor is required to do.

- A school counselor must hold a Master's degree in school counseling
- Meet the requirements to be recertified every five years
- Continue to learn about new practices in counseling
- Uphold the ethical and professional standards of a school counselor
- Participate in individual academic planning and goal setting
- School counseling classroom lessons
- Short term counseling
- Referrals for long term support
- Collaboration with families, teachers, administrators and community resources, advocate for students needs
- Analyze data to identify the concerns, needs, and challenges of students

Finally, I wanted to let you all know that I have an intern working with me during the spring semester. His name is Mr. Brian and he will be with me part of each week for the rest of the school year. Brian is a first year counseling student at Adams State, so I will be supervising him while he is learning more about how to be a school counselor. If you hear your children talking about Mr. Brian that is why.

As always, if there are any questions I can answer for you, please let me know.

Kim Luitich - Professional School Counselor
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3rd Grade Music & PE Program

3rd Grade will have their Music/PE program on February 27th at 6:00 pm in the gym. Please have your child there by 5:45pm. It is going to be a fun and active program so please make sure that your child wears comfortable clothes and shoes. We are very excited to showcase the skills we have been working on this year! Thank you-Mrs. Dameworth, Mrs. Velasquez, and Mrs. Barbosa-Fraire

