



BILL METZ ELEMENTARY
METZ MESSENGER

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

VOLUME 13, ISSUE 1 SEPTEMBER 5, 2023

Principal Connection

We have the first three weeks of the school year under our belts and are off to a great start! Students and teachers have completed the beginning of the year assessments to see where students are at after their summer break. We started our IE (Intervention & Enrichment) groups last week. This program helps us give students 30 minutes of targeted reading instruction at their level everyday on top of their grade level curriculum. We do the same for math as well. It helps us to catch students up if they are behind or continue to push students if they are already at grade level or above. Students are in small groups during that time and with peers that are on similar levels. They are likely getting the instruction from someone other than their homeroom teacher during that 30 minutes. Feel free to ask your child's homeroom teacher about it if you want more details.

One thing that I would like to ask your help with is during drop off in the morning to please pull as far forward as possible before you have your children get out of the car. This way we can keep the traffic in the loop moving as efficiently as possible and prevent possible accidents. If at all possible, please have children get out the passenger side of the vehicle so they aren't stepping out into the passing lane of traffic. Also, keep in mind that the bell doesn't ring until 7:30am so if students are dropped off before that they just have to wait outside until then. Breakfast is served for free in the classroom each morning from 7:30-7:50am. If you would like your child to have time to eat breakfast at school, please shoot for having them here closer to the 7:30am time since instruction begins at 7:50am. It's hard for them to eat and try to pay attention to the teacher's instruction at the same time. Students are counted tardy if they arrive after 7:50am. At the end of the day, parents are welcome to use the pick up loop or park and walk to students. We do want to make sure everyone is safe though so please use the cross walks when crossing 2nd Avenue and remember that you cannot turn left out of the pick up loop.

Family Fun Nights

Our first Family Fun night will take place on Thursday, September 28th from 5:30 to 7:00pm. Families will get to visit stations to learn about some literacy and math instruction. All 2nd-5th grade parents are welcome to attend, and we hope to see you there!



**IMPORTANT
 UPCOMING
 DATES:**

- *Friday, Sept. 8th @ 4-7pm - PTO Back to School Bash*
- *Monday, Sept. 11th @ 6pm - School board meeting*
- *Wednesday, Sept 13th @ 6:30pm - PTO @ MVSD district office*
- *Thursday, Sept. 21st @ 2pm - Homecoming parade*
- *Sept. 28th @ 5:30pm - Family Fun Night*
- *Wednesday, Oct. 4th - School pictures*
- *Thursday, Oct. 5th - Smile 4 a Mile*

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



BILL METZ ELEMENTARY MENSAJERO METZ

Nuestra misión es inspirar la búsqueda de la excelencia, un estudiante a la vez.

VOLUME 13, ISSUE 1

SEPTEMBER 5, 2023

Conexión principal

Ya llevamos las primeras tres semanas del año escolar y todo ha ido de maravilla! Los maestros y estudiantes han completado los exámenes de principio de año para ver dónde están académicamente después de las vacaciones de verano. La semana pasada empezamos nuestros grupos de IE para Literatura y Matemáticas, este programa nos da la habilidad de ayudar a los estudiantes con media hora personalizada, es la manera que podemos ayudar a los estudiantes que están atracados o que están a nivel para que avancen, los estudiantes están en grupos chicos con una matra/o diferente que no es su matrero/a principal y con estudiantes que están al mismo nivel. Si requiere más información por favor pregúntele al maestro/a de su estudiante.

Una cosa con la que me gustaría pedirles ayuda es, en la mañana cuando dejan los estudiantes por favor acérquense lo mas que puedan a las puertas antes que se bajen sus estudiantes de esta manera no se tendremos tanto tráfico todo será lo más fluido posible además evitaremos accidentes, si es posible por favor pedimos que los estudiantes se bajen del lado del copiloto para que no se metan en el carril del tráfico, también tomen en cuenta que la campana suena hasta las 7:30 AM, si llegan antes tendrán que esperar afuera hasta que suene la campana. El desayuno que es gratis para todo estudiantes se da de las 7:30 a 7:50, si quiere que su estudiantes tengan tiempo de comer asegúrese que estén lo más cercano a las 7:30 ya que las clases empiezan a las 7:50, es difícil para ellos comer y poner atención a la misma vez. Los estudiantes que llegan después de las 7:50 son contados como tarde, al final del día los padres de familia son bienvenidos a recoger los estudiantes en el loop or bajarse y esperar en la banqueta, nos queremos asegurar que todo estén seguros por favor use los lugares indicados para cruzar la calle y recuerden que no se puede dar vuelta a la izquierda saliendo del estacionamiento.

Noche de Diversion en Familia

Nuestra primer Noche de Familia será el Jueves 28 de Septiembre de las 5:30-7:00 pm. Las familias podrán visitar diferentes estaciones y aprender de literatura y matemáticas todos los padres de estudiantes de los grados 2 a 5to están invitados, ¡esperamos verlos a todos!



PRÓXIMAS FECHAS IMPORTANTES:

- *Viernes 8 de Septiembre de 4-7pm Regreso a Clases Bash*
- *Lunes 11 de Septiembre a las 6pm— Junta de Administration*
- *Miercoles 13 de Septiembre a las 6:30pm Junto de PTO en oficinas del Distrito*
- *Jueves 21 de Septiembre a las 2pm Desfile de Homecoming*
- *28 de Septiembre a las 5:30pm Noche de Diversion en Familia*
- *Miercoles 4to de Octubre - Section de fotos escolares*
- *Jueves 5to de Octubre - Smile 4 a Mile*

Informacion de la Escuela

545 2nd Ave
Monte Vista, CO 81144
Phone: 719-852-4041
Fax: 719-852-6196
Principal: Gabe Futrell

THE EMOTIONAL CUP

Imagine that every child has a cup that needs to be filled -- with affection, love, security, and attention. Some seem to have a full cup most of the time, or know good ways to get a refill. But most children get a little nervous when their cup gets near empty.

Some ways that children deal with having an empty cup:

- steal from other people's cups
- misbehave to get your attention and show that they need a refill
- seem to have bottomless cups, or need constant 'topping off'
- can't sit still for refills or actively refuse them
- bounce off the walls when they approach 'empty'
- think they have to fight or compete for every refill

What fills a child's cup:

- play
- friendship
- one-on-one time
- love and affection
- connection
- succeeding
- doing what they love to do or what they choose to do



What empties the cup:

- stress and strain
- rejection by peers
- loneliness and isolation
- yelling and punishment
- failing
- fatigue
- doing what they're forced to do or they hate to do

upbility
Publisher of Therapy Resources

Counselor's Corner

Hello! I hope your school year started off amazing. I wanted to remind you of your counselors here at Bill Metz. Miss L will still be the counselor for 2nd and 3rd grades and you can reach me at kimal@monte.k12.co.us, (719) 852-4041 x 4138 or on Class Dojo. Miss Archuleta is the counselor for 4th and 5th grades and you can reach her at franciscaba@monte.k12.co.us, (719) 852-4041 x 4144 or on Class Dojo. Please reach out to us if you have any concerns or questions.

I just wanted to share a little resource with you as well. Please take a look at the emotional cup. If you feel as though your student needs help getting to a full cup, please let us know. Hopefully we can all help students to start with a full cup!

Hearing and Vision Screening

During the month of September your child will have a vision and hearing screening done while they are at school. Hearing and vision are such important pieces to your child's education. If your child does not pass their hearing or vision screening you will be notified and we can talk about next steps to address your child's vision or

hearing needs. If you have any concerns about your child's hearing or vision please let me know and I can connect you with resources as well as do additional screenings if needed.

If your student has prescribed glasses or hearing aids please be sure to send them to school with your child every day. Sometimes kids don't like wearing their glasses or forget about them and I understand that this can be a struggle. If you need support encouraging your child to wear their glasses while at school please reach out to me and we can work together with your child's teacher to come up with a plan.

Briana Villagomez - briana@monte.k12.co.us

Swim Program

We are so excited to be in school!!! For safety and to allow your child to participate fully, please remind them to bring tennis shoes for PE.

Also, we will be starting Swim Lessons at Hooper in September for grades 3-5. 2nd graders will go in the spring. Please see the below dates for important information. This year we have received a grant from the LOR Foundation to cover student costs, however, if each family can donate \$5 this year, then we can likely extend the lower costs (possibly free) into next year.

Swim Program Dates:

- 5th Grade-September 11-13
- 4th Grade-September 18-20
- 3rd Grade-September 25-27



THE EMOTIONAL CUP

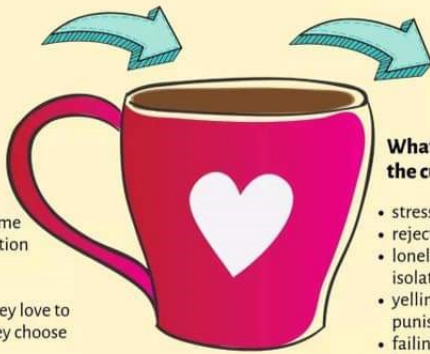
Imagine that every child has a cup that needs to be filled – with affection, love, security, and attention. Some seem to have a full cup most of the time, or know good ways to get a refill. But most children get a little nervous when their cup gets near empty.

Some ways that children deal with having an empty cup:

- steal from other people's cups
- misbehave to get your attention and show that they need a refill
- seem to have bottomless cups, or need constant 'topping off'
- can't sit still for refills or actively refuse them
- bounce off the walls when they approach 'empty'
- think they have to fight or compete for every refill

What fills a child's cup:

- play
- friendship
- one-on-one time
- love and affection
- connection
- succeeding
- doing what they love to do or what they choose to do



What empties the cup:

- stress and strain
- rejection by peers
- loneliness and isolation
- yelling and punishment
- failing
- fatigue
- doing what they're forced to do or they hate to do

upbility
Publisher of Therapy Resources

Rincón del consejero

Hola! Espero que el inicio del año escolar haya sido excelente. Les quería recordar que las consejeras en la escuela Bill Metz son Miss. L, que está con los estudiantes de 2o y 3ro se pueden comunicar conmigo a mi correo electrónico kimal@monte.k12.co.us, mi numero (719) 852-4041 extensión 4138 o por Class Dojo. Miss Archuleta es la consejera de los estudiantes de 4to y 5to se pueden comunicar con ella a su correo electrónico franciscaba@monte.k12.co.us, número de teléfono (719) 852-4041 extensión 4144 o por Class Dojo. Por Favor no duden en comunicarse si tienen alguna preocupación o pregunta.

Me gustaría compartir un recurso que puede ayudar. Por favor mire la foto de la taza de emociones. Si piensa que su estudiante necesita ayuda para llenar la taza déjenos saber. Ojala y todos los estudiantes empiezan con una taza llena.

Examen de audición y vision

Durante el mes de Septiembre los estudiantes van a tener revisión de vista y audiencia durante el día escolar. La vista y la audiencia son sentidos muy importantes para la educación de sus estudiantes. Si su estudiante no pasa cualquiera de los dos exámenes usted será notificado y platicaremos de que es el siguiente paso para mejorar la visión o audiencia de su estudiante. Si tiene preguntas o preocupación sobre la audiencia o vista de su estu-

diente favor de avisarme y yo los comunicare con personas correctas si se requiere más exámenes en profundidad.

Si su estudiante usa lentes o aparato auditivo por favor asegúrese de que el estudiante lo traga todos los días a la escuela. A Veces los estudiantes los estudiantes no usan los lentes o se les olvidan, entiendo que a veces puede ser difícil acostumbrar a los niños ponerse los lentes, si necesita ayuda o apoyo avísame y podemos trabajar juntos con los maestros para hacer un plan que ayude al estudiante.

Briana Villagomez-brianav@monte.k12.co.us



Programa de natación

¡Estamos emocionados de estar de regreso! Por seguridad y para poder permitir a los estudiantes participar, por favor recuerden mandar tenis para clase de física. También, vamos a empezar las clases de natación en Hooper en Septiembre para los grados 3ro a 5to. Los estudiantes de 2o van a nadar en la primavera por favor vea las fechas abajo para información importante. Este año hemos recibido una beca (donación) de la fundación FOR que cubre los costos de cada estudiante, sin embargo, si cada familia pudiera donar \$5 este año probablemente podríamos reducir el costo el otro año o hasta podría ser gratis de nuevo. Fechas de Natación:

5to Grado - 11-13 de Septiembre
4to Grado - 18-20 de Septiembre
3er Grado - 25-27 de Septiembre

