



BILL METZ ELEMENTARY
METZ MESSENGER

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

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Principal's Connection

This week is teacher appreciation week. Please consider sharing a note of thanks to your child's teachers. Words of encouragement can really make a positive difference! Wednesday the 9th is national school nurse's day as well.

On Monday, May 21st Bill Metz and Marsh Elementary Schools will have an early release at 12pm. This will allow our staff to be trained in a new math program that we will be using next school year called Big Ideas. We are excited to be using it and want to be fully prepared to hit the ground running in the fall. We will have another training during the summer as well.

Smile 4 a Mile will take place on Wednesday, May 23rd at the high school track again this year. Parents are welcome to join their children during the run. Please look for the schedule to come home soon.

Our last day of the school year will be Friday, May 25th. We will have our annual end of the year awards assembly in the morning to recognize students with positive behavior, good attendance, and high grades. We will also have an early release at 1pm that day.

Grade levels are taking their annual field trips this month as well. The 4th graders already experienced an adventurous overnight trip to the Denver Museum of Natural History and Science. Below are the dates for the rest of the grade levels' field trips:

- ♦ 1st grade - Thursday May 17th
- ♦ 2nd grade - Tuesday, May 15th
- ♦ 3rd grade - Monday, May 14th
- ♦ 5th grade - Tuesday, May 22nd



Please also keep in mind that **Kids Connection will be closed the last week of school from May 21st-25th**. Please make arrangements for how your children will get home that week.

**IMPORTANT
 UPCOMING
 DATES:**

- 5/10 - Family Fun Night @ 6:30pm
- 5/17 - PBIS sleepover for 650 pirate bucks
- 5/21 - Early release @ 12pm
- 5/23 - Smile 4 a Mile @ HS
- 5/24 - Field day and talent show
- 5/25 - Awards assembly for 1st & 2nd grades @ 8:30am; 3rd-5th grades @ 9:30am
- 5/25 - Early release @ 1pm

School Information

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Counselor's Corner - Empathetic Children Want to Make a Difference

The awareness that something is not right is what activates empathy in children and encourages them to be Changemakers to make the world a better place. Every child has the potential to become a Changemaker with the right combination of parenting and experiences. However, there are three barriers to becoming a Changemaker. First, most kids admire celebrities and fame, which places the emphasis on self rather than a concern for others. Second, kids are more focused than ever on their possessions, appearance and consumption that it is leading to a "me" before "we" type of thinking. Third, the Tiger Parent type of parenting style where children are being over helped by the adults in their life has caused them to care less about others and be less self-reliant. So, how do we build a Changemaking mindset?

Step 1: Teach the growth mind-set model. Tell your child that empathy muscles can be increased with practice. **Step 2: Emphasize effort not the end product.** "You are getting so much better at your multiplication" instead of their achievement. **Step 3: Encourage practice.** Children who view themselves as helpful are more likely to help in the future, so provide ways for your kids to be helpful. **Step 4: Recap the impact.** After your child has been helpful, discuss the experience.

Another way to help encourage a Changemaking mindset is one that we practice during counseling lessons using the **FACE** acronym. **F**=feelings: read the person's feelings. **A**=Analyze: what is the problem? **C**=care: offer to help the person. **E**=empathize: let them know you care. One way parents can help is the use of service projects. If you and your child can find a cause that stirs your child's heart and plan a way to help, this encourages children to become Changemakers.

Here are some other ideas to encourage a young person to become a Changemaker.

Start with one. Help your child realize that they can make a difference by helping on individual. **Use the news.** Help your child become aware of world concerns and that problems are everywhere. **Pre-prepare kids for dissention.** Teach your children to be Upstanders for their views and not to waver even if someone tries to change their mind. **Share stories of Changemakers.** When kids see other kids standing up and making a difference, they often want to help. **Use positive social media.** Use social media to spread kindness. This is especially good for those that are shy, because they can do it anonymously. **Watch for desensitization.** It is very important for Changemakers to learn ways to take care of themselves, especially when they are exposed to tough issues. **Stretch boundaries.** Expand your child's comfort zone beyond their typical experiencing with visits to those in need such as elderly, homeless, etc.



Empathy



Yearbooks for Sale

Memory Books are on sale in the office for \$17.50. They will be given to students toward the end of the last week of school. Pay now to reserve your yearbook! Checks can be made out to Bill Metz Elementary.

From the Lunchroom

We are no longer excepting any charges in the lunchroom. Students who have a deficient in their account will be fed a PBJ and sides. We are trying to make all accounts current as we are coming to the end of the school year. Any parent whose child owes money needs to make their account current. Thank you!

