

Metz Messenger

"Where Families and Learning Stay Connected"

Bill Metz Elementary - September 2026



A Note from the Principal...

Hello families!

We've successfully completed the first few weeks of school! Students have learned classroom routines, completed the beginning-of-year assessments, and are starting to settle into the content that they will learn this year!

Swimming lessons through our PE program begin this week! This is a wonderful opportunity we are proud to provide for our students. Later in the year, we will also have our ski program for grades 3-5, and our PE teachers have a few more surprises up their sleeves for the year, so stay tuned!

We have started I/E groups, which stands for Intervention/Enrichment. Every child in the building receives 30 minutes of both reading and math instruction at their level daily in a small group. This allows us to ensure that we are providing individualized instruction for all students.

A few reminders:

- Please pull as far forward in the loop as possible for drop-off and pick-up; this helps to ensure safety and efficiency!
- The first bell rings at 7:30 each morning; the door will open at that time. Remember, there is no supervision provided outside prior to 7:30.
- Free breakfast is provided in the classroom daily from 7:30 to 7:50.

~Mrs. Ross

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Hearing & Vision Screenings

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 of 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 - brianav@monte.k12.co.us

Upcoming Events:

- August
31st-September 2nd:
5th Grade Swim Program
- September 3rd -
Creede Theatre Program
- September 7th -
Pirate PTO, 7:00
(admin building)
- September 9th/10th -
Vision/Hearing Screenings
- September 14th -
School Board Meeting, 6:30
- September 14th-16th:
4th Grade Swim Program
- September 24th -
PBIS Reward: Board Games
- September 28th-30th:
3rd Grade Swim Program
- October 8th - Smile for a Mile
- October 8th - Homecoming Parade, 2:00

Counselors Corner

In September, our counseling focus is **empathy**. Empathy means being able to understand or recognize what someone else may be feeling. Having empathy helps us treat others with kindness, respect, and thoughtfulness. In other words, empathy is about **putting yourself in someone else's shoes**.

As we explore empathy, I also emphasize the importance of showing respect and listening with attention. These skills are important not only at school but also at home.

My goal is to help our students extend empathy, respect, and attentive listening beyond the classroom. When families practice these skills at home, everyday conversations can become opportunities to build stronger connections, understanding, and a supportive family environment.



Practicing Empathy

- **Step into their shoes:** Encourage your child to imagine how another person might be feeling.
- **Validate feelings:** Acknowledge emotions with phrases such as, *"It sounds like that was really frustrating."*
- **Avoid "fix-it" mode:** Resist the urge to immediately give advice or solve the problem. Sometimes children simply need someone to listen, care, and understand.
- **Ask questions:** Try asking, *"How do you think they felt?"* or *"How would you feel if that happened to you?"*



Demonstrating Respect

- **Use a calm voice:** Remind children that it is okay to feel upset, but yelling, name-calling, or speaking disrespectfully is not okay.
- **Model respect:** Children learn by watching the adults around them. Use calm voices, polite words, and respectful actions.
- **Practice kind words:** Encourage children to use words such as *please, thank you, excuse me, and I'm sorry.*
- **Set clear expectations:** Keep household rules simple and consistent. Make sure children understand what respectful behavior looks and sounds like.
- **Praise respectful behavior:** Notice it and acknowledge it! Try saying, *"I noticed how you waited your turn. That was very respectful."*



Practicing Attentive (Active) Listening

- **Eliminate distractions:** Put away phones and other distractions, and face the person who is speaking to show that you are present and listening.
- **Use listening cues:** Nod, make eye contact, or use phrases such as *"I hear you"* or *"Tell me more"* without interrupting.
- **Reflect and paraphrase:** Repeat what you heard in your own words to make sure you understand. You might say, *"So, you felt upset because..."*
- **Have regular family check-ins:** Take a few minutes to talk about what is going well and identify one respectful behavior everyone can work on. Give each family member an opportunity to share without interruptions.



A Little Practice Goes a Long Way!

Remember, children learn empathy, respect, and active listening through practice and modeling. The small moments at home—listening to a story about their day, acknowledging their feelings, saying "please" and "thank you," or putting away a phone to give someone your full attention—can make a big difference.

Thank you for partnering with me to help our students grow not only academically, but also socially and emotionally!

Thank you! Ms. Archuleta