



From the Principal

Greetings PMES Families,

Spring Break is almost here and what does that mean? Possibly 20 inches of snow! We'll see if it happens but that's the word on the street. Friday March 12th is our last day and we'll return to school on March 23. Have a fun and relaxing time with your family.

I recently read an article that stated the average child in the U.S. hears six negative comments to every one positive comment. As an educator and parent this was shocking and depressing to say the least. As parents we all have those moments at the end of a long and frustrating day where our response to our kids is not ideal, and not how we want to respond to our kids. I don't think any parent intentionally wants to hurt the feelings or self esteem of their children, but we're human and we all make mistakes.

By changing the words our children hear, we can change the negative feelings and the destruction of their self-esteem. Instead of tearing them down we can build them up! ***This can be one of the most important things you can do for your child.*** Every week I will be sharing some positive things you can say to your child.

*I'm grateful for you.

*Your opinions matter.

*Being your parent is my favorite job.

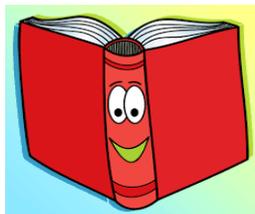
*You make me proud.

*I believe in you.

*You have great ideas.

*You are worth it.

*We all make mistakes.



Coming Events

Important Dates to Remember:

Mar 9	Parent-Teacher Conferences
Mar. 11	Parent-Teacher Conferences
Mar. 15	Spring Break Begins
Mar. 23	Return to school from Break
Mar. 23	PTO Meeting @ PMES Library 6pm
Apr. 2	Coffee with the Principal 8:10am
Apr. 12	CMAS Testing window opens

I Love To Read Week:

Last week we celebrated I love to read week At PMES and it was a huge success! Mrs. Mondragon and Mrs. Foster did an amazing job of organizing this activity. They put together a week of dress up fun, geographical studies, and various genres of books for kids to enjoy. Each day was a different theme and the kids and staff dressed according to the theme. We visited Whoville in honor of Dr. Seuss, and then on to Texas, Florida, and Washington, D.C. We had guest readers sharing books about cowboys, the beach and ocean, and history related to Washington, D.C. and many other stories. The highlight of the week was all the kids used our virtual reality goggles to travel to the locations I listed above. Mr. Torres, our technology instructor led these educational journeys. The kids loved this activity and the amazing clarity and feeling of being in a different place and time when using these educational tools. Again, a huge thank you to all the staff members that helped organize this great week!

