

Message from the Principal

Hello PMES Families,

It's almost March, and as always the second semester is speeding along quickly. We are having parent-teacher conferences this coming week, most of you have confirmed times if not please reach out to your classroom teacher.

Just a reminder that we recently started a food bank at PMES to help those families that may be down on their luck and need some assistance. This food bank is in addition to our regular backpack food program from the Weld County food bank. It's open every Friday, 1:30-4:00 in the PMES Cafeteria.

With these extremely cold temperatures it's important that your children dress appropriately. If you're in need of gloves or hats the school can help you out, contact the office or myself and we would be happy to assist you.

Thank you for all your support with helping provide an exemplary education for your children, when the school and families work together the children benefit greatly.

Warm Regards,

Mr. Andrews

[Social & Emotional Learning](#)

As many of you know one of our main areas of focus is the social and emotional development of our students. In effort to address many of the challenges children are exposed to, we offer a variety of programs to provide assistance and growth in social and emotional learning. One goal is to provide the kids with the tools to problem solve when they are struggling, feeling down, or having friendship issues.



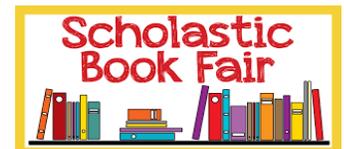
Morning Greeting/Afternoon Goodbyes	Positive Affirmations
Greetings and goodbyes (hug, handshake, and high five) - these help students feel seen and let you know how their day started or ended.	Positive affirmations are a great way to help build confidence and a relationship with your students 5-1 is a nice rule 7-1 is better (7 positive comments to every 1 negative). They can be as simple as "I noticed you put your coat away, thank you."
Daily Circle Time	Second Step
Circle time - Relationships are important for so many reasons, circles help you to know more about your students and build a safe environment in your classroom. Circles have a talking piece, group norms, the expectation that you share or decline to share politely and a question to share information this can be anything. These circles can then be helpful to solve classroom issues.	Second Step is one of our SEL programs that teaches how to be a learner, have empathy, problem solving skills, goal setting and emotion management. It is a program that builds on itself. Last year we purchased the Bully Prevention unit from Second Step. This is a four lesson set on how to help stop bullying.
Zones of Regulation	Safe Touch
Zones of Regulation is another of our SEL programs. It's an approach used to support the development of self-regulation in children . All the different ways children feel and the states of alertness they experience are categorized into four colored zones. Children who are well regulated are able to be in the appropriate zone at the appropriate time. This program helps students to learn to recognize and control emotions.	Safe Touch is a program that Lutheran Family Services provides. They cover Stranger Danger, safe and unsafe touches and some abuse issues for older students.

Small Groups Counseling Groups: Emotional control	Small Groups Counseling Groups: Friendship
This group focuses on recognizing our own emotions and ways to control them. We cover different methods of recognizing as well as the steps that help us to control strong feelings. We also work to recognize what others are feeling and how feelings can be different for everyone in the same situation, working towards empathy and compassion.	In this group we work on friendship skills focusing on what we like friends to do, how to win and lose, how to solve conflicts, words that are kind, seeing when we have common interests.
Small Groups Counseling Groups: Loss	Small Groups Counseling Groups: Divorce
This group helps students to work through loss by learning tools to help us normalize grief and tools to help us remember the loved one in a healthy way.	This group helps students to grieve the loss of the idea of a 'traditional family' and we work through ways to live with two homes and two different sets of expectations.

PMES Food Bank	UPCOMING EVENTS
We recently started a food bank at PMES to help those families that may be down on their luck and need some assistance. This food bank is in addition to our regular backpack food program from the Weld County food bank. It's located in the cafeteria, and open every Friday 1:30-4:00. If this is something that would benefit you and your family please come in and utilize this great project. You can enter through the cafeteria door on 1st Avenue, you don't need to go through the office.	<p>Mar. 1 Parent-Teacher Conferences & Book Fair 4:00-7:00 pm</p> <p>Mar. 3 Parent-Teacher Conferences & Book Fair 4:00-7:00 pm</p> <p>Mar. 4 Coffee with the Principal 8:10 am</p> <p>Mar. 8-11 I Love to Read Week</p> <p>Mar. 14-18 Spring Break</p> <p>Mar. 22 PTO 6:00 pm</p>

The Scholastic Book Fair returns to Pete Mirich Elementary

With parent-teacher conferences comes the Scholastic Book Fair the week of March 1st-4th, 2022, in the PMES Teachers Lounge. Students will be able to browse and create a wish list and then purchase books to add to their own home libraries. There will be a selection of affordable, engaging books for every reading level with a variety of titles, authors, and formats [picture books, chapter books, graphic novels, non-fiction books]. All proceeds benefit the PMES Library. Thank you so much for your support of PMES and our student's love of reading!



Every year we celebrate I Love to Read Week and the kids really seem to enjoy it and have a great time. This year it's the week of March 8th. This year our theme will be Leaders and how becoming a good reader will help them with becoming impactful leaders. Below is the schedule in regards to the dress-up options.

I ♥ TO READ WEEK

March 8th-11th

"READERS TODAY... LEADERS TOMORROW"

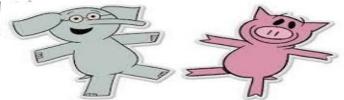
Tuesday 3/8- Teachers are Leaders
DRESS LIKE YOUR FAVORITE TEACHER/STAFF MEMBER!



Wednesday 3/9- Fireman/Policeman are Leaders
WEAR RED OR BLUE!



Thursday 3/10- Authors are Leaders
*DRESS LIKE YOUR FAVORITE BOOK CHARACTER!



Friday 3/11- VIKINGS ARE LEADERS
WEAR BLACK, WHITE, AND GOLD!



It's that time again, Colorado State Testing

The dates for the 2022 CMAS are set. PMES 3rd-5th Graders will take their ELA Tests Tuesday, April 12th through Friday, April 14th. The Math Tests will be completed the following week: Tuesday, April 19th through Friday, April 21st. This year, our 5th Graders will also be taking the Science portion of CMAS. 5th Graders will do their Science Tests on Friday, April 15th, Friday, April 22nd, and Tuesday, April 26th.

Our school prides itself in the rigor of our daily lessons and each year we feel our students are prepared to excel on these state tests. **CMAS scores have zero impact on students' grades/report cards and have nothing to do with moving on to the next grade level.** What CMAS does show is how your child is achieving in comparison to state averages for the different assessments. If you have any questions about CMAS Testing, feel free to contact Mr. Cohoon.

Friendly Reminders

- Please make sure your child has the appropriate outdoor wear for the weather. We will go outside everyday unless it is below 20 degrees, with wind chill, or if it is too wet.
- Label backpacks, water bottles, hoodies, coats, etc... with student's names.
- Put a backup mask in your child's backpack, in case their grade needs to wear masks because of a close contact with Covid in their classroom
- Keep toys at home, it's always sad if it gets lost
- Call the office or email Mrs. Stone by 9 a.m. each day your child will be home from school.
- Students eating breakfast at the school can enter at 7:35am through the north breakfast door that goes right into the cafeteria.
- Please keep your child home if you are awaiting Covid test results for your child or anyone in the household.



What's it all about?

In case you've never heard of Love and Logic here's some background information. The Love and Logic approach has been around for decades because if followed can be extremely beneficial in helping you as a parent to create a home environment that is respectful, peaceful with a loving and respectful connection between parents and their children. For the past few years, our counselor Miss Melissa has offered these classes at PMES for any parents that are interested. This is such a great opportunity because if you attend their classes out in the community you pay for the course and book, if you take the class at PMES all you pay is \$5 for the book. It's a program that is built around the science of caring and respectful relationships. An authentic, loving connection between parents and their children forms the foundation of good behavior and healthy decision-making.

Sounds easy enough but never before in history have parents been faced with so many challenges! The Love and Logic approach provides a variety of simple and effective strategies for parenting children from birth to adulthood. Whether you're embarking for the first time with your new baby or navigating the turbulent teens with your child, our strategies and techniques will help you create calm and loving solutions.

[The quick/basic overview:](#)

Love and Logic is basically **a process by which children grow through their mistakes and learn from the consequences of their choices.** ... Provide empathy before describing consequences, use few words and more loving actions, delay consequences when necessary, and give kids the gift of owning and solving their problems.

[How teachers utilize it in the classroom:](#)

The Love and Logic philosophy states **the importance of teachers providing limits in a caring way.** It involves building students up so they feel more capable, even after being disciplined. When interacting with students, educators need to stay calm and avoid provoking, threatening, judging or lecturing.

Please keep this opportunity in mind when we offer the program in the spring. In the past it's usually around 4:30 or 5:00 pm and we have provided child care.

The Love and Logic Parenting Tip

Consequences are Better Than Punishment

Sometimes when I am angry and full of wrath, my responses to my kids' misbehavior cross a line from being a consequence into being a punishment. A couple of problems with that:

1. The world doesn't operate on punishment – it operates on consequences. Life is about cause and effect – RESULTS. We want to raise kids who understand real cause and effect, NOT kids who are simply afraid of what we will do to them. Results teach. Anger, punishment and threats just don't teach as well.
2. Punishment tends to lead to resentment and distance in the relationship. The hard feelings created by punishment often linger and drive a wedge between us and kids at a crucial time when we should be viewed as an ally, not an enemy.

So much better that kids learn to be responsible for solving the problems they cause than feel punished - while the adults take on all the responsibility of fixing the problem. We have long taught ways to better handle discipline using empathy and logical, thoughtful and sometimes delayed consequences.

So, if kids are causing problems, we can expect them to solve them. If they choose not to solve those problems, we can take care of it in a way that costs them something. Doesn't this mirror the real world? When we don't solve problems, we end up paying for them one way or the other.

Ultimately, Love and Logic Is about teaching kids logical cause and effect. It is about building relationships and preserving dignity. Our mission is to help adults raise more respectful and responsible kids. Our hope is to help them find better ways to hold kids accountable. We are proud to teach skills that keep kids learning from real results and preserve dignity by steering adults away from punishment.

The bottom line: **Expecting kids to solve problems is more effective than punishing them.**

“Discipline is helping a child solve a problem. Punishment is making a child suffer for having a problem. To raise problem solvers, focus on solutions, not retribution.” L.R. Knost

See What Your Kids Are Doing At School/Work At Home

At home, students can access virtually everything that they would be able to during a normal school day. This includes: Google Classroom, Lexia, iReady Reading, and iReady Math.

**Students will log in to their device using their QR Code. All students have an individualized QR Code that is specifically assigned to them. It is important to keep track of these QR Codes, since this is the primary way to log in.



**Once logged into their device, students can use their Clever Account to access the different resources and applications that are used each day at school (Google Classroom, Wonders, TCI Science, Lexia, and iReady.)



**The majority of student work and assigned lessons can be found on Google Classroom. In the case of Remote Learning, teachers will use Google Classroom to post daily work, videos, important messages, and links for live sessions.



**Lexia provides Individualized Reading Instruction for all students. Students will work on specific skills that are appropriate for their current Reading Level. As students pass levels, the skills will get harder in difficulty.



**iReady provides Individualized and On Level Instruction for all students. Students can choose iReady Reading or iReady Math. (Most classes at PMES have students work on Lexia, rather than iReady Reading.)

Other Sites/Programs that students use in different grade levels around the building:

Math: Prodigy, Mathzor, Embarc, Khan Academy, Zearn

ELA: Epic, NewsELA, ScholasticStoryWorks, Starfall

Other: Nitro Type, Kahoot, PBS Kids, Encyclopedia Britannica

*****As always, feel free to contact your child's teacher on Dojo if you have questions, concerns, or need login information**

