

A Message from the Principal

Hello PMES Families,
 Here we are, the month of May. We are officially in the homestretch of the school year. When we return to school on Tuesday there will be 12 days of school left.

-Thank you to the families for your participation in our Silent Auction and Bingo night. We had some great baskets and a ton of parent support with the purchasing of baskets, your support is greatly appreciated. The kids had a good time playing bingo and winning prizes.

-Last summer we offered our **Jumpstart program** and it was really successful. This was a program for those kids that were a little below grade level and maybe needed that little extra push to get them over the top. We will be offering it again this summer, July 26th-August 5th. The hours will be 8:30-11:30. The focus will be literacy and math, and there's no charge to attend. In the next week we will be sending more details home so keep an eye out for that.

-If you have children that will be entering kindergarten next year, registration is now open. Go to the school website under the Enroll tab to begin the process. You will need the following to enroll a kindergarten student.

- Birth Certificate
- Shot Records
- Parent Photo Id
- Proof of Resident in our district boundaries
- Student must be 5 years of age before August 1st, 2022

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. Andrew

PMES Food Bank	UPCOMING EVENTS
<p>We recently started a food bank at PMES to help those families that may 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>	<p>Tuesday, May 17 - Friday, May 20 → End Of Year Writing Sample Friday, May 20 → Meet Your Teacher Day Friday, May 20 — Center Based Spec. Edu. Field Trip to Chuck E Cheese Wednesday, May 25 → 5th Grade Fun Day Wednesday, May 25 - Kindergarten to the Park 12-2pm Thursday, May 26 - Center Based Spec. Edu. Lunch at the Park Friday, May 27 → Field Day (3-5 first half, K-2 second half) Friday, May 27 → Last Day of School (Noon Dismissal) Friday, May 27 → 5th Grade Graduation 11:15am</p>

8 Major Challenges Facing Public School

Few would argue that the state of our education system has plenty of room for improvement. However, developing a plan to take schools in the right direction is easier said than done. The first challenge lies in identifying underlying problems keeping students from learning today. This challenge, in part, is due to the fact that the problems may change considerably depending on who is labeling them, whether it is students, parents, educators or lawmakers. The following challenges were listed by the organization *Public School Review*.

-Poverty: It's reported last fall that 22 percent of the children in the U.S. live at or below poverty level. American Graduate defines poverty as a family of four with an annual income level of \$23,050 or lower. American Graduate also cites a report from the Southern Education Foundation, which shows in 17 states across the U.S., low-income students now comprise the majority of public school students in those states.



-Family Factors: Family factors also play a role in a teacher's ability to teach students. Principals and teachers agree that what is going on at home will impact a student's propensity to learn. Divorce, single parents, poverty, violence and many other issues are all challenges a student brings to school every day.

-Bullying: Bullying is not a new problem, but it is one that has a profound impact on the learning aptitude of many students today. Technology has given bullies even more avenues to torment their victims - through social networking, texting and other virtual interactions. Cyberbullying has become a major issue for schools, as evidenced by the number of suicides that can be directly traced to bullying events

-Student Attitude & Behaviors: Many public school teachers also cite student attitudes, such as apathy and disrespect for teachers, as a major problem facing schools today. A poll from the National Center for Education Statistics cited that problems like apathy, tardiness, disrespect and absenteeism posed significant challenges for teachers. These issues were seen more frequently at the secondary school level, rather than the primary grades.

-Parent Involvement: Often teachers find there is no happy medium when it comes to parental involvement, according to the Kids Health Guide. Some parents won't be seen for the entire school year, no matter what sort of issues might arise. Others never seem to go away, hovering over the child and teacher and interfering with the education process. There are ways parents can become involved and support their child's education at the same time, but teachers don't always get that level from parents.

-Student Health Obesity has reached epidemic proportions in the U.S., and the same poor eating habits that led to the obesity problem may also be contributing to lower student achievement. Obesity also increases a student's risk for other conditions, like diabetes and high blood pressure, which could result in higher absenteeism and more academic issues

-Funding: Budget cuts have created huge problems for most public schools in recent years. Less funding means smaller staffs, fewer resources and a lower number of services for students. While some argue that throwing more money at the education problems won't make them go away, others assert that lack of funding caused many of the problems in the first place.

There are many problems in public schools today, but identifying those issues is half the battle. With a laundry list of challenges to face, now is the time for educators, parents and lawmakers to come together and begin to find solutions - for the benefit of all students in public schools today.



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, and 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.

Defiance: Three Steps for Responding without Losing Your Cool

"You can't make me! I'm not doing it!" This phrase, coupled with an insolent glare, can leave even the most experienced parent grappling with a wide range of feelings. Surprise, anger, frustration, sadness, insecurity, and other uncomfortable emotions can make it extremely difficult to deal with this challenging behavior.

You are not alone!

Analyzing the most common internet search terms related to parenting, we almost always see "defiance" and "disrespect" competing for the top spot. Edging up against these are terms like "passive defiance" and "passive aggression." Some kids yell and argue as they refuse to comply. Others simply clamp on the brakes and silently defy. Either way, this pattern of behavior must be dealt with... and dealt with well.

Powerful and loving is the Love and Logic way—this is what it means to "deal with it well."



Great leaders, great parents, great teachers, great coaches... great people in general... demonstrate genuine compassion while providing the limits and accountability that help us learn from our mistakes and become caring and responsible neighbors. Powerful and loving adults help youth learn from unhealthy patterns of behavior when the "price tag" of consequences is still small. Regarding defiance and passive aggression, when is it best for young people to learn that these behaviors have very sad consequences? Here are three steps toward dealing with defiance as well as teaching youth at an early age the costs of consequences.

Step 1: Calmly say, "No problem. I love you too much to argue about this. If it doesn't get done, I will take care of it."

"He just crosses his arms and mumbles, 'make me,' when I ask him to do anything. I feel like screaming, and sometimes I do. It drives me crazy!"

This mom was surprised, and a bit intrigued, when I asked, "What would happen if, in the short term, you let him think that he was getting away with acting that way?"

"I don't know," she replied. "He needs to know that he can't treat me that way."

"That's right," I agreed. "But what if you could buy yourself some time to calm down, knowing this would allow you

to prove to him that you are the most powerful and loving woman in his life?”

The purpose of this first step is to avoid an angry confrontation and to give the parent plenty of time to think, plan, and get the help they need from others.

Step 2: Be quiet.

“This second step is the hardest part for most of us,” I explained. “Isn’t it hard to avoid reminders, lectures, or threats?”

She agreed, “I feel so powerless. Nothing I do or say makes him comply.”

Out of our feelings of powerlessness come plenty of temptations to talk our kids into compliance. This talk-based approach just creates more conflict and provides the youth with more unhealthy power.

“But how do I get the job done?” she asked.

“Do it for him,” I replied. “Or have someone else complete it, then say to yourself, ‘It’s okay for my son to think that he has gotten away with something... because soon he will realize that he hasn’t.’”

Step 3: Let sincere empathy and consequences do the teaching.

“Mom! It’s time for you to take me to practice! What’s taking you so long?”

With sincerity she replied, “Oh... this is so unfortunate. I’ve spent all of my time and energy doing what you refused to do. Maybe next week I’ll be able to take you.”

Regardless of how angry and argumentative our kids become, is it essential that we set and enforce these types of boundaries? Is it essential that we remind ourselves that we can either pay now... or pay more later on? Is it critical that we also grasp the truth that responding with empathy and very few words is always more effective than trying to argue sense into an angry child?

I see that you are really upset right now. I love you too much to argue.

I’ll listen when your voice is calm like mine.

Is the type of loss experienced by this young person far less expensive than the types he will face later in life if his defiance and disrespect remain unchecked?

What’s a logical consequence for being defiant as an adult? Might it be job loss, economic loss, the loss of supportive relationships, the loss of others’ willingness to offer their help? Logical consequences for kids, such as loss of certain privileges, being expected to complete extra chores to earn privileges back, or even having to pay for the cost of someone doing the job they refused, are miniature versions of the consequences that they will face later in life as adults.

There are two consequences, however, that people using Love and Logic should NEVER apply. Our kids should never lose their right to dignity, and they should never lose our unconditional love.

Turn Your Word Into Gold

The Art of Enforceable Statements for the Home

Ineffective Technique	Love and Logic Technique
Please sit down. We're going to eat now.	We will eat as soon as you are seated.
Please be quiet. I can't listen to your brother when you are both talking at the same time.	I'll be glad to listen to you as soon as your brother has finished talking to me.
Clean your room so we can go shopping.	I'll be happy to take you shopping as soon as your room is clean.
I'm not going to play ball with you until all of you are quiet.	I'll be happy to play ball with you as soon as it is quiet.
Don't talk while I'm reading to you.	I will start reading to you again as soon as you have finished talking.
You can't go play until you have finished your homework.	Feel free to go play as soon as you have finished your homework.
Don't shout at me.	I listen to people who do not yell at me.
Pay attention.	I'll start again as soon as I know you are with me.

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 7:35 through the front door to the cafeteria at the north east end of the building.
- Please keep your child home if you are awaiting Covid test results for your child or anyone in the household.

See What Your Kids Are Doing At School

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**