MMS 12/2/25



(week of 12/1/25)

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Major Improvement Strategies: The Areas of Focus for MMS this year are:

- Tier 1/Data Driven Instruction
- Positive Behaviors and Support/ Schoolwide and Classroom Culture

PBIS (Positive Behaviors Interventions and Support):

Dear parents and guardians,

I hope that you all had a wonderful holiday. **On Monday, December 15th**, we will be holding our first PBIS field trip to Bowlero. Students will be able to attend if they have an overall attendance rate of 90% or better, passing all classes with a C or better, and no suspensions, either in- or out-of-school. Lastly, they will be required to turn in a signed permission slip from their parent/guardian. We are excited to hold this and other PBIS events to help students earn privileges for focusing on their academics.

Thank you,

AP Jason Ortiz



Right Turn Only:

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Wednesday 12/3/25:

This Wednesday, December 3rd will be an early release day. Students will be dismissed at **1:30** pm.

Food For Families:

Families, please stop by the main office to pick up a bag or two of free food, while supplies last.

Some Mental Health Reminders:

Signs Your Teen Might Be Over-Using Screens & Feeling Anxious

1. Changes in mood

- Irritable, tense, or easily frustrated when asked to put the device away
- More withdrawn or moody than usual

2. Sleep problems

- Stays up late using the phone or tablet
- Has trouble falling asleep or wakes up tired



3. Avoiding offline activities

- Loses interest in hobbies, sports, or family time
- Prefers to stay on devices instead of being with friends or family

4. Anxiety about being "offline"

- Constantly checks notifications or social media
- Feels nervous when the device isn't nearby

5. Physical symptoms

- Headaches, tired eyes, neck or back pain
- Restlessness or trouble sitting still without a device

6. Increased worry or sadness

- Compares themselves to others online
- Feels "not good enough" or left out

What You Can Do Today

1. Set screen-free times

Make certain times and places off-limits for screens — for example, during meals or one hour before bed.

2. Talk about feelings

Ask how your teen feels after using their phone or social media: relaxed, stressed, left out, happy?

🌳 3. Encourage movement & balance

Help your teen replace some screen time with outdoor play, walks, art, or music.

__ 4. Protect sleep

Keep devices out of bedrooms overnight. Use alarm clocks instead of phones.



Show that you can unplug, too. Put your phone away during meals or family time.

■ 6. Create a Family Media Plan

Work together to decide when, where, and how screens can be used. Consistency helps teens feel secure.

Athletics:

Boys and Girls Volleyball:

Interested in playing Volleyball? See Coach Collins (Girls) and Coach Guthrie (Boys)

Montbello Middle School

Season begins Jan 2026! Must have Physical on file and Payment is \$26 for the season. Open Gym will begin in December.

MMS 11/10/25



(week of 11/10/25)

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From our Counseling Department:

College and Career Fair for 8th graders Nov. 12th at Empower Stadium 11:45-3:00 pm.

Robert F. Smith STEAM Academy Open House Nov. 13, & 20th 5-7 pm

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Wednesday 11/12/25:

This Wednesday, **November 12th** will not be an Early Release Day. Students will be dismissed at **3:50 pm**.

Collaborative School Committee (CSC):

You can find the presentation from the most recent CSC (Collaborative School Committee) meeting here.

Food For Families:

Families, please stop by the main office to pick up a bag or two of free food, while supplies last.

Athletics:

This week, we will have <u>**2 Games**</u> for the <u>**Boys**</u> and <u>**1 Game**</u> for the <u>**Girls Flag Football**</u> Teams. Mon and Tues for the Boys and Tues for the Girls.

Mon, 11/10 at Bruce Randolph (Boys at 5:15) *Note: this is a date, time and location change

Tues, 11/11 at George Washington High School (Girls at 4:00) and (Boys at 5:00). Girls will be playing against Place Bridge and Boys will play against DG Southeast.

ALL Games are **AWAY GAMES**

Bruce Randolph Address: 3955 Steele St, Denver, CO 80205

George Washington Address: 655 S Monaco St Pkwy, Denver, CO 80224

Come out and support if you can!

If you have not made your **payments**, or turned in your **physicals**- make sure you do so ASAP! Also, we will be reaching out regarding **Eligibility**. Student Athletes must have good **Behavior**, **Attendance** and **Grades** in order to play. Check in with your Student Athlete to see how they are doing.



Interested in playing Volleyball? See Coach Collins (Girls) and Coach Guthrie (Boys)

Registration opens up on November 3rd. Sign up before Thanksgiving Break!

Montbello Middle School

Season begins Jan 2026! Must have Physical on file and Payment is \$26 for the season. Open Gym will begin in December.

MMS 10/27/25



(week of 10/27/25)

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From our Counseling Department:

Last week's attendance rates:

6th 90.04%

7th 87.49%

8th 88.32%

Overall 87.62%

Congratulations to the 6th grade for having the highest attendance. Let's continue to work to make sure we hit **90% each week!**



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Wednesday 10/29/25 and Friday 10/31/25:

This Wednesday, **October 29th** will not be an Early Release Day. Students will be dismissed at 3:50pm.

Additionally, this Friday, **October 31st** will be a non student day as we will have a District Wide Professional Development Day.

School Culture:

This week is Spirit week at Montbello Middle. Please see the themes for each day below: **Spirit Week!**

10/27-Monday-Crazy Hair or Hat Day (Do your hair or don't)

10/28-Tuesday-Pajama Day (Be Cozy and just roll out of Bed.. PJs MUST BE APPROPRIATE) **10/29-Wednesday-Twin Day** (Pair and Share)

10/30-Thursday-Halloween (Wear your Costumes (nothing that represents anything not school appropriate. Remember that we must be able to identify students so no masks that cover students' faces)

Food For Families:

Families, please stop by the main office to pick up a bag or two of free food, while supplies last.



School Uniforms:

We are restocked in uniforms, \$5 shirts and \$10 sweatshirts! We accept cash and checks. Please see Ms. Virginia in the front office.

Trunk or Treat:

Thanks to all who participated in this year Trunk or Treat. It was another successful community event!

Athletics:

We will have **2 Games** this week and will have **DHs (Double Headers).** Both games are **Home Games**.

Tues, 10/28 vs Manual. Boys at 3:45 and Girls at 4:45

Thurs, 10/30 vs DG Northfield. Boys at 3:45 and Girls at 4:45

Come out and support if you can!

If you have not made your payments, or turned in your physicals- make sure you do so ASAP!

MMS 10/20/25



(week of 10/20/25)

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Collaborative School Committee

We'll be having our Collaborative School Committee (CSC) Meeting on Monday **October 20th at 6pm.** The virtual link can be found here.



From our Counseling Department:

Week of 10/13-10/17 Attendance Rate

6th grade 89.94% 7th grade 89.11% 8th grade 90.08% Overall 89.74%

Congratulations to the 8th graders for the highest attendance rate for the 2nd week in a row!

• 8th Grade College and Career Fair coming up on **November 12th** at Empower Field. All 8th graders are **required** to attend. More information to come!

Right Turn Only:

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Wednesday 10/22/25:

This Wednesday, **October 22nd** will be an Early Release Day. Students will be released at **1:30 pm**.

School Culture:

Please continue to remind your students about Montbello's **Cell Phone Policy**. The purpose of the policy is to ensure that we create a learning environment with limited distractions so we can focus on academics. Additionally, please stress to your students **the importance of arriving to each class on time**. You can refer to the <u>Student Handbook</u> regarding these and other policies.



Food For Families:

Families, please stop by the main office to pick up a bag or two of free food, while supplies last.

Trunk or Treat:

Hello MMS Families! Our Trunk or Treat is Oct. 24th, 4:30–6:30pm! Help make it a spook-tacular night — host a trunk or donate candy Sign up here: https://forms.gle/ZXcWPPe8LLPwPztt8

School Uniforms:

We are restocked in uniforms, \$5 shirts and \$10 sweatshirts! We accept cash and checks. Please see Ms. Virginia in the front office.

Far Northeast Community Hub:



Denver Health Mobile Health Clinic



Call to schedule an appointment at: (720)424-2961

Centro de Salud Móvil de Denver Health

Llama para agendar una cita al : (720) 424-2961

#fnecommunityhub

MMS 10/13/25



(week of 10/13/25)

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Interims Continue this week:

Interim Assessments: Thank you all for working with us to make sure your students arrived on time for our Math Interim. This week we'll continue with our Interim Assessments with Language Arts on Tuesday, October 14th and Science and Social Studies on Wednesday, October 15th. Please continue to work to have your students arrive on time as we'll begin testing in the morning on both days.

Also please continue to give your students the encouragement to do their best during this interim season!



From our Counseling Department:

Selected students will attend the CSU Spur Vet Tech CareerSpark Field Trip October 17th.

Attendance rate for week of 10/6/25

6th grade 89.82%

7th grade 89.55%

8th grade 91.15%

Overall 90.24%

Shout out to our 8th graders for having the best attendance last week!

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Wednesday 10/15/25:

This Wednesday, **October 15th** will not be an Early Release Day. Students will be released at **3:50 pm**.

Collaborative School Committee (CSC)

We'll be having our Collaborative School Committee (CSC) Meeting on Monday **October 20th at 6pm.** A virtual link will be sent in next week's Newsletter.

School Culture:

Please continue to remind your students about Montbello's **Cell Phone Policy**. The purpose of the policy is to ensure that we create a learning environment with limited distractions so we can



focus on academics. Additionally, please stress to your students **the importance of arriving to each class on time**. You can refer to the <u>Student Handbook</u> regarding these and other policies.

Food For Families:

Families, please stop by the main office to pick up a bag or two of free food, while supplies last.

Coming Soon, Trunk or Treat:

https://forms.gle/ZXcWPPe8LLPwPztt8

We are asking for bags of candy donations for our October Trunk or Treat event. Donations are greatly appreciated! Please drop off at the front office to Ms. Liz.

Middle School Sports:

Boys & Girls Flag Football for our Late Fall season will be starting soon. The season is from 10/20/25-12/5/25

Stay tuned for Tryout Date(s), Practice Dates and Times. Coach Perry (Girls Flag Football Coach) and Coach Cory (Boys Flag Football Coach) will be reaching out for more info to families next week.

If your student makes the team, we need to have a current **Physical** on file and there is a **Pay to Play fee** of **\$26**. A quick reminder that the Pay to Play fees went up \$1 this year, so the registration fees are \$26. The DPS Foundation has acquired the My Spark Denver program. Information is on the link for families to see if they qualify and can apply.

MMS 10/6/25



(week of 10/6/25)

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Important Updates for this week (Conferences and Interims):

Family/Teacher Conferences: Fall Family Teacher Conferences will take place this Wednesday and Thursday, October 8th and 9th from 4pm to 8pm. We look forward to seeing you all on either evening. Additionally, because we will host conferences this week, there will be no school for students on Monday October 13th.



Interim Assessments: This week we'll begin our Interim Assessments. The Interim Assessments are used by our core teachers (English Language Arts, Math, Science, and Social Studies) to see how students are currently performing on the standards that are being taught. We then look at the results of those tests to adjust instruction and better prepare our students for those classes the rest of the school year as well as the CMAS test in the spring.

Our Interim Assessment will start this **Thursday with Math**.

Students will test in the morning so please make sure your student is on time.

Our next interim will be English Language Arts, scheduled for October 14th, followed by Social Studies for 7th graders and Science for 8th graders, both tests will take place on Wednesday October 15th.

We're asking that you give your students the encouragement to do their best during this interim season!

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Wednesday 10/8/25:

This Wednesday, October 8th, will be an Early Release Wednesday. Students will be dismissed at 1:30 pm. Please be sure to review the bus schedule with your student if they take the yellow bus on Wednesdays.



School Culture:

Please continue to remind your students about Montbello's **Cell Phone Policy**. The purpose of the policy is to ensure that we create a learning environment with limited distractions so we can focus on academics. Please refer to the <u>Student Handbook</u> regarding this and other policies.

Mental Health Updates/Reminders:

Dear Families,

Regular attendance is essential for your child's overall wellbeing and academic success. Even one day away from school can impact learning, and frequent absences may lead to feelings of inadequacy, making it harder for students to want to attend.

We understand that sometimes students feel unwell. It's important to differentiate between actual sickness and somatic symptoms related to school anxiety. If your child is frequently feeling ill, please reach out to your medical provider for further evaluation and support.

Together, we can help ensure every student feels ready and confident to come to school each day.

Thank you for your partnership!

Food For Families:

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Coming Soon, Trunk or Treat:

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Stay tuned for Tryout Date(s), Practice Dates and Times. Coach Perry (Girls Flag Football Coach) and Coach Cory (Boys Flag Football Coach) will be reaching out for more info to families next week.

If your student makes the team, we need to have a current **Physical** on file and there is a **Pay to Play fee** of **\$26**. A quick reminder that the Pay to Play fees went up \$1 this year, so the registration fees are \$26. The DPS Foundation has acquired the My Spark Denver program. Information is on the link for families to see if they qualify and can apply.

MMS 9/29/25



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Wednesday 10/1/25:

This Wednesday, October 1st **will not** be an Early Release Day. Students will be released at **3:50 pm**



School Culture:

We are now starting to launch our PBIS Events, however we need your help. We are noticing an increase in the number of students violating Montbello's **Cell Phone Policy**. The purpose of the policy is to ensure that we create a learning environment with limited distractions so we can focus on academics. Please refer to the <u>Student Handbook</u> regarding this and other policies.

Counseling Updates:

Design Like a Girl introduces adolescent girls to architecture and allied professions within the design and construction industry. Three (3) full–day workshops, 10:00 a.m.–3:00 p.m. on Fridays during the 2025-2026 school year, will pair middle school girls with Architects, Engineers, and Landscape Architects to learn first-hand about these dynamic careers from professional women and design students. Program participants will engage in design activities, including sketching, model building, and presentations, and may include office and construction site visits

Open to 6th, 7th, and 8th grade female students. Please see Ms. Tammy for more information.

Food For Families:

Families, please stop by the main office to pick up a bag or two of free food, while supplies last.

Seeking Donations:

We are asking for bags of candy donations for our October Trunk or Treat event. We are also in need of sweatpants, and jeans in student sizes to support those out of dress code or with accidents. Any donations are greatly appreciated! Please drop items off at the front office.



Middle School Sports:

The student registration for <u>Boys & Girls Flag Football</u> for our <u>Late Fall season</u> is now open. The deadline to register is set for <u>October 3.</u>

A quick reminder that the Pay to Play fees went up \$1 this year, so the registration fees are **\$26**. The DPS Foundation has acquired the My Spark Denver program. Information is on the link for families to see if they qualify and can apply.

School Registration Links for Late Fall:

Montbello Middle School

From the Health Office:

It is that time of year when we are starting to see a lot of students coming into the clinic with colds, flu, sore throat, fever, etc. If your child is sick, **please keep them home**. If you need to get them in to see a medical provider, please consider signing them up for our School Based Health Clinic where they can get caught up on missing mandatory vaccines or get sports physicals if they would like to participate in any athletic events. If you have students that have asthma, ADHD, etc., or any medical condition that they need to take medication while at school (inhalers, prescription medication, or over-the-counter medications), you must have your medical provider fill out a medical order for the current school year. If your child is self-carrying medication, you must obtain a self-carry contract from the school nurse

MMS 9/22/25



(week of 9/22/25)

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Important Dates this Week:

September 22nd is a Teacher Professional Development Day (no students)

September 24th is an early release Wednesday (Students dismissed at 1:30pm). Please remember that on Early Release Wednesday's, the afternoon bus routes are not the same as our regular release days. Please be sure to review the bus schedule with your student if they take the yellow bus on Wednesdays.



School Culture:

We are now starting to launch our PBIS Events, however we need your help. We are noticing an increase in the number of students violating Montbello's **Cell Phone Policy**. The purpose of the policy is to ensure that we create a learning environment with limited distractions so we can focus on academics. Please refer to the <u>Student Handbook</u> regarding this and other policies.

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