



Dear Parents,

It's so good to be back at BMS kicking off another school year.

For those of you who don't know us, MET@BMS is a group of parents dedicated to building community at BMS. We help support school events, and also do a little planning of our own.

Every two weeks, you'll get an email from us with news about upcoming opportunities to be more involved in the school community. From helping out in the library to touring an art exhibition or going for a run with other athletic moms and dads, there are so many great ways to get involved!

We'll be at the **Welcome Coffee** tomorrow if you'd like to chat about anything at all. In the meantime, see some news items below, as well as our **Parents & Families Activities Program** for the fall semester.

Community News from BMS

Welcome Coffee - This Wednesday!

The BMS Primary, Secondary, and ELC leadership team are hosting a welcome coffee on the school yard tomorrow (*Wednesday, Aug 28*), right after drop-off. Come meet your principals and mingle with other parents. RSVP here: <https://www.smores.com/p6su2>

International Day

On Thursday, September 26, from 3-6pm the BMS courtyard will transform into a multicultural smorgasbord of food and fun. Set up starts at 2pm. To organize or join a country booth, lead a workshop, or participate in any way, please email metropolitanparents@gmail.com

Primary & Secondary Library Volunteers

Do you have 20-30 minutes (or more) to help shelve books in the Primary Library? If so, contact Ms. Douglas at rana.douglas@metropolitanschool.com. Prefer to work in the Secondary Library? Mr. Compeyron needs help at the desk and with shelving every day from 1-2:10pm. Email him here if you can help cyril.compeyron@metropolitanschool.com

BMS Staff Stories: "Two Truths and a Lie" with Helge Gottschlag

In each newsletter, we will highlight a different BMS staff member in a game of "Two Truths and a Lie." Our first contestant is the one and only **Helge Gottschlag**. See the attachment to get to know him a little better. And if you would like to nominate someone for a future feature, please let us know at metropolitanparents@gmail.com



Parent & Family Activity Program: Fall 2019

Join parents and families from BMS on excursions around Berlin. This parent-led initiative strengthens our community by bringing us together around common interests. Please note that this program of activities is not officially affiliated with Berlin Metropolitan School. Parents must accompany and be responsible for their children at all times. All fees are the responsibility of participants and must be paid in advance to reserve your spot. Please understand that once paid, fees are non-refundable since ticket prices for tours are based on the number of participants. It is also important to RSVP for all events so that we can communicate any changes or cancellations with you. Thanks for your understanding.

Activities for the whole family →

Back-to-School & Welcome-New-Families Picnic

Let's meet up for lunch at Thai Park to meet new friends and catch up with old ones. Bring water and a picnic blanket, a variety of delicious Thai food is available for purchase at the park. If you would like, bring a dessert to share.

When: Sunday, September 1, 11:30am

Where: Thai Park (Preußenpark), Brandenburgische Str., 10707 Berlin

RSVP: metropolitanparents@gmail.com

Family Exhibition Tour: Daily Life in the GDR

What was life like in East Germany? Explore the exhibits at the Museum in Der Kulturbrauerei with your children and learn about life in the GDR. An English-speaking tour guide will show us around and share the history of what it was like to grow up in the former communist country. From GDR-era sports clothes to everyday household items, your kids will get a kick out of seeing the things their moms or dads may have even grown up with themselves. Best for ages 8+ but all children are welcome to join the 1-hour tour.

When: Sunday, November 3, 1:30pm

Where: Museum in der Kulturbrauerei, Knaackstrasse 97

Tickets: Free; €5 suggested donation to MET@BMS

More Info: www.hdg.de

RSVP: metropolitanparents@gmail.com by Oct 23.

Activities just for parents →

Fitness Class: Get CORE-GEOUS With Juliana Ogang

BMS Mom Juliana Ogang has developed a unique physical fitness program called CORE-GEOUS that sculpts and reshapes your entire physique from the inside out using your own body weight to strengthen the core muscles of the abdomen, pelvis, and back. Join this introductory class just for BMS parents and work towards a healthier and stronger physique. After the class, we'll enjoy a healthy lunch in the neighborhood.

When: Thursday, September 12, 10-11:30am

Where: K77 Studio, Kastanienallee 77, 2nd Hinterhaus, 3rd Floor

Price: €10; (60% off the regular trial price of €25) Payment must be made in advance by bank transfer.

More Info: www.core-geous.com

RSVP: metropolitanparents@gmail.com by Sept 5 to reserve your spot and get bank transfer info.

Parents' Night Out

Kiss the kids goodnight and head out for a fun evening with other BMS parents. We'll kick the night off at Torbar with a tasty cocktail and good conversation. Wear your dancing shoes because there's a good chance we'll be hitting up a nearby dance floor later in the night.

When: Friday, September 13, starting at 9pm

Where: Torbar, Torstr. 183

RSVP: metropolitanparents@gmail.com so we know how many to expect.

Berlin Wall Walking Tour

Commemorate the 30th anniversary of the fall of the Berlin Wall with a walking tour led by local storyteller and historian John Matthijssen. During the 2.5 hour tour our knowledgeable guide will share stories about the people who lived in the area around Bernauer Strasse in the years before, during, and after the Wall. Learn more about why Berlin was divided after WWII, why the Wall went up in 1961, what led to its fall in 1989, and how this history continues to impact us today.

When: Mid-September, exact date TBD

Where: Near Gedenkstätte Berliner Mauer, Bernauer Str. Exact meeting point TBD

Tickets: €15

Exhibition Tour: Garden of Earthly Delights - Martin Gropius Bau

A painting from the school of Hieronymus Bosch provides a reference point for this exhibition, which uses the space of the garden to create a metaphor for the state of the world. Join other BMS parents on this private guided tour to see works by 20 international artists, that include immersive installations and video pieces by Pipilotti Rist and Yayoi Kusama. Afterwards, enjoy lunch together at Beba, the museum's new restaurant.

When: Friday, November 8, 11am

Where: Gropius Bau, Niederkirchnerstraße 7

Tickets: €17 (entrance & tour)

More Info: berlinerfestspiele.de

RSVP: metropolitanparents@gmail.com by Oct 24

BMS Parent Clubs

Running Club

The BMS Running Club runs between 7 and 8 km every Friday morning. Our typical route is through the Tiergarten and along the Spree. Everyone is welcome, regardless of speed. We are running for fun!

When: Fridays at 8:30am, meeting point: BMS reception (please confirm in advance)

Distance: 5 to 7 km

Contact: Julie Schoen: julie@trackthetown.com

Freelancer Coffee Club

BMS parents Celeste Gottfried & Sophie Chalumeau host a monthly morning coffee meet-up for freelancers, independent entrepreneurs, artists, and creatives. Let's get together to support and motivate each other!

When: *Next Meeting:* Thursday, September 12, 8:35am

Location: Berlin_Theke, Oranienburger Str. 51

Contact: Celeste Sunderland Gottfried: celestegottfried@gmail.com

Book Club

Meet fellow book-lovers from the BMS community. The first book will be *The Brief Wondrous Life of Oscar Wao* by Junot Diaz, winner of the Pulitzer Prize for Fiction. Interested parents should email Sunny Lin for more information about meeting place and time.

Contact: Sunny Lin: sunnyklin@gmail.com

If you would like to get involved in any of our current or future initiatives, start a new club, or organize a community activity or event, feel free to contact us anytime at metropolitanparents@gmail.com.

And here is a link to the BMS Parents Facebook Group. This is a closed, private group where anyone in the BMS parent community can share helpful information about school and life in Berlin. [BMS Parents](#).

Wishing you and your families a wonderful start to the new school year!

Sincerely yours,

The **MET@BMS** Core Planning Team

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