



Lincoln Primary

Bulletin
September 7, 2023



Calendar of Events

- September 12-** Picture Day
- September 25-29th** – Homecoming dress up schedule TBD
- September 27-** Early Release Day
Staff training
- October 5th** - After school vaccine clinic
Parents need to bring their child to the after school clinic. No vaccines will be given during the school day.
- October 18th** – Early Dismissal at 12:00
- October 19 and 20**– No School
- November 3rd** – End of 1st Quarter
- November 9th** – Parent Teacher Conferences – Schedule TBD
- November 10th** – No School

Principal Corner

SEESAW: Thank you all for joining SEESAW and for checking this app throughout the day. SeeSaw is a great way to encourage your child by leaving comments and “likes”. You’ll also be able to see all the different things your child is learning. My hope is that you continue to be involved in your child’s learning and encourage your child’s love of learning. Remember, you are your child’s first teacher and with your continued involvement and support we will ensure that all our students are successful.

Safety Procedures: Thank you for continuing to abide by the safety procedures for drop off and pick up. These procedures are in place to ensure that all students are safe. Thank You!

Interruptions to the School Day

Please try to keep the interruptions to the instructional day to a minimum. If you do have to pick up your child, please notify the classroom teacher beforehand so they can have your student ready and waiting at the office for your arrival.

Social Emotional Learning: Social Emotional Learning is a HUGE part of the curriculum here at Lincoln Primary School. Each week the teacher’s spend time teaching students the skills necessary to identify emotions, and how to self-regulate. We do this by using a program called Conscious Discipline. Attached is a flier with more information.

Handle with Care

If your family is experiencing difficulties at home, I would like to provide additional support at school. I understand that you are not always able to share details and that’s okay. If your child is coming to school after a difficult night, morning or weekend, send me a Seesaw message. Nothing else will be said or asked. This will let me know that your child may need extra time, patience or help during the day.



-Mrs. Bjerke
Principal

Conscious Discipline Letter from Dr. Becky Bailey

Dear Family,

Your child will soon be joining a new family- their School Family. School Family is a term I use to describe the classroom environment in my program Conscious Discipline. The school family does not and cannot replace the home family, but it can, in partnership with you, help create the best possible learning environment for your child.

Each child enters school with three important questions:

***Am I safe? *Am I loved? *What can I learn?**

Conscious Discipline, a comprehensive classroom management and social emotional program, creates learning environments where children know, "Yes, I am safe," and "Yes, I am loved." From this foundation of safety and caring, children will begin learning how to solve conflicts, manage their emotions and take responsibility for their actions.

Imagine your child instead of throwing a fit because the world did not go his or her way, taking a deep breath and saying, "I can handle this." Imagine your child, when pushed by others being able to say, "I don't like it when you push me, please walk around," instead of pushing back. These life skills are the focus of Conscious Discipline where conflict becomes an opportunity to teach social and emotional skills instead of a power struggle that ends in punishment.

Each morning, your child will transform from being a son or daughter to being a student or classmate. The adults in the school will transition to being teachers and administrators. You will transition from being a parent to a worker or homemaker. These transitions are big shifts for everyone. To help with this transition, your child will start the day with Conscious Discipline strategies that support kindness, helpfulness, calmness, self-regulation, problem-solving and social-emotional learning.

The teachers will support the children through the following four activities to help prepare them for optimal learning.

- **Uniting** activities are designed for everyone to do together to help develop a sense of belonging and community. At ECDC these occur during large group and small group activities.
- **Disengaging stress** activities teach children how to calm themselves when they are upset including using calming strategies.

- **Connecting** activities provide opportunities for children to interact with each other, which builds healthy friendships, increases attention span, and fosters cooperation.
- **Commitments**, to keep ourselves and our classrooms and school kind, helpful, safe and to take responsibility for our actions.

Don't be surprised when, in the coming weeks, you hear your child say, "Be a S.T.A.R." if you are upset. S.T.A.R. means **S**mile, **T**ake a deep breath, **A**nd **R**elax. You may also find your child wishing people well when they are sick or going through tough times. S.T.A.R. and wishing well are foundational components for the kindness, helpfulness, and ability to manage upsets that are the heart of Conscious Discipline.

I encourage you, as a parent, to learn more about Conscious Discipline. In our most stressed moments, we often find ourselves looking for helpful strategies for our children, our families and ourselves. Conscious Discipline is a beneficial approach that is helpful to teachers, parents and children. I hope you have the opportunity to explore Conscious Discipline further, and I am both excited and honored to welcome you as part of our School Family.

From my heart to your heart, I wish you well,

Becky Bailey, Ph.D. & ECDC teachers/program staff

Resources:

<https://consciousdiscipline.com/about/parents/>

Book: *"Easy to Love, Difficult to Discipline: 7 Basic Skills to Turn Conflict into to Cooperation"* by Becky Bailey, Ph.D.

Lincoln Staff Pictures

*Missing a lot of faces



BREAKFAST September 2023

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|---|--|---|--|---|-----|
| | | | | | 1 Mini Wheats WW Toast Mixed Fruit Milk | 2 |
| 3 | 4 NO SCHOOL | 5 Honey Nut Cheerios String Cheese Pears Milk | 6 Scrambled Eggs WW Toast Juice Milk | 7 French Toast Syrup/Sausage Juice Milk | 8 Apple Breakfast Bar Juice Peaches Milk | 9 |
| 10 | 11 English Muffin Jelly GoGurt Juice Milk | 12 Mini Wheats Pop Tart Pineapple Milk | 13 Muffin String Cheese Applesauce Milk | 14 Scrambled Eggs & Diced Ham WW Toast, Orange Wedges Milk | 15 Kix WW Toast Juice Milk | 16 |
| 17 | 18 Sausage , Egg & Cheese Muffin Craisins Milk | 19 Trix Cereal Bar Pineapple Juice Milk | 20 Biscuit & Gravy Pears Juice Milk | 21 Sliced Apples Boiled egg Grahams Milk | 22 Apple Cinnamon Cheerios , WW Toast Juice Milk | 23 |
| 24 | 25 Bagel, Rice Krispies Mandarine Oranges Milk | 26 Pancakes/Syrup Ham Juice Milk | 27 Mini Wheats WW Toast Mixed Fruit Milk | 28 Cheese Omelet WW Toast Peaches Milk | 29 Honey Nut Cheerios , Granola Bar Banana Milk | 30 |

LUNCH September 2023

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|---|--|--|--|---|---|
| | | | | | 1 Hamburger Gravy Mashed Potatoes Bread & Butter , Green Beans , Orange Wedges , Milk | 2 |
| 3 | 4 NO SCHOOL | 5 Hamburger Lettuce , Tomato , Pickle , Corn Pears Milk | 6 Hot Dog Baked Beans Fresh Broccoli/Ranch Cup,Strawberries & Banana,Milk | 7 Pasty & Gravy Green Beans Fresh Apple Milk | 8 Macaroni & Cheese Meatballs,Baby Carrots Peaches Milk | 9 |
| 10 | 11 Hot Ham & Cheese Potato Wedges Fresh Broccoli Grapes,Milk | 12 Chicken Fried Rice Egg Roll,Sweet & Sour Sauce,Romaine Salad Banana,Milk | 13 Taco Lettuce,Tomato,Cheese Sour Cream,Black Bea Corn Salsa,Pears Milk | 14 Spaghetti Baby Carrots & Ranch Applesauce Milk | 15 Popcorn Chicken Bowl,Mashed Potato,Gravy,Corn Shredded Cheese Popcorn Chicken,Orange Wedges,Milk | 16 |
| 17 | 18 Nachos,Beef Refried Beans,Romaine Salad Mexican Corn, Sliced Apples,Milk | 19 Chef Salad Turkey,Ham,Cheese Tomato,Cucumber Boiled Egg Carrots,CROUTONS Strawberries & Milk | 20Chicken Nuggets,BBQ Sauce,Buttered Noodles,Sliced Oranges,Green Beans,Milk | 21 Scalloped Potatoes and ham,Peas Peaches Milk | 22 Country Style Beef Patty,Mashed Potatp & Gravy,Steamed Broccoli,Banana Milk | 23 |
| 24 | 25 French Dip Spinach Salad Apple Milk | 26 Chicken Sandwich Lettuce,Tomato,Pickle French Fries,Pears Milk | 27 Sub Sandwhich Ham,Salami,Pepperoni Mozzarella Cheese Spinach,Cucumber Orange,Milk | 28 Grilled Cheese Tomato Soup,Crackers Fresh Broccoli,Ranch Cup,Peaches Milk | 29 Sloppy Joe Baked Beans Chips Grapes Milk | 30 Staff Training Students Dismissed at 12:30 |

Enroll your child for free monthly books!



Inspire your child's love of reading with Dolly Parton's Imagination Library



FREE BOOKS FOR KIDS!

If you have a child from 0-5 years old,
register them today for free
monthly books.

How It Works:

- Enroll your child online at ImaginationLibrary.com (Click on "Check Availability" button)
- In 6-8 weeks, your child will receive their first book in the mail, 'The Little Engine That Could'.
- Books arrive in the mail monthly until your child's 5th birthday.

Easy to Enroll!



Scan this code to enroll your child in
Dolly Parton's Imagination Library.
It's easy!



Funded by Treasure State Foundation, First Lady Susan Gianforte's Literacy Initiative

TreasureStateFoundation.org

Lifetouch.

PICTURE DAY IS COMING!

Tuesday, September 12, 2023

Lincoln Elementary - Anaconda

Pre-order today
on mylifetouch.com
with your Student ID
or Picture Day ID:

EVTC22NVJ



Scan to order!



Shutterfly

A SPECIAL OFFER

Order pictures on
mylifetouch.com

Enjoy a **FREE 8x11 photo book** from Shutterfly*



*Offer expires April 30, 2024. Taxes, shipping and handling may apply.
Other restrictions apply. Learn more at lifetouch.com/K12GWP

¡YA LLEGA EL DÍA DE LA FOTO!

Tuesday, September 12, 2023
\ martes, 12 de septiembre, 2023

Lincoln Elementary - Anaconda

Encarga de manera anticipada
hoy en mylifetouch.com
con tu ID de estudiante o
la ID del Día de la Foto:

EVTC22NVJ



¡Echa un vistazo
para encargar!



Shutterfly

UNA OFERTA
ESPECIAL

Encarga fotos en
mylifetouch.com

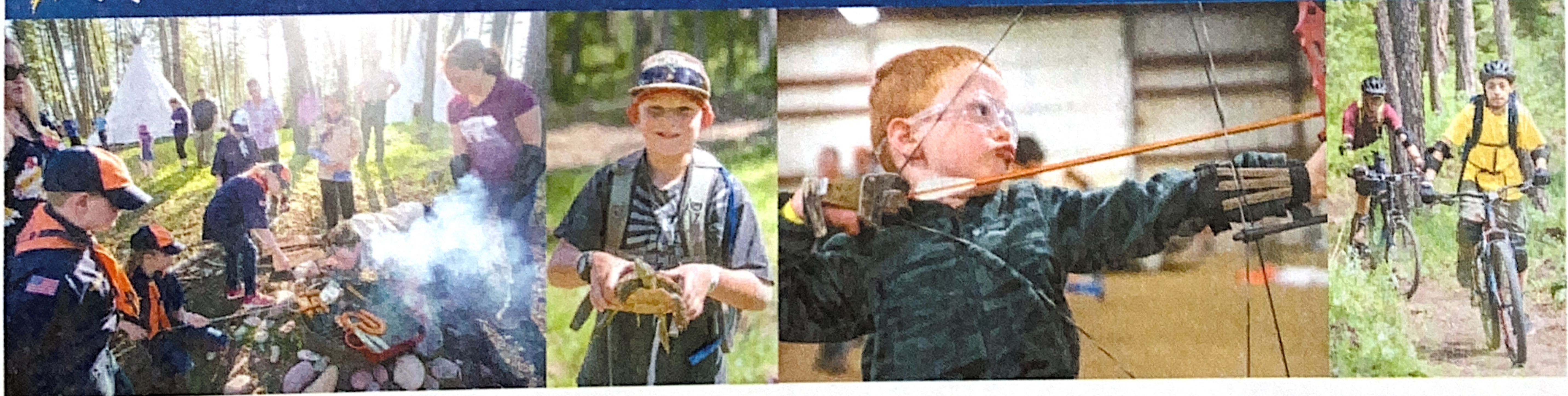
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JOIN SCOUTING

#ADVENTUREON BEASCOUT.ORG



Cub Scouts is so fun! Sign up for a year of activities on Sept 11th from 6 – 7pm at the Montana Hotel! (200 Main Street, Anaconda)

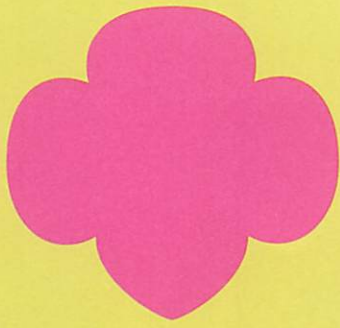
Cub Scouting is for boys & girls in kindergarten through fifth grade.

*Can't make it but still want to join? Scan the QR code to get started!
Have some questions? Contact Cubmaster Kerry Ketchum at burkhart.ketchum@gmail.com*

Cub Scouting teaches kids how to work in teams, how to try new things, how to handle difficult situations, and how to be cheerful, obedient, and kind.



Enter the code WTNW to save \$25 on your registration!



Your Year of

Wonder

Girls and their caregivers are invited!

When: 9/7/2023 at 6:00PM - 7:00PM

What: Troop Formation Night

Where: 816 W. Pennsylvania St. Anaconda, MT

Location: Washoe Park (Near Cabin)

*Can't make it or have questions? Reach out to us
at 406-252-0488 or joyt@gsmw.org*

Be a Girl Scout

girl scouts 
of montana
and wyoming

FREE!

Wear It for Berrett kid's day!

Benny Goodman Park

Anaconda, MT

September 9, 2023

Noon - 3 p.m.



Free BBQ



Free T-Shirts



Win a skateboard or scooter!



HELMETS!!!

