



# Lincoln Primary

## Bulletin

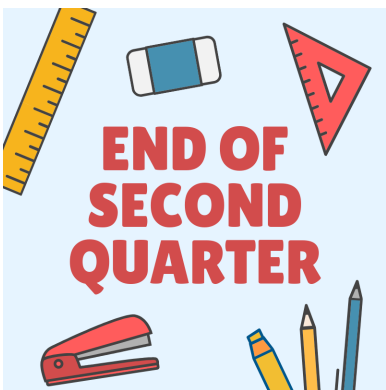
January 17, 2024

### Calendar of Events

- January 19 - End of 2nd quarter
- February 1- Virtual Family Night to introduce I Love to Read month (Zoom) at 6:00pm
- February 5-9 Book Fair in Library
- Wednesday, February 7 - Early Early out 11:40/11:45**
- February 8- Family Night from 5:30-6:30pm
- February 19th (Monday) - Walking field trip to Reading at Hearst Free Library (More info to come)
- Thursday, February 22- Friday Release Time
- February 23 - No School
- February 29th - Sealant for Smiles

February is I Love To Read Month. This year our theme will be: “Paw”sitively Wild About Reading

There will be daily and weekly activities to help encourage your child to read. Please look for more information in our next newsletter!



Report Cards and mid-year data, will be mailed home the week of 1/29.

### Social Emotional Learning In the Home

Social Emotional Learning or SEL is the process of teaching students to manage their emotions, deal with the unexpected, and think about how their decisions will impact the lives of themselves and others. At Lincoln, the teacher’s teach lessons tied to SEL at least once a week. We practice the skills of self-awareness, self-management, relationship building, and making decisions.

Here are some TIPS families can follow to help build their child’s SEL skills:

**Take care of yourself:** Young children are sensitive to the stress of their caregivers. So, it’s important that you take care of yourself as your child will be able to tell when you are struggling with recent stresses.

**Establish routines and intentionality:** Routines help provide a sense of safety and security. When students experience the same thing over and over it helps create a safe environment.

**Practice Active Listening:** Do not assume that you know exactly what your child is feeling. Ask questions, listen actively, model eye contact, and then explain what you can in response to their questions.

**Help Your Child Express and Name Emotions:** This helps students understand and express their emotions.



# What is Social Emotional Learning?

Social emotional learning (SEL) is the process of developing students' self-awareness, self-management, relationship skills, and responsible decision making.

## 8 KEYS TO SUCCESS

### **Integrity**

I do the right thing even when  
no one is looking  
I treat others how I want to be  
treated

### **Speak With Good Purpose**

I think before I speak  
T - True  
H - Helpful  
I - Inspiring  
N - Necessary  
K - Kind

### **Commitment**

I set a goal for myself  
I never give up  
If I say I am going to do it ~  
I do it

### **Flexibility**

I am willing to do things  
differently  
I am willing to do different  
things  
I get with I get and I can  
handle it!

### **Failure Leads to Success**

When do we give up? Never Ever  
Ever Ever  
It is ok to make mistakes  
If I am not making mistakes I am not  
learning

### **This Is It**

I have a Positive Attitude  
I Pay Attention

### **Ownership**

Take responsibility for your  
actions  
Point your thumb at yourself and  
say "I am in charge of me"  
Only you can make choices for  
you

### **Balance**

I am Healthy  
I take care of my body  
I take care of my mind

## BREAKFAST January 2024

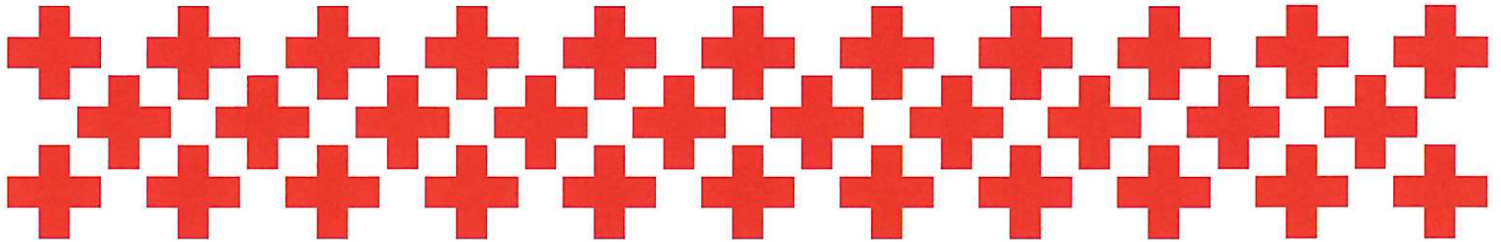
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>1</b> NO SCHOOL	<b>2</b> NO SCHOOL	<b>3</b> NO SCHOOL	<b>4</b> Scrambled Eggs with Diced Ham , WW Toast Orange Wedges Milk	<b>5</b> Kix WW Toast Juice Milk	<b>6</b>
<b>7</b>	<b>8</b> Sausage , Egg , Cheese , Muffin Craisins Milk	<b>9</b> Trix Cereal Bar Pineapple Juice Milk	<b>10</b> Biscuits & Gravy Pears Juice Milk	<b>11</b> Sliced Apples Boiled Egg Grahams Milk	<b>12</b> Apple Cinnamon Cheerios , WW Toast Juice Milk	<b>13</b>
<b>14</b>	<b>15</b> NO SCHOOL	<b>16</b> Pancakes/Syrup Ham Juice Milk	<b>17</b> Mini Wheats WW Toast Mixed Fruit Milk	<b>18</b> Cheese Omelet WW Toast Peaches Milk	<b>19</b> Honey Nut Cheerios Granola Bar Banana , Milk	<b>20</b>
<b>21</b>	<b>22</b> Pancake & Sausage Stick , Hashbrown Juice , Milk	<b>23</b> Apple Cinnamon Cheerios , Stuffed Bagel , Pineapple Milk	<b>24</b> Waffles/Syrup Sausage Apple Milk	<b>25</b> Yogurt Parfait Blueberries , Granola Boiled Egg , Juice Milk	<b>26</b> Mini Wheats WW Toast Mixed Fruit Milk	<b>27</b>
<b>28</b>	<b>29</b> Sliced Apples Boiled Egg Grahams Juice , Milk	<b>30</b> Scrambled Eggs WW Toast Pears Milk	<b>31</b> Honey Nut Cheerios String Cheese Mandarin Orange Milk			

## LUNCH January 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>1</b> NO SCHOOL	<b>2</b> NO SCHOOL	<b>3</b> NO SCHOOL	<b>4</b> Pulled Pork Sandwich Corn Mixed Fruit Milk	<b>5</b> Chicken Noodle Soup Crackers, Spinach Salad, Cinnamon Applesauce Milk	<b>6</b>
<b>7</b>	<b>8</b> Hamburger Lettuce, Tomato, Pickle Green Beans Pear, Milk	<b>9</b> Hot Dog Baked Beans Fresh Broccoli Pineapple Milk	<b>10</b> Chili/Cheese Corn Chips Celery & Cucumbers Orange Wedges, Milk	<b>11</b> BBQ Riblet Corn Applesauce Milk	<b>12</b> Macaroni & Cheese Meatballs Baby Carrots Peaches, Milk	<b>13</b>
<b>14</b>	<b>15</b> NO SCHOOL	<b>16</b> Ham & Scalloped Potatoes Fresh Broccoli Peaches, Milk	<b>17</b> Soft Shell Taco Lettuce, Tomato, Cheese Salsa, Sour Cream Corn, Salsa, Pears Milk	<b>18</b> Spaghetti Baby Carrots Ranch Cup Applesauce Milk	<b>19</b> Popcorn Chicken Bowl, Mashed Potato Gravy, Corn, Cheese Popcorn Chicken Orange, Milk	<b>20</b>
<b>21</b>	<b>22</b> Nachos/Beef Refried Beans, Romaine Salad, Sliced Apples Corn Milk	<b>23</b> Chicken Fried Rice Egg Roll, Stir Fry Veggies, Sliced Oranges, Milk	<b>24</b> Chef Salad Turkey, Cheese, Tomato Cucumber, Garbanzo Beans, Croutons Carrots, Peaches Milk	<b>25</b> Country Fried Beef Patty, Mashed Potato Gravy, Steamed Broccoli, Mandarin Oranges Milk	<b>26</b> Diced Ham & Pasta Peas Applesauce Milk	<b>27</b>
<b>28</b>	<b>29</b> French Dip Spinach Salad Apple Milk	<b>30</b> Chicken Sandwich Lettuce, Tomato, Pickle Potato Wedges Pears, Milk	<b>31</b> Italian Wrap Ham, Pepperoni, Cheese Salami, Spinach, Ranch Cucumber, Peaches Milk	<b>19<sup>th</sup> End of Quarter</b>		

# American Red Cross

*Give blood.* Help save lives.



## **Blood Drive** **Anaconda-Deer Lodge Public Health**

Health Department - 1st Floor Conference Room  
118 East 7th Street

**Tuesday, January 30, 2024**  
**10:00 a.m. to 3:30 p.m.**

Please make your appointment by using the Red Cross Blood Donor App, going to [www.redcrossblood.org](http://www.redcrossblood.org) or calling 1(800)REDCROSS (733-2767). Sponsor Code: APH



Scan to be directed to  
RapidPass®



Scan to schedule  
an appointment.



# Stellar Exploration

Virtual Program hosted by  
Girl Scouts of Montana and Wyoming

Do you want to understand the science behind astronomical movements? Are you curious about space-related myths, legends, and the luminary brilliance shone in the night sky? Then join us for this virtual Stellar Exploration!

**Who: All Girls, K-5\***

**When: Jan - March**

**Cost: \$15 Per Girl**

Girls will receive a kit in the mail with supplies to create:

- Paper Mache Planets
- Stellar Galaxy
- Moon Rocks
- Star Chart



Register now at  
[gsmw.org/scoop](https://gsmw.org/scoop)

\*A Girl Scout membership is not required to participate in this event.

# Cheer Camp Fundraiser



## Practice:

When: January 23rd from 4-5:30

Where: District Office Gym

## Performance:

When: January 27th @ halftime (game starts @ 2:30)

Where: The Snake Pit

## Cost:

\$45 for one; +\$15 for each additional cheerleader in the family

## Age:

Up to 6th grade

**All cheerleaders will receive a t-shirt!**

**Name:** \_\_\_\_\_ **Age:** \_\_\_\_\_ **Shirt Size:** \_\_\_\_\_

**Guardian Name:** \_\_\_\_\_ **Phone #:** \_\_\_\_\_

**Additional Emergency Contact:**

**Name:** \_\_\_\_\_ **Phone #:** \_\_\_\_\_

*Please make checks out to the Anaconda High School Cheer Team.*

*Contact Mary Norris with any questions at 949-212-0090.*

*Forms will be available to fill out at practice.*



## *Softball Opportunity for Anaconda Youth!!*

Mary Sandoval is hoping to put together youth softball teams to participate in tournaments this summer.

10 and under (8-10yrs), 12 and under (11-12 yrs)

14 and under (13-14 yrs).

If your child, or someone you know that may be interested, please join

Mary's group at <http://www.remind.com/join/10u14>

