



SEPTEMBER 2023 NEWSLETTER

Happy September LMS Families!

I'm not gonna lie. Summer is my favorite season. There is nothing better than lounging around on the deck on a warm summer evening. However, as a former competitive runner, I always found that the refreshing air of fall filled me with renewed energy that was often not there while I trained in the summer heat. The same can be said with the return of students to school. Their excitement, wonder, and enthusiasm renews the spirit and makes the hectic nature of the opening of school worth all the efforts. I know the faculty and staff here at LMS feel the same way. As I walk the halls, I continue to be amazed at the passion and dedication they have to their students and their craft.

There is so much going on at LMS right now that it is tough to know what to highlight. A great place to start would be by welcoming our newest faculty members, Ana Kyrz (special education) and Rachel Gabrilowicz (school psychologist), as well as our new paraeducators, Katie Gilbert, and Louann Dibella. Their footprint on our school is already apparent.

Students have just now completed the first round of their iReady testing. The benchmarks established by these tests are an important data point for our teachers to use to best differentiate instruction to meet the needs of your unique learner. Please encourage your student to do their best during this round of testing.

Coming up in the next week, teachers will begin implementation of Choose Love during our Connections period. Choose Love "provides a framework for addressing and overcoming challenges and living a meaningful, productive life". Our hope is that the pillars of this program - Courage, Forgiveness, Gratitude, and Compassion in Action, find their way outside of the walls of the school and into the community at-large.

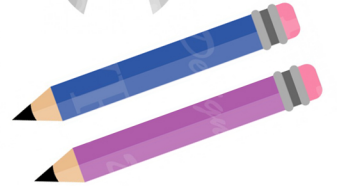
One topic that your students may have brought to dinner table discussions are the changes that have occurred with regard to our behavioral expectations. A group of faculty and staff worked closely this summer to review our disciplinary structure and provide more clarity and consistency to our students. We shared those expectations at grade level assemblies last week and were joined by our SRO, Officer Slonski. Our hope is that, by setting clear expectations, being consistent in their enforcement, and by building positive relationships with our students, that all students will feel safe, supported, and have a sense of belonging within our great community of learners.

After a delayed start, our fall sports team will be starting next week. At the same time, we will welcome families for Open House on Thursday, September 14th from 6-7:30pm. I am hoping these after school events will provide me with an opportunity to say hello to you in person. We could not have asked for a better start to the new year (cooler maybe). You have raised some great kids. I look forward to meeting you in person soon.

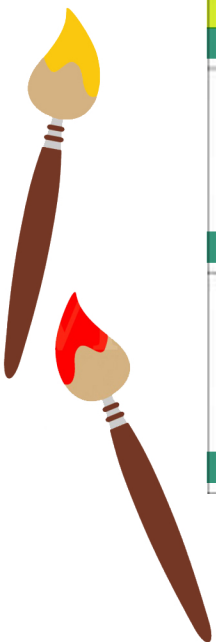
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Kind Regards,
Chad Johnson



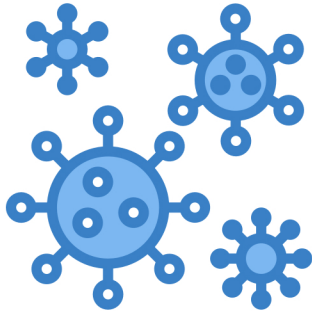
September



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 NO SCHOOL
4 NO SCHOOL Labor Day	5	6	7	8
	Day 1	Day 2	Day 1	Day 2
11	12 BOE Meeting 7:30pm	13	14 Open House 6pm	15
Day 1	Day 2	Day 1	Day 2	Day 1
18	19 PTO Meeting 7pm	20	21 LJHS Induction 6pm	22
Day 2	Day 1	Day 2	Day 1	Day 2
25	26	27	28	29 PTO Panther Den 7 to 9pm
Day 1	Day 2	Day 1	Day 2	Day 1



HEALTH ROOM UPDATES



Updated Covid Guidelines:

Regardless of vaccination status...

Close Contact:	Wear mask for 10 days Test on Day 6
Positive Covid Test:	Isolate & Mask - Days 1-5 Mask - Days 6-10

Please contact the health office if your child has been exposed to Covid or has tested positive.

Physicals: The State of CT requires that students have a physical with updated immunizations within the last twelve months prior to the start of 7th grade. The immunizations required for entrance into 7th grade are Tdap (tetanus, diphtheria, and pertussis) and meningococcal (to protect against meningitis). Please submit the necessary paperwork, as soon as possible, if you have not already done so.

Sports Physicals: Physicals are valid for 13 months. If your child's physical expires during the Fall sports season, please be sure to submit an updated copy prior to the expiration date to prevent disruption in your child's participation. Any student with an expired physical WILL NOT be allowed to participate in sports until an updated copy is received.

Please feel free to contact me with any questions or concerns.
Jennifer Rahl, RN, BSN School Nurse Lebanon Middle School
Phone: (860) 642-5630 Fax: (860) 642-3534
Email: jennifer.rahl@lebanonct.org



Absences: If your child is going to be absent, please be sure to call the attendance line at (860)642-5626 or the school nurse at (860)642-5630 and provide your child's name and reason for absence. This will assist with tracking illnesses within the school.

Attendance, Buses and Drop off/Pick up

STUDENT DROP OFF AND PICK UP

Students are not allowed in the building until 7:25am. They are considered Tardy after 7:40am.

Drop off - If you are dropping your middle school student off at school in the mornings, please stop at the flagpole, drop them off at the sidewalk and pull around the flagpole circle. The larger circle is for buses only. Please do not drive around the buses.



Pick up - When picking up your child at 2:10pm, please be sure to wait in the first lot. Vehicles should wait in line or in parking spots. Pick up kids are released before the buses.

*Be sure to drive in and out slowly. Children are crossing the lot so please be aware of them at all times!
Distractions such as cell phones should be avoided during this time.*



BUS NOTES

Please include the following:

The full name of your student, the address of the residence that your child is going to OR name of person your child is travelling with the bus number (if you know it).

E-mail bus notes are easiest (and don't get lost) jennifer.maddocks@lebanonct.org

FIRE LANES

Please take notice of the fire lanes (yellow striped lines) located in front of the building and around the center island.

No parking is allowed in any of these areas at any time. This is a fire code violation.

ATTENDANCE

Daily attendance is a key factor in student success; thus an absence from school is an educational loss to the student. Attendance rules are designed to minimize student absenteeism while providing students the opportunity to make up schoolwork missed due to legitimate absence. Please reference the Board of Ed Attendance policy (Policy 5113 & 5113-A) online at

<http://www.lebanonct.org/district/lms/lms.html>

*Remember to bring a note in upon return!

If your child is absent from school please call Jennifer Maddocks at (860)642-5626 or email jennifer.maddocks@lebanonct.org

Leaving a specific reason for the absence is helpful for the school nurse to better track illnesses in the school.

If you wish to notify the teachers of your child being absent, please remember to call or email the office directly as well!

5TH GRADE NEWS AND UPDATES

Humanities: In the first month of Humanities, fifth graders will be reflecting on all the ways people communicate information. This will prepare our students to bring out their inner writers and historians! From verbal to nonverbal communication, written to spoken word, and from actions we see to those we don't, students have been thinking about the messages they send and receive. Knowing that we all have stories to hear and stories to tell, this year we will focus on examining what we are told and we will practice authentic, meaningful, and purposeful communication, all so we can better understand one another.

So far, we started off the month thinking about the stories of people around us by examining what Labor Day is all about: the labor that makes our society possible. We then worked on the iReady Diagnostic, an assessment that will help the fifth grade team cater to the unique literacy strengths and needs of each individual student. As the month goes on, we will do some practice of spelling, punctuation, and overall editing to build up the foundation of our written expression. Additionally, we will begin our journey with our Communication Sketchbooks! This is what we call our writers' notebooks because they are a space to "sketch" out our thinking, try at new ideas without any pressure of perfection, and collect all sorts of inspiration. Lastly, we will end the month by launching our first writing unit—where we will dive head first into writing!

Reading: After starting the year with the historical fiction story "Sees Behind Trees" and the nonfiction story "Frozen Earth" through which students analyzed vocabulary, plot structure, re-reading for text evidence, and set goals for the year as readers, the students will begin the realistic fiction unit "Interpretation Book Clubs". For this unit, students will be allowed to choose from a variety of texts, including The Thing About Georgie, Rules, Wonder, Cheese, and The Clean Getaway. In three to five member book clubs, they will take on topics such as "Taking Charge of your Reading Life", "Considering Perspective and its Effects", "Learning to Think Analytically", and "Comparing Characters' Connections to a Theme".



Science: In grade 5 science, we began the year thinking about and expanding our idea of what a scientist is. We will focus this month on collaborative work through STEM challenges and other group tasks. Our goal will be to improve our teamwork skills in communication. Students were happy to meet our classroom pet, Gigi the leopard gecko!



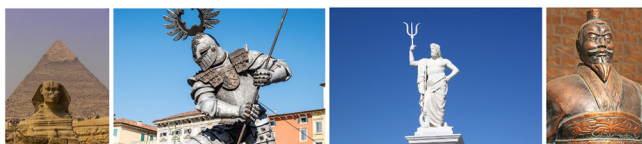
At the end of this month, we will dive into our first unit, Chemical Magic. Students will have to decide what happens to matter when it "disappears" and support their claim with evidence from many labs and hands-on tasks.

Mathematics: Students have made a wonderful transition to 5th grade math. We are getting used to the routine in our math program, i-Ready. The program promotes the idea that students can learn new concepts through guided discourse and is very inquiry based. Our first unit is on volume and students are developing a clear understanding of what volume is and the different ways to calculate it in rectangular prisms. Students are working on their beginning of the year diagnostic test. The test provides a lot of information about student strengths and weaknesses allowing me to push them in areas they have strong skills and better support them in areas of difficulty. As we continue to transition to a new school I highly encourage parents to use the 5th grade homework board with their children to develop responsible working habits that can stay with their students throughout their time at Lebanon Middle School. Additionally the use of PowerSchool can allow you to see student progress. If you have any questions about accessing the 5th grade homework page or PowerSchool please feel free to contact me adam.reynolds@lebanonct.org

5th Grade Team Emails: amy.reynolds@lebanonct.org jillian.yaun@lebanonct.org
adam.reynolds@lebanonct.org christopher.mclean@lebanonct.org
ruma.gupta@lebanonct.org

6TH GRADE NEWS AND UPDATES

Social Studies - Throughout the year, students in the sixth grade will be exploring the following four ancient civilizations in great depth: China, Egypt, Greece, and Rome. Your child will be studying one of these ancient civilizations each marking period and then rotate to a new one each quarter (China - Mrs. Violette, Egypt - Mrs. Archer, Greece - Mrs. Huntington, Rome - Mrs. Wales). Prior to the in-depth study of a particular civilization, each social studies class will be spending the very first part of this marking period learning about the five elements of what makes a civilization.



Science- 6th grade science is off to a wonderful start! Day one kicked off with a getting to know you engineering task where students created personalized name tags that had to fulfill certain criteria such as designing a part to hold their pencil. We also had a lesson about having a growth mindset (persevering through difficult tasks) and the "power of yet".



Go Yetis! Our 6th grade scientists this year are diving into the world of NGSS (Next Generation Science Standards). They began by exploring the cross-cutting concepts (CCCs) at different stations throughout the room. These concepts will continue to be strengthened and put to use throughout this year and their entire science career. I look forward to a curious and exciting year!

Language Arts - We are off to a wonderful start in 6th grade language arts! We are getting to know each other and working on building a sense of community in our classroom. Our first topic this year will be an editing unit in which we review skills that we will use in all of our writing moving forward. Other units that we will explore this year include narrative writing, persuasive writing, and information writing.

Each week in 6th grade, students will also have a root word assignment to complete. These are assigned on the first school day of the week and due on Fridays. We did the first slide together in class so that all students would feel comfortable completing subsequent slides on their own.

Please feel free to email me at any time with questions or concerns that you may have. I am looking forward to a great school year and I hope to meet you all at Open House on September 14th!

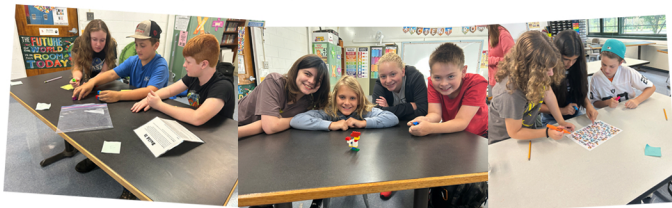
Math - 6th Grade Math with Mrs. Wales:

	Math - Periods A, B, D & F J
Sept. →	Team Work Challenges, i-Ready Math Diagnostic Assessment, Begin Unit 1

Team Work Challenges - The first few days of school, students were given non-curricular team challenges to help build communication and perseverance. The three challenges we worked on this year were: 1-100, Build-It, and the Lego Chicken Challenge. Ask your child about it!

i-Ready Math Diagnostic Assessment is given three times a year to assess current strengths and weaknesses. A student's i-Ready My Path lessons (worked on during MTSS) will help to fill in any gaps and build a stronger math foundation.

Unit 1: Expressions & Equations introduces students to finding the area of a variety of two-dimensional figures and the surface area of three-dimensional figures. Students also begin working with algebraic expressions.



Reading - Welcome to sixth grade reading! Students in Mrs. Archer's classes have been busy completing their summer reading projects- highlighting important information about one of the books they read over vacation. Another focus in reading class for the month of September was working to complete our baseline iReady testing. The results of these assessments serve as an important tool for us to monitor student's reading growth over the course of the school year. Please feel free to email me at any time with questions, concerns or just to say "hello" - barbara.archer@lebanonct.org

Library - 6th grade students begin each class with typing exercises in typing.com to become more proficient typists, which will help them in many classes. Then, the class shifts to focus on work for the public service announcement that students will create this quarter. Sixth graders will start by discussing elements of a good PSA and brainstorming topics. Then, they will begin searching for reliable information and taking notes.

Other 6th Grade Reminders:

Bookmark the 6th Grade Homework Page link: <https://docs.google.com/document/d/1Ijf9i9Ga9wxilaLov5wET-WY00k52Zo1W72uP0nMQDvM/edit>

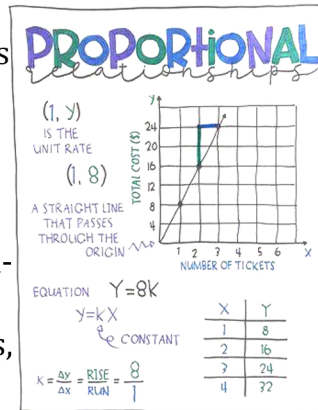
Please help to remind your child to bring a fully charged Chromebook & a silent reading book to school each and every day.

6th Grade Team Emails:
megan.huntington@lebanonct.org
jennifer.wales@lebanonct.org

barbara.archer@lebanonct.org
cynthia.violette@lebanonct.org
emily.zastowsky@lebanonct.org

7TH GRADE NEWS AND UPDATES

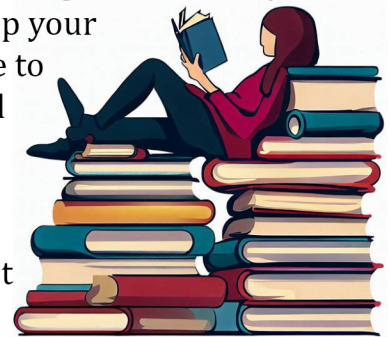
Korzoff - 7 graders will start the year with the Proportional Relationships Unit. This Unit introduces students to scale factors, unit rates involving ratios of fractions, representing proportional relationships with equations and graphs. Students will be able to solve problems involving scale and solve proportional relationship problems using equations, graphs and tables. Students will learn how to recognize proportional relationships and represent them with equations, graphs and tables.



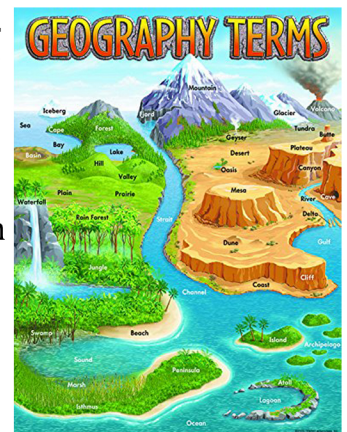
Schultheis - This month in science we will be investigating bath bombs. We observed both store bought and homemade bath bombs and came up with many questions about how they work. We will investigate where the bubbles are coming from and what type of gas is being released from the bath bombs. We will do several experiments throughout the month to help us figure out how bath bombs work and will be able to model what's happening at a particle level.



Andrews - Hello LMS families! Welcome to 7th grade. This year in Language Arts our overarching theme is standing up for our beliefs and making difficult decisions in the pursuit of taking action. We will read short stories, non-fiction, novels and more showcasing young protagonists making heroic choices to effect change in their communities and societies. Writing will include essays, narratives, and frequent journaling as students begin to explore these texts and this theme. We have also begun our weekly Reading Logs. Please help your student to find time to read each night and encourage them to turn in their logs each Monday in class. Please contact me with any questions. Mr. Andrews



Comeau - In 7th Grade Social Studies, we are finishing up our Basic Geography Unit, and soon moving to how historians are able to study history through observations of historical artifacts AND through reading primary/secondary sources. This is the time where students learn about the domestication of dogs and how canines are influential throughout human history.



7th Grade Team Emails:
christopher.andrews@lebanonct.org
jordan.comeau@lebanonct.org

natalia.korzhoff@lebanonct.org
andrew.schultheis@lebanonct.org
kristen.bielewicz@lebanonct.org

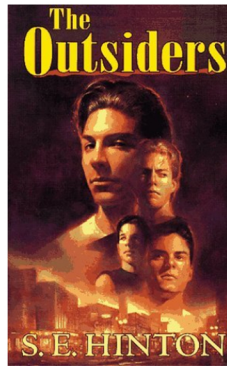
8TH GRADE NEWS AND UPDATES

Bowen - Students began the school year by completing a summer reading book project. Currently, students are reading *The Outsiders*. Alongside the text, students are working on assignments that contribute to their reading comprehension and writing skills. Students will be introduced to the Job

Shadow Project on September 22nd and should start thinking about careers that interest them!

Biekert - 8th grade science has kicked off the 2023-2024 school year flawlessly! We have completed a mini lesson about fingerprints and created our own that will be showcased during Open House. Students have also worked together to create a Lab Safety Poster that will also be displayed for families to enjoy. We are currently working on science and social themed lab stations that cover a variety of topics and provide some review on science skills. We will begin our first OpenSci Unit, Contact Forces, in the middle of the month and work to answer the guided question "Why do things get damaged when they hit each other?"

Library - 8th grade students started the quarter by selecting a research topic. They used inquiry-based activities to help guide them towards choosing a topic that is interesting to them. Next, eighth graders will learn some helpful search techniques (Boolean logic) and will start their research journey by searching for information in the state library's databases (<https://researchitct.org/classicmiddle-school/>) and ScholasticGO (<https://digital.scholastic.com/site/launch/schgo?ucn=600126262>). Then, students will learn about evaluating online sources and finding useful websites. Their final work will culminate with a presentation to their class with their findings.



Gaucher - The eighth graders are off to a great start in Social Studies. We started the year off sharing our "Birth Stories" and students had to compare and contrast what they knew about their story and what you revealed through your interview. Students weighed in on a "Lunch fight" scenario and after analyzing evidence from multiple accounts, they had to make a decision about the consequences for the students involved in the fight. Our continued focus will be comparing and contrasting multiple accounts and determining what makes one source more reliable than the other. Encourage your teen to get in a daily dose of news whether it be from a national news program or news app on their phone. Feel free to contact me anytime with questions at erin.gaucher@lebanonct.org I look forward to working with you and your child this year.

Halbrooks - I have been e-mailing course updates to every parent in the 8th grade. If you have not been receiving my emails, please check your "junk mail" folder to see if they have been getting caught there. If they aren't there, please email with me a current address where you would like the updates to go. Of course, if you don't want updates, then let me know as well and I will take you off the list. Thanks.

Keough - In September the Spanish classes are getting started on the Preliminary Lesson, it includes basic conversation phrases, classroom vocab, and calendar/weather vocab. The cultural topic is Spanish in the United States. Perfect for Hispanic Heritage Month which runs from Sept. 15th - Oct. 15th

The 8th Grade Team can be contacted at:

jessica.biekert@lebanonct.org erin.gaucher@lebanonct.org jf.halbrooks@lebanonct.org
hannah.bowen@lebanonct.org ana.kyrcz@lebanonct.org kristen.bielewicz@lebanonct.org

Reading Updates from Ms. Picard



Summer Reading Success

“Practice make perfect”, the old saying goes. This is true for sports, crafts, musical instruments - and academic tasks. Each summer, the Connecticut State Department of Education promotes a summer reading program. This year’s theme was “Find Your Voice” and encouraged students to read books that spoke to them, while maintaining and improving their reading skills. As Mrs. Cofrancesco noted in her newsletter article, students can find all kinds of adventures in books, while learning about themselves and the world around them. Students at LMS still have time to complete this enjoyable task and can hand their reading logs into their Reading or Language Arts teachers by September 15th. Students may also be eligible for participation in our Summer Reading Ice Cream Social and can still send in a reading photo for display on the bulletin board in the main hallway.



Intervention Reading Off to a Strong Start!



Students in Intervention Reading have enjoyed the opportunity to share their summer reading experiences with their classmates. Older students are participating in book shares, where they participate in a discussion much like a book club chat and have encouraged each other to try new titles and genres. Younger students are creating story map or summary posters, using their creativity and knowledge of plot to share their summer reading. Students in all grades have set goals for their work this year, which will be posted on our Google Classrooms before Open House. We are looking forward to enjoying many reading adventures this year, as we apply our strategies to various genres and book/article topics.

Ms. Picard
jeannette.picard@lebanonct.org

Reading Consultant
860-642-5660

Library, Box Tops and LMS Live



Dear Families,

National Read a Book Day was celebrated earlier this month (September 6), a perfect time to talk about books and some of what the LMS library has to offer!

At LMS, students come to the library with reading and language arts classes as well as on their own during homeroom, free time throughout the day, and study hall to select books to read. Our students have a wide variety of interests, so I do my best to reflect that in our collection when purchasing new titles, while being mindful that students are in grades 5-8. Our newest fiction books are labeled with the genre, such as historical fiction, science fiction, realistic fiction, and young adult (for books that are recommended for grades 7+ by other professionals). I encourage you to talk with your students about the books they've selected. Talking about books promotes literacy and can be a springboard to important discussions with your child. Staff at LMS also share the books that we're reading and have posters with titles and/or book covers of the books that we're currently reading so that our learners see that reading is something that everyone does.

Last school year, students borrowed more than **3,500 books, an average of 13 per student** from the LMS library! I'm looking forward to another great year filled with amazing books for our LMS readers!

Happy reading!

Kate Cofrancesco, Library Media Specialist
kate.cofrancesco@lebanonct.org



LMS Live!

At the end of the school year, former 7th grade students auditioned to be a part of LMS Live as 8th graders. This year's news announcers are Cassie Bourgeois & Lilly Skubel. Congratulations!

Box Tops for Education

Lebanon Middle School is a Box Tops for Education school! If you didn't already know, Box Tops has gone completely digital - no more clipping! Just download the Box Tops for Education app, select LMS as your school, scan your receipt or forward your online orders, and LMS earns funds on your qualifying purchases!



Visit the LMS Library Media Center's website!
The LMS Library Media Center's website is updated regularly with virtual book displays, new books, and other important information! Visit <https://sites.google.com/lebanonct.org/librarymediacenter/home> for more information!



Computers with Mr. Klosowski

All Computer classes explore the concept of being a caring and supportive Digital Citizen. Please remember to check from time to time that your children are making good decisions online and getting plenty of time to be "offline."

In 5th and 6th grade classes we are making rapid progress in our typing and work in computer programming. Both of the programs we use are available at home as well (www.code.org) and (www.typing.com) if you are interested in seeing this for yourselves. In 5th grade we are beginning our work on Google Docs stories that focus on a story from their lives. In 6th grade we are spending our time working on Google Sheets and the many functions that this useful program features.

In 7th and 8th grade classes we are also using code.org, but we have left typing behind. If you feel that your 7th or 8th grader could benefit from more keyboarding, there are many wonderful (and free) programs available to practice. In 7th grade we are creating a country web page in Google Sites. This project ties into the work 7th graders are doing in their Social Studies classes on the 5 Themes of Geography. In 8th grade we are working in Google Drawings, and have begun our work in Canva. This software allows students to create the "marketing" materials for a fictional invention.

Digital Citizenship

• 9 P's for Proactive Knowledge •

<p>PASSWORDS</p> <p>Do students know how to create a secure password? Do they know that email and online banking should have a higher level of security and never use the same passwords as other sites?</p>	<p>PRIVACY</p> <p>Do students know how to protect their private information like address, email, and phone number?</p>	<p>PERSONAL INFO</p> <p>While this information can't be used to identify you, you need to choose who you will share it with.</p>
<p>PHOTOGRAPHY</p> <p>Are students aware that some private things may show up in photographs and that they may not want to post those pictures? Do they know how to turn off a geotagging feature?</p>	<p>PROPERTY</p> <p>Do students understand copyright, Creative Commons, and how to generate a license for their own work? Do they respect intellectual property rights of those who create it?</p>	<p>PERMISSIONS</p> <p>Do students know how to get permission for work they use, and do they know how to cite it?</p>
<p>PROTECTION</p> <p>Do students understand what viruses, malware, phishing, ransomware, and identity theft are, and how these things work?</p>	<p>PROFESSIONALISM</p> <p>Do students understand the professionalism of academics versus decisions about how they will interact in their social lives? Do they know about netiquette and online grammar?</p>	<p>PERMANENCE</p> <p>Have students decided about their voice and how they want to be perceived online? Do they realize they have a digital tattoo that is almost impossible to erase?</p>

When students have a chromebook issue, please have them bring it to me.

If you have any questions, please feel free to reach out to me at john.klosowski@lebanonct.org

LEBANON MIDDLE SCHOOL MUSIC



Numbers are on the rise! Having said that, we would like to extend an invitation to anyone who would like to try Band or Choir. I am offering incentives to 7th and 8th graders particularly, something like an ice cream party, for help recruiting.

Music and Arts has a great rent-to-own program, which includes repairs and servicing
<https://www.musical-carts.com/rentals>

Welcome back!
I hope everyone had an enjoyable summer. I am looking forward to working with students this year on some fun music. I want to take this opportunity to share some important information about the year.

Show Choir
is Monday after school 2:16-3:15 - This is a select choir that works on theater and show music, and sometimes Disney tunes. It is usually a smaller group that gets to focus on more rigorous music.

Winter Concert
Friday, December 15th, 2023
6pm

Spring Concert
Friday, April 26th, 2024
6pm

Other Performances:
Tree Lighting Ceremony
Evening with the Arts
Memorial Day Parade
Great East Festival
7/8 grade only
8th grade promotion ceremony

Rehearsal Schedule
Monday: 5/6 Choir
Tuesday: 7/8 Band
Wednesday: 5/6 Band
Thursday: 7/8 Choir
Friday: Rotating
(Reminders will be sent Thursday afternoons)

Pull-out Lessons
Tuesday: 7/8 Band
Wednesday: 5/6 Band
Friday: Beginners

Jazz Band
is Wednesday after school 2:16 - 4:15
Exploration of modern instruments like guitar, bass, drumset, piano as well as improvisation.

Looking forward to a great school year! - Diego Smith, Music Teacher
diego.smith@lebanonct.org 860-642-2017

SCHOOL COUNSELOR



Summer is a great time to unwind and enjoy some time off. As the summer comes to an end, we start getting back into the routine of going back to school. Sometimes this can be a challenging transition, so here are some tips to help have a successful school year!



Develop a routine to follow daily



Make sure you get enough sleep each night



Limit time on electronic devices



Stay up to date on grades such as checking the homework page and PowerSchool



Reach out for support and ask for help when you need it!

Please feel free to reach out with any questions or concerns about your child!

CAITLIN CLARK
caitlin.clark@lebanonct.org

School Counselor
860-642-5627

choose love™

Dear Families and Caregivers:

As we begin this new school year, Social Emotional Learning (SEL) is needed now, more than ever, to address the needs of the whole child. SEL is the process through which children and adults understand and manage emotions, set and achieve positive goals, feel and show empathy for others, establish and maintain positive relationships, and make responsible decisions. SEL lays the groundwork for a lifetime of healthy relationships, responsible citizenship and flourishing.

SEL has been proven to increase grades, attendance, and focus, while reducing aggression, anxiety, substance abuse, and other issues. The program we have adopted, Choose Love for Schools, plays an important role in promoting students' social and emotional wellbeing and academic and personal success. It also enhances our classroom and school climate, making it a place where students are safe, compassionate, connected and able to thrive.

The Choose Love for Schools Program is the most comprehensive curriculum that supports, nurtures, and fosters the whole child. Students will learn skills and tools they will use throughout their lives to be honest, trustworthy, caring and compassionate, self-disciplined, intellectually curious, fair, and respectful.

Students learn how to thoughtfully respond by choosing love. The program's foundation is a formula: Courage + Gratitude + Forgiveness + Compassion in Action = Choosing Love. We use courage daily to choose love over fear. Practicing gratitude helps us focus on what we have. Forgiveness is the key to healthy relationships and compassion in action help us connect with and help others.

I hope you will share in this journey with your children, asking questions about what they have learned and enjoying the benefits of the program as well. Please check out the Choose Love At Home Program for families and caregivers. You can learn alongside your children and incorporate these skills and tools to promote Social and Emotional Learning in your home, and even within yourself! www.chooselovemovement.org.

If you have any questions or concerns, please contact me for more information. Thank you for your continued support in helping promote your child's academic, social, emotional, and personal well-being. I'm looking forward to working together with you as we help our children grow into healthy, happy, successful individuals with the tools and skills to make their positive mark on the world!

Choosing love,
LMS Faculty/Staff & "Choose Love"

SEPTEMBER SCHOOL LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
11 American Classics • Seasoned Waffle Fries • Sautéed Peppers & Onions • Rotini Tossed in Italian Meat Sauce 2Mato • Classic Cheese Pizza Grill • Classic American Cheeseburger • Crispy Chicken Patty Sandwich • Spicy Chicken Sandwich On the Go • Garden Salad with Mozzarella Extra Extra • Fresh Fuji Apple • Fresh Orange • Carrot & Celery Sticks • Fresh Broccoli Florets • Corn & Black Bean Salsa Salad Milk & Condiments	12 American Classics • Cheese Stuffed Breadsticks • Rotini Tossed in Italian Meat Sauce 2Mato • Classic Cheese Pizza Grill • Classic American Cheeseburger • Crispy Chicken Patty Sandwich • Spicy Chicken Sandwich On the Go • Garden Salad with Mozzarella Extra Extra • Fresh Fuji Apple • Fresh Orange • Spinach & Romaine Salad • Carrot & Celery Sticks • Fresh Grape Tomatoes Milk & Condiments	13 American Classics • Italian Meatball Sub • Rotini Tossed in Italian Meat Sauce 2Mato • Classic Cheese Pizza Grill • Classic American Cheeseburger • Crispy Chicken Patty Sandwich • Spicy Chicken Sandwich On the Go • Garden Salad with Mozzarella Extra Extra • Fresh Fuji Apple • Fresh Orange • Carrot & Celery Sticks • Fresh Broccoli Florets • Pea Salad Milk & Condiments	14 American Classics • Blueberry Parfait with Granola • Rotini Tossed in Italian Meat Sauce 2Mato • Classic Cheese Pizza Grill • Classic American Cheeseburger • Crispy Chicken Patty Sandwich • Spicy Chicken Sandwich On the Go • Garden Salad with Mozzarella Extra Extra • Fresh Fuji Apple • Fresh Orange • Spinach & Romaine Salad • Carrot & Celery Sticks • Fresh Grape Tomatoes Milk & Condiments	15 American Classics • English Muffin with Egg & Cheese • Rotini Tossed in Italian Meat Sauce 2Mato • Classic Cheese Pizza Grill • Classic American Cheeseburger • Crispy Chicken Patty Sandwich • Spicy Chicken Sandwich • Crispy Fish Sandwich On the Go • Garden Salad with Mozzarella Extra Extra • Fresh Fuji Apple • Fresh Orange • Carrot & Celery Sticks • Fresh Broccoli Florets • Corn & Black Bean Salsa Salad Milk & Condiments
18 American Classics • Chicken Tenders • Rotini Tossed in Italian Meat Sauce 2Mato • Classic Cheese Pizza Grill • Classic American Cheeseburger • Crispy Chicken Patty Sandwich • Spicy Chicken Sandwich On the Go • Garden Salad with Mozzarella Extra Extra • Fresh Fuji Apple • Fresh Orange • Carrot & Celery Sticks • Fresh Broccoli Florets • Corn & Black Bean Salsa Salad Milk & Condiments	19 American Classics • Toasty Three Cheese Sandwich • Rotini Tossed in Italian Meat Sauce 2Mato • Classic Cheese Pizza Grill • Classic American Cheeseburger • Crispy Chicken Patty Sandwich • Spicy Chicken Sandwich On the Go • Garden Salad with Mozzarella Extra Extra • Fresh Fuji Apple • Fresh Orange • Spinach & Romaine Salad • Carrot & Celery Sticks • Fresh Grape Tomatoes Milk & Condiments	20 American Classics • Italian Chicken Parm Sandwich • Rotini Tossed in Italian Meat Sauce 2Mato • Classic Cheese Pizza Grill • Classic American Cheeseburger • Crispy Chicken Patty Sandwich • Spicy Chicken Sandwich On the Go • Garden Salad with Mozzarella Extra Extra • Fresh Fuji Apple • Fresh Orange • Carrot & Celery Sticks • Fresh Broccoli Florets • Pea Salad Milk & Condiments	21 American Classics • Soft Chicken Tacos • Rotini Tossed in Italian Meat Sauce 2Mato • Classic Cheese Pizza Grill • Classic American Cheeseburger • Crispy Chicken Patty Sandwich • Spicy Chicken Sandwich On the Go • Garden Salad with Mozzarella Extra Extra • Fresh Fuji Apple • Fresh Orange • Spinach & Romaine Salad • Carrot & Celery Sticks • Fresh Grape Tomatoes Milk & Condiments	22 American Classics • WG Cinnamon Glazed French Toast Sticks • Rotini Tossed in Italian Meat Sauce 2Mato • Classic Cheese Pizza Grill • Classic American Cheeseburger • Crispy Chicken Patty Sandwich • Spicy Chicken Sandwich • Crispy Fish Sticks On the Go • Garden Salad with Mozzarella Extra Extra • Fresh Fuji Apple • Fresh Orange • Carrot & Celery Sticks • Fresh Broccoli Florets • Corn & Black Bean Salsa Salad Milk & Condiments
25 American Classics • Chicken Nuggets • Baked Crinkle Fries • Rotini Tossed in Italian Meat Sauce 2Mato • Classic Cheese Pizza Grill • Classic American Cheeseburger • Crispy Chicken Patty Sandwich • Spicy Chicken Sandwich On the Go • Garden Salad with Mozzarella Extra Extra • Fresh Fuji Apple • Fresh Orange • Carrot & Celery Sticks • Fresh Broccoli Florets • Corn & Black Bean Salsa Salad Milk & Condiments	26 American Classics • Beef Nachos • Rotini Tossed in Italian Meat Sauce 2Mato • Classic Cheese Pizza Grill • Classic American Cheeseburger • Crispy Chicken Patty Sandwich • Spicy Chicken Sandwich On the Go • Garden Salad with Mozzarella Extra Extra • Fresh Fuji Apple • Fresh Orange • Spinach & Romaine Salad • Carrot & Celery Sticks • Fresh Grape Tomatoes Milk & Condiments	27 American Classics • Classic American Cheeseburger • Sliced Tomatoes • Rotini Tossed in Italian Meat Sauce 2Mato • Classic Cheese Pizza Grill • Beef Hot Dog on Whole Wheat • Crispy Chicken Patty Sandwich • Spicy Chicken Sandwich On the Go • Garden Salad with Mozzarella Extra Extra • Fresh Fuji Apple • Fresh Orange • Carrot & Celery Sticks • Fresh Broccoli Florets • Pea Salad Milk & Condiments	28 American Classics • Mini Turkey Corn Dogs • Steamed Broccoli Florets • Rotini Tossed in Italian Meat Sauce 2Mato • Classic Cheese Pizza Grill • Classic American Cheeseburger • Crispy Chicken Patty Sandwich • Spicy Chicken Sandwich On the Go • Garden Salad with Mozzarella Extra Extra • Fresh Fuji Apple • Fresh Orange • Spinach & Romaine Salad • Carrot & Celery Sticks • Fresh Grape Tomatoes Milk & Condiments	29 American Classics • Whole Grain Waffles • Rotini Tossed in Italian Meat Sauce 2Mato • Classic Cheese Pizza Grill • Classic American Cheeseburger • Crispy Chicken Patty Sandwich • Spicy Chicken Sandwich • Crispy Fish Sandwich On the Go • Garden Salad with Mozzarella Extra Extra • Fresh Fuji Apple • Fresh Orange • Carrot & Celery Sticks • Fresh Broccoli Florets • Corn & Black Bean Salsa Salad Milk & Condiments



LEBANON MIDDLE SCHOOL

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**YOUR MOMENTS
YOUR MEMORIES
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FROM THE LMS PTO



WE'RE HAVING A BOOK FAIR!

LEBANON MIDDLE SCHOOL

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FAIR DATES

Sep 11 - Sep 15

All purchases through the Book Fair benefit our school.
Thanks for supporting our kids! Happy reading!

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SALE RUNS: AUG 22nd - SEP 21st
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Next Meeting

September 19th at 7pm
in the LMS Library

Panther Den

September 29th at 7 to 9pm
5 & 6th in Cafe, 7 & 8th in Gym

The Lebanon Middle School PTO
is a parent run group
that focuses on Fundraising to
support our school and students.

**Please join our private
Facebook group:**

**Lebanon Middle
School PTO**

Lebanon Middle School PTO



Board Members: President: Kerry Fonseca, Vice President: Doug Morton,
Secretary: Jennifer Landry, Treasurer: Kelly Lawer, Social Media: Jennifer Maddocks
Please contact us at lebanonmiddlepto@gmail.com

Fall Theater Coming to LMS!

Sponsored by the Lebanon Recreation Dept.

Theater Director Carol Macy is offering a ten-week theater workshop series that will culminate in an adaptation of the classic story of **A Christmas Carol** by Charles Dickens (or a different play if we have a small cast of actors.) Students will be involved in improvisation for the stage, theater exercises, and the process of developing a strong character for the stage. This production will include music, song, dance, and is a tale that brings us the ghosts of Christmas Past, Present, and Future. Join us! Workshops begin Wednesdays September 20th from 2:30-4:15pm. Actors will be able to take the late bus home. A performance will be held in the first week of December. Extra rehearsals are possible as we approach the final date. The cost of workshop series is \$150.

Carol Macy has been directing young people and adults for over four decades throughout the country. Learn more about her background [at www.carolmacy.com](http://www.carolmacy.com).



Child's Name		Workshop Attending:
D.O.B.	Age:	Guardian's Name:
Street & City:		
Best Phone number to reach Guardian:		Email:
Current medication, allergies, and conditions:		
<small>In the event of an emergency requiring medical attention, after every reasonable effort has been made to contact me, I hereby grant permission and consent to a physician or other hospital personnel to do whatever is deemed necessary to treat my child. The attending physician is permitted to proceed with any medical or minor surgical treatment, x-rays, and immunizations for my child. I hereby agree to release, discharge, and hold harmless the Town of Lebanon, its employees, and volunteers for any liabilities which may occur while participating in these programs. I understand that the Town of Lebanon does not provide insurance for program participants. I understand photos may be taken and could be submitted to the news and social media.</small>		
Signature of Parent/Guardian		Date:

Mail to Lebanon Recreation 579 Exeter Rd, Lebanon Ct 06249

SPONSORED BY LEBANON RECREATION COMMISSION

For more information, contact the Lebanon Recreation Department at (860) 642-4085 or email Stremblay@lebanonct.gov.

Events at Jonathan Trumbull Library

Preteen & Early Teen Programs

Zoom Cartooning - Mondays at 4:00 pm

Learn to draw cartoon characters with local artist Bill Dougal. *Designed for ages 7-12.*
Register online at www.lebanonctlibrary.org/online-program-registration, and join on Zoom.



Sketch Club - Tuesdays from 4:00 - 5:00 pm

Join local patron and artist, Allison Peterson, for Sketch Club, a weekly opportunity for 10-14 year olds to create their own art while socializing with friends. Bring your traditional or digital art supplies to the Story Room, where we will provide additional art supplies and books to pique the interest of budding artists. Ages 10-14. (Kids ages 6-9, or older children with caregivers staying, look for **Doodle Club** downstairs!)



D&D: New Adventure - Tuesdays, beginning Sept. 5 from 5:00 - 7:00 pm

Are you a new Dungeons & Dragons player? Do want to build your character and explore magical worlds? Join D&D's band of new adventurers to learn how to construct a character sheet, worldbuilding basics, explore the Player's Handbook, and work your imagination muscles. When your skills are sharp and your mentor deems you ready, you'll be invited to join the weekly campaign. Ages 10+.

Chess - Wednesdays at 4:00 pm

We meet in the community room for an hour and play chess or solve chess puzzles. This is a program for those who already know how to play chess. Ages 8+



Teen & Young Adult Programs

Chess - Wednesdays at 4:00 pm

We meet in the community room for an hour and play chess or solve chess puzzles. This is a program for those who already know how to play chess. Ages 8+



D&D: Fall Campaign - Thursdays from 5:00 - 7:00 pm

Adventurers ages 12-18 must come prepared with completed character sheet, ready for fast-paced and focused game play. Some D&D campaign experience required.
New or younger players invited to join D&D: New Adventure on Tuesdays.
Email Youth Services Librarian with questions: mgaier@lebanonctlibrary.org



Warhammer 40k - Fridays, Sept. 1, 15 & 29 at 4:00 pm

Come play and discuss the lore of Warhammer 40,000. Bring miniatures, rulebooks, friends. Ages 12-18.

Magic: The Gathering - Fridays, Sept. 8 & 22 at 4:00 pm

Meet in the teen room for an hour and play Magic the Gathering.



Multi-generational Programs

Chess - Wednesdays at 4:00 pm

We meet in the community room for an hour and play chess or solve chess puzzles. This is a program for those who already know how to play chess. Ages 8+



Make & Mend - Thursday, Sept. 28 at 4:00 pm

All makers and menders are welcome to this monthly meet up! Bring your knitting, stitching, mending, or other crafty hand work. Together we will trade skills, keep well-loved clothing beautiful, resist fast-fashion and throw-away culture. This is a multigenerational program; young menders and makers welcome with parent/guardian. Meet by Marcel to mend and make.



Language of Flowers: Fall Edition - Thursday, Sept. 28 at 6:30 pm

Back by popular demand, Pam of Winter Bee Garden joins us for an autumnal bouquet workshop. Participants will learn the meanings of fall flowers and get to take home their own personal bouquet. Please bring sharp scissors and/or shears. This workshop is appropriate for adults, teens, and youth.

Register at <https://forms.gle/PbythQv21JCuYyu78>.



Puzzle & Record Swap - Saturday, Sept. 30 from 11:30 am to 1:30 pm

Bring your vinyl and/or puzzles to swap with fellow fans of analog music and quiet activities. Please bring only playable records and puzzles with all their pieces.



A huge thank you to all of our participants in this year's hugely successful Summer Reading Program at JTL! We surpassed our goal of signing up 250 people and were so excited to see everyone at the wrap-up party on August 18. It was an awesome summer, full of prizes, critters and creatures, flower arranging, swimming, tai chi, yoga, and more! Now, we want to hear from you! Tell us: how did we do? We are already hard at work preparing for an even bigger and better summer next year, and we need your feedback to help us plan! We will have a short Summer Reading survey available at the library and on our website during the month of September. Please take a minute to let us know what you most want for next year! In addition, we would like to send out a heartfelt thank you to the legacy of the late Winifred Jackson. Winnie was a Lebanon resident and long-time library supporter. We are very grateful for her bequest on behalf of the Jonathan Trumbull Library and hope to use it to honor her memory.

E-Library

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And visit our website for the links to Consumer Reports & Museum Passes.

Lebanonctlibrary.org/e-library



Museum Passes

Receive discounted or free admission at a variety of museums!



Borrow museum passes with your library card at lebanonctlibrary.org/about-us/museum-passes.

Lebanon's Library on the Green
860-642-7763

580 Exeter Road, Lebanon, CT
lebanonctlibrary.org