



LYNX TRACKS

The Newsletter of the Lincolville Central School

<http://www.fivetowns.net/lcs>

NOVEMBER 11, 2022

DATES TO REMEMBER

Thursday, November 10th - Parent Teacher Conferences. Students will be dismissed at 11:30.

Friday, November 11th - No School - Veterans Day

Friday, November 18th - 8th Grade Dance -- 7:00-9:30
Last day of school before Thanksgiving Break

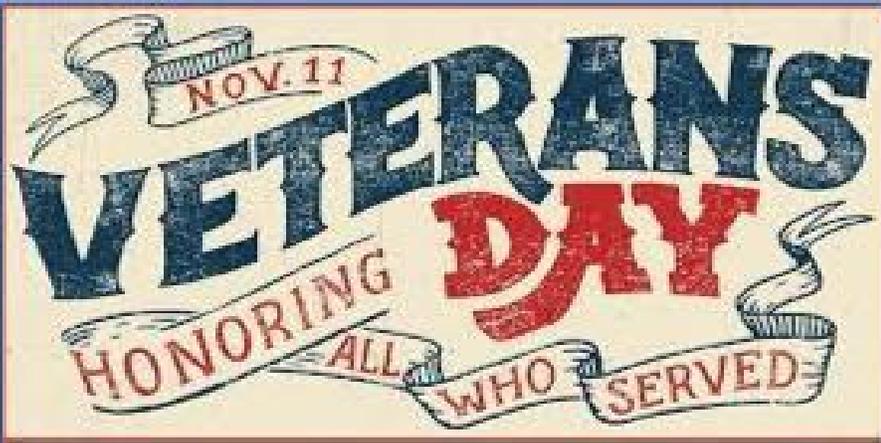
Monday, November 28th - Classes resume

Monday, December 5th - Wreath pick-up at the school
(8:00 a.m.-8:30 a.m. or 3:00-4:00 p.m.)

Wednesday, December 7th - LCS Basketball Teams have a game at Searsport beginning at 3:45. Girls play first.

Friday, December 9th - 8th Grade Dance- 7:00-9:30

Sunday, December 11th- Gingerbread House Event from 1:00-3:00. More information to follow.



From the School Committee

Dear LCS Students, Staff, Families and Community:

The School Committee met Monday evening; highlights of the meeting are as follows:

-Mrs. Emery read a thoughtful letter filled with gratitude and kind words submitted on behalf of the Lincolville Education Association, in which it was mentioned that the Community, Staff, Maintenance, Food Services, Principal, Families, Students and School Committee, all worked together through the most trying of times and have come out with grace, respect and immeasurable gratitude for all. It was well received and very much appreciated.

-The School Committee got started on the development of a School Committee RULER Charter; our first steps were to identify emotions/feelings which its members feel are critical to its success as a Committee. It was determined that Respected/Heard, Enthusiastic/Inspired, Informed/Helpful and Camaraderie are all essential and top of the list.

-The Comprehensive Emergency Management Plan was reviewed and approved with discussions about Drills and how all relate to the State's Emergency Management Plan.

-The dress code in the Student Handbook has been updated and approved by the School Committee.

-Superintendent Clark reported that ongoing education and cohesive work among the three schools has been instrumental for all.

-Principal Russo announced that the roof repairs are ongoing, the soccer and cross-country teams enjoyed ice cream sundaes to celebrate the end of successful seasons. Both the girls' and boys' cross-country teams were, again, the runners up in the Busline League. Winter sports/basketball will begin soon with new coaches for both the girls' and boys' teams.

The next meeting will be held on Monday, December 5, 2022 @6pm at LCS.

Respectfully,

Tracee, Seth, Emily, John and Melissa

Annual CHRHS Ski Team Ski Sale

A great event that supports affordable outdoor fun

Have your kids outgrown their winter gear? Do you have gear that is no longer working for you or your family? The best way to enjoy Winter is to get outside! The best deal in town to get your Winter gear is the annual Camden Hills Regional High School Ski Team Ski Sale. Gear for sale includes skis (both nordic and alpine), boots, poles, snowboards, skates, helmets, skates, winter clothing and more.

To sell your gear pre-register equipment online at <https://sites.google.com/site/chrhsskisaale>. Bring items you want to sell to Camden Hills Regional High School on Friday, November 18th from 3:30 PM until 8 PM. Unfortunately we don't have space to store items ahead of time. You set the price; the high school ski team keeps 25% and you get 75%. You can set a lower Sunday price for any items that do not sell on Saturday. On Sunday between noon and 1:30 pm, pick up a check for 75% of what was sold and take home any items that didn't sell. You can watch online what sells by going to the website. If your items don't sell they must be picked up by 1:30pm on Sunday or they will become the property of the CHRHS ski teams.

The sale itself happens at Camden Hills Regional High School on Saturday, November 19th from 9 am until 1 pm and Sunday, November 20th from 10 am until 1:00 pm. SideCountry Sports and Ragged Mountain Sports will be selling new and used gear at great prices. Selection is better on Saturday but there are bargains on Sunday. Sunday prices will be available on the website after 5 pm Saturday.

The annual CHRHS Ski Team Ski Sale is the only one of its kind in the midcoast- you won't want to miss it. For more information, go to <http://sites.google.com/site/chrhsskisaale> or call 542-7571.

Inappropriate things kids do in secret online



A parent recently told me how upset she was because her teen's sports team had the following incident happen:

The team, made up of high school boys, was traveling for a tournament, and at the hotel, some of them made a video that they posted on the team's private group on a social media platform. In the video, a couple guys acted out part of a sexual act in the spirit of "goofing around." It was short, and they were fully clothed, but inappropriate nonetheless. One of the team members was upset by the post because he worried other team members could be offended by it.



Delaney Ruston, MD
November 8, 2022

what happened — which was great. This led to talks with adults with the team about the inappropriateness of the action. She was happy with the talks but concerned this wasn't enough. She was looking for more resources for educating the teens about the inappropriate nature of the video.

The mom repeated a couple of times how upsetting she found it that these teens "didn't know better" and that they would do such a thing. Over the years, I have seen variations of similar instances of groups being inappropriate, such as rating classmates on looks and so forth. Today I share the advice I gave to the mom who contacted me. As always, I hope these thoughts will ignite a talk on this topic with any kids in your life. The goal is to both help prevent such scenarios as well as give tools if incidents arise.

Relatively Uncommon

First and foremost, social rule boundary-breaking in groups can and does happen, but I have seen that parents often overestimate the occurrence. Don't get me wrong, little hurts happen intentionally and unintentionally fairly often (being left out, not leaving a comment when a friend left one on yours), etc., but bigger deal things, not so often.

Breaking Rules To Bond

The main point I want to share is that these high schoolers knew on some level that this behavior was not okay, and partly that is why they did it. Together they were breaking the unwritten rules of human respect. This event was less about a lack of knowledge than about bonding via pushing limits.

It's a fact that youth can be pulled to this type of action because they can experience a shared thrill of breaking the rules together. Similarly, things like sneaking out at night, doing petty thievery from a grocery store, graffiti, etc., are often motivated by the same thrill. In no way am I condoning these types of actions.

When it comes to posting inappropriate stuff online, often it is this same situation of breaking "rules."

I suggested the mom and her teen listen to a [Hidden Brain Podcast episode](#) in which some students accepted into Harvard created a private online group about posting inappropriate memes. The teens clearly wanted to connect with other incoming freshmen. Not a good decision. It is a superb episode to listen to with any tween or teen.

Vulnerable Village

I also told the mom that it is a best practice only to require a few educational sessions. If the kids have too many educational sessions, these well-intentioned adult responses can backfire, leading teens to feel resentful of having to get the same lessons over and over.

But how to decide what is enough and not too much?

I suggested she reach out to other parents, team leaders, team players, and the coach again to foster collaboration. And she might feel a bit vulnerable in reaching out.

We need more group work to sort out sticky online situations — groups involving kids and teens, not just adults. A vulnerable village. Remember The Air They Breathe

Finally, I mentioned the annoying fact that kids are exposed to iffy and outrageous content all the time, such as [9Gag-type apps](#), shows, memes, and more. In addition, developmentally, many kids start doing a lot of ["third language" talk, i.e., swearing](#) by early middle school — primarily in their social groups both online and offline.

Finally, the best part: conversation starters for fueling our kids with a gallon of wisdom when they see such behaviors play out.

Here are some conversation starters:

- *As the adult, you might want to share if you ever broke the rules with friends. Doorbell ditch? Crank calls? Spreading a rumor?*
- *How about sharing anything related to being on a team or in a club?*
- *To the youth, consider asking: "Among people you know, do you ever feel like someone pushes things too far in the way they talk and act online?"*
- *Consider asking: "Have you ever been in a situation when a friend or someone you know shared something inappropriate, and you felt unsure if you should mention anything to them? To an adult?"*



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

AFTER SCHOOL CARE

2022-2023 School Year

NOW ENROLLING



NURTURING YOUR CHILD'S POTENTIAL

Penobscot Bay YMCA & Rockland Harbor YMCA

AFTER SCHOOL PROGRAMS

Grades Kindergarten & Up

The Y's Afterschool Programs provide school age kids a safe environment for learning and imaginative activities that encourage exploration of who they are and what they can achieve!

DAILY ACTIVITIES!

- STEM (Science, Technology, Engineering & Math)
- Games • Physical Activity • Arts and Crafts



To Confirm your Registration for the 2022-23 School Year:

1. Visit www.penbayymca.org to download the Afterschool Enrollment Packet.
2. Please submit the enrollment packet, with billing information for each child you would like to register, to Benjie Blake at bblake@penbayymca.org or drop off at the Rockport branch location.
3. Submit a signed acknowledgement of receipt of the Parent Handbook.
4. Submit Immunization Records: your child's Pediatrician's office may fax records directly to the Y at 236.8458. Records may also be dropped off at our Rockport location or emailed directly to bblake@penbayymca.org.
5. You will receive an email confirmation when your child's enrollment is confirmed.
6. Payments will be electronically drafted the Friday before each week of care.

- The Y accepts DHHS subsidy and childcare vouchers.



PROGRAM LOCATION	AFTERSCHOOL RATE	PROGRAM TIME
Camden/Rockport Elementary (CRES)	3 Days: \$57 or 5 Days: \$85	Afterschool - 5:30 PM
Lincolville Central School (LCS) Grades K -5	3 Days: \$53 or 5 Days: \$80	Afterschool - 5:30 PM
Ash Point Community School (Owls Head)	Fee waived - paid by RSU 13	Afterschool - 5:30 PM
Rockland South School	3 Days: \$53 or 5 Days: \$80	Afterschool - 5:30 PM

WWW.PENBAYYMCA.ORG • 236.8201 • BBLAKE@PENBAYYMCA.ORG



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

CONFIDENCE ON AND OFF THE COURT

YOUTH BASKETBALL



VOLUNTEERS NEEDED!

The success of our youth sports programs rely on volunteers, coaches, and refs. If you are able to help out in any capacity, please contact Benjie Blake, Director of Sports & Camping, at 236-8201 or bblake@penbayymca.org.

FINANCIAL ASSISTANCE:

As always, we strive to provide programming where all are welcome and able to participate, regardless of age or income. Please contact the Y at 236-3375 with questions about financial assistance and details on how to apply.

REGISTER TODAY!

☆ Call - 207.236.3375

☆ Register online - visit penbayymca.org and click on the purple "register" button located on the home page.

CO-ED KINDERGARTEN CLINIC

November 9th - December 21 (6-Week Session)

Wednesdays: 5:00-6:00 PM

Introduction to basketball, through skills stations and age appropriate skill based games. Beginning to learn basketball lingo as well as developing a love for the game.

Location: Penobscot Bay YMCA Gymnasium

Instructor: Ryan Economy

Cost: \$45 - includes t-shirt!

GRADES 1 & 2

November 19 - January 28 (8-Week Session)

Saturday: Rotating 1 hour time slots between 9AM-1PM

Our 1st & 2nd grade basketball program is a co-ed development league that will place the emphasis on skill development, sportsmanship, and fair play. It is our goal for as many children as possible to have a positive experience, during their time in the 1st & 2nd grade basketball league. The first week will consist of a 1-hour clinic. Week 2 will be a full hour practice with their team. The remainder of the season will consist of each team having a 30 minute practice and 30 minute game.

Location: Penobscot Bay YMCA Gymnasium

Cost: \$45 - includes team t-shirt!

GRADES 3 & 4

November 14- February 11

Grades 3 & 4 will play in the Mid-Coast League which allow players to play different opponents and play in gyms from St. George to Rockport. Teams will be encouraged to work on skill development, fair play, teamwork, while having FUN! Each player will develop or fine tune their ball handling, shooting, passing, and defensive skills during practices and games.

Skill Assessment: Penobscot Bay YMCA

● **BOYS: Monday, November 14 @ 5:30-6:30 PM**

● **GIRLS: Tuesday, November 15 @ 5:30-6:30 PM**

Practice Schedule: Penobscot Bay YMCA & CRES (Days & Times TBA). Each team will have 2 (1 hour) practices each week. .

Games: Saturdays

Cost: \$50 Member/Participant - includes team t-shirt!

GRADES 5 & 6

November 14- February 11

Grades 5 & 6 will play in the Mid-Coast League which allows players to play different opponents in gyms from St. George to Rockport. Coaches will focus on refining individual skills with an emphasis on team concepts needed for the next level of play.

Skill Assessment: Penobscot Bay YMCA

● **BOYS: Monday, November 14 @ 6:45-7:45 PM**

● **GIRLS: Tuesday, November 15 @ 6:45-7:45 PM**

Practice Schedule: Penobscot Bay YMCA & CRES (Days & Times TBA). Each team will have 2 (1 hour) practices each week.

Games: Saturdays (with the potential of Wednesday)

Cost: \$50 Member/Participant - includes team t-shirt!

PLEASE NOTE: Game schedules for the Grades 3/4 and 5/6 leagues will be published after registration and the skills assessment nights are complete and the number of teams from all participating communities are determined.

No games or practices will be held: December 24 or 31