



LYNX TRACKS

The Newsletter of the Lincolville Central School

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

SEPTEMBER 14, 2022

Dates to Remember:

9/22 - Cross Country meet @ Troy Howard Middle School
Girls run 1st at 4:00 PM

9/23 - 4th Grade will be traveling to the Common Ground Fair immediately after having their pictures taken.

9/23 - Picture Day

9/23 - Middle School Dance - 7:00-9:30 PM



2nd Round of Grant Funds Available to Support Expansion of Public Pre-K

The Maine DOE recently announced another round of public pre-k expansion funding for school year 2023-24. Maine SAUs interested in starting or expanding public pre-k have been encouraged to apply for funding through Maine Department of Education. Schools will be able to use the funding, in combination with Essential Programs and Services (EPS) allocations, to start new pre-k programs and/or expand existing programs from part-day/part-week to full-day/full-week programs. Funding may also support public pre-k programming through partnerships between SAUs and community providers.

LCS is exploring this option by looking at ways a pre-K program could benefit the children of Lincolville and how we might fit it into our current programming.

Hope Elementary School has had a pre-K program for several years and the Appleton Village School utilized a grant this year to start up a new program. A number of Lincolville children are currently, or have in the past, benefitted from those programs.

Members of the LCS staff are currently working with Principal, Paul Russo in drafting a grant application that will be presented to the school committee at the October meeting for their consideration. If the school committee agrees to pursue this grant, the application will be submitted in mid-October. If you have thoughts you would like to share on this topic, feel free to email paul.russo@fivetowns.net and they will be shared with the planning team, administration, and school committee.

RIDING FOR FOCUS (R4F) Coming to LCS

RIDING FOR FOCUS (R4F) is a middle school-based PE program from Outride, a nonprofit organization dedicated to improving the lives of youth through cycling. R4F, which was developed as a result of research findings, promotes cycling as an outlet for students to improve their cognitive, physical, and socio-emotional well-being. Schools can acquire R4F via two pathways - by purchasing the program, or for schools serving under-resourced communities, by applying for a program grant. Schools are provided with everything they need to get their 6th-8th grade students riding, including bikes, helmets, curriculum, and intensive teacher training. Through our partnership with Side Country Sports, LCS was recently awarded a grant and will soon be taking delivery of 20 bikes and helmets. Two of our teachers, Ryan Hurley and Nick DePatsy will be taking part in program training and taking on the role of R4F Champions. They will be in charge of implementing the program here at LCS.

In addition to the bikes and program, Side Country Sports has had a trail crew working in the wooded area behind the school to cut an amazing new bike trail that is nearly complete.

We will be doing a full roll out of the program soon, so keep an eye out for more information in coming weeks!

Check out the Outride website - <https://outridebike.org/>

Many thanks to Andrew Dailey and the crew from Side Country Sports for all of their support with this project!



<https://www.sidecountrysports.com/>

Illness Protocols 2022

There have been many changes over the last few years about how to address illness and school attendance for students.

Our current guidelines this year are as follows:

Students should stay home if they have any of the following symptoms:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

Students returning from illness with the above symptoms should have had an at-home Covid test with a negative result, be feeling well, and be fever free for 24 hours (without medication). Any students with lingering symptoms (coughing/sneezing) are encouraged to wear a mask until symptom improvement. Please let the nurse know if you do not have access to an at-home Covid-19 test.

Positive Covid-19 Test Result:

Please notify the school nurse if your child tests positive for Covid-19. A five-day isolation is still directed by the CDC for a positive result. After discussion with the school nurse, you will be provided with isolation start dates depending on symptoms, when your child can return to school, and how long they should wear a mask when they return.

Mask Use Replaces Home Quarantine for Close Contacts:

If a student has been exposed to a positive case, home quarantine is no longer required for students. In replacement of quarantine, masking for 10 days after exposure is the new protocol for **both unvaccinated and vaccinated students**. If your child has been exposed to a positive case, they should wear a mask at school for 10 days following the exposure.

2022 SOCCER SCHEDULE

Games begin at 3:45

Monday, September 12th LCS VS Hope

Wednesday, September 14th LCS vs Appleton

Monday, September 19th LCS @ St. George

Wednesday, September 21st LCS @ Islesboro

Monday, September 26th LCS VS CRMS

Wednesday September 28th LCS @ HES

Monday, October 3rd LCS @ AVS

Wednesday, October 5th LCS VS St. George

2022 LCS Cross-Country Schedule

9/15 @ **Camden-Rockport**
Boys 4:00 Girls 4:45

9/22 @ **Troy Howard**
Girls 4:00 Boys 4:45

9/29 **Home Meet**
Boys 4:00 Girls 4:45

10/6 @ **Searsport**
Girls 4:00 Boys 4:45

10/13 @ **Great Salt Bay**
Boys 4:00 Girls 4:45

10/20 **Busline League Championship at Troy Howard Middle School**
Girls 3:45 Boys 4:30



The fall sports season is well underway. Our soccer team has had two contests and the cross-country team visited CHRHS for their first meet of the season. Feel free to stop by to cheer them on!





My top 3 back-to-school essentials

I'm super excited to announce a new Screenagers initiative, "The Screenagers Project." This is our new membership platform for schools that I'm introducing to you today! You can read more about it [here](#).

Now on to today's Tech Talk Tuesday blog.

We all know that computer time will be ever-present at home and at most schools And it will continue to pull at our kids' attention.

The start of this academic year gives us an opportunity to get clarity on our key reasons for wanting to work with our kids to ensure that they have time off screens.

What would your three top reasons be? Today, I share mine. But before I do, I offer you this 60-second activity (something you could do at dinner with your family or in class with your students):

Take a piece of paper and write down all the words that begin with the letter "C," representing things you want for your child. Here are some examples: compassion, connection, competency, courage, challenge, commitment, curiosity, closeness, credibility, cleverness, cleanliness, camaraderie, caring, and cooperation.

Now put on a timer and see which three you pick as the top candidates — things you want to make sure your child has time to do off screens this academic year. (And yes, these things can and do happen via devices, but today we are thinking about why having time off screens is key.)

My top picks are 1. Creativity 2. Connection 3. Challenge. In my book, *Parenting In The Screen Age*, I address these themes in greater depth.

CREATIVITY

Creativity allows our kids to be uniquely themselves. They are making something and putting it out in the world; no one else can do that. So much screen time is consuming other people's things, but we want our kids to have windows when their brilliant minds get to produce.

My definition of creativity is not limited to the usual definition. Our kids' creativity is expressed in a variety of ways. When they have a conversation with someone and express their unique thoughts, creativity is in action. When they walk to school without scrolling through social media, their minds get time to create ideas and make creative connections.

Of course, creativity includes all sorts of traditional things like doing theater, making music, and drawing.

Is playing Minecraft considered creative time? Yes and No. Yes, you get to build and create, and you get to be creatively strategic in playing. So yes, I validate that. AND no, because one is still playing (consuming) THEIR game constrained within the building blocks of their programmed interface. So playing it will not suffice for having some creative time in one's week.

CONNECTION

This can be both to oneself and others. When I interviewed Sherry Turkle for Screenagers, she talked about the importance of youth being able to self-soothe on their own, and I could not agree more. For example, can they be in their room at bedtime and feel comfortable connecting with their thoughts about the day without needing to be connected to an external voice like watching a show?

We all know that our kids need positive connections with others as much as they need calcium and protein. I like to talk with my kids when the school year begins about teachers with whom they may like to stay after class to talk a bit or go to their office hours.

By the way, I unambiguously include the topics of caring and compassion as a part of this connection category. You can call me a cheater, but is it really cheating? It's true, isn't it?

CHALLENGE

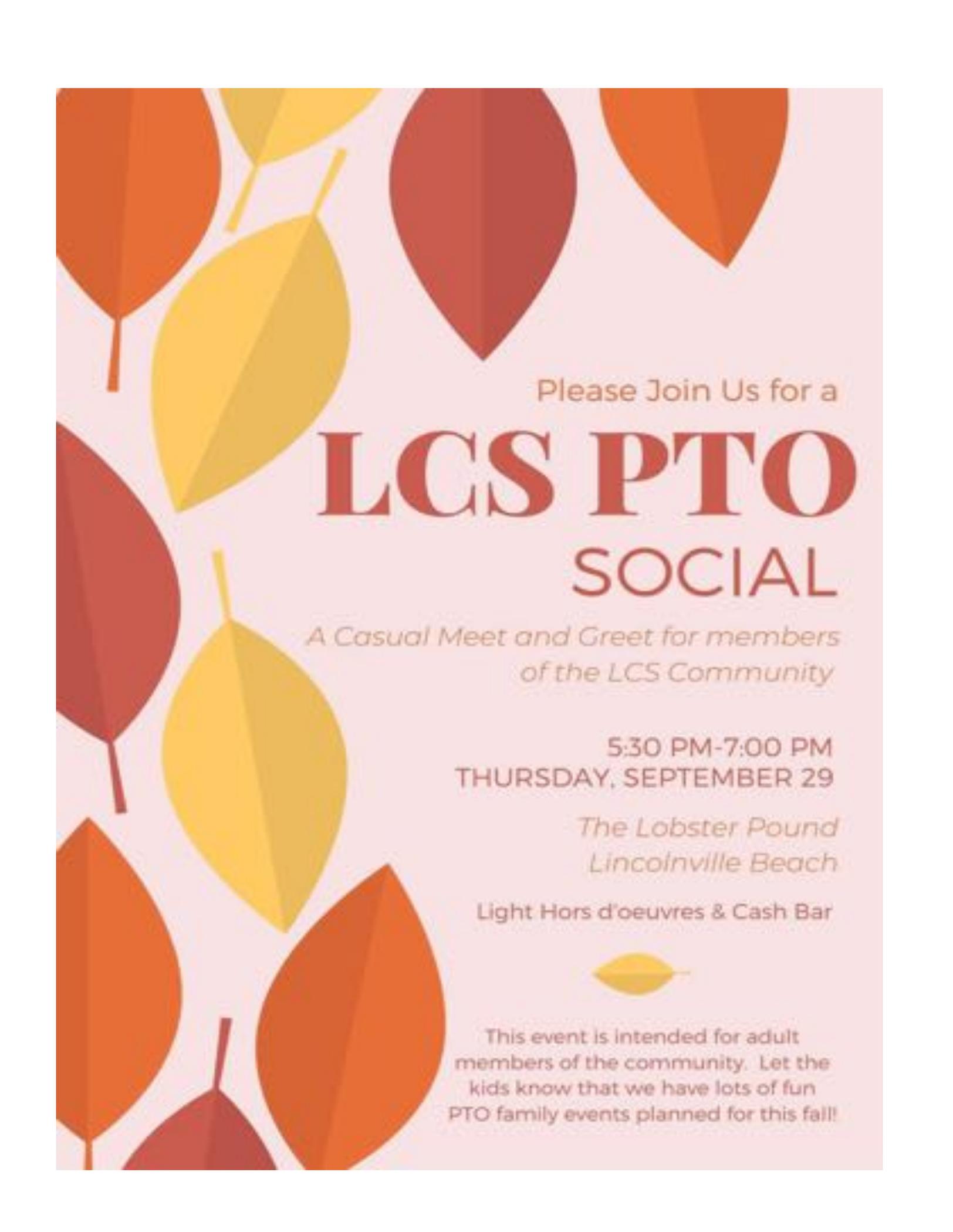
Our children's brains were designed for a challenge, plain and simple. If we did not as a species have this desire to make things better, i.e., feel compelled and challenged to push beyond what is, think how completely different our society would look.

This is why if a person spends all their time streaming (consuming) shows daily, they start to feel grumpy, often mad at themselves, and so on — people are not designed to consume all day. Thus, the brain will give all sorts of signals that something is amiss.

Challenge is how our kids build a sense of self-efficacy. This can come from having them choose a new board game to learn and teach the family. Perhaps the first week of the month, they make a simple dinner for the family (boxed mac and cheese does not count). Make it a bit challenging — like making potstickers.

Questions to get the conversation started:

1. What three words did you pick and why?
2. What are a few specific ways you will make these happen at school?
3. For connection, which adults at the school might you try to connect with?
4. What times/places will tech get put away to have time for the stated aims at school? At home?



Please Join Us for a

LCS PTO SOCIAL

*A Casual Meet and Greet for members
of the LCS Community*

5:30 PM-7:00 PM
THURSDAY, SEPTEMBER 29

*The Lobster Pound
Lincolnton Beach*

Light Hors d'oeuvres & Cash Bar



This event is intended for adult members of the community. Let the kids know that we have lots of fun PTO family events planned for this fall!



Greetings,

We all know it's harder for students to succeed at school without reliable internet at home. Students need it to complete their homework and access resources critical to their development. Unfortunately, many families can't afford internet service. But there's good news—a new government benefit, the [Affordable Connectivity Program](#) (ACP), provides eligible households with a discount on internet services and devices.

Help spread the word with families in your classroom and community:

- Share www.GetMyInternet.org with families at your school. (Anyone who's eligible for free and reduced-price lunch qualifies.)
- Need a low-tech option? [Print this ACP flier](#) and distribute it in your community. It's available in English and Spanish.

As one of the nation's leading organizations helping teachers, students, and families thrive in the digital age, Common Sense Education is committed to supporting the ACP so that every child and family has access to vital internet services at home.

Thank you for all that you do, and here's to a great school year!

The team at Common Sense Education

FALL 2022 EXPEDITIONS

scholarships available
www.sundogoe.com

register now



ROCK & WATER

9/12-9/24

ONE WEEK ROCK CLIMBING

ONE WEEK SAILING

BURNT ISLAND ROCK CLIMBING OVERNIGHT EXPED
\$350

ROCK & WATER 2

9/19-10/01

ONE WEEK ROCK CLIMBING

ONE WEEK KAYAKING

WHEELER BAY ISLANDS KAYAK OVERNIGHT EXPED
\$350

WATER & ROCK

09/26-10/8

ONE WEEK CANOEING

ONE WEEK ROCK CLIMBING

MINI EXPED COMBINING BOTH
\$250

ROCK OR DIRT

10/10-10/16

ONE WEEK ROCK CLIMBING

\$175

10/17-10/22

ONE WEEK HIKING



grades
7-9



grades
5/6





AFTER SCHOOL COURSES FOR MIDCOAST MIDDLE SCHOOLERS

**NOW ENROLLING
FALL 2022**

technical skills | expeditions | building confidence



ROCK CLIMBING



SAILING



HIKING
SEA KAYAKING

1 and 2 week options

7-9th grade overnight expeditions

Courses weekly: Sept 12-Oct 17



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*Need based **scholarships available** for all families*