

LYNX TRACKS

The Newsletter of the Lincolnville Central School

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

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6/15 Student of the Month Assembly 2:30
6/20 8th Grade Graduation 5:30PM
6/22 Last Day of School - Field Day - Early Release 11:30

Student of the Month

Congratulations to the following May Students of the Month: Kindergarten, Oren Hurley, McKenna Fogg and Oliver Brenton; First Grade, Malcolm Joseph and Baylee Emery; Second Grade, Maia Andrews, Violet Prime and Chase McLaughlin; Third Grade, Noah Seliger, Olivia Blake and Zach Egeland; Fourth Grade, Abby Strout and Liana Talty; Sixth Grade, Hayden Davis and Mateo LaChance. There will be a Student of the Month Assembly on Friday, June 15th, beginning at 2:30.



Our K-2 students performed in front of a standing room only crowd in Walsh Common last Monday evening. For our music program, it was the third concert in as many weeks. They were all successful!

Summer Tips from Screenagers

Summer break is right around the corner (or here for some of you), and many of us are looking forward to having a little more free time. Youth will have more time to breathe and explore their interests beyond school, but so often downtime becomes screen time. Summer's wide open time spans can heighten battles over technology use.

Here are some ideas for managing screen time this summer:

Take a moment to ask your kids (students) if they have anything they want to do, people they want to see, projects they want to take on, or finish during summer time? See if you can get them to say one or two specific things. You can call them "goals" but sometimes this word can shut down teens since the word "goals" can conjure up work.

- The more you can have systems in place to have tech go off at defined times, the better. It is not fun to police screen time. Last week [I wrote about Apple's new Family Sharing screening time controls](#) that may be released in beta at the end of June but isn't scheduled for a full release until September. Late last week I also did a little analysis for the [Washington Post](#) of Apple's versus Android's family screen time controls. I'm really looking forward to seeing how these controls will help change the culture around screen time. For those of you battling the Fortnite obsession, don't forget that if your child plays it on XBOX, the console does have a way to set [screen time limits](#). Here is a link to [some third party apps](#) to help manage time screen time. And, lastly, introduce them to [pro-social games](#) as a great alternative to all the intense video games out there.

- Now is a good time to get more creative about possible "house help" projects for the summer (aka chores but I prefer house help)...thinking up new tasks that will give your children new skills. I am excited that my teens have agreed to help me paint my home office. They've never painted a room and I think it's a good skill to have. Other house help ideas I have for this summer are fixing the

- broken wood garage door, having them do more cooking, and of course the usual (weekly sweeping and bathrooms).

Given that it is completely normal for kids and teens to be frustrated (continued on pg. 3)and



LBC Hosts LCS

Thank you once again to our friends at the Lincolnville Boat Club for making sure our students got an opportunity to sail on Norton Pond. The winds were light and variable the first day, but picked up nicely on the second. Everyone had a great time. For more information on the program go to : <http://www.lincolnvilleboatclub.com/>

Students Complete Year Long Study of Penobscot Bay



Last Friday and Saturday a dozen LCS students boarded the Quicksilver and traveled to Eagle Island in East Penobscot Bay for the culminating activity of a year long study of the bay, its islands, lighthouses, geography, and ecology. This integrated unit of study also included a visit to Maine Maritime Academy in Castine, a tour of the ship, and Academy's ship simulator. Students created several presentations on related topics, took photos, and wrote extensively throughout the year.



As part of the Eagle Island Project, the students participated in a beach cleanup where they found a considerable amount of plastic, trash, and other undesirable items that they collected and disposed of.



They spent time in the one room, Eagle Island Schoolhouse, long since closed, but still fully stocked with books, classroom supplies, and reminders of days gone by.

The group also collected treasures and building materials from the beach, which they turned in into gnome/fairy homes along the road that runs east to west across the island.



After s'mores on the beach,

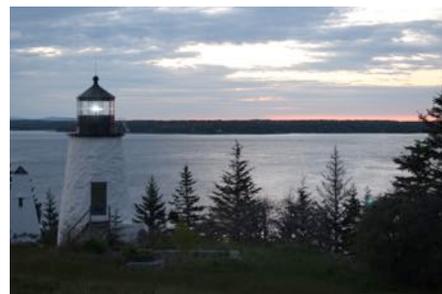


they lit their lanterns and shared stories filled with imagery based on their visit to Rockport Harbor and Peter Ralston's Gallery.



This made for a very enjoyable, unplugged evening.

In the morning all of the students were up at 4:30 AM to watch the sun rise over the lighthouse.



Everyone returned to Lincolnville Beach tired, but thankful for the opportunity. Many thanks to the Quinn family and the Maine Community Foundation's Ira Cobe Fund for making this field trip possible.

More about Eagle can be found at <https://www.eagleislandrentals.com/>

angry to have to do house help, consider bringing up the following when you are having a calm dinner, maybe doing your Tech Talk Tuesday (*and remember you can always print the TTT to bring to the table). Julie Lythcott Smith, former Stanford University Dean of Freshmen, said in her [TED Talk](#) about raising adults:

“The longest longitudinal study of humans ever conducted is called the Harvard Grant Study. It found that professional success in life, which is what we want for our kids, that professional success in life comes from having done chores as a kid, and the earlier you started, the better, that a roll-up-your-sleeves-and-pitch-in mindset, a mindset that says, there's some unpleasant work, someone's got to do it, it might as well be me...I will contribute my effort to the betterment of the whole, that that's what gets you ahead in the workplace.”

- Summer is a great time to encourage creative projects using technology. Did you know that on average [kids only spend 3%](#) of their screen time doing “content

creation” such as making videos or composing music on the computer? You might suggest that your video gamer consider learning how to design and code their own video game. Or, how about your kids that love to listen to music, see if they will try to write their own songs on Garageband? Your YouTube watching tweens and teens might enjoy shooting their own movie right on their phone camera and then learning how to edit it on the computer in iMovie or another program. I use Premier and my daughter Tessa learned it super fast.

- Reading—sure enough, reading has gone way down over the past few years but it does not have to be that way. In an upcoming TTT, I will be sharing some of my favorite pre-teen and teen books along with favorites of the Screenagers’ team. I find that having a few new titles in the home (via borrowing from the library or friends or ordering) increases the chance my teens get interested in reading them. Stay tuned for some great titles!

Here are a few questions to get the conversation going:

- What are 2 things you would like to accomplish this summer?
- Is there a new skill, like video editing or creating music or coding that you might be interested in learning more about?
- How much time do you think is reasonable per day this summer for you to spend doing things like playing video games or scrolling social media?
- What “house help” projects can you come up with that would teach you a skill you are interested in—or at least mildly interested in? Or at least not completely dreading?

For more discussion ideas, you can peruse [past Tech Talk Tuesdays](#). If you are interested in seeing Screenagers, you can [find event listings](#) on our site and find out how to [host a screening](#).

Stay in touch with the Screenagers community on [Facebook](#), [Twitter](#) and at www.screenagersmovie.com.



More Recent Photos

Medomak Valley Boys Basketball

•Lasagna•
•Stuffed Shells•
•Salad•
•Bread•

Dinner & Auction



Fundraiser

Saturday, June 16th

Medomak Middle School Gymnasium

Silent Auction bidding opens @ 4:30

Live Auction preview @ 4:30

Dinner @ 5:00

Live Auction 6:30

Live Auction services for this event provided by: LT Auctions,
Lawrence B. Trueman, Auctioneer

★ *Red Sox Tickets w/ VIP warning track access for pregame batting practice* ★

★ *New England Patriots Tickets located in exclusive private club section* ★

★ *White Water Rafting • Backyard putting green • Round of golf for 2 @ The Samoset* ★

★ *25 # of Lobster • Gift Certificates • Lobster Traps • Firewood • Gift Baskets* ★

\$6.00 per person **\$20.00** / family