

# LYNX TRACKS

The Newsletter of the Lincolnville Central School

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

MAY 10, 2018

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## Annual Author's Day at LCS

Thanks to Partners For Enrichment, the Lincolnville Central School welcomed three celebrated Maine authors who shared their experience, insight, and craft with students.

On Tuesday, May 8th, Licia Morelli worked with kindergarten through grade 2 students. She is the author of **The Lemonade Hurricane** a children's book based mindfulness. For more information on Licia, please view the following website: <http://lemonadehurricane.com>.

Also on May 8th, Angeli Perrow focused on Tips for Better Writing and shared information from her Key Mysteries Series with grades 3-5. Some of the books in the series include: **The Fortkeeper's Key; The Outlaw's Key; The Buccaneer's Key; The Ghost Miner's Key; The Whispering Key; and The Lightkeeper's Key**. Angeli's website is: <http://www.angeliperrow.com>. There you will find more information about the author and her books.

Wrapping up the week, Maria Padian, presented an "author talk" that covered everything from where she gets her ideas, to her daily writing routine, to the importance of revision, to the ins and outs of publishing a book, and all the unexpected occurrences in between to grades 6-8. Maria is the acclaimed author of **Brett McCarthy: Work in Progress, Jersey Tomatoes Are the Best, Out of Nowhere, and Wrecked**. She recently spoke at the Maine Council for Language Arts Conference and The Maine Reading Roundup Annual Conference. For more information about Maria, her work, and to read her blog, go to <http://www.mariapadian.com>.

A special thanks to Partners for Enrichment for helping reading and writing come alive in our schools and classrooms!

## Camp Kieve for Rising 8th graders, (present 7th graders)

Families please watch your mailboxes. An envelope containing all the information about the 2018 fall Leadership Institute at Camp Kieve will soon be arriving. There are several permission slips and forms that need to be signed and returned to Elyzabeth Richards by May 25th. The residency will be from Wednesday, September 5th through Friday, September 7th. A Parent's Program will be offered on the afternoon of September 7th. A representative from Kieve will be here at LCS on August 31st @ 6:00 p.m. to talk about the program with parents and students. If you have any questions call the Guidance Counselor at extension 110.

## Five Town Eighth Grade Transition Event at State Park Tomorrow

On May 11th the Five Town 8th graders will participate in the first of many end of the year high school transition activities. After homeroom, the students will be bussed to Camden Hills State Park where they will participate in a round robin of activities in their assigned high school homeroom groups. Around 12:30 the students will gather for a barbeque picnic. Around 1:30 the students will be bussed back to LCS. Permission slips have been sent home. Please return them by May 4th. Because we will be outside, (rain or shine), appropriate clothing, closed footwear, sunscreen, bug spray and water bottles are required. If you have any questions please call the Guidance Counselor at extension 110.

### Dates to Remember

05/11 Student of the Month Assembly 2:30 PM  
05/14 CRMS @ HAL Baseball 3:45 PM  
05/15 HAL Baseball @ Medomak 3:45 PM  
05/22 6-8 Spring Concert 6:30 PM

## New Fitness Records at LCS

Congratulations to the following students who have set new Lincolnville Central School fitness records in physical education class.

### Grades 3/4

.5 mile run – girls - Liana Talty 3:08  
.5 mile run – boys - Thomas Leadbetter 3:16  
Curl ups - boys - Lyric Barrows 59  
Pushups - girls - Maren Johnson 55  
Flexed Arm Hang - girls - Liana Talty 1:29  
Pacer Test - boys – Thomas Leadbetter 108

### Grades 5/6

Pushups - girls - Rose Fishman 62

### Grades 7/8

Pullups - girls - Elise Condon 25  
Pullups – boys – Dakota Pendleton 26

## Original Works to be featured at the CHRHS Spring Choral Concert

The annual Spring Choral Concert will be held on Monday, May 14<sup>th</sup> at 7PM in the Strom Auditorium. Under the direction of Kimberly Murphy and accompanied by Matt Mainster, the concert will feature many original works by Maine composers. The concert is entitled "Living Works," and reflects the spring semester focus of new and living music. This semester, the CHRHS Chorale, Chamber Singers and Women's Choir have been singing commissioned works, writing original music, and participating in composer-led forums and workshops. "Living Works" refers to the new music (with two "world premiers") that will be highlighted. It also refers to the theme of many of the concert pieces,

focusing on the cycle of life and death, and the importance of life-giving water.

The works of Maine composers: John Mehrmann, John Newell, Matt LaBerge, and CHRHS alum Sarah Palermo will be featured. Also on the program will be an original song by students: Galadria Scattoloni, Isaiah Doble, and Kevin Bergelin which was produced during workshops led by CHRHS alumni Alex Wilder and Chloe Isis.

Sarah Palermo's commissioned piece for the CHRHS Women's Choir is an intriguing and lively piece that tells the story of two murder ballads. The intensity of the lyrics are offset by an intricate accompaniment played by Matt Mainster and student, Myles Kelley. The students in Women's Choir had the chance to sing for the composer (via Face Time technology) and grew from the experience – beginning to understand that origin of the lyrics and the creative process of composing and arranging. The Women's Choir is very excited to perform this world premier of "Diggin' On Her Grave" by Sarah Palermo.

The Chamber Singers will be singing "Guiding Light" by Matt LaBerge. The ensemble had the chance to work with the composer three weeks prior to the performance; and this workshop helped to solidify their understanding of the deep, eternal meaning present in this original, a cappella work. They will also be singing an original work by local musician John Mehrmann, and had the chance to work on "Like a Poem" with the composer.

Chorale will be singing "Deep River" an arrangement by Maine composer, John Newell, and a piece developed by students in the documentary song-writing workshops. The original piece is titled "Focus on What's True." The Chorale will also sing a thematic piece by Sarah Hopkins: "Past Life Melodies" that evokes the "other-worldly" sounds of overtone harmonic singing – a technique often used by the Tibetan monks for meditation.

The CHRHS Spring Choral Concert is free and will feature the works of the three CHRHS choral ensembles, plus student-led groups: Off Beats and Fortissima. For more information, please contact Kim Murphy at 236-7800 ext. 3295, or [kim.murphy@fivetowns.net](mailto:kim.murphy@fivetowns.net).

# SCREEN AGERS

Kids aren't the only ones glued to their screens. Parents get sucked into the little glowing light too.

Not one, but two studies, found something that I found surprising: the majority of parents believe they are good media-use role models for their kids. The American Psychological Association's [2017 Stress in America](#) survey found that 72% of parents somewhat or strongly agree that they model a healthy relationship with technology for their children. The other study was a [2016 Common Sense Media survey](#) of 1,796 parents, which found that the large majority of parents (78%) believe they model good media habits for their kids.

Do our kids think we are good role models? When I ask audiences of students if they think their parents are on their devices too much, generally two-thirds of the kids raise their hands. The Common Sense Media survey above supports this point in that parents of tweens and teens report spending on average more than 6.5 hours a day on screens each day doing things like watching TV, social networking, browsing the internet, and video gaming.

When we say, "we want to model better," it is like saying, "I am going to eat better," a goal which is rarely attainable because it is too vague. A well-known fact about behavior change is that choosing a clearly definable goal, and setting things up for success around it, increases the chance for change that is noticeable and sustainable. Screen time allows us to model behavior change. My suggestion is to pick one thing you want to change about screen time use and share that with your kids or students.

Here are some examples of behavior changes with tech, starting with my own:

- *"I am going to try not to go back on screens after dinner on Tuesdays and instead treat myself to creative and relaxing time, such as making earrings and being more available to the family."* This is indeed my own behavior change I have been doing for many months. My teens know I am working to do this, and when I fail, I tell them. I want to be accountable and knowing I will be telling them gives me extra motivation not to fail.
- *"After checking my email, my goal is to turn off the Wifi on my computer for 1 hour each weekday morning so I can get my writing done and not be tempted to check my email."*
- *"I am going to try to resist checking my phone when we are setting up for dinner and at the table so I get to talk with my family in a more connected way."*

For this TTT, start a conversation about everyone in the family's habits around technology. Here are some questions to get you started.

- Do you (kids) think we (parents) are good role models when it comes to screen time?
- If they respond no, that they think you are on too much, why do they think that? Are there things they think you should be doing that you are not? Like spending more time with them? Exercising more? etc.

If they say yes, you are a good role model, then ask why. What makes a good role model? Can you share a goal with your children or students that you have around screen time use? And, then commit to checking in on the goal (being accountable) in the near future, such as at next week's TTT? Remember it is just as important that you check in if you "fail" than if you succeed because the message is that behavior change is hard, particularly concerning the constant enticement of screen time. The important thing is that you say how you are learning from your failures, such as modifying the goal or setting up reminders, etc.

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

**CHRHS Class of 2022  
Step-Up Night  
May 16, 2018**

***ACTIVITIES ARE GROUPED BY  
HOMEROOM***

***Time            Activity***

***PLEASE ATTEND EACH AS ASSIGNED***

**5:00 PM        Pot luck/Café**

We'll begin the evening building community the best way possible: sharing a meal together. Families that wish to eat together are welcome to bring younger siblings.

If you plan to attend the potluck, please bring the following food item:

- Last names: A-D Side Dish
- Last names: E-K Salad
- Last names: L-T Entrée
- Last names: U-Z Dessert

**5:45 PM        Principal Carlson's welcome/introduction/Strom**

**6:00 PM        Building Tours (Homeroms 1- 4) *Depart Strom through main entrance***

**Co-Curricular/Activities Fair (Homeroms 5 - 8) *Gym***

**Administrative Orientation (Homeroms 9 -12) *Strom***

**6:20 PM        Administrative Orientation (Homeroms 1- 4) *Strom***

**Building Tours (Homeroms 5- 8) *meet at Stone Sculpture***

**Co-Curricular/Activities Fair (Homeroms 9 - 12 ) *Gym***

**6:40 PM        Co-Curricular/Activities Fair (Homeroms 1- 4) *Gym***

**Administrative Orientation (Homeroms 5 - 8) *Strom***

**Building Tours (Homeroms 9- 12) *meet at Stone Sculpture***

**7:00 PM        Closing Remarks by Dr. Carlson (All homerooms to Strom)**



PLEASE JOIN US FOR...

# Stories

*of the land and its people*

A YEAR-LONG ARTS-INTEGRATED PROGRAM IN MIDCOAST MAINE

**SUNDAY**  
**MAY 20, 2018**

**OPENING CEREMONY 1 - 2 PM**

AT THE STRAND THEATRE

*RED CARPET ARRIVAL 12:40 PM*

**EXHIBITION OPENING 2 - 5 PM**

AT THE FARNSWORTH ART MUSEUM

*FREE AND OPEN TO THE PUBLIC*

FEATURING ARTWORK BY  
LINCOLNVILLE CENTRAL SCHOOL  
4TH GRADE & 7TH GRADE!



*Stories of the Land and Its People*, a project of the Farnsworth Art Museum's Arts in Education Program, is generously supported by the Arison Arts Foundation, Van Otterloo Family Foundation, Anonimo Foundation, Nellie Leaman Taft Foundation, Bank of America Charitable Foundation, the Maine Arts Commission, Anneli Skaar, and an anonymous contributor.

*Camden Hills Regional High School  
Presents  
A Spring Choral Concert*



*Photo courtesy of Marti Stone Photography*

*featuring the CHRHS Chorale, Chamber Singers,  
Women's Choir, Off Beats & Fortissima*

*Monday, May 14th at 7:00 PM*

*in the Strom Auditorium*

*Admission – Free*

*For more information – call: 236-7800 ext 3295*

