

LYNX TRACKS

The Newsletter of the Lincolnville Central School

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

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Dates to Remember:

11/06 Skating @ MRC 3-4:45PM
11/07 PTO Meeting
11/08 Early Release 11:30AM
11/08 Parent Teacher Conferences
11/12 No School, Veteran's Day



Maine's public school students in grades 3-8 and in the third year of high school are required by both state and federal law to be assessed each year in mathematics and English language arts (ELA)/literacy. They are further required to be assessed in science at grades 5 and 8, and in the third year of high school. A small percentage of students with significant cognitive disabilities take an alternate assessment based on alternate achievement standards (AA-AAS). Overall results by school, by district and for the whole state can be found at the Maine Assessment and Accountability Reporting System (MAARS):

<https://lms.backpack.education/public/maine>.

While no single test can give a complete picture of a child's achievement, the MEA, combined with other information (e.g. school grades and daily schoolwork), can help us all better understand the progress of our students. These assessments can help us to improve. The results can highlight areas where a particular student needs additional support, where he or she has mastered the content, and where the student might be challenged to go deeper into the subject matter. Our teachers use the information to guide their instruction and provide more individualized learning opportunities for students. Parents can use the information to help support children at home and guide discussions with their child's teacher.

We are confident that the quality instruction delivered by our committed educators, along with your support, can help our students meet and exceed the expectations Maine has established for their learning. We encourage you to reach out to your child's teacher with any questions you have about the MEA or your child's progress.



The Great Pumpkin Grapple

This week the 5th grade took some time to participate in The Great Pumpkin Grapple, an event where students discussed and applied various math skills and concepts including: Estimation, Fractions, Circumference, Representing Data in Charts, Pound to Ounce Conversion, and the computations involved in real life applications of math. In addition, there was a science component that dealt with what makes things float? Many interesting hypotheses were put forth, which lead to discussions around the concept of density. It was a tremendously interesting and fun time for all!



2017-2018 Maine Educational Assessment (MEA) Results Finally Available

The results of an assessment that children in grades 3-8 last March will soon become available. You will receive a report, hopefully by next week, containing your child's results on the alternate Maine Educational Assessments (MEA) from the spring of 2018. Information about each of these assessments can be found at:

https://www.maine.gov/doe/Testing_Accountability/MECAS/results.

Student performance on the MEA is reported in four achievement levels:

- Level 4: Above State Expectations
- Level 3: At State Expectations
- Level 2: Below State Expectations
- Level 1: Well Below State Expectations

SCREENAGERS

School Closing Information

In the event that we need to close early, or cancel school due to weather conditions please know that communication is very important to us.

Cancellations will be reported on the Internet at

📌 VillageSoup.com

📌 <http://www.fivetowns.net/lcs>

📌 LCS Facebook page

On television:

📌 WLBZ,

📌 WABI,

📌 WCSH,

📌 WMTW

Radio:

📌 The Zone 100.3

In addition, we will send out phone calls, text messages, and emails to all parents who have shared updated contact information with us.

If you have recently made a change to your contact information please notify us so we can be sure to have the most up to date information.

Grades 6 and 7 to Visit Space on November 13th

Thanks to the generosity of our friends at Partners For Enrichment, these students will be travelling to Challenger Learning Center in Bangor for a little hands on space experience and the Emera Astronomy Center and Jordan Planetarium at the University of Maine.

The Challenger Learning Center Space Mission Simulator offers visitors the next best thing to actual space flight with a Mission Control room designed after the NASA Johnson Space Center and Space Lab modeled after the laboratory on the International Space Station. During a space mission, astronauts in the Space Lab Simulator work with their counterparts in the Mission Control Simulator to fly one of three simulated space missions: Rendezvous with a Comet, Return to the Moon and Earth from Orbit.

The Planetarium will offer a free one hour program to the students.

All of us here at Screenagers have teens and tweens. Lisa, my co-producer of Screenagers, has a son in college in Pittsburgh, so she got alerts from him right away about the shooting. When her daughter woke up, Lisa immediately told her about the incident. Lisa said, "I wanted to tell her about what was going on before she saw it on social media or got a text from one of her friends concerned for her brother." The digital age makes it key that we get in front of these conversations quickly.

The president of the American Psychological Association (APA), Jessica Henderson Daniel, Ph.D., says in response to Pittsburgh's shootings that "Hate crimes are the most extreme expression of prejudice. Compared to other crimes, hate crimes have a more destructive impact on victims and communities because they target core aspects of our identity as human beings."

I find the American Psychological Association's guide to talking to your kids about the difficult news to be helpful. They, as do I, encourage parents to share their feelings with their children. It is not about burdening them with one's anxiety or sadness or other emotions. It is about naming feelings and discussing them. This approach has been shown to be highly effective in helping youth develop greater emotional intelligence.

The APA says "It is OK to acknowledge your feelings with your children. They see you are human. They also get a chance to see that even though you are upset, you can pull yourself together and continue on."

Psychologists generally say that small children, less than 5 years old, do not need to be told about these types of events. But, young kids now have such easy access to information on devices so we need to be mindful that they might be seeing much more than we know.

For older kids, the APA recommends: "Tell the truth. Lay out the facts at a level they can understand. You do not need to

give graphic details."

I believe it is important that we all make sure kids know how rare these tragedies are. In homes where news is on a lot, or where news alerts are readily visible on screens, youth get an inaccurate perspective of the frequency with which tragedies occur. Yes, bad things happen, but the key is letting our children know that for every negative thing, there are thousands of positive things happening. And, be sure at the end of the conversations that you reassure them that they are safe and that you are there for them to talk further.

For this TTT, let's talk about difficult news. Here are some questions you may find useful.

- What feelings are coming up for all of us in this time of tragedy?
- When you feel scared or concerned about news how do you process those emotions? Talk to friends? Write posts? Write in a journal? Talk to your family?
- What can we do to honor and support those in need?

We encourage you to go to our website and read through some of the hundreds of past Tech Talk Tuesdays blog posts covering dozens of topics full information and tips. Feel free to share this newsletter with your community and encourage them to sign up for our Tech Talk Tuesday.

If you are interested in seeing Screenagers, you can find event listings on our site. Or, join the thousands of people have hosted a screening in their community to help spark change.

Warmly,
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