

# LYNX TRACKS

The Newsletter of the Lincolnville Central School

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

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#### *Dates to Remember:*

11/08 Early Release 11:30AM  
11/08 Parent Teacher Conferences  
11/09 Basketball Practices Begin  
11/12 No School, Veteran's Day  
11/19 – 23 No School, Thanksgiving Week

To all those who have served the country in war or peace, Thank you!  
Happy Veterans Day!  
Observed 11/12/2018  
There will be no school on that day.

**GROWTH MINDSET CHALLENGE** of "the Human Knot". Our fourth graders attempted to solve a significant challenge by following directions to create a human knot then used a growth mindset to try and untangle themselves without letting go. The group had a whole lot of fun, gave and received a good deal of encouragement, but did not have initial success with 10 or 8 students in a knot. They didn't give up! They later decided to try six person knots and found greater success.

### **Setting the Record Straight.**

We have noted some social media traffic of late erroneously reporting that LCS students are not allowed to use the school phones during the day. For the many of you who have received calls from your children made from our phones during the school day, this must have come as a shock. Obviously, this report is not accurate. Our practice is to ask children who need to call home to use the office phones. We do this so that those in the office will be in the loop and can efficiently manage the flow of communication in the event that parents can't be reached immediately. This is a very regular occurrence and we are more than happy to help.

What we do not allow is for students to make calls during the day on cell phones.

In fact, we do not allow students to have cell phones in their possession at school during the school day at all. Those students who do have cell phones are expected to leave them in their locker. If a student is found to be using their phone during the school day it is confiscated and brought to the office where students can come to retrieve it at the end of the day. Repeat offenders need to have their parents come to the school to get their cell phone back.

Our wifi system has a filter on it. Facebook and many other sites are blocked to all but those few staff members who have a bypass code. That code can only be obtained through the technology director. It is next to impossible to get cell service in the building making Internet use via data

virtually useless.

We do not allow screen time during breaks or recess. We regularly post information in our newsletter highlighting the many issues associated with teens and screens via our association with "Screenagers." We hosted a community discussion on the topic last school year.

We fully realize that not all students completely respect our rules, but our data shows the vast majority do. Our staff members are ever vigilante. Computer screens are monitored visually in the classroom and can be accessed through our system from the technology director's office, which can serve as an "eye in the sky" when needed. Certainly, there is always room for improvement and we try to reflect regularly on our practice as the playing field is ever changing. We appreciate any support we can get from parents in making sure our guidelines are met. Parents who receive texts, or calls from their children during the school day need to realize their children are violating our rules and they should address it as such. Failing to do so only contributes to a problem. Let's all continue to work together to manage this.

# SCREEN AGERS

Last week The New York Times ran a story titled, “The Digital Gap Between the Rich and Poor Kids is Not What We Expected.” Research shows that low-income kids spend about 2 hours more a day on screens outside of school—due to many factors, such as less access to after school enriching experiences. The article looks at concerns that lower-income public schools will become screen saturated, while private schools will have more resources for less screen saturation. The author writes about how affluent parents, generally with students in private schools, are demanding less screen time in school. The reality is, it is not only wealthy parents that are raising concerns about the amount of screen time in schools, but parents from all socioeconomic backgrounds are doing so. Fact: Schools experience pressure to have tech on their campuses from tech companies, administration, and others. Schools want to do well by their students and tech has been sold as a quick fix. For example, schools keep hearing from tech and curriculum companies that ways to “personalize and customize learning” is right around the corner. Unfortunately, it has been a very long corner with no impressive results yet.

A quick fix example in the NYT article that shocked me is that Utah is rolling out an online preschool, which 10,000 children are enrolled thus far—no joke. Given that Utah lacks a state-funded traditional preschool program, one can see how the screen has stepped in.

Older students know when screen time is not adding value. Two weeks ago I was speaking at a large education conference where I heard this often. For example, a high school World History teacher said that whenever he introduces a computer-based program, students immediately chime in and ask, “What is the purpose of it, why even do it online?”

Let's look at the situation around cell phones. My team and I conducted a national survey last year about cell

phones in schools where we found that public middle schools are much more likely to allow students to carry phones all day (66%) compared to private schools (34%) where phones are kept in lockers or backpacks. When students are allowed to carry their phones, research shows they are much more likely to sneak them in class. There is no judgment here—they are not bad students if they sneak—it is just very hard for some students to resist the pull of everything happening on their personal phone. Research shows grades and emotional well being are improved with the policies that private schools are doing more often.

Last week I spoke to Kristina Rodgers, the principal at my daughter's public high school in Seattle where they changed their cell phone policy this year to ban access during class. She said the new rule has been easy to enforce and the results are apparent by the way kids are focusing more than before. At the recent curriculum night, parents burst out in applause when the new policy was mentioned.

Rodgers told me how discouraging it is that her school is the only public high school out of 12 in the area that has her policy while several of the elite private high schools in the area have banned phones during class time.

In summary, the reason the NYT article is important is that it addresses one of the issues I am most passionate about: How to get parents and schools working together to do best by our children. All parents and educators want kids to learn and do wonderful things in school and to have meaningful interactions with teachers, peers, and staff. No one wants children glued to screens all day in school.

Warmly,  
Delaney Ruston, MD  
Screenagers' Filmmaker  
[www.screenagersmovie.com](http://www.screenagersmovie.com)

## Annual CHRHS Ski Team Ski Sale

### “Giving Used Gear A Second Life”

Kids outgrown their ski equipment? Got some old ice skates kicking around the garage that you've been meaning to sell? Looking for some great deals to outfit the family for winter snow sports? If so, the annual Camden Hills Regional High School Ski Team Ski Sale at Camden Hills Regional High School this November 16th-18th is the place for you. This is an excellent opportunity to make some money on snow sport equipment that is outgrown or no longer used. At the same time, you can get some great deals on used equipment such as skis (both nordic and alpine), boots, poles, snowboards, skates, helmets, skates, etc.

Want to sell used equipment?

Pre-register your equipment online at <https://sites.google.com/site/chrshsskisale>. Then, bring the items you want to sell to Camden Hills Regional High School on Friday, November 16th from 3 PM until 8 PM. You set the price; the 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. If your items don't sell they must be picked up by 1:30pm on Sunday or they will be donated to an appropriate source.

Want to buy used equipment?

Come to Camden Hills Regional High School on Saturday, November 17th from 9 am until 1 pm and Sunday, November 18th from 10 am until 1:30 pm for some terrific deals on used equipment. In addition to items brought in on Friday evening, Ragged Mountain Sports and Auclair Cycle and Ski will be selling some new past season gear at rock bottom prices. The selection is better on Saturday; there are some super bargain prices on Sunday. The new Sunday prices will be available at the website after 4 pm Saturday. Your purchases support the CHRHS ski teams.

The annual CHRHS Ski Team Ski Sale is one of the largest in the state- you won't want to miss it. For more information, go to <http://sites.google.com/site/chrshsskisale> or call Richard at 542-7571.



# Jammer Girls Madness

Sponsored by :

Five Town Basketball and CHRHS Basketball Boosters

## Basketball Season Kickoff Party For all Girls Grades K-12 Night of Fun

- . Pizza
- . Face painting
- . Fun Competitions
- . Ice Cream

Open to all girls in Hope, Appleton, Lincolnton, & Camden-Rockport

**December 1st**

**6-9 pm**

**Camden Hills Regional  
High School**

