

LYNX TRACKS

The Newsletter of the Lincolnvile Central School

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

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Using Math in the Kitchen!

The Effect Of Parental Involvement On Academic Achievement

By *Adrianes Pinantoan, informEd*

The influence of parental involvement on a student's academic success should not be underestimated.

While brainpower, work ethic, and even genetics all play important roles in student achievement, the determining factor comes down to what kind of support system she has at home.

Students with two parents operating in supportive roles are 52% more likely to enjoy school and get straight A's than students whose parents are disengaged with what's going on at school. This is especially the case during the earliest years of schooling, in Kindergarten through the 5th grade, when students with active parents are almost twice as likely to succeed. Once students enter middle school, the effect diminishes slightly—possibly because they are maturing during this time— but there is still a 22% difference.

The data shows, predictably, that having one parent involved is better than having none at all. Interestingly, as far as behavior is concerned—being held back or expelled— having a supportive mother makes a slightly more positive difference than having a supportive

father. Having a supportive father, however, leads to slightly higher grades than having a supportive mother.

Just as there seems to be critical period for parental support in terms of general academic success (K-5), there is also a critical period for parental support with regard to “school readiness.” Before a student enters primary school, her parents have a huge influence on how well she will perform. Did her parents introduce her to the alphabet? Did they read to her every night? Did they teach her to count? It appears that a parent's level of involvement in school readiness correlates significantly with that parent's own educational attainment.

Parents with advanced degrees are 3.5 times as likely as parents without high school degrees to teach their children the alphabet, 2.4 times more likely to teach them to count to 20, 1.8 times as likely to teach them how to write their first name, and 2.8 times more likely to read to them daily.

Even the difference in involvement between parents with advanced degrees and parents with bachelor's degrees hovers around 10%. Almost without exception, parents at each successive level of education send their children to school better prepared than parents who are less educated. This suggests just how delicate beginnings can be in a child's educational

Dates to Remember:

- 10/4 XCountry Meet @ Belfast – 4:00PM
- 10/5 No School – Teacher's Workshop Day
- 10/8 No School – Columbus Day
- 10/10 LCS Soccer vs Jefferson – 3:45PM
- 10/12 Student of the Month Assembly – 2:30PM
- 10/12 8th Grade Dance 7:00-9:30PM
- 10/13 8th Grade Pumpkin Sale @ Lincolnvile Beach
- 10/19 Picture Day – Order forms coming soon

PUMPKINS! PUMPKINS!! PUMPKINS!!!

The Lincolnvile 8th grade will be selling quality Halloween pumpkins (courtesy of Beth's Farm Market in Warren) on Saturday, October 13th. The pumpkins will be sold from 9 to 1:00 or until all pumpkins have been sold. The class will be selling their pumpkins across from the post office in Lincolnvile Beach. Get a great quality pumpkin and help the 8th graders meet their fundraising goals at the same time!

development, and just how important it is for less educated parents to try to be more involved.

Another key to sustained academic success is progressing through each grade level with confidence and mastery. But even if the parental support is there, financial setbacks can pose serious problems. Between 1996 and 2007, the percentage of “low-income” students typically held back a grade reached 25%, while the percentage of “non-poor” students remained low and relatively constant.

This data reflects the unfortunate reality that successful adults are overwhelmingly found to emerge from supportive middle or upper class families. For more information on this effect, dubbed “concerted cultivation,” see social scientist Malcolm Gladwell's book *Outliers: The Story of Success* (2008).

Race for the Crockett Trail 5K to be Held Saturday

The Camden Hills cross country program will host the second annual Race for the Crockett Trail 5K at the high school, located at 25 Keelson Drive in Rockport, on Saturday, Oct. 6 at 11 a.m.

Registration begins at 9 a.m. Cost is \$15 for adults and \$10 for students with all proceeds going toward ongoing trail maintenance. Prizes will be awarded to the top male and female runners of the race and in each age group, as well as a random prize drawing among all race entrants.

The Crockett Trail is a multi-purpose trail named after Penny and Charlie Crockett, who served the high school as teachers, coaches, and mentors for a combined 69 years.

The trail serves as the home course for the Camden Hills varsity cross country and Nordic ski teams and Camden-Rockport middle school cross-country team.

The high school cross-country team

will host their homecoming meet there Friday, Oct. 5, at 4 p.m. The next middle school meet will be Wednesday, Oct. 10.

The Crockett Trail is open year-round to the public as a mile-long nature trail with interpretive signage for 25 different native plant species. In winter the trail also serves as a public Nordic ski trail. Completed in the fall of 2017, the trail was constructed by dozens of volunteers and made possible through grants from First National Bank and James O'Rourke, as well as in-kind services from local businesses, including Gartley & Dorsky Engineering & Surveying, Bragg's Tree Care, Viking Lumber, Dorr Wood Carving & Sign Company, and landscapers David Wellman and Dan Eaton.

For more information on the race, contact Helen Bonzi at helen.bonzi@fivetowns.net.

Note: Members of the LCS Cross Country Team can run this race at no charge.

Soccer Drops a Tough One at Hope

Despite playing one of their better games of the season, the Lincolnville Lynx ended up on the wrong side of the scoreboard losing 1 to 0 to the Hawks of Hope on a cool Wednesday, October 3rd, at Hope. The first half played mostly evenly. Both teams started rather tentatively, but then the Hawks staged an impressive surge during which they scored the only goal of the game just after eight minutes gone. An excellent drive by a Hope midfielder drew the LCS defense to him allowing him to slide a short pass to a wide open forward next to the empty back half of the Lynx's net. LCS revived soon after that and dominated the last part of the first half.

The second half went mostly the Lynx's way as they kept the ball in the Hawks' end for the better part of the half. The Hawks managed several drives, but for the most part were forced on defense for the half. The Lynx got their fans to their feet with multiple drives but just were unable to finish any of their drives. Nonetheless, they deserve significant credit for not giving up and continuing to dominate the half until the whistle put an end to the game.

Boys and Girls Victorious at Searsport Meet

On a beautiful fall day on a very hilly Searsport Middle School course the team took first place in both the boys and girls race.

In the first race, the girls had a dominant

team run, capturing eight spots in the top ten. The 2 mile race was won by Jaden Johnson (14:52) followed closely by Kara Andrews in 2nd (14:53), Zoe O'Brien 3rd (16:24), Kailin Fuller 4th (16:32), and Sophie Ryan 7th (16:59). These first five gave LCS a team score of 17 points, easily a first place. Other runners in the

top ten were Chloe Day-Lynch 8th (17:01), Liana Talty 9th (17:02), and Lucy O'Brien 10th (17:51). Kaya Bournival had a notable performance finishing in 15th place (18:26), which can be attributed to the extra work she has been putting in at practice over the past week.

The boys once again ran an impressive team race.

Brandon Nelson (14:43) finished 3rd overall with Thomas Leadbetter (14:44) right on his tail. Kaden Wood (15:41) was the 7th place finisher followed by Iain Larsen Leavins (15:51) in 10th, and Jackson O'Donal (15:55) in 11th. This impressive pack was enough to place the team in 1st place. It should be noted that Sage Burgess (15:58), 12th, Jack Edgar (16:18), 13th, and Avery Laite (16:33), 15th, were all well positioned to score had there been a need.

The next race is at Troy Howard Middle School in Belfast on October 4th. The boys will run at 4:00 OM and the girls at 4:45 PM.

Complete LCS results can be found at: http://lcssports.sportsoffice.com/sport.php?level_id=1&org_id=42&sport_id=80



From the Nurse's Desk:

Fall is in full swing and we are working hard to keep our classrooms healthy and ready to learn! With the change in season, we often see an increase in contagious illnesses. Hand washing is the best and most effective way to prevent becoming ill, and spreading the illness to others.

It can be difficult to know when your child is too sick to come to school. When considering whether or not to keep your child home, please ask yourself the following:

- Does your child have a fever? Fevers of 100 F or more are generally signs of illness. Your child must be fever-free for 24 hours (without fever reducing medication) before returning to school. ****Following the 24 hour rule: if your child is sent home from school with a fever, they can not return to school the next day.****
- Is your child well enough to participate in class? If your child seems too run down to get much out of school lessons, please keep them home.
- Does your child have an illness like the flu or Pinkeye? If you think they might, please do not send them to school until they have seen their doctor and been cleared to return.

If you have any questions, please do not hesitate to contact me. I am here to help!

Monthly Substance Use Prevention Update

What Parents Need To Know About Prescription Drugs

In Maine, 12.3% of High School students, grades 9 to 12, said they had taken a prescription drug not prescribed to them. (4.7% in Knox County and 5.3% in Waldo County – 2017 MIYHS)

Some teens abuse prescription and over-the-counter (OTC) drugs to get high. This includes pain medication, such as drugs prescribed after surgery, depressants, such as sleeping pills or anti-anxiety drugs; and stimulants, such as drugs prescribed for attention deficit hyperactivity disorder (ADHD). OTC drugs such as cough and cold remedies can also be abused. Prescription drugs are readily available in the medicine cabinets of many homes.

Teens sometimes think that using prescription drugs ordered by a doctor is a “safer” way to get high. Unfortunately, not many parents talk about prescription or OTC drug use, even though teens report that parental disapproval is a powerful way to keep them away from drugs.

Talk to your teen today about the dangers of abusing prescription and OTC drugs. These are powerful drugs that, when abused, are dangerous.

To learn more, go to maineparents.net

To find out how you can become involved locally, contact Wanda Gamage-Wyman, Substance Use Prevention Specialist, Knox County Community Health Coalition – 236.6313, Ext. 2;

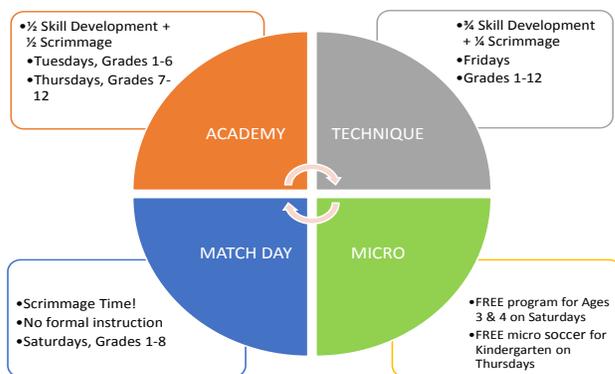
wgamagewymankcchc@gmail.com

Knox County Community Health Coalition provides substance use prevention services in Knox and Waldo Counties, and is a division of Penobscot Bay YMCA.

Pitch Soccer Academy Begins October 16

Sign up per class, per trimester, or save big by signing up for the full year as an academy players.

We Offer 3 Types of Soccer Classes Throughout the Year: (Visit website for class times)



AVAILABLE DISCOUNTS:

1. **ACADEMY PLAYER: SAVE \$315!** Register for all 3 of our classes (Academy, Technique, and Match Day) for 3 Trimesters for only \$400. Attend as many or as little of the classes per week as you like! All academy players will receive a free Pitch t-shirt. Please [Register Online](#) for an automatic payment option plan with 4 easy \$100 monthly payments.
2. **COMBO DEAL: Receive \$30 off** for enrolling in 2 classes during the same trimester.
3. **'Drop-IN' players** are always welcome at The Pitch: **\$12 for 1 hour classes & \$16 for 90 minutes classes.**
4. **FREE TRAINING TOP:** Academy Players Receive a FREE Training shirt.
5. **DSA United DISCOUNT:** DSA United Players pay only \$300 for academy player (\$415 savings).
6. **FREE Mini Movers Class for Ages 3 & 4 and free Micro Soccer for Grade K1**

REGISTER ONLINE AT WWW.MAINEPITCH.COM/ACADEMY/ OR CALL 273-0042

MOVIE NIGHT!

FRIDAY OCTOBER 19th 6PM, LCS



Wear a costume and be entered into the raffle to
WIN A PRIZE!

PLEASE DONATE
BAKED GOODS
TO HELP THE PTO!

THERE WILL BE PIZZA
for sale

BRING YOUR
PILLOW AND
SLEEPING BAG!



The Bus Stop will be presented at LCS to students in grades 6-8 on October 25th

Grades 5- 8

The Bus Stop is a highly interactive performance that models positive behaviors that students can use when confronting bullying behaviors amongst their friends. **The Bus Stop** portrays Chris, a middle school student dealing with being the bystander in a bullying situation between two classmates, Terry and Jordan. Terry is new to the school but is immediately targeted by Jordan due to a disagreement that started online. As the bullying escalates, Chris seeks advice from the audience on what to do. Initially, Chris makes some common mistakes, but with the help of the audience, Chris is ultimately able to help the target and the bully address their issues, seek advice from an adult, and take steps needed to end the bullying.

Major Learning Points:

- Define and identify the different types of bullying and its consequences
- Develop skills in empathy and identification with the target
- Learn why people bully and develop peaceful solutions to addressing the issue
- Understand the importance of the role of the bystander
- Establish a process for discussing and reporting bullying

Post-Performance Discussion:

Following the performance, the three actors/educators moderate an interactive discussion to help reinforce the educational points of the play.

Performance Logistics:

- Recommended maximum audience size is 300
- Program approximately one hour (includes show and discussion)
- 3 Lavalier microphones or 3 wireless microphones on thin metal stands
- Staff available to actors 30 minutes prior to performance and throughout the program

Additional Information:

A \$150 non-refundable deposit is due with the signed contract. Sponsor is to book all travel arrangements for the actors. If sponsor chooses to have DET make travel arrangements, all travel costs must be paid in full 60 days prior to the show date. DET accepts checks, credit cards and purchase orders as form of payment.

Deana's Educational Theater (DET) is a 501(c) 3 non-profit organization DET was founded in 1994 by the family and friends of Deana Brisbois, a victim of dating violence. For more information about the play or any of Deana's Educational Theater performances, please contact us.

