

LYNX TRACKS

The Newsletter of the Lincolnville Central School

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

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LCS cross country team members enjoy a post race celebration as they kicked off the season. The boys finished in second place and the girls in first.

Dates to Remember:

09/13 XC @ CHRHS- Girls run 1st @ 4:00PM
09/14 LCS Soccer vs St. George - 3:45PM
9/18 Open House 6:00-7:00 PM
9/19 LCS Soccer @ Appleton – 3:45 PM
9/20 XC @ LCS-Boys run 1st @ 3:30

Six Grade and New MS student Laptop Take Home Orientation

The annual laptop orientation meeting for 6th grade students and their parents (also any new 7th or 8th grade student and their parents) will be held on Thursday, Sept. 20th from 6:00 - 7:00 PM in Walsh Common. Attendance is required in order for a student to be able to take a laptop home. The parent contribution for the laptop insurance is a one-time fee of \$30.00. Hope to see you all there!

want to limit everything, you can go into App Limits and select All Apps & Categories. Once kids hit their time limit, they can send a request for more time; you can either approve it or not. You can also disable those requests altogether.

How you can use it. Ultimately, you want to get kids to manage their own use by themselves, with no tools. If you can get them to set a goal, such as "I want to stick to 30 minutes of Fortnite a day," they'll feel great when they reach it. If you need a quicker solution, it's still a good idea to get kids' buy-in. Talk about their goals -- setting them for yourself might help, too -- and praise their efforts. If you're still having trouble, pull out your Family Media Agreement to make your rules concrete. Make sure to discuss the Request More Time feature, where kids can ask to extend the limit (through their device). Avoid using this feature as a reward for chores or homework: It's bound to lead to begging and take you away from the end goal of balance.

Downtime

This feature lets you block off a chunk of time when kids can't use their phones -- like from right around bedtime until they wake up. If your kid says, "But I listen to music to

What Apple's New iOS 12 Parental Controls Mean for You

The moment many parents have been waiting for -- the ability to control their kids' phones -- is finally here. By Christine Elgersma 9/5/2018 common sense media

If you've been shopping around for parental controls to help manage your kids' Apple devices, you might want to put on the brakes: The new operating system, iOS 12, has a feature called Screen Time that might have what you're looking for, and it's available on September 12. We previewed an early version to give you an advanced look at the new features. (We will update with any new info as soon as the full version is released.) As with any parental controls, they're best used along with guidance and ongoing conversations to help your kids learn to manage their own media use.

Screen Time lets you see exactly how much time your kids spend on their phones and tablets, the times of day they're most active, and which apps they use the most. You can also set app time limits, filter inappropriate content, and schedule "downtime" -- basically, shut down the device -- whenever you want. (By the way, you can do this for yourself if you need help managing your own device use.)

Some of the settings will be familiar if you've used Apple's Family Sharing and Restrictions. But iOS 12 adds a slew of new features. You can set up Screen Time to

manage your kid's device remotely (using Family Sharing) or you can simply use your kid's phone to enable screen limits (which you can password-protect) and review your kid's device use together.

So what will you see and what can you control?

Usage Tracking

Screen Time gives you a weekly report showing how long your kids have used their device that week and at what times of day (kids can see this on their device, too). You can also see what categories of apps (Productivity, Entertainment, etc.) and specific apps (Snapchat, Fortnite) they use the most.

How you can use it. Since you can see your own usage info, too, it's a great conversation starter around balance and goals -- for the whole family. Take a look at which apps you're using most and when, and talk about the whys (why you use it the most) and hows (how you feel after using it). Figure out if your device is pumping you up or bumming you out. Could you stick to watching only 15 minutes of YouTube per day? Would that help you get your homework done faster or meet other personal goals?

App Limits

If your kids are using apps that you're concerned about (like, they can't control themselves) you can use App Limits to cut them off after a certain amount of time or on certain days. You can set App Limits by category, such as Social Networking or Entertainment, and for specific apps. If you

help me go to sleep!" No problem: You can set the Music app to Always Allowed, and your kid can access that app during Downtime.

How you can use it. Downtime is helpful to have for critical times, such as bedtime, meal times, and when your kid is in a particularly funky mood and just needs, well, downtime. Since late-night device use can really interfere with kids getting enough sleep, consider setting Downtime about an hour before bed until morning. This helps them wind down before they go to sleep and also frees up some time to talk about the day and do quiet, calm activities such as reading. To get buy-in, talk it through first, and set it up on your own phone so that it's a bonding experience rather than a top-down order.

Always Allowed

This is where you can select apps that your kid can always access, even during Downtime. The phone is always allowed no matter what your settings are, but you can turn off core apps like Messages, FaceTime, and Maps so that they won't come on either. How you can use it. You might decide to allow access to certain apps that you don't mind your kid using at any time for any reason. These may be educational, soothing, or otherwise beneficial, such as bedtime music, podcasts, the Books apps, or meditation apps. Be choosy here, though. Otherwise, what's the point of Downtime?

Content & Privacy Restrictions

This section is basically the old Restrictions section, and you can control everything you could before: music, TV shows, apps, movies, web content, multiplayer games, and more. The iOS default is Allow All, Unrestricted, and Explicit (for music), so if content is a concern, you'll want to change those settings. In this section, you can also turn off in-app purchases and location services, and prevent your kids from changing your settings by locking them with a passcode.

How you can use it. Handing your kid an iPad or iPhone gives them access to all kinds of stuff, even if you don't download a single app. You can use the Content & Privacy Restrictions area of Screen Time to control the settings that mean the most to you and prevent your kid from making changes. Some of the settings you can make in this section, such as location tracking, are for your kid's safety. Talk about why these settings are nonnegotiable. Also, you might consider allowing your kids to "earn" the features they want, such as the ability to make in-app purchases, after they show that they can be super responsible with their device.

LCS Soccer Off to a Great Start

The Lincolnville eleven started off this year's championship defense with a resounding win—7-1—on Monday, September 10th, at Nobleboro on an unseasonably cool yet comfortable day. The Lynx got off to a quick start when winger Jaden Johnson started the scoring with 2:50 gone by intercepting a Lions' goal kick, taking a quick dribble to set up her shot, and finishing strongly past the charging keeper to the back side of the net. A minute later, it was Johnson starting off another drive by running the right side and passing to winger Griffin Dubrow who had moved to the middle of the Nobleboro box. Dubrow calmly redirected the ball on net, but the keeper made a nice deflecting save. Striker Jordan Peasley promptly charged the rebound and drilled it into the open side of the goal. Things slowed down a touch at that point until the 7:19 mark, when Johnson once again sent a pass to Peasley on the right who quickly shuttled it into Dubrow in the middle. Dubrow hammered a quick shot to the far post to complete the scoring play. A minute-and-a-half after that, midfielder Bailey Curtis passed the ball into Dubrow on the left side who promptly dazzled the defense with a well-executed move to open space and then drilled the ball just inside the near post. Nobleboro fought back and late in the half with four minutes left to play, they took advantage of an LCS defensive breakdown to get one back so that the half ended with a 4-1 score.

The second half started more evenly than did the first, and it took LCS until the 37:47 mark to ring up another tally. Curtis once again initiated the play with a pass into Peasley in the middle who made a skillful move to his left to lose his coverage and then beat the keeper with a shot angled to the far post. Midfielder Kara Andrews got on the scoreboard six minutes later after a direct free kick was awarded to LCS near the Lions' box. Andrews lined up her shot and lofted it past the keeper. The scoring for the game finally ended at 43:31 when Dubrow, now playing at midfield, passed to winger Colin Brandy who quickly moved the ball on to striker Mikayla Talbot who immediately converted it.

Overall the game was a promising start to the season for the Lynx who showed a lot of poise while moving the ball very effectively. The young Lions team turned out to be a very game opponent who kept on coming despite the score deficit which bodes

well for their future as they gain experience.

LCS racked up another victory against a developing South Bristol team by a score of 9 to 0 at South Bristol on Wednesday, September 12th. It was a rough first half for the South Bristol eleven with the Lynx jumping out to a lead with only 42 seconds gone when winger Griffin Dubrow intercepted a throw by the keeper and quickly converted it into a shot that sailed into the net. That was followed 16 seconds later when midfielder Kara Andrews corralled a loose ball after Dubrow bounced a pass off of a Mariners player and immediately hammered it past the keeper. There was a lull for almost seven minutes before Andrews sent in a corner from the right that winger Victoria Sparks deflected to striker Mikayla Talbot who alertly redirected it into the nets. At the 16:09 mark, winger Liliana Palise sent a smooth pass into striker Roo Boetsch who fired home for the fourth tally. The next goal was an own goal in the midst of a crowd that occurred when a Mariner defender tipped the ball into their own net. Palise added an unassisted goal to her previous assist at 24:19, followed by the last goal of the half at 28:00, the second of the game for Boetsch.

The second half found things looking up for the Mariners as they only allowed two for the entire half. Both were scored by Colin Brandy, the first unassisted at 49:33, and the second off a pass by Jackson Strout with only eight minutes left in the game. It was another strong showing by the Lincolnville booters, but due credit must be given the South Bristol squad which kept on pushing throughout the entire game. Recording the shutout for the Lynx were keepers Aiden Aselton, Mason Clark, Althea Dayhoof, and Palise, making her debut in goal.

Tanglewood Tracks 3.5 Mile Trail Race and Fall Harvest Festival

On Saturday October 6th, Tanglewood 4-H Center will host the Tanglewood Tracks 3.5 mile trail race and Fall Harvest Festival. Race begins at 10 a.m., and the festival follows at 11. Families are invited to make apple cider, pond scoop, explore the forest and try archery. Race fee is \$20; festival is free. FMI call (207) 789-5868 or visit

<https://extension.umaine.edu/tanglewood/>

**Lincolnvile Central School
2018 Cross Country Schedule**

UPDATED TODAY

Date	Host	Location	Time
9/13	Camden-Rockport Middle School	Camden Hills Regional HS	4:00 Girls First
9/20	Lincolnvile Central School	Lincolnvile	3:30 Boys First
9/27	Searsport Middle School	Searsport	4:00 Girls First
10/4	Troy Howard Middle School	Belfast	4:00 Boys First
10/11	Camden-Rockport Middle School	Camden Hills Regional HS	4:00 Girls First
10/17 (Wednesday) Championship Meet	Troy Howard Middle School	Belfast	3:45 Girls First

Parenting with Dignity
Picking up this Ball is a Victory for All

G.E.A.R. Parent Network invites you to pick up the ball and run with it through a nine-hour parenting education course developed by Mac Bledsoe, father of a celebrated New England Patriots quarterback.

Parenting with Dignity helps parents learn effective techniques for raising responsible, independent children.

Location:
Crisis & Counseling Centers
120 Tillson Ave, Rockland
9 a.m. to 3 p.m.

September 22 – Session One
September 29 – Session Two

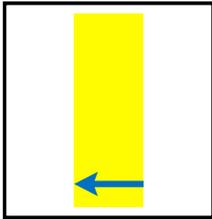
Topics include:

- A Model of Human Performance
- Five Rules for Parents
- Discipline
- Sending a Message of Love
- Teaching Values to Your Kids
- Goal Setting
- Reasons Punishment Doesn't Work

GOGEAR PARENT NETWORK
A program of Crisis & Counseling Centers

Attendance is free! Space is limited!
Call 1-800-264-9224 to register today!

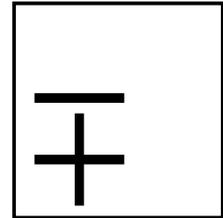
LCS CHESS! Starts Monday, 3-4 PM



September 10th!

7:15 AM Tuesdays, Thursdays

K/8, All in the Art Room!



WHY CHESS?

Chess is about work. Before our children work we educate them. What they learn, in and out of school, determines what work they do. As educators we need your help. I especially need your help: chess takes two to play!

If you engage with your child you will be amazed at the benefits of chess! I know because I've done it with my son and I have amazing students who keep me excited about chess!

Chess wires childrens' brains for math, science and creative thinking while they think they are just playing games. The problem solving skills I teach are the basis of all learning and are key to success in school and the workplace. Chess teaches concentration and builds self-confidence. Chess is the single best activity to teach executive functioning skills (important for sports!). With chess STEM skills (Science, Technology, Engineering & Math) can begin in Kindergarten! The benefits of chess epitomize what schools are striving to teach their students.

If you say "I don't know how to play" you signal that it is ok to skip things that appear difficult. You also miss the opportunity to engage with your child. Computers are now better chess players than humans. With minimal effort you can learn how to use a computer to improve your game and help your child too. You can find mistakes both players made and opportunities both missed after a game is over. This is an amazing way to improve your game! Knowing how to use computers to learn and to improve your work is an important STEM skill to use in school and to have in today's job market! The reigning World Chess Champion, Magnus Carlson, uses computers!

Did you know: In 2017 the LCS K/3 team won the Maine State Chess Championship? In March this year our K/1 team (a new division in Maine) won 1st and 2nd (we were so big we had to split in two), our 2/3 team won 2nd and our 4/6 team (with one 5th grader and the rest 4th graders) won 1st place? Did you know the two teams that won 1st had more girls than boys? Did you know that more girls (13) went to State than boys (12)? Be a part of LCS History: play chess. Thanks to Mr. Russo these classes are free!!

Parents are welcome to all classes! BruceHaffner@gmail.com 763-4797 C: 847-987-3091



Please allow my child to attend Monday chess: Yes No Child's name: _____

If Mondays: Emergency Phones: _____ I want a free private lesson: _____

I want a chess set: \$8 _____ (Payable to Bruce Haffner)

I want to receive weekly emails: _____

(two emails are good: the one who plays and the scheduler!): _____