

LYNX TRACKS

The Newsletter of the Lincolnville Central School

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

SEPTEMBER 27, 2018

Volume IX, Issue #4



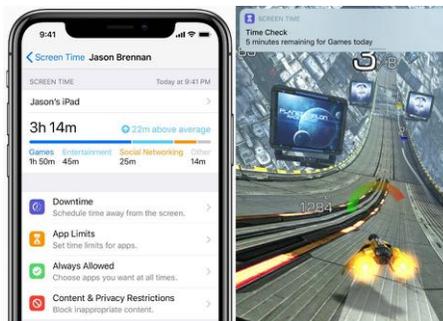
PTO Update

- ✓ PTO provided all teachers with gift cards for purchase of classroom supplies for the new school year, saving parents & students this effort. Thanks to all for the fundraising efforts to make this possible!
- ✓ The After School Programs Crafty Kids, Lego Club and Chess Club need parent volunteers. Please contact the PTO if you are interested and available.
- ✓ Movie night is scheduled for Friday, October 19th; save the date!
- ✓ Box Tops are always welcome; please help support our school!
- ✓ PTO officers for the 2018/2019 school year are as follows:
 1. President - Amelia Grant (amelia@thegrighthouse.org)
 2. Vice President - Melissa Nowell (melissanowell13@gmail.com)
 3. Secretary - Emily Berry (berryej9@gmail.com)
 4. Treasurer - Deb Harbaugh (hessda7@yahoo.com)

New iOS App is Parent Friendly

Apple's latest operating system, iOS 12's new Screen Time, is the feature parents have been waiting for. With it, we have a new tool to help prevent excessive screen time for our youth, as well as ourselves. The tool lets us limit overall time and allow you to limit the time on specific apps. It also does the same for websites and video games. This is a game changer because when these controls are built into the machine itself, it makes it nearly impossible for anyone to find ways around the restrictions on the devices.

Let's start with school hours. As you know we are working hard with the AwayForTheDay.org campaign to have phones be put away during school time. Some schools still allow students to carry phones and now with Screen Time, it will be possible to have things like Snapchat, Fortnite, and Instagram not be accessible on your students' iOS devices during school hours.



Screen Time is not just for phones, but also

Dates to Remember:

- 9/27 XCountry @ Searsport – 4:00PM
- 9/29 Star Party at True Park - Dusk
- 10/3 LCS Soccer @ Hope - 3:45PM
- 10/4 XCountry Meet @ Belfast – 4:00PM
- 10/5 No School – Teacher's Workshop Day
- 10/8 No School – Columbus Day

Dirt Performance

Partners for Enrichment is proud to sponsor and announce a date with inspirational speaker, John Morello! All LCS grade 7 and 8 students will be in attendance for this unique presentation. John is an actor, comedian, and author. His show – DIRT – “explores the challenges and decisions young people face every day.”

The show will be held on October 1st at Strom Auditorium at CHRHS. Seventh and eighth grade students from HES, AVS, and CRMS will also be in attendance, as will all CHRHS freshmen.

Thanks to Partners for bringing this exceptional and exciting experience to our area youth! For more information about John Morello, please check out www.johnmorello.com.



Partners for Enrichment is hosting a Star Party at True Park in Hope Center this Friday September 29th, at dark. John Meader from Northern Stars Planetarium will be there with his telescopes and laser pointer to guide you through the galaxy. Come see the rings of Saturn! Craters on the moon! Hear the legends surrounding the constellations! It's an experience you won't forget. Students, their families and friends are invited. Note: in the event of cloudy skies this event may be cancelled. For safety after dark, please park in the True Park parking lot or behind the town office, not along Church Street.

for iPads. While some schools have some controls on them, this new tool will let parents help ensure time grabbers can be prevented during school hours—the parents have to setup Screen Time, the schools do not have access to it controls. Preventing video games and other things from being accessible during school hours helps students focus on their classes.

What about how this now helps home life?

The goal of using something like this is to not over-parent, over-control, but to set up systems that help lessen the parent-child conflict. For example, rather than track down your tween to get the phone at, say, 9 pm, the phone can be configured to have all apps go off at 9 pm, including texting.

Adopting any new technology often sends chills down my spine. For those of you who feel the same way, I've included step-by-step instructions below on how to set this up. You and your child's devices both have to be set up for this to work.

Even before setting up the system, I really recommend being strategic about how you go about doing this with your youth—minimizing any possible push back. Consider starting with an evening of talking about all the wonderful things that do happen on screens. It is critical that our kids know that we get it, that we understand that screen time is really cool. When they believe we know there are many great things happening on screens, then they will be more willing to see our efforts to limit constant temptation as help, not punishment.

Another way to minimize the conflict is to start by having them, and yourself, collect data on personal daily use patterns, which Screen Time lets you do. Tracking and discussing use patterns can be an effective way to think about time limits.

Now on to the technical:

All Apple devices that you will be adding restrictions to—iPhones and iPads—need to be updated to iOS 12. Here is a step-by-step guide to walk you through setting up yours and your kids' devices with these new controls.

Setting up Screen Time on your device:

- *Download iOS 12 on every device you want to manage going back as far as an iPhone 5s*
- *Go to Settings and select Screen Time to turn it on your device*
- *Scroll down to Use Screen Time Passcode - select a passcode that your kids won't figure out and you will easily remember*

- *Go to Downtime and select start and end times - This will block apps you select for the period of time you set*
- *Go to App Limits and select app categories you want to limit then set the amount of time allowed. You will be prompted to enter your passcode*
- *Go to Always Allowed and select apps you want accessible at all times (could be the phone, FaceTime and messages)*
- *Go to Content and Privacy Restrictions - here you can allow or not allow apps to be downloaded and in-app purchases to be made. You can also block specific content here by selecting content restrictions and choosing specific content like movies, TV shows, games, books, etc...*

Setting up Screen Time on your kids' devices:

- *Make sure all devices (iPhones and iPads) have iOS 12 downloaded*
- *Make sure all devices are set up on Family Sharing with you as the organizer and that Screen Time is turned on in Family Sharing*
- *One adult in the family—the family organizer—can set up Family Sharing for the group from their iPhone, iPad, or iPod touch. Then an invitation is sent to the individual members. They need to accept the invitation.*
- *Every person in your group will need a distinct Apple ID. To learn how to get one for a child under 13, click [here](#).*
- *Once you've setup your family, you'll see them in Screen Time settings. Tap on your child and walk through the setup assistant to turn on Screen Time for them.*
- *Go to Settings and scroll down to Screen Time*
- *Scroll down to Use Screen Time Passcode*
- *Enter a Passcode that your kids won't figure out and you will easily remember*
- *Turn on Share Across Devices*
- *Select child's device (devices need to be set up on Family Sharing and signed into iCloud)*
- *Go to Downtime and select start and end times - This will block apps you select for the period of time you set*
- *Go to App Limits and choose categories of*

apps you want to limit then set the amount of time allowed. You will be prompted to enter your passcode

- *Go to Always Allowed and select apps you want accessible at all times (could be the phone, FaceTime and messages)*
- *Go to Content and Privacy Restrictions —here you can allow or not allow apps to be downloaded and in-app purchases to be made. You can also block specific content here by selecting content restrictions and choosing particular content like movies, TV shows, games, books, etc.*

As a note, Google has similar controls for Android phones that can be managed through its Family Link app, but this is limited to 13-year-olds and younger, leaving teenagers unsupervised on their devices. Many cell phone carriers have special plans and others ways to limit access to and time on apps as well.

If you know anyone with kids who might benefit from having help in preventing excessive screen time with their kids, please forward this TTT to them.

For today's TTT, open a conversation about this new tool.

1. *How does everyone feel about using the tool first to see how much time they are spending on different screen activities?*
2. *How can using this tool help everyone reach tech time goals?*
3. *Can people see this helping decrease tech time conflicts?*
4. *Do you think this tool can help you to be more productive? Get more sleep?*

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.

Stay in touch with the Screenagers community on Facebook, Twitter and at www.screenagersmovie.com. We encourage you to share this, and other TTTs, widely with your community

Delaney Ruston, MD
Screenagers' Filmmaker
www.screenagersmovie.com
415-450-9585

LCS Prevails over Bristol

It was a definite goal festival as the home team Bristol and visiting Lincolnville combined for 10 goals on Monday the 24th but with the LCS Lynx ultimately prevailing 6 to 4 on a brisk, sunny September day. The scoring started early when LCS striker Griffin Dubrow drove the left side and slid a quick pass into winger Jordan Peasley who cannoned the ball past the keeper to the far post to rack up the tally at the 1:14 mark. Another minute and 15 seconds later, it was almost an exact repeat with Dubrow again slipping the ball into Peasley who again beat the Bristol keeper to the far post. The one thing that you can count on when playing the Blue Devils is that they will never give up, and they came back a mere 45 seconds later to score on a shot from 25 yards out that sailed over the defense and the keeper. The Lynx struck back at 6:05 when Dubrow again sent in a feed to midfielder Kara Andrews who settled the ball nicely, took a quick dribble to her left to improve her view of the net and then sent the ball through a crowd for her finish. LCS padded their lead at 11:06 when Andrews fed Peasley who finished nicely to complete his hat trick for the afternoon.

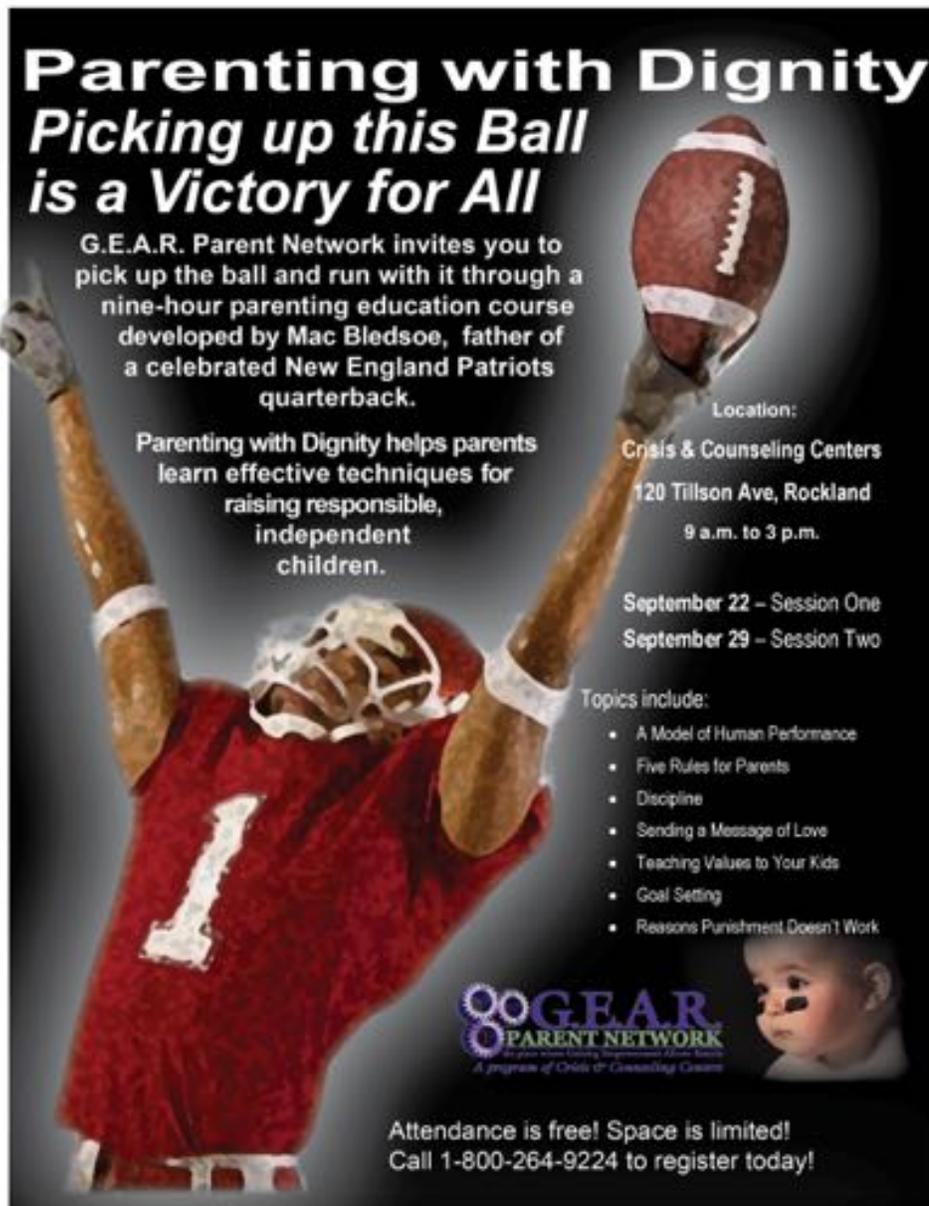
LCS Drops Two to CRMS Teams

Game one - It was a chilly day—both literally and figuratively—as the gutsy Lincolnville team went down to defeat by a strong Camden 7 team on Friday, September 21st, by a score of 6 to 1 in Camden. While possession during the first half was relatively even, the Lynx had a difficult time finishing effectively while a very disciplined Camden squad not only penetrated well but found the back of the net with distressing regularity. In particular, the Camden striker's performance stood out as he netted three goals to lead his team to a 5 goal lead.

The Lincolnville eleven came out stronger in the second half playing it to a 1 to 1 tie. LCS's score was netted by striker Griffin Dubrow when he intercepted a Camden clear in the box, took a pair of neat dribbles to move through the defense to open space, and then calmly slid the net past the keeper for the tally.

Game two - Another really ugly game. The kids were flat from the start and never got out of first gear while the Camden kids hustled their butts off. They deserved the win. Well, the team has it work cut out for it, starting with actually playing like a team instead of individuals. See what I can do to get them to focus on that.

It was a disappointing end to the day for the Lincolnville soccer team as they conceded a win to the hustling, talented Camden 6th grade team 4 to 0 on September 26th at the LCS pitch. The Lynx were definitely off their usual form, and the Schooners took full advantage to outplay the Lynx. Aiden Aselton made a number of fine saves in the net, and there were at least five really dangerous tries from the Lincolnville offense, but the Camden team simply was too much for the LCS eleven to overcome. The Lynx will be working to get back on the winning side on Monday, October 1st, against Islesboro at Lincolnville.



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

GO GEAR
PARENT NETWORK
A program of Crisis & Counseling Centers

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

Articles for submission to this publication may be sent to
lcs.news@fivetowns.net

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!



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

**Bluefish Swim Team *FREE* Orientation
WALDO COUNTY YMCA**

Tuesday, October 9-Friday, October 12
4:00 p.m.-5:00 p.m.
FREE TRIAL PERIOD— no cost until you sign up!
Season starts Tuesday, October 16, 2018
Parent and Participant Meeting Monday, October 15 @ 5:30 p.m.

Come join our Bluefish Coaches for a *FREE* four day trial of our Bluefish Swim Team! One hour per day, come learn swim team basics. These include things like starting commands, streamline positions and pushoffs, stroke introduction and some basic drills.

On the last day of the week, participants will get a recommendation for which practice group to register for, as well as information about the parent and participant meeting taking place the following Monday.

If you have questions or would like more information, email Eryn at:
aquatics@waldocountymca.org