

LYNX TRACKS

The Newsletter of the Lincolnville Central School

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

JANUARY 3, 2019

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Dates to Remember:

01/04 LCS BB vs. Drinkwater -Boys 1st @ 3:45 PM

01/04 Afterschool Skiing

01/07 LCS BB @ Hope – Boys 1st @ 3:45 PM

01/09 LCS BB vs. Appleton – Girls 1st @ 3:45 PM

Note: School Committee Meetings are held on the first Monday of each month at 6:00 PM, with the exception of holidays when they are rescheduled for time that is mutually convenient for members and posted well in advance.

The New Year Brings Staffing Changes to LCS

With the departure of Mrs. Russo, our former sixth grade language arts and grades 3-8 GT teacher, we have made some necessary changes to be sure we meet the needs of our students.

Our new sixth grade LA teacher is Dawn Emery of Camden. Ms. Emery is not a new face to LCS as she spent a good deal of time in the sixth grade language arts classroom last year, and was assigned to our second grade from September through December of this school year as part of her teacher training program with the University of Maine. She completed the program in December.

Teaching is a second career for Ms. Emery who worked for a number of years with the American Cancer Society. Her familiarity with our students, staff, and program will allow her to make a smooth transition.

Ms. Moore, who is already teaching grade 5 math, will take over the Geometry class and Mrs. Michaud, our grade 7 and 8 LA teacher will take on the 5th grade LA section that was also formerly assigned to Mrs. Russo.

We are looking into ways to continue with some of the enrichment programming. The 8th grade extended reading group will be covered by Mr. Russo who will meet with students once per week in a book club format.

Our schedule has been adjusted to help better facilitate the changes. We appreciate all of the support from our staff that helped make this happen on fairly short notice.

Healthy Upgrade

Three new water bottle filling stations were installed in the school over the holiday break making it easier for students to stay hydrated. These units were funded through a joint venture between the PTO, a grant from the Coombs Griffin Trust, and the local budget.



Bottle Drive to Support Eighth Grade Trip

The Lincolnville Central School 8th grade will be running a bottle drive in Lincolnville on the weekend of January 5th to raise funds for their class trip to Quebec City. They are requesting that all residents of Lincolnville save their bottles for the drive. Volunteer drivers will drive around the town and pick up bottles at the curb. Bottles should be bagged and put out on the curb no later than 9:00 AM for pickup. Our thanks in advance to everyone that is able to help the 8th grade meet their goals by donating their bottles!

PTO

The next PTO meeting will be held in the LCS Library at 6:00 PM on January 9th.

Thank you to all those who contributed money for the LCS families in need during the Gingerbread House Event. The PTO raised over \$350 for this cause.

After School Programs

Skiing

LCS After School Skiing starts this Friday, 1/4/19! There are 62 kids slated to ride the bus. If you can, please consider driving your child to the Snow Bowl this week, as we are at capacity.

Weekly payment/transportation forms will go home between Wednesday and Friday of the week prior. The form is due back to school on the Monday of that ski week.

Forms will be available on the LCS website.

Five Town CSD

ADULT and COMMUNITY EDUCATION

Happy New Year from Adult & Community Ed! The Winter-Spring 2019 brochure will hit mailboxes at the beginning of January. There are many new additions, so please check them out!

We'd like to call your attention to several important new offerings.

- Integrated education and training program for CNA certificate - This program is free to qualified adults.
- New Books, New Readers - This new book club is brought to our communities through collaboration with the Maine Humanities Council. Its goal is to encourage reluctant adult readers to find the joy in reading. FREE
- Drivers Education - Returns to CHRHS beginning in February.
- New Workforce Certificate Training offerings ON-SITE at CHRHS - Computer Technician Comp TIA A+ Program with Certification, Medical Billing & Coding, Paralegal Professional Program with Certification.
- Volunteer Information Sessions - Want to give back to your communities by helping adults in need? Then come find out how.

There are many new and returning offerings including our very popular cooking, art, and jewelry-making classes. Plus, ways to get outdoors (or stay in!), learn a new language, dance, or make music. If you'd like a digital copy of the brochure, or to register for a class, visit our website:

fivetowns.maineadulted.org



SCREEN AGERS

Happy New Year! I thought this would be a good time to revisit your plans to limit screen time this year and reduce struggles in your house. I have found one of the most useful ways to do this is to set some controls on your kid's and teen's phones. Then, you are not the one policing as much. This can be done via a 3rd party app, of which I have a big list with descriptions. Some offer rewards and include more extensive monitoring and others are simply about bringing attention to one's habits.

SCREENTIME MANAGEMENT APPS

Screen time on iPhone and iPads

Apple's own Screen time built into the hardware on iOS 12 for iPhones and iPads (Cost: Free)

- Set limits on overall time
- Set limits on specific apps
- Set "downtimes"
- And, so much more

Circle with Disney WiFi router (Cost: \$99) -

- Small box as well as an app that pairs with your router
- Pause the Internet button
- Individual content filters for each family member
- Set time limits on apps like Facebook, Snapchat, Netflix and more
- Set a recurring use schedule on each device

OurPact (Cost: Free version or premium for \$4.99 per month) -

- The control phone can block other phones for any period of time and unblock at any time
- Set a recurring use schedule on each device
- Block specific apps

Moment (Cost: Free version or Pro for \$3.99 per month) -

- Set limits on screen time
- Tracks how much you use your phone during the day
- Gives usage reports
- Has a coach function

Pocket Points (Cost: Free)

- A great app for students
- Gain points by keeping your phone locked when you're on campus

- Use points to get discounts and coupons to businesses near you
- Pocket Points is popular among college students and is trying to grow their high school presence
- You can request a high school or university on the app

Bark

- Social Media monitoring
- Text monitoring
- Email monitoring
- Parental Alerts
- Works with schools too

unGlue (Cost: Free version or premium for \$9.99 per month) -

- Set limits on screen time
- Set a recurring use schedule on each device
- Get usage reports
- Remotely turn off the internet to an individual device or to all devices
- Block adult content
- Protect Your Kid
- Set limits on screen time
- Block access to apps
- Organize apps into groups and set rules
- Set recurring device schedule
- Block adult content

Screen Time Parental Control (Cost: Free version or Premium for \$4.99 per month) -

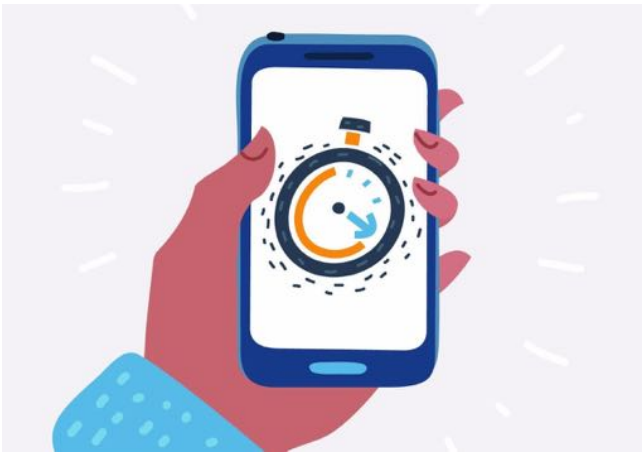
- Set limits on screen time
- Set bedtime and school time restrictions for specific apps
- Pause a device or give Bonus time
- Block all apps at lights out
- Block specific apps

Torch WiFi router (Cost: \$249.99 plus \$9.99 per month) -

- Remotely turn off the internet to an individual device or to all devices
- Set a recurring use schedule on each device
- See amount of screen time
- Create a unique profile for each device

Mobicip (Cost: Free) -

- Set limits on screen time
- Set a recurring use schedule on each device
- Set content filters
- Block apps and internet usage



you on this too. Ask your carrier for the latest

ARTICLES

- Think your kid (or you) could be a screen zombie? Take the 'Screenagers' test - Los Angeles Times
- Learning How to Exert Self-Control - New York Times
- Compulsive Texting Associated with Poorer School Performance Among Girls – American Psychological Association
- Compulsive Texting Takes Toll on Teenagers - New York Times
- Teaching Self-Control Tips - Provides evidence-based information about parenting and child development.

ORGANIZATIONS

- Family Online Safety Institute - International, non-profit organization that works to make the online world safer for kids and their families.
- Psychology Today's Parenting in a Digital Age - This blog explores how parents and children might live together meaningfully in a digital age.
- Common Sense Media - Empowers parents, teachers, and policymakers by providing unbiased information, trusted advice, and innovative tools to help them harness the power of media and technology as a positive force in all kids' lives.
- Empowering Parents - Committed to providing parents with sound advice through podcasts, an active blogging community and parenting programs.
- Above The Fray - Program to educate parents and teachers about what life is really like online for young people and to give adults the tools they need to begin meaningful dialogues at home and at school.
- Richard Freed, Ph.D. - Child and adolescent psychologist, speaker and author of "Wired Child: Reclaiming Childhood in a Digital Age".

Warmly,
 Delaney Ruston, MD
 Screenagers' Filmmaker
www.screenagersmovie.com
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Are you a screen zombie?

Are you fighting with your significant other, your teenager, your parents, your best friend — even with yourself — about how much time your digital device is distracting you from real, as opposed to virtual, life?

Or maybe you're so buried in your screen that you don't even have time to fight.

Physician and filmmaker Delaney Ruston explores the hold that our devices have over us (and our children) in her new film, "Screenagers." Among the findings: On average, young people spend 6.5 hours a day looking at screens. "There's a risk of real addiction to these devices, resulting in serious negative consequences at any age," Ruston said. And it's not just kids who are at risk: "From 8 to 14% of the adult population has clinical Internet addiction."

Hijacking all of us is the chemical dopamine, which lights up our pleasure response. Every "ping" we hear of an incoming message and every bad guy we demolish in a video game stimulates a neurotransmitter signaling pleasure. So why bother looking up from your smartphone while crossing the street, driving in stop-and-go traffic, or even when face to face with someone you've looked forward to seeing in person?

It's easier said than done to simply turn it off, said Ruston, who undertook making the documentary when she realized her two teenagers were eternally texting, posting and gaming. But she offers a few suggestions:

Identify the problem: The film's website [links to a survey](#) that can help identify the scope of the problem, and help determine if one even exists.

Quantify and control: There are several apps — ironic, yes — that will help you quantify how much time you spend staring at a screen like a zombie. That alone can spark change. (Imagine what else you could accomplish with that time.) Some apps also give parents control over how much screen time is allowed. A few that Ruston recommends: [Moment](#), [Checky](#) and [Our Pact](#).

Make change fun: Sometimes an incentive or competition helps, so make a game of it. Maybe kids earn an allowance bonus or Friday night pizza for adhering to time limits. Maybe couples leave the smartphones locked in their car trunk and splurge on a nice dinner. And then there's this favorite: Next time friends and family are out at dinner, set aside all mobile devices. The first one caught sneaking a look at his or her screen gets saddled with the check.

health@latimes.com

Curbi (Cost: Free) -

- Available for iPhone and Android
- Remotely turn off the internet to an individual device
- Get weekly usage reports
- Set recurring device schedule
- Block adult content

NetSanity (Monthly rates depend on number of devices enrolled) -

- Available for iPhone and Android
- Remotely turn off the internet to an individual device
- Set recurring device schedule
- Block adult content

FamilyTime

- Available for iPhone and Android
- Geofence locations
- Track device locations
- Get usage reports
- Set recurring device schedule
- Block adult content

Net Nanny - Parental controls for Android and iOS

Mobile Fence - Parental controls and GPS tracking for Android devices

Verizon Family Base - Monitor wireless activity and set usage limits

AT&T Parental Controls - Manage internet and email activity on computers

T-Mobile Family Allowances - Manage minutes, messages and downloads on phones

Sprint Mobile Controls - Monitor phone usage

XFINITY TV Online parental controls - Restricts what children can watch online

DRIVING

- Do No Disturb While Driving on iPhone
- Cell Control - For Android and iPhone
- Drive Safe Mode - For Android and iPhone
- DriveMode - Available on Android
- All the big carriers have apps to help