

# LYNX TRACKS

The Newsletter of the Lincolnville Central School

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

JANUARY 10, 2019

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## Simple Circuits Simply Fun

In science class, fourth graders worked on making complete circuits using Chibitronic LED light stickers, along with some copper tape and a 3V battery. Once finished with making their simple circuits, students continued with the process by "programming" a circuit to be interactive. Their finished products included some of their own designs and drawings. Thank you to Mrs. Waldron for her assistance and Mrs. Bemis for help with the Circuit Sticker Sketchbooks. Students hope to do more of this in connection with their Farnsworth SLIP project.



## 8<sup>th</sup> Grade High School Course Registration

It is time for Rising 9<sup>th</sup> graders to be thinking about classes for their freshman year at Camden Hills Regional High School. To that end, there will be an 8<sup>th</sup> grade Course Registration Informational Meeting with the High School Guidance Director, Jeremy Marks, on **Tuesday, January 29th from 5:30-7:00** in the Walsh Common here at LCS. Before the meeting, at 5:30, a meal will be provided for all students and family members who attend the session. The informational session will begin promptly at 6:00. In preparation for the meeting, students must leave their laptops here at school the afternoon of January 29th. All eligible students will be able to bring their laptops home after the presentation.

In order to access Power School students must have a Power School Password. Students will be provided a Power School password by Ms. Richards before January 29th.

For families with younger siblings, free childcare will be available in the Art Room during the meeting. Please let the Ms. Richards know if you will be using the childcare option as soon as possible as the high school is bringing National Honor Society students to carry out this duty. If you have any questions call the Guidance Office at extension 110.

**\*\*\*Note: In the event of inclement weather, the snow date is set for Wednesday, January 30th at the same time and location.\*\*\*\*\***

### Dates to Remember:

01/11 Student of the Month Assembly – 2:30 PM  
01/11 Afterschool Skiing  
01/14 LCS BB vs. Islesboro-Girls 1<sup>st</sup> @ 3:45 PM  
01/17 6-8 Winter Concert – 6:30 PM  
01/18 Afterschool Skiing  
01/18 LCS BB @ Searsport – Boys 1<sup>st</sup> @ 3:45 PM  
01/21 No School – Martin Luther King Jr. Day

*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*

## December Students of the Month to be Honored Friday

Congratulations to the following December Students of the Month: Kindergarten, Jackson Magnusson and Cara Fields; First Grade, Kaylie Green and Trey Cohn; Second Grade, Anneka Egeland and Ray Beach; Third Grade, Gabe Lippman and Alice Lindquist; Fourth Grade, Willa Yetman and Will Pendleton; Fifth Grade, Olivia McManus and Liam Day-Lynch; Sixth Grade, Gwen Hustus; Seventh Grade, Freya Hurlburt; Eighth Grade, Althea Dayhoof.

There will be a Student of the Month Assembly on Friday, January 11th, beginning at 2:30 PM.

## Winter Band and Chorus Concert for Middle School Students

The 6-8 Winter Concert previously scheduled for January 16 has been moved to **January 17** due to a basketball game. All middle school musicians are expected to attend their first concert of the year, dressed to impress. Band students need to arrive by 6:10; chorus-only students need to be seated in the audience by 6:25 for the 6:30 concert. We hope you can join us for an evening of festive, moving, and entertaining music!

## You can join CRMS WRESTLING

Students in grades 5-8 in the HAL and area private schools are invited to join the Camden-Rockport Middle School Wrestling Team. The season is between basketball and spring sports seasons and meets don't start until late February so you still have plenty of time to ski as well!

Wrestling is a safe sport (fewer serious injuries per participant than soccer or basketball) that kids of all shapes and sizes can be successful in. Please come and give it a try!

Our first practice will be on Tuesday January 22<sup>nd</sup> in the CRMS cafeteria. Practices will be five days a week 4:00 to 5:30. The season ends on March 23<sup>rd</sup>.

For more information or to register please contact: Aaron Henderson  
[aaron.henderson@fivetowns.net](mailto:aaron.henderson@fivetowns.net) 207-522-5252

# Lasagna Fundraiser

## High School Basketball Boosters

### Saturday, January 26<sup>th</sup>, 6 pm - 8 pm

**6-7 pm DINNER | 7-8 pm**

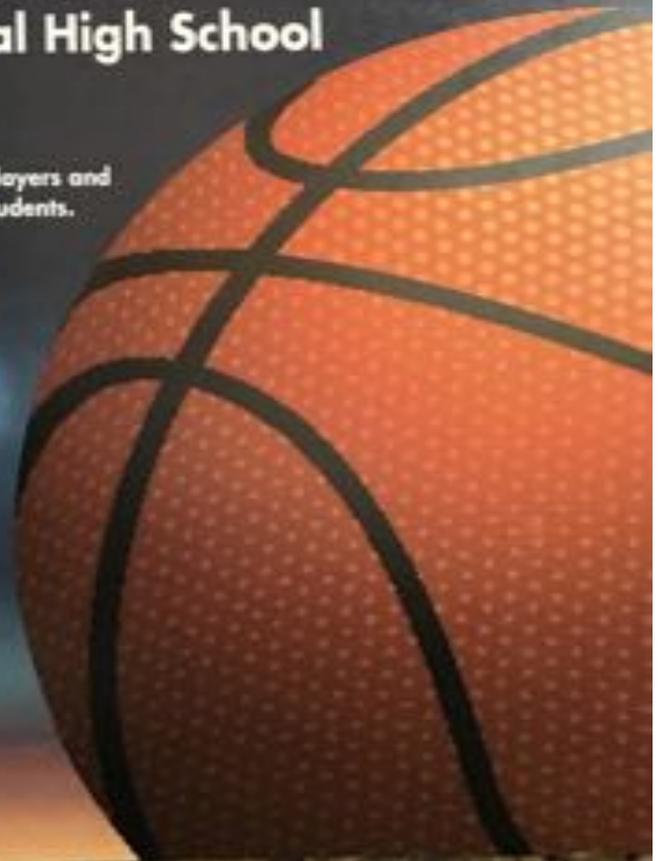
BASKETBALL CLINIC\*  
3 POINT CONTEST - \$5 FOR 12 SHOTS  
PLAYER MEET & GREET

**Cost: \$8 adults / \$4 children under 12**

**Location: Camden Hills Regional High School**

\*The clinic is being run by Camden Hills Boys & Girls Varsity players and is open to all Five Towns Elementary and Middle School students.

\*\* Bring a camera for photo-op with the players



# SCREEN AGERS

## CREATING CONSEQUENCES, HARD BUT NECESSARY!

*Delaney Ruston, MD, January 8, 2019*

In a recent blog, I wrote about how to effectively say “no” around screen time and I promised to write more about accountability and consequences when rules are broken. Enforcing rules is by far one of the hardest things we do as parents, especially with teens. There is so little written that gives example consequences and yet getting ideas is so important as a parent. So after you read this, share what you do in the comments section below — that would be a real gift. Knowing I would write this tonight, I decided to clarify with my daughter, Tessa (who is in Screenagers — and now in 11th grade), the consequences regarding the rules (that she helped create) around screen time at night. Sunday through Thursday night, at a time we agreed upon she hands my husband or me her phone, or she or she plugs it in to charge in the corner of my bedroom. The rule includes not using her computer for socializing after that time as well — i.e. no instant messaging or Instagram on the computer.

I asked her for ideas for consequences if she did not turn in the phone at the agreed upon time. Her first one was that if she breaks the rule she would not have access to her phone for the entire following day. I responded “really?” — with a tone that implied that maybe that would be too harsh. And then, she quickly came up with something a little less harsh, “I can’t bring it to school the next day.” We agreed that made sense.

Next, we started brainstorming ways she would succeed with the rule. I asked if she thought it would help her to put an alarm on her phone for the time she is supposed to put it in my room. She said, “Yep, that makes sense, I will set it for 5 minutes before to help remind me.”

Setting fair consequences, that our youth help set (when possible), is a gift we give our children. It is a lot easier to “check out” and just let kids and teens sort out for themselves what, when and how long they want to use screens. But, of course, that is not the solution. Frankly, that approach would prevent many kids from reaching short and long-term goals. In Screenagers we look at

the research about how improving one’s self-control is a predictor of all sorts of positive outcomes later in life. Having a few key rules and practice following them does indeed strengthen executive functioning and self-control.

It is not just a politically correct idea that we involve youth in establishing their rules and consequences, I believe it is actually fundamental. As children become teens, having autonomy and feeling respected are increasingly important. Let them know how much you regard their input and that you understand they want control over their lives. Let them also know that a healthy home has screen time limits, period. It is just the way it is, research shows that this is extremely important.

A parent’s goal is to enforce a rule in a matter of fact way, staying calm. No lecturing, no yelling. This can be so hard, but it is worth it. This is all about decreasing power struggles. If a rule ultimately does not work, then find a time to discuss the issue — which is one of the main reasons that Tech Talk Tuesdays exists.

We asked several parents for examples of rules and consequences they have. Below are ideas based on their answers.

- Rule: Phone gets handed over to a parent at 9 pm.  
Predetermined Consequence> If not done, the next night a parent takes the phone at 8 pm. Then, the night after, go back to the original rule where the child hands it over at 9.
- Rule: iPad (or another portable screen) is not to be in the bedroom, but to stay in the office or another family common space.  
Predetermined Consequence> If brought into the bedroom, iPad is put away for the rest of the day and is not used the next day at all.
- Rule: No video games on Monday, Tuesday and Wednesday.  
Predetermined Consequence> If found to be playing video games, they lose video game time for one day.
- Rule: While doing homework, keep the phone in another room but can take phone breaks.

Predetermined Consequence> If they are found with the phone by the computer while they work, then it gets put away for the rest of the day.

- Rule: Parent gives a specific amount of time the child/teen can play a video game.  
Predetermined Consequence> If the child does not comply when the time is up, the time the child can play is shortened by 10 minutes the next scheduled video game play.
  - Rule: Not to use a personal device at a certain event, such as a family gathering.  
Predetermined Consequence> If uses a device at the event, they cannot use that device after the event and following morning.
  - Rule: No use of your phone in class. (You might only hear about this from a teacher or administrator.)  
Predetermined Consequence> If phone is being used, then it must stay home the next day. If it happens again, it would be for the week.
  - Rule: No internet or video games during the school week — if needs to check something on the internet, must ask a parent first.  
Predetermined Consequence> If found doing this during the week then they lose some of Saturday computer time.
  - Rule: The kitchen is a device-free zone in the house.  
Predetermined Consequence> When the child is on a device in the kitchen they get one warning, but the next time they lose the nighttime privilege of 20 minutes of screen time that day.
- Here are a few questions to start a conversation for this week’s TTT:
- What are the rules around screen time in our house?
- What are the consequences, or if not known, what should they be?
- What are things that can be done to increase the chance that rules will be followed (such as visual reminders, timers, or even tech solutions such as apps that turn things off automatically)?



**DATES:**

Mondays, January 28 - March 11  
(No class February 18)

**TIME:**

3:15 - 4:15 p.m.

**LOCATION:**

Lincolnton Central School  
523 Hope Road, Lincolnton

**COST:**

\$30 for 6 sessions  
(Family discounts and scholarships  
available upon request)

**REGISTER BY JANUARY 24:**

[journeytohealth.coursetorm.com](http://journeytohealth.coursetorm.com)  
or call 921-3950

## Just for Kids Yoga

Traditionally, children are introduced to yoga through stories, songs and games. Our yoga instructors will continue this practice in a six-week class, where your children will move in and out of yoga poses while exploring stories that teach us about happiness, anger, love and much more. This class is appropriate for children ages 7 - 11.

## Journey to Health



Pen Bay Medical Center | Waldo County General Hospital