

# LYNX TRACKS

The Newsletter of the Lincolnville Central School

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

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Use containers and closet organizers. If there's a place for everything, she'll find it easier to find items, keep neat, and clean up. Build "pick up" time into

## 12 Ways to Develop Your Child's Organizational Skills

*Incorporate fun activities into your child's daily routine to teach important lessons on organization.*

*Reprinted from SCHOLASTIC PARENTS, [scholastic.com](http://www.scholastic.com)*

Instilling a sense of order in your young child may sound like a difficult task. However, by infusing daily routines with fun—from making breakfast to getting ready for bed—your child can learn how to keep things naturally organized with ease. Discover 12 at-home activities you can try with your little one:

Keep a family calendar. Track everyone's activities on a prominent and accessible calendar, encouraging your child to write her own entries and reference the calendar when making plans. You also might consider checking schedules and updating the calendar as a family over Sunday breakfast.

Introduce checklists. Whether it's as simple as "3 Things To Do Before Bed" or "What To Take On Vacation," creating and referring to lists together will develop your child's ability to strategize tasks and organize his time.

Assign chores that involve sorting or categorizing. Grocery shopping, emptying the dishwasher, sorting photos, cleaning out a closet, and other chores that involve pre-planning, making lists, or arranging things are great choices.

Get ready the night before. This one's always tough — for both of you — but it does work if you can get in the habit.

the daily routine.

Buy your child a planner. Ask him to help you pick it out or choose one that will appeal to him so he'll be excited about using it. Having his own planner will show him you consider his time valuable and encourage him to create a schedule. Be sure to routinely coordinate the information with your family calendar to avoid conflicts.

Organize schoolwork. Make sure your child's keeping notes, homework, handouts, and graded assignments in separate folders in a binder. Try to check her backpack nightly and set a time aside each week to go through her binder and get things sorted.

Establish a homework routine. Help your child make a "study hour" schedule and set up a comfortable workspace -- whether her room or the kitchen table. Encourage her to stick to the schedule even when she doesn't have homework (She can read, review notes, or even do a crossword puzzle.)

Create a homework supply box. Fill a box with school supplies and encourage your child to store pens, paper, measurement tools, and a calculator in it so he'll have what he needs on hand.

Cook together. Cooking teaches measuring, following directions, sorting ingredients, and managing time — all key elements in organization. Involve your child in meal planning too, challenging her to help you put together a shopping list.

Cultivate an interest in collecting. If your child has a particular interest, encourage him to create and organize the collection. It can even be something free — such as rocks or canceled stamps — that he can sort, classify, and arrange.

### Dates to Remember

02/01 Student of the Month Assembly 2:30 PM

02/01 LCS Boys BB vs Hope – @ 3:45 PM

02/01 After School Ski

02/05 Girls Playoff Game Home TBD

02/05 PTO Fundraiser at Flatbread Pizza

Reward and provide support with organizational tasks. Your child may find organizing a challenge, so help her develop her routine and give her a treat for jobs well done!

## Student of the Month

Congratulations to the following January Students of the Month: Kindergarten, Indra O'Donnell; First Grade, Maggie Feeney and Anderson Janaitis; Second Grade, Ethan Fowler and Pearl Yetman; Third Grade, Amelia Davis and Acacia Hartley; Fourth Grade, Zev Whitcomb and Maddy Place; Fifth Grade, Awnin Oxley and Mickey Nowell; Sixth Grade, Skyla Dyer; Seventh Grade, Roo Boetsch; Eighth Grade, Izzy Powers. There will be a Student of the Month Assembly on Friday, February 1st, beginning at 2:30 PM.

### PTO Notes:

Save the Date for the PTO Pizza fundraising night, which will be held on Tuesday, February 5th at Flatbread Pizza, Route One in Rockport.

Mittens and gloves are needed! LCS is in need of extra mittens and gloves for kids to borrow while at school. If you have extras, please consider donating them to the school. Donations may be given to Marie.

## Excessively Torn Clothing

Please note that our Student/Parent Handbook clearly states our policy with regard to acceptable dress standards. We are seeing high numbers of kids showing up at school with pants that are excessively torn. This is a fashion trend that constitutes a violation of LCS policy. We ask that you help us maintain our dress standards by reminding your children to wear the ripped up pants on the weekend. Thank you!

## Monthly Substance Use Prevention Update:

Maine Parents – Your Teen & Alcohol – 4 Ways to Reduce Risk

- 1. Limit Access:** If you have alcohol in your home, keep track of it – know what and how much you have, and keep it where it is not accessible to teens. Alert police if you have information about where/how teens are getting alcohol in your community.
- 2. Enforce Rules:** Enforce your rules consistently. Don't look the other way if your teen violates the rules. They need to know you're serious. Tell your teen what behavior you expect from them while they are out. Decide, before a rule is broken, what would be a fair and appropriate consequence; then be sure to communicate that with your teen.
- 3. Check In Often:** Be sure your teen knows how to reach you before they leave the house. Ask if adults will be present and if anyone will have alcohol. As them the address and phone number of the home they will be visiting and check in with other parents. Drop in where they say they are visiting once in a while.
- 4. Be Up and Be Ready:** Wait up, or set the alarm for curfew time. When they arrive home, look for signs of use. Talk with your teen about their night. Prepare in advance for what you would do and say the FIRST time you discover that your teen has been drinking.

To learn more, go to [www.maineparents.net](http://www.maineparents.net), sponsored by the Maine Office of Substance Abuse and Mental Health Services.

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](mailto: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.

# HundrED.Org

is a not-for-profit organization, which seeks and shares inspiring innovations in K12 education

Interested in learning more about this global group of innovative educators?

Join us Thursday January 31st 630 - 8pm  
at Sweet Tree Arts 4 Church St, Hope, ME.



**Youth Ambassadors for HundrED Initiative**

As both Steve and I said, "Candice keeps looking at alternative paths." It's exactly the attitude that inspired me to come up with the idea for an initiative that is...

COMMUNITY. CHANGE. INSPIRATION. EDUCATION.

Argy Nestor and Lindsay Pinchbeck will share ideas, highlights, talks and resources from November 2018 HundrED summit held in Helsinki Finland.

Both Lindsay and Argy are Ambassadors for [HundrED.org](http://HundrED.org). Learn more at <https://hundred.org/en/about>

Talk is free and open to parents, teachers, students, and the curious. To register for this evening please email [sweettreearts@gmail.com](mailto:sweettreearts@gmail.com) or call 207 763 2770

## HundrED Manifesto



The purpose of education is to help every child flourish, no matter what happens in life.

In a fast changing world focusing on traditional academic skills will never be enough. To thrive as global citizens, children must be equipped with a breadth of skills.



Sweet Tree Arts  
Roots in the community branches in the wider world



**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

# SCREEN AGERS

## HOW TO INCREASE MATURITY IN YOUTH

Delaney Ruston, M.D. January 29, 2019

Some of the best moments as parents come from exposing our kids to the wonders of the world — starting from the warmth of human skin, to the soft cotton of a dry blanket, to the thrills of watching a garbage truck drive by, to the workings of a musical instrument, to the fun of a soccer ball. The list goes on. It is such an honor and privilege, and I fully believe our job, to introduce our children to all sorts of things, people, and experiences while they are growing up.

And before I delve into this TTT, I want to suggest showing your child (yourself or your classroom) something that will make them laugh while maturing their souls. It is one of my favorite films I ever made that few people have seen. It is 6 minutes and involves a funny partnership between my family and kids we had befriended while in India. You will see my 17-year old daughter, Tessa, back when she was just 10. Here it is **THE MAKING OF INDIA'S FIRST KIDS FLASH MOB DANCE**.

My childhood was filled with many experiences where my parents brought me to places where I was the only kid in the crowd. I grew a lot from such experiences. My dad brought me to poetry readings, cafes to play chess with adults, and to the horse races. My mom loved international dance classes and, starting at 5 years old, I would sit on the sidelines while she danced. Pretty soon it was clear I was not a good sitter and started joining in. By age 6, I would perform alongside the adults in their little shows. I remember the pride I felt when I had a solo at a small restaurant. More importantly, having the warmth and support of all the women in the class week after week was a healing force in my very chaotic childhood.

My kids have also often been the only young people in an audience and they tell me how grateful they are for these exposures — even though at times I know they felt a bit self-conscious. Here is an example. Some years ago, Simon Sinek was coming to speak in Seattle about leadership and I took my teens. It was actually my son's birthday but he had seen Simon's TED Talk and wanted to

go. During the Q & A, I asked Simon his views on how hours of video gaming could be impacting leadership skills in our youth. His answer was so fascinating that later I asked if he would be in the film I was working on (Screenagers) and he enthusiastically agreed to do so.

There are many other examples of places I have taken my kids where they were nearly the only youth in the audience—talks given by congress people, rallies, improv shows at small theaters, temples, churches, art shows, lectures about science, and the list goes on.

When we involve young people in more adult-focused activities, we are showing them that we value and respect their insights. We want to hear their reaction to important issues. We are also conveying that we know they have creative and leadership qualities and want to give them examples of ways they might employ such traits as adults. This is a quote I love from my father-in-law, Parker Small, and it is related to what I am talking about, “We don't mature in preparation for responsibility, we mature as a result of it.”

My kids are not always excited to go, but with some compromises on my part—like promising they get to choose other things to do together that day or how we can leave early if need be— they generally agree. We certainly have had our duds, and then I sheepishly whisper that we can leave at intermission. But more often than not, we get something out of these experiences—in part because I do homework before presenting my suggestions. I search online for speakers' short videos to ensure they will be engaging.

With free time often equaling screen time (for both kids and adults), how do we ensure we take the time to expose our kids to real life people of different backgrounds, to people doing different careers, people creating art, and people working to improve the world?

How can we ensure all those in-person encounters actually happen?

1. Since it is still January—the New Year—now is a great time to put some activities on the calendar for the upcoming months to ensure they happen (and not get passed over by the convenience of yet another Netflix movie). Is there a

dance performance or recital in your area? Is a speaker coming to town?

2. Talk with other parents to plan an event. My friend gets people to donate \$5 to \$10 a week, and they have a yoga teacher come to a house and lead some adults and teens through a class. Maybe have a few parents organize food making at someone's home with the kids—perhaps apple pie making, simple sushi, or wontons (something hands on is great fun and lots of conversations happen between the adults and kids). Or, plan to see a talk altogether.
3. Give kids a say in things. For example, you want to take them to a museum, but they moan and groan. Tell them that if they want to leave after 20 minutes, you will be perfectly fine with that decision—and if they want to stay that will be even better! Have you considered bringing them to a city council meeting? If you are bringing them to an art outing, share this little story: “When Facebook asked us to show Screenagers there, we visited their offices which are filled floor-to-ceiling with pieces of art. Facebook works with all sorts of artists because they know how key it is that their employees think outside of the box.”

For TTT this week, here are some ideas to discuss with our kids:

- If you show them my little film, **INDIA'S FIRST KIDS FLASH MOB DANCE**, what did they think was funny? What was emotional?
- What different worlds do they get exposed to on screens?
- Have they been to events, talks, etc. where there were very few other youth? How was that experience?
- What experiences might be good to commit to in the near future to learn more about people and the world?

Janet T. Mills  
Governor

Jeanne M. Lambrew, Ph.D.  
Acting Commissioner



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### Flu Symptom Checklist for Families

Confirmed cases of influenza have been identified in Maine. As we strive to keep everyone healthy this school year, it is most important that students and adults who are sick **not** go to school, work, or social activities. The following checklist can help determine if someone has influenza-like illness (ILI).

#### Does my child have the flu?

- Yes  No  
 Yes  No  
 Yes  No

Does your child have a fever of 100 degrees or more?

Does your child have a cough?

Does your child have a sore throat?

#### Should I keep my child home?

If you checked yes to:                      Fever of 100 degrees or more  
**And**  
A cough **or** a sore throat

Your child has an influenza-like illness. Keep your child home for 24 hours after the fever resolves without the use of medication.

If you checked yes to only one of the questions above, or if your child is ill with other symptoms, keep your child at home at least one day to observe for additional symptoms. If additional symptoms develop, use the checklist questions again to decide whether to continue to keep the child home.

#### When should my child go to the doctor?

Call your doctor or seek medical care if your child has trouble breathing or has behavior changes including changes in eating or drinking habits. Call your health care provider if your child is ill enough that you would normally seek health care advice.

For more information please see [www.maineflu.gov](http://www.maineflu.gov)

This page was inserted at the request of the CDC for informational purposes.



# The Flu:

## A Guide for Parents



Influenza (also known as flu) is a contagious respiratory illness caused by influenza viruses that infect the nose, throat and lungs. Flu is different from a cold, and usually comes on suddenly. Each year flu viruses cause millions of illnesses, hundreds of thousands of hospital stays and thousands or tens of thousands of deaths in the United States.

Flu can be very dangerous for children. CDC estimates that between 6,000 and 26,000 children younger than 5 years have been hospitalized each year in the United States because of influenza. The flu vaccine is safe and helps protect children from flu.

### What parents should know

#### How serious is flu?

While flu illness can vary from mild to severe, children often need medical care because of flu. Children younger than 5 years and children of any age with certain long-term health problems are at high risk of flu complications like pneumonia, bronchitis, sinus and ear infections. Some health problems that are known to make children more vulnerable to flu include asthma, diabetes and disorders of the brain or nervous system.

#### How does flu spread?

Flu viruses are thought to spread mainly by droplets made when someone with flu coughs, sneezes or talks. These droplets can land in the mouths or noses of people nearby. A person also can get flu by touching something that has flu virus on it and then touching their mouth, eyes, or nose.

#### What are flu symptoms?

Flu symptoms can include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills, feeling tired and sometimes vomiting and diarrhea (more common in children than adults). Some people with the flu will not have a fever.



### Protect your child

#### How can I protect my child from flu?

The first and best way to protect against flu is to get a yearly flu vaccine for yourself and your child.

- Flu vaccination is recommended for everyone 6 months and older every year. Flu shots and nasal spray flu vaccines are both options for vaccination.
- It's especially important that young children and children with certain long-term health problems get vaccinated.
- Caregivers of children at high risk of flu complications should get a flu vaccine. (Babies younger than 6 months are at high risk for serious flu complications, but too young to get a flu vaccine.)
- Pregnant women should get a flu vaccine to protect themselves and their baby from flu. Research shows that flu vaccination protects the baby from flu for several months after birth.
- Flu viruses are constantly changing and so flu vaccines are updated often to protect against the flu viruses that research indicates are most likely to cause illness during the upcoming flu season.

#### Is flu vaccine safe?

Flu vaccines are made using strict safety and production measures. Millions of people have safely received flu vaccines for decades. Flu shots and nasal spray flu vaccines are both options for vaccination. Different types of flu vaccines are licensed for different ages. Each person should get one that is appropriate for their age. CDC and the American Academy of Pediatrics recommend an annual flu vaccine for all children 6 months and older.

#### What are the benefits of getting a flu vaccine?

- A flu vaccine can keep you and your child from getting sick. When vaccine viruses and circulating viruses are matched, flu vaccination has been shown to reduce the risk of getting sick with flu by about half.
- Flu vaccines can keep your child from being hospitalized from flu. One recent study showed that flu vaccine reduced children's risk of flu-related pediatric intensive care unit admission by 76%.