

# LYNX TRACKS

The Newsletter of the Lincolnville Central School

<https://lcs.fivetowns.net/>



April



## April Calendar

1 School Committee, 6-8 pm

3 Chess Club, 3-4 pm, join anytime

5 HAL Spring Dance for 7th and 8th Graders, 6:30-8:30 pm, fmi contact [jessica.davis@fivetowns.net](mailto:jessica.davis@fivetowns.net)

6 PTO Fancy Dance, 5:30-8:30 pm, see the flyer below for details

10 Chess Club, 3-4 pm, join anytime

10 PTO Meeting, 6-7 pm, LCS Library

12 Read-A-Thon

**12 Early Release, 11:30 am**

**15-19 Spring Break, No School**

24 Chess Club, 3-4 pm, join anytime

26 Middle School Dance, 7-9:30 pm

## May

4 PTO Kids' Clothing Swap, see the flyer below for details

10 HAL Middle School Dance

## Pre-Kindergarten Program (Lincolnvile Central School)

Students must be **four years old by October 15, 2024**. The program uses the same calendar as grades K-8, runs five days a week and approximately 6 hours per day. Transportation is provided via our regularly scheduled buses. A total of 16 students will be accepted. Please call Marie at the school office for more information, 207-763-3366.

## Kindergarten Pre-registration (Lincolnvile Central School)

Is someone in your family beginning Kindergarten in September 2024? Perhaps someone you know will be ready for school this fall? Please call the school office at 207-763-3366 and pre-register your child as soon as possible. It is important to note that children must be **five years old on or before October 15<sup>th</sup>**.

## HAL Softball Registration

Busline League Softball registration is now open! HAL Softball is offered to students from the **Hope, Appleton, and Lincolnvile Schools in grades 6-8** who are interested in interscholastic competition. Preference is given to 7th and 8th graders in years where large numbers of participants make it unmanageable to successfully include all who wish to play. HES hosts the Softball signups. LCS hosts the Baseball signups.

Sign up here:

<https://docs.google.com/forms/d/e/1FAIpQLSfbKy4bBrxUTIUBiR-wDGMEMT-4KGpIZkf9YKvg2pQd5PCekw/viewform> Stay tuned for more information about when the season will get underway.

## Five Towns Track and Field Registration (for middle school)

Students must **sign up** and have a **physical** on file with the CRMS nurse **prior to the season**.

CRMS sports enrollment page with the nurse's page link (This link is also located on the CRMS athletics website.): [https://crms.fivetowns.net/athletics/sports\\_enrollment](https://crms.fivetowns.net/athletics/sports_enrollment)

**\*Start date is Monday, April 1.**

\*This program is open to 6-8th grade students in the Five Towns district,

\*Practices will be held Monday-Friday from 3:30-4:45 pm and some Saturdays.

\*Location for the practices will be at CRMS Middle School.

\*There are 5 scheduled track meets, all on Wednesdays.

# Spirit Week

**Monday:**  
Color Coordinating  
Your class has its own color



**Tuesday:**  
Toddler Tuesday  
Recreate an outfit of you when you were younger



**Wednesday:**  
Wacky Wednesday



**Thursday:**  
Throw Back Thursday  
Decades theme!



**Friday:**  
Fantasy Friday  
It's a day to be magical



LCS PTO Presents

# FAMILY FANCY DANCE!

Saturday April 6, 2024

5:30-8:00pm

LCS Walsh Common

**\$7/pp**  
**\$25/family**

**FUN & FANCY ATTIRE ENCOURAGED!**

Pizza, snacks, and drinks included.

Preregister to confirm your spot. Unsold tickets will be available at the door.



Or go to:  
<https://forms.gle/JTavtBQZVcmvMJGJ7>

## LINCOLNVILLE CENTRAL SCHOOL PTO PRESENTS



# KIDS CLOTHING SWAP

The LCS PTO is excited to be hosting the first Kids Clothing Swap. A kids clothing swap is an event where participants exchange the clothing that their children have outgrown or no longer wear, for clothing they will use. Clothing swaps are not only a free way to refill your children's wardrobe, but also are considered an act of environmentalism by keeping clothes out of landfills.

We need your help to make this event a success. We will be collecting donations of children's clothes and shoes in good, clean condition, ranging in size from infant to 18/20. This is a great way to clean out your children's closets and make space! Donations can be dropped off in the box labeled "CLOTHING SWAP DONATIONS" in the entry way at LCS until May 1st.

Our volunteers will organize all the donations and sort them by size. On Friday May 3rd, families with children who currently attend LCS or with children who will attend LCS in the future, will be welcome to take whatever clothing and shoes their family may need, free of charge. On Saturday, May 4th, in addition to LCS families, we will open the clothing swap to the public and members of the greater Midcoast community, and offer a "Fill-A-Bag" sale for a suggested donation of \$10. We will also make the clothes available to Nurse Raegan to refill the School Closet in her office. Any clothes that are left over will be donated to the SOS Room in Camden, Maine.



## **Jammer Hoop Camp**

**July 22-25 @** Lincolnville Central School Gym  
523 Hope Rd, Lincolnville, ME



**Jammer Boys Hoop Camp**  
Lincolnville Central School Gym  
Hosted by Camden Hills Coaches & Players!

For players entering grades 2 through 9. There will be two sessions: Younger group (grades 2, 3, 4, 5) from 9am-11am. Older group (grades 6, 7, 8, 9) from 12pm-2pm. Registration fee is \$120. For questions email Coach Joel Gabriele @joel.gabriele@fivetowns.net

Camp Registration Link below:

<https://form.jotform.com/240724943774161>

**Boys Jammer Hoop Camp**, July 22-25, Lincolnville Central School  
Hosted by Camden Hills Basketball Coaches and Players

(Camp is for youth players entering grades 2-9 in the Fall.)

Two sessions:

Younger group (grades 2, 3, 4, 5) from 9am-11am.

Older group (grades 6, 7, 8, 9) from 12pm-2pm.

Registration fee is \$120.

<https://form.jotform.com/240724943774161>

For any questions, please email Joel Gabriele at [joel.gabriele@fivetowns.net](mailto:joel.gabriele@fivetowns.net)

## Once again, **Hannaford Helps School** is collecting receipts!

This is a way for the school to raise money every time you shop at Hannaford. It is as easy as shopping from more than 1,500 participating products. Earn three school dollars for every four qualifying products by submitting your receipt in the Hannaford Helps School tower near the cash registers, where the money is then pooled and dispersed evenly amongst schools. You can also submit your purchases through the Hannaford Helps School App, from which the money is sent directly to your chosen school.

Look for the additional information that went home or will be going home with your student.

## A Message from Nurse Reagan

Hello LCS Community!

Happy Spring??!!!

**Recently the CDC has updated their isolation guidelines for Covid-19. Here are some recommendations on core prevention steps and strategies:**

\*Students and staff should stay home and away from others until they have been fever free for 24 hours, without the use of fever reducing medications, and their symptoms are improving.

\*Practice hand hygiene.

\*Use respiratory etiquette by covering your mouth and nose when you cough and sneeze.

\*Stay up to date on vaccinations and physicals.

\*Masks are optional but encouraged with symptomatic students unable to practice respiratory etiquette.

\*Breathe in cleaner air with increased ventilation: purify indoor air and/or have outdoor gatherings.

Speaking of getting outside, **a total solar eclipse will occur on April 8**. A big shout out to Mrs. Burns and Partners for Enrichment for providing our staff and students with eclipse glasses, which will be passed out in the week to come. Whether you are making the trek north or staying home to catch a glimpse, **here are some safety tips for protecting your eyes:**

\*The only safe way to look at the eclipse is through eclipse glasses or filters. Sunglasses do not protect your eyes from the increased sunlight. Inspect all glasses and filters for tears, punctures or breaks in integrity.

\*Assist your student while donning the glasses, and do not leave the student unattended.

\*If your student wears glasses, put them on first and the eclipse glasses or viewer over the glasses.

\*Cover your eyes with the glasses before looking up at the sun, and turn away from the sun before taking off the glasses.

\*Do not look at the eclipse through an unfiltered device such as a camera, telescope, binoculars, or any optical device.

Here is a website with some other fascinating facts about this year's solar eclipse in Maine.  
<https://www.greatamericaneclipse.com/maine-2024-eclipse>

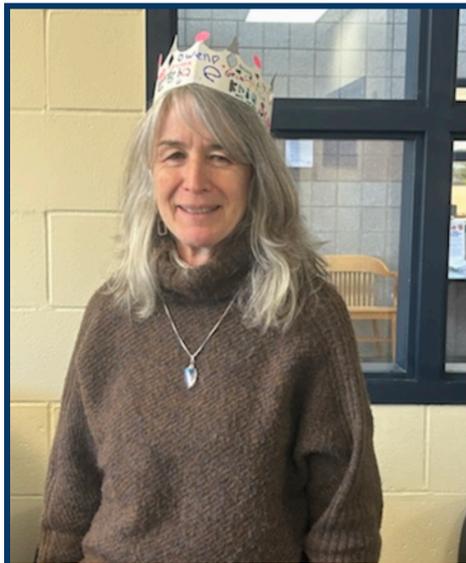
**A reminder that all students participating in spring sports, whether at LCS, HES ,or Camden Rockport Middle School, must have a recent physical (within two years) on record, and it must read "cleared for sports." Please have these faxed to our office to avoid any delay in their team participation. Our fax number is 763-3455.**

Thank you to the PTO for our lunch on Conference Day and a standing ovation to all of those involved in the school musical! I was blown away!

Be well,  
Nurse Reagan

## Staff Appreciation

Ed Tech Miss Michelle is the queen! We're so happy she's on our team!



## The Little Mermaid, photos by Beth Anstandig

After two months of hard work, the cast and crew of The Little Mermaid delighted audiences with their spectacular rendition of this classic story. Thank you, Kim Murphy, Susan Iltis, and all the wonderful parent and community volunteers for providing our students with this remarkable opportunity!





## PRE K, Tasha Kordek

In Pre-K we've begun our colors unit! We love exploring this theme with chalk, clay, paint, the light table, our stained glass window, magna tiles, colored water, foam in our sensory table, and so much more!



Here in Pre-K we've been LOVING this spring weather! We love exploring the stream, the trail, and the woods near our playground. We especially love picking up trash in the woods to make our school grounds more beautiful for everyone!!



# First Grade, Allison McWilliams

Our first graders have enjoyed weekly mindfulness and yoga sessions with our OT, Helen Russell, this month. We are incorporating some of these strategies during the school day to help us stay focused and ready to learn.



## Grades 3-5

Partners for Enrichment is bringing in artist Antje Roitsch for an art project for 3rd-5th grades at LCS.



## 4th Grade Learning Celebrations, Emily Egeland

4th grade had a celebration last Friday to recognize the students' hard work.

Stella was the classroom winner for the Knox County Conservation poster contest for her poster with the theme "May the Forest be With you."

Everyone had something to celebrate, including finishing chapter books, learning to do multi-digit multiplication, and successfully researching different topics.





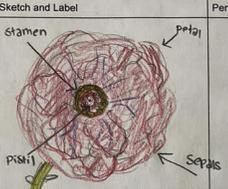
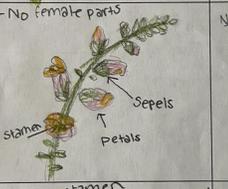
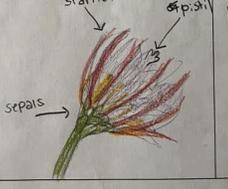
## Fifth Grade, James Blackman

The LCS 5th graders worked to produce a poster that helps explain the book, *The Life of the Forest*. Beginning with the story of a seed, the book follows a tree's growth throughout the years of its life in the forest.



## Middle School

The 7th and 8th grade have been learning about plants. Many thanks to Alyssa Bregman for sending in samples of a variety of flowers, from common to crazy! We enjoyed checking out the flower structures and seeing how they compared to what we had learned in class.

| Station            | Sketch and Label   | Perfect or Imperfect?  |
|--------------------|--|------------------------|
| Rose 1             |   | Perfect                |
| snappleagen        |   | Not perfect<br>Perfect |
| Pin cushion protea |  | Perfect                |



## Iris and Elise in the Focused Learning Castle



### **Guidance**, Elizabeth Richards

#### Snapshot Uncovered - Teens Discuss Pitfalls of this Popular App

Snapchat, the platform most widely used by teens to communicate with each other, is ever-evolving and constantly adopting new features to make it more enticing. Did you know they now have a whole section like TikTok called Spotlight? Have you heard about Snap Scores and how it can fuel feelings of unpopularity? Did you know that teens are getting fed all sorts of sexual content, including ads for Only Fans? ([What is Only Fans? - Wikipedia](#))

I knew it was time to delve deeper into the app, and what better way than to invite two emerging adults onto [The Screenagers Podcast](#) who had things they wanted to share? The idea for the episode came from one of them, a high school boy I call “Jake” because he had reached out to me for advice. In our conversation, he mentioned how he wished parents would know things about Snapchat that he felt probably many did not know.

I love this important Screenagers Podcast episode, which just dropped yesterday. It is only 16 minutes long, and we hope you will listen – and subscribe to our show (it’s free!). In the meantime,

I am sharing some highlights here, including practical parenting tips at the end.

Let me start with something that Jake says in the episode, “I don't want to speak for other teenagers,” he says, “but I don't think they're going to go and tell their parents, ‘Oh yeah, look at this app, look how dangerous it is, all this bad content.’”

### **Frequent Sexual Content**

Snapchat was founded in 2011 by two Stanford undergraduates who wanted a way to send risqué pictures that would be deleted after sending and receiving them. Today, friends connect on Snap with silly selfies or location shots, which are often pretty benign. What is concerning is that Snapchat's immediate deletion of content continues to make it a source of risqué content and a ripe environment for drug dealers, as I talk about in my latest movie, [“Screenagers Under the Influence: Addressing Vaping, Drugs, and Alcohol in the Digital Age.”](#)

“There's a lot of inappropriate content exposure. Any influencer or whatnot can post something that's revealing. It'll just go up on your stories list because Snapchat is going to push out popular stories to all audiences. So it just might end up on a new user's suggested content,” Jake tells me.

### **Snap Scores – What is it, and how it can negatively impact on youth**

Streaks have been around for a long time – but something less known is Snap Scores.

“Your account has something called a Snap Score,” Jake says. “And basically, you want a higher score, and you do that by sending the most snaps and engaging with the app the most. So, people just send random pictures of anything to other people, and then their Snap Score increases. It keeps you connected with certain people.”

Here is a bit of the conversation that Jake and I had about the ways this can make someone feel unpopular:

Jake: “Like, if yours is low, then that might send the message of more of a quiet person with a closer friend group or something.”

Me: “You're being very judicious. It could make it seem like you're not very popular.”

Jake: “It could. You didn't hear it from me, but, uh, also, like my friend who has his in the millions, he has probably double the amount of friends that I have. And he probably snaps double the amount of people. I think a lot of teens feel like they have to have, like, a high snap score because it looks better.”

Thus, ultimately, this feature can encourage young people to use Snapchat more and send snaps to raise their scores.

### **Only Fans**

Snapchat has evolved to include a section called Spotlight and Discover, where users can see rotating videos from Influencers, similar to Instagram and TikTok, in addition to conversations with disappearing messages.

A girl in college, Dev, who also shares important things in the episode, tells me that she receives a lot of ads for OnlyFans and other illicit content in her feed. OnlyFans is a site and an app that offers inherently sexual content for a fee. “I think my Discover and things that are pushed to me are very either overdramatized and incorrect or oddly sexual,” she says. “It’s weird because I’m not even subscribed to them, but they show up on my Discover,” she says.

### **Parenting tips**

1. Kids are influenced by older kids; this is a fact. Share this episode of The Screenagers Podcast with your kids so they can hear Jake and Dev discuss their concerns. This will be a wonderful way to discuss these topics from a third perspective.
2. Here is a quote from the show that will also serve in a similar third perspective. Dev, the girl in college, told me, “I also am a strong believer that Snapchat ... was made to send nudes. So, I think it still has that sexual nature, and people don’t really realize that anymore. If I had a little sibling, I would put them away from Snapchat at least for a while because it is highly sexual, I would say.”
3. Discuss that Snapchat does not make it possible for parents and teens to take away certain features. In the show, I say the following:

*“... this app makes it impossible to disable different features. In other words, to be able to customize things. For example, to get rid of Discover and or Spotlight. If a parent and teen discussed this and thought that would be the best move, they really don’t make that possible.”*

4. Remember that as a parent, you can reverse course and let your child know that you have changed your mind about their having Snapchat at the current time for the following reasons. This is something to consider, particularly if your child is in middle school or younger. You can talk about texting as an alternative. Or you can at least decide to decrease their time on Snapchat.
5. Work as a vulnerable village. Let parents of your kids know that you have new concerns about Snapchat and that you want to set up a time to all talk. You can forward this blog

and the Podcast to them and then set up a time to all talk. From there, you could decide as a group to have your kids no longer use Snapchat for the time being.

**Questions to get the conversation started within your family or group:**

- What do you like about Snapchat? What don't you like about it?
- What are your thoughts about Snap Scores?
- What do you all think about the quotes from emerging adults in this blog post?
- Did you know the history of how Snapchat started?
- Should Snapchat make its platform customizable so things like the Discovery page can be disabled?

**Community Information, not affiliated with LCS**



**'Jammer Soccer Camp 2024**



**July 15th-19th (Monday-Friday) 2024**  
**@ Camden Hills Regional High School**  
**9 a.m. to Noon Daily - \$95**

*Co-Ed soccer camp for players entering grades 3-8 in the fall of 2024. 'Jammer Soccer Camp is run by Camden Hills Boys' Varsity Coach Ryan Hurley along with current and former Windjammer players.*



<https://sites.google.com/site/hurleysocschool/>  
Or pick up a registration form in the LCS office!



# 2024 Summer Programs

WE ARE SO EXCITED TO LAUNCH OUR 4TH SUMMER SEASON OF MOUNTAINSEA PROGRAMS!

## Explorers Club

A NATURE-BASED DAY CAMP



RISING 1ST-3RD GRADERS: 8/5-8/8  
RISING 2ND-4TH GRADERS: 8/19-8/22

## Best of the Midcoast

AN ADVENTURE DAY CAMP



RISING 5TH-7TH GRADERS: 7/22-7/25  
RISING 6TH-8TH GRADERS: 7/29-8/1

## Seas + Skies Expedition

A MULTI-DAY SEA KAYAK & ASTRONOMY  
ADVENTURE FOR RISING 8TH-10TH  
GRADERS

PEAK OF THE  
PERSEID METEOR  
SHOWER!!!



AUGUST 10TH-14TH

## Guiding Services

HIRE OUR LICENSED MAINE  
GUIDES TO TAKE YOU OUT!



REACH OUT, LET'S SCHEDULE!!

For more info and to register for programs go to:

[MOUNTAINSEAEXP.COM](http://MOUNTAINSEAEXP.COM)

MOUNTAINSEA  EXPEDITIONS

Please send items/photos you'd like included in the next email to

[deanna.mcgregor@fivetowns.net](mailto:deanna.mcgregor@fivetowns.net)

Lincolnvile Central School

207-763-3366

207-763-8455

<https://www.facebook.com/Lincolnvile-Central-School-1508210116108959/>