

LINCOLN PK-8 NEWSLETTER



Welcome Back!

It's the start of a new school year, filled with promise and excitement for learning! Lincoln is just a building until the students arrive, and we are so thrilled to see them come through the doors, ready and anxious to begin their journey this year. We've had a terrific start, and hopefully the rest of the year will be as strong.

As the year unfolds, if you ever have a question or concern, please feel free to call the school. We welcome your communication; we do ask that you please contact your child's teacher first. They want to talk with you if there's a concern and we are confident that together you'll be able to resolve issues. Although teachers can't take calls during their instructional time, please leave a message on their voice mail and they'll return your call. Our school # is 330-373-4500. Good communication between school and home is essential; please call if necessary.

Our attendance goal is 95%. Please help us and your child by having them at school on time every day!!



Parents as Partners:

- ⇒ Have your child in school every day.
- ⇒ Check your child's folder daily for homework, notes, and behavior.
- ⇒ Talk to your child about adhering to expectations in school.
- ⇒ Set a time for going to bed to help your child get plenty of rest.

Immunizations:

It is imperative for all students enrolled in school to have up to date shot records of all immunizations they have received. This most especially affects Kdgn and 7th grade students. By law, any Kindergarten or 7th grade student missing shots will be excluded from school beginning Friday, Sept. 7th. Please get any updated records to school asap.

Fundraiser Kickoff:

Our annual fundraiser will kick off on 9/10 and run until 9/24. Items being sold include cookie dough, pizza, candy, Auntie Anne's pretzels, as well as many gift items. Delivery of the items will be the week of parent/teacher conferences. The funds raised will support Lincoln students for field trips and other special events this school year. Every student who sells one or more items wins a prize, along with prizes like a 3-wheel scooter raffle, spinning the prize wheel and a movie party for higher sales. Please join in!

Want to know more about Warren City Schools? Check us out:

www.warrenschoools.k12.oh.us

You'll find lots of helpful information for families, including our lunch calendar, what children are learning, and even our calendar of activities!

Picking Your Child Up From School

Dismissal is a busy time in our building. To keep every student safe during dismissal, we must adhere to the following Lincoln guidelines:

- If you are picking up your child early, you must be in the office **by 2:30**; otherwise, your child will be dismissed their usual way.
- Only individuals listed on a child's emergency card are permitted to pick up that child. Anyone picking up a child needs to be prepared to show photo ID.
- All **car riders should be picked up in the back of the building. Dismissal is 3:10-3:30 for K-5 students.** The front and sides of the building are for buses and daycare only. Students may not be picked up from the bus lines.
- If you need to change the way your child gets home, please send a **written note** in with your child, and be as specific as possible to prevent confusion.

Thanks for your understanding! We all want our children to be safe!



Special Dates:

- Sept. 3—Labor Day ; NO SCHOOL
- Sept. 5—Grade 6-8 Picture Day
- Sept. 7—Immunization Exclusion Date
- Sept. 7—PK-2 Picture Day
- Sept. 10-24—Lincoln Fundraiser
- Sept. 11—Waiver Day—NO SCHOOL
- Sept. 12—Kdgn & Gr. 7 Immunization Exclusions
- Sept. 18/19—K/1—2/3 Fire Safety Magic Shows
- Sept. 20-28—Fall Book Fair
- Sept. 25—1st Grading Period Interims go home
- Sept. 25—WCS Board of Education Mtg; 6:00 pm

LINCOLN PK-8

MRS. PYTLIK	PK-2 PRINCIPAL
MRS. BURNS	3-5 PRINCIPAL
MR. DESANTIS	6-8 PRINCIPAL
MRS. LATESSA	SPECIAL EDUCATION
MRS. MARINO	SCHOOL IMPROVEMENT






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Fax: 330-373-4511



September 2018



Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 NO SCHOOL <i>Labor Day</i>	4	5 6-8 Picture Day 	6	7 PK-2 Picture Day 	8
9	10 <i>Fundraiser Starts</i>	11 <i>NO School</i> <i>Waiver Day</i>	12	13	14	15
16	17	18	19	20 Book Fair <i>Thru the 28th</i>  Got Books?	21	22
23 30	24 <i>Last Day Fundraiser</i>	25 <i>Interims Home</i> <i>Book Fair</i> <i>Family Shopping</i> <i>3:30-5:30 PM</i>	26 	27 <i>3rd Grade</i> <i>Family Day</i> <i>Book Fair</i> <i>Family Shopping</i> <i>3:30-5:30 PM</i>	28 <i>Last Day for</i> <i>Book Fair</i> 	29

Counselor's Corner- September 2018

Mrs. Jodi Austin-Brown / Mrs. Barbara Guliano MS Ed. LSC (330) 373-4500 x 4112

jodi.a.brown@neomin.org / barbara.guliano@neomin.org

What's happening in the classrooms?

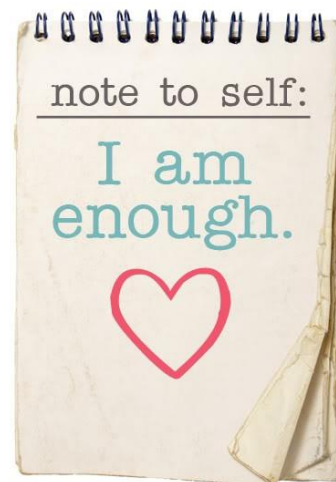
This year Lincoln will have the honor of having two counselors serve the PK-4th grades

- Mrs. Barbara Guliano has been a school counselor for many years and is a product of the Warren City Schools. She previously served 5-8 grades and is excited to work with the younger students.
- Mrs. Jodi Brown is a school counselor who currently works at Warren G. Harding and will be assisting Mrs. Guliano. She has been a part of the Warren G. Harding High School Counseling team for the past 11 years and prior to that was the counselor at Turner Middle School.

Both counselors look forward to meeting you and helping your children have a successful year.

Looking Back...

In August we went into the classrooms to introduce ourselves and to talk about "community" where we all feel valued and respected.



September 13th is "**Positive Thinking Day**". It's all about attitude...a positive attitude. It's a lot like the ant, when faced with moving a rubber tree plant, thought "I think I can." The power of positive thinking is absolutely astounding. Medical research confirms that a positive attitude works wonders at fighting disease and ailments. People with an "I think I can" attitude are far more likely to succeed at school and work, and accomplishing every goal they set in life.





WELCOME TO LINCOLN PK-8

Mrs. Trisha DiCesare
School Counselor
330-373-4500 ext. 4241
trish.dicesare@neomin.org



Hello, my name is Trisha DiCesare, and I am happy to be the 5-8 counselor at Lincoln PK-8 school. I attended Kent State and Youngstown State Universities and earned a Bachelors' degree in Psychology and Criminal Justice, as well as a Masters' degree in Education with a certification in School/Clinical Counseling.

I have had the pleasure of working at Lincoln for many years. I look forward to working with your children and meeting you throughout the school year. I am a mother of two children and have experienced first-hand many of the things you all are and will be experiencing. Together we can get through anything! Please feel free to contact me regarding any questions or concerns.

Below you will find some ways that students and I get to work together each year:

Individual Counseling

Students can request to see me. I also see students as a result of a teacher or parent request. During individual meetings with students, I can help children understand and accept themselves, cope with family changes and/or family crises, develop decision making skills, conflict resolution skills, anger management techniques, and problem solving strategies. The following are just a few examples of the situations in which school counselors can help their students:

- My parents are getting a divorce. I am scared about what is happening to our family.
- My best friend and I seem to be fighting a lot lately. We just can't seem to get along.
- I am the new student here at school and I am afraid that I just won't fit in.
- My parents are fighting a lot more than they used to, is it something I did?
- My father just lost his job and everyone at home seems so upset all of the time.
- I have been having nightmares lately and it takes me so long to fall asleep at night.
- My grandmother passed away.
- I do my homework, but I can't seem to remember to bring it with me to school.
- I am worried about my friend. She's been acting strangely lately.
- Tommy told me that if I didn't give him my lunch money again today I'd be sorry!

Classroom Guidance Lessons

Each month I visit your child's classroom to teach them important life skills. Students receive lessons about their social and emotional well-being, academic success and career education/exploration. These lessons are based around both Naviance and 2nd step curriculums, in addition to meeting the state guidelines for Social and Emotional Learning as well as following the American school counselor association's standards.

Small Group Counseling

I offer small group counseling sessions throughout the year for students in grades 5 through 8. The small group experience is an enjoyable way for students to benefit from personal growth as well as to gain support from peers with similar needs. Groups are typically arranged through parent and teacher referrals. Small groups usually meet for four to six week sessions. Groups are created as needed according to varying topics. Small groups may focus on confidence building, anger management, changing families/divorce, friendship, social skills or school success skills.

Look for more Counselors' Corners in your monthly newsletters!



Helping Children Learn[®]

Tips Families Can Use to Help Children Do Better in School

Warren City Schools

<http://www.warrenschools.k12.oh.us>



September 2018

Get organized to help your child have a great school year

A new school year is a fresh start. It's an ideal time to create routines and establish habits that will support your child's efforts in school. Use these simple strategies to keep your family organized for learning success:

- **Set priorities.** Schoolwork, family time and healthy habits come first. Schedule time for these on your family calendar. If there are open blocks of time, your child can add activities.
- **Create an evening routine.** Getting organized each evening for the next day makes mornings a snap. Make lunches, pack items needed for school in your child's backpack and agree on outfits. Set and stick to a bedtime that lets your child get nine to 11 hours of sleep.
- **Create a morning routine.** If your child does the same things in the same order each day, she's less likely to forget a step. List her tasks to get ready for school: Eat breakfast, brush teeth, put lunch into backpack, etc.
- **Designate a homework time.** Pick a time when your child will have the most energy and motivation to work. This could be right after school, or after she has had a chance to relax a bit. A set time makes it easier for your child to get down to business. Create a quiet study spot and equip it with paper, pencils and other necessary supplies.



Let your child practice responsibility

Learning to fulfill responsibilities can be challenging for some children. Your child may forget things. But keeping track of everything for him won't help him learn. To teach him to take responsibility for himself and his belongings:

- **Write down tasks** you expect your child to do. Post checklists—of his chores, items to pack for school, etc.—and have him check off tasks as he completes them.
- **Help your child decide** where to store his things when he's not using them.
- **Give him a calendar.** Show him how to use it to keep track of his assignments and activities.
- **Let your child experience** the consequences of forgetting or losing something. Don't drive his homework to school. If he can't find his library book when it's due, have him pay the fine.
- **Praise him** when he meets his responsibilities.
- **Set an example.** Put your keys in their assigned spot. Check your calendar to prepare for the day.

Tune in to homework

Teachers give homework to reinforce their students' understanding of the concepts taught in class. Homework is also a crucial communication link between the school, you and your child.

Review your child's homework every day. Talk with her about what she's learning. Your interest sends the message that her education is important. And if your child is struggling, let the teacher know.

Set the table for success

Studies show that sharing at least one meal a day as a family can improve your child's language skills and help him do better in school. Family meals help children:



- **Build vocabulary.**
- **Improve conversation skills.**
- **Learn social skills,** such as manners and sharing.
- **Feel a connection to family** and a sense of belonging.
- **Establish healthy eating habits.**

Source: "Family Meals spell S-U-C-C-E-S-S," Promoting Family Meals Project, Purdue University Center for Families, nswc.com/eatandtalk.

Take attendance seriously

Everyone at school is working to help your child achieve. But only *you* can make sure she gets to school every day. Discuss the importance of attendance. Explain to your child that:



- **Missing school** means missing learning and time with friends. Your child will also have to work harder to catch up.
- **The only time** she can miss school is when she's sick or there's an emergency.



How can I convince my child that math isn't so bad?

Q: My son had a hard time with math last year. Now he says he can't do it and he hates it. I'm sympathetic—I don't like math either. How can I make this better for him?

A: Research shows that parents' attitudes about math affect how well their children do in math. Kids whose parents say they didn't like math when they were in school often have trouble in math.

So, instead of agreeing with your son's feelings, be positive! Tell him that you believe math is important and everyone can learn it. If you say it often enough, he may start to believe it.

To motivate your child:

- **Connect math to his life.** When you and your child go to a store, bank or restaurant, point out all the ways people use math. At dinner, challenge family members to talk about one way they used math that day.
- **Discuss careers that use math.** Airline pilots, architects and astronauts all use math to do exciting things.
- **Make math practice a game.** Together, add up the numbers on license plates you see. Estimate the number of cereal pieces he can fit in a cup (then count). Calculate how many days are left until his birthday.



Are you making the most of read alouds?

Reading aloud to your child is one of the best ways to help her become a better reader. The way you read aloud can make a difference, too. Do you know the strategies that promote reading? Answer *yes* or *no* below:

- ___ **1. Do you have** a regular time to read aloud each day? Set aside at least 20 minutes.
- ___ **2. Do you get** your whole family involved? Take turns choosing books to read.
- ___ **3. Do you pause** while reading to discuss the story with your child? What does she think will happen next?
- ___ **4. Do you give** your child a turn to read aloud to you?
- ___ **5. Do you choose** an exciting place in the story to finish

reading, so you will both want to read again the next day?

How well are you doing?

More yes answers mean you are building your child's reading skills. For each no, try that idea from the quiz.

"We have an obligation to read aloud to our children ... and not to stop reading to them just because they learn to read to themselves."

—Neil Gaiman

Help your child turn dreams into goals

Kids often mention vague goals without actually setting them (I want to finish my report on time). But it takes more than a wish to reach a goal. It takes planning and hard work. Encourage your child to:

- **Think about past successes.** Has he mastered something challenging before? How did he do it?
- **Set short-term goals.** Help him decide on realistic steps to take toward his ultimate goal. Achievement is a great motivator to keep going.

Then cheer him on! Say things like, "You are really sticking with this. I'm very impressed."

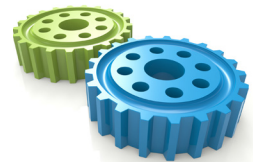
Bedrooms are for sleeping

While screen media—TV, videos, computer games and apps—may have a place in your child's life, it shouldn't be in her bedroom. Research shows that kids with screens in their rooms spend less time reading, do less well in school and are more likely to be obese than other kids. Confine screen use to locations where you can supervise.

Source: "School, health and behavior suffer when children have TV, video games in bedroom," Iowa State University News Service, nswc.com/bedroom.

Set the tone for teamwork

When parents and teachers work together, students thrive! To begin a productive relationship with your child's teacher:



- **Introduce yourself** and exchange contact information.
- **Ask questions respectfully** and make requests rather than demands.
- **Be positive.** Be prepared to hear about your child's weaknesses as well as his strengths. Work with the teacher to find ways to help your child do his best.

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Daily Learning Planner

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- 1. Point out all the ways your family uses writing throughout the day.
- 2. Have a “goodbye to summer” picnic today. Talk with your child about the great times you had together over the summer.
- 3. Provide your child with access to basic reference materials when she studies—an atlas, a dictionary, a thesaurus, in book form or online.
- 4. A nutritious breakfast helps kids learn. Make sure your child starts the day with a healthy breakfast at home or at school.
- 5. Choose a place for items that go to school. Help your child get into the habit of putting things there each evening.
- 6. Write your child’s name vertically. Have him use each letter in his name to begin a line of a poem.
- 7. Use math to give your child instructions. For example, ask her to pick up $3 + 2 + 1$ toys.
- 8. September is Library Card Month. Make sure everyone in your family has a library card.
- 9. Help your child set a school-related goal. Write down the steps he’ll take to reach it. Post his goal in a visible spot.
- 10. Each evening, ask your child specific questions about school that day.
- 11. Have your child use shoe boxes to create a mailbox for each family member. Use them to send one another notes and reminders.
- 12. Watch the news as a family. Locate one place mentioned on a map.
- 13. Make sure you and your child know the school rules. Post them on your refrigerator.
- 14. Adjust bedtimes tonight so everyone has time to read in bed.
- 15. Invent a word with your child. Write a silly definition.
- 16. Talk with your child about the week ahead. Do this every Sunday.
- 17. If your child is watching TV, ask her to turn off the sound and create her own story to go with the images.
- 18. Review your child’s homework each day. Give compliments and helpful suggestions, but don’t insist that he redo the work.
- 19. Make an emergency reading kit for your child to have in the car.
- 20. Look through job listings with your child. What job would she want?
- 21. Plan a family meeting to discuss a decision you can make together.
- 22. Have your child write a letter or email to a friend or relative telling about the beginning of his school year.
- 23. Challenge your child to find as many types of punctuation as she can.
- 24. Help your child find his best time to do homework. Some kids do better right after school, others after dinner.
- 25. Take an imaginary underwater trip with your child. What would your vessel look like? Where would you go?
- 26. Give family members marshmallows and toothpicks. See who can build the tallest tower.
- 27. Help your child organize her room.
- 28. Give your child a hug today and every day.
- 29. Tonight, allow a few minutes after the light is off for a quiet chat with your child.
- 30. Have dinner by candlelight tonight.

Helping Children Learn

Tips Families Can Use to Help Children Do Better in School



Helping Students Learn[®]

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Warren City Schools

<http://www.warrenschools.k12.oh.us>

Setting goals helps your child plan for a successful year in school

Setting learning goals at the beginning of the school year will help your child make the most of the year ahead. But who should set them? Now that your child is in middle school, expect him to take more responsibility for his learning. Setting his own goals is an ideal way for him to start.

To support and guide your child, have him:

- **Identify his highest priority** and set a specific goal to address it. "Get all A's" is probably too broad, especially if your child has struggled in the past. Help him narrow his focus to something more realistic and achievable. "I want to have a B in math by the end of the quarter."
- **Write his goal down** and post it where he will see it often.
- **Think through steps** he will take to reach his goal. If your child plans to study math for an extra 30 minutes each day, he will need to block the time out on his calendar and reduce the time spent on other activities.
- **Evaluate.** Every few weeks, help your child evaluate the progress he is making. What changes, if any, should he make? If he achieves his goal at the end of the quarter, he can explore and set new ones. If he doesn't, he can make a new plan of action.

Source: "Grades 6-8 Goal Setting," The Colorado Education Initiative, niswc.com/startgoals.



Build a solid foundation for the future

Attendance in middle school is critical to later academic achievement. Research shows that middle schoolers who improve their attendance do better in high school than kids with similar grades who don't. It's also true that:

- **Middle school students** who miss more than 10 percent of school are more likely to fail in high school.
 - **Absences affect grades.** Kids who miss class lose opportunities to ask questions and hear answers to classmates' questions.
 - **Peer relationships suffer** when kids miss school. A child who misses school often may have fewer friends.
 - **Parents have a significant influence** on their children's school attendance.
- Tell your child that school is important and that you expect her to be in school on time every day. Don't let her miss school to catch up on sleep, avoid a test or finish a project.

Source: E.M. Allensworth and others, "5 Key Findings for Middle Grades from *Looking Forward To High School and College*," University of Chicago Consortium on Chicago School Research, niswc.com/attendmid.

Promote class participation

Your child will get more out of his classes if he pays attention. To help keep him focused and engaged with what he's learning, encourage your child to participate in class. Challenge him to to ask one question per day in each of his classes and to take part in class discussions. He'll have to listen closely and think about what he hears.



Get ready to get involved

Your child benefits when you are involved in her education. To prepare to take an active role this year, find out:

- **Your child's class schedule.**
- **Her teachers' names,** and the best ways to contact them when you have questions or things to discuss.
- **Her counselor's name** and contact information.
- **What school projects** and events are planned for this month.
- **Some ways you can volunteer** to help the school this year.

Keep this information where you will be able to find it easily.

Organization helps students stay on track

Before your child's backpack overflows with crumpled papers and he can't find anything he needs, help him learn to organize his schoolwork. Here's how:

- **Have him assign** a place to keep work for each of his classes. He can use folders or a binder with dividers.
- **Give him a planner** or notebook to write his assignments in.
- **Plan weekly backpack clear-outs.** He can toss trash and file his papers.





How can I switch my child back into school mode?

Q: My child had a wonderful, relaxed summer. But now I'm having a hard time getting her to focus on school. She acts like she's still on vacation. What should I do?

A: The structure of the school year may not appeal to your child as much as the easy summer days when she could do what she liked. But vacation is over, and in order to succeed in school, she'll need to regain her focus.

Here are some ways to help:

- **Restore routines.** With your child, decide on a regular study time. If it worked last year for her to have a snack then hit the books, put out a healthy treat and an encouraging note about homework. Make mornings easier by having her pack her backpack for school the night before.
- **Set and stick to a reasonable bedtime.** Staying up late and sleeping in won't work now. Middle schoolers need eight to 12 hours of sleep a night. Lack of sleep can affect your child's health, academics and mood.
- **Limit recreational screen time.** Research shows that too much time spent with TVs, computers, tablets and smartphones keeps kids from doing things that improve learning, such as reading. Set a technology curfew an hour before bedtime when all devices will be turned off.



Are you helping your child adjust?

New middle schoolers are going through a big change. No longer the "old pros" at elementary school, they must adjust to new teachers, new routines, even new friends. Are you helping your child cope? Answer *yes* or *no* below:

___ **1. Have you helped** your child learn about the middle school? Have you looked at the website together? _____ away if he is having difficulty in school?

___ **2. Do you reassure** your child that he is ready for middle school and can do well?

___ **3. Do you plan** to attend family events at school to learn how to support your child?

___ **4. Do you ask** your child what he thinks about middle school and listen carefully?

___ **5. Do you encourage** him to tell you and his teachers right

How well are you doing?

More yes answers mean you are smoothing your child's middle school transition. For each no, try that idea.

*"Progress is impossible without change, and those who cannot change their minds cannot change anything."
—George Bernard Shaw*

Teach anti-bullying actions

Many students feel unable to confront a bully and demand a stop to the behavior. Talk to your child about other important things she can and should do if she witnesses bullying in school or online:

- **Tell an adult.** She can tell you or a trusted adult at school.
- **Refuse to join in.** Your child can avoid laughing at the bully's target, even if everyone else is. She can change the subject and try to redirect attention.
- **Support the victim.** Your child can be friendly and offer to go with the child to report the incident.

Source: J. Spiegler, "Empowering Students to Curb Bullying," Edutopia, nswc.com/empower.

Take your child's learning to the next level

Learning isn't only for the classroom! To enrich your child's education:

- **Keep materials** at home that stimulate his creativity and curiosity—everything from library books to art supplies.
- **Plan outings** that relate to what your child is learning—such as a trip to a museum or an elected official's office.

Three C's are key to respect

Respectful behavior allows classrooms to function and students to learn. Teach your child the three C's of respect:



- 1. Communication.** Respectful people ask for others' viewpoints and opinions and react politely, even when they don't agree.
- 2. Courtesy.** Let your child know that *how* he says something is as important as *what* he says. Manners and tone of voice count.
- 3. Consideration.** Responding positively to someone else's needs or concerns shows respect. Your child should treat others as he would like to be treated.

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- 1. Give your child a calendar. Encourage him to write down assignment due dates, activities and school events.
- 2. Set aside time for a weekly family meeting. Talk about family news and goals, and celebrate successes.
- 3. Choose a place to keep library books. Your child will always be able to find something to read.
- 4. Many middle schoolers are embarrassed by parental affection in public. But they still like hugs at home!
- 5. Ask your child to name three things she learned over the summer.
- 6. Be sure to attend back-to-school night. Parent involvement is still important in middle school.
- 7. Ask your child how he would handle peer pressure to drink or smoke. Role-play some scenarios together.
- 8. Consider giving your child a budget for school clothes. It teaches financial management and helps you avoid arguments.
- 9. Help your child set a school-related goal. Have her write down the steps she'll take to reach it and post her plan in a visible spot.
- 10. Attendance at school is important. Let your child stay home only when he's sick or it's an emergency.
- 11. Discuss a time when your values helped you make a decision.
- 12. Post a list of important school telephone numbers where you can find it easily.
- 13. Enjoy some physical activity with your child today.
- 14. Talk to your child about bullying. Has she ever been bullied at school? Has she ever been unkind to another student?
- 15. Ask your child to tell you about one of his teachers.
- 16. Before letting your child see a movie, read reviews or see it yourself.
- 17. Make tonight Kids Night in the kitchen. Help your child pick out a kid-friendly recipe to try.
- 18. Ask your child who her role models are and why.
- 19. Is your child's room messy? Set the timer for a 15-minute pickup blitz before he goes out.
- 20. Ask your child to suggest nutritious snacks to keep on hand.
- 21. Share an article or comic strip you think your child will enjoy.
- 22. Help your child open a bank account. Explain how to keep track of withdrawals and deposits.
- 23. Go for a walk as a family and look for seasonal changes.
- 24. Help your child find a school extracurricular activity that interests her.
- 25. Encourage your child to create a decoration for his room.
- 26. Learn a new word today at breakfast. Challenge family members to use it three times during the day.
- 27. Ask your child, "Is it more important to *be the best*, or *do your best*?"
- 28. Has your child had a rough week at school? Go out together for a treat.
- 29. Help your child make a planning sheet for a large school project.
- 30. Talk with your child about honesty and why it is so important. Discuss examples of people who demonstrate honesty.

Helping Students Learn®

Tips Families Can Use to Help Students Do Better in School

