

LYNX TRACKS

The Newsletter of the Lincolnville Central School

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SUPERSTARS!



THANK YOU!

Like all schools, we are trying to figure this all out. Fortunately for our school community, we have a highly motivated staff who are looking at this challenge as an opportunity to hone our collective problem solving skills.

We are very happy to report we had school lunches delivered on the first day, and the lunch program will extend on Monday to any family who needs it. This is all run by our Food Service Director Angela Wheaton, however, many of our support staff are pitching in to cook, package, and deliver meals using private vehicles.

Remote learning is a work in progress. As a K-8 school the spectrum of needs is wide. Our middle school children all have MacBooks and Google accounts. They were up and running after one PLC meeting.

Our younger students are receiving packets, books, activities, and lists of resources from classroom teachers on a regular basis. The teachers are essentially now acting as mentors for parents who now homeschool children. We have had some Zoom meetings, but it is not our intent to attempt to organize all of our classrooms via technology. Fortunately we have so many amazing parents who are embracing this for what it is and doing their best to make the most of a very difficult situation.

All teachers and educational technicians have lists of homes to call weekly just as a way of keeping in touch and gathering feedback. We are asking all staff to schedule time for their own wellness in hopes they will be able to maintain some semblance of physical and emotional stability throughout this crisis and be ready to return once the coast is clear.

FROM THE SCHOOL NURSE, Alicen Heintzman, RN

I would like you all to know that I continue to be a resource for you, even with the school closure. The health of you and your children is on my mind daily, and I would like you to reach out to me with questions or concerns you may have. I am consistently being briefed by the Center for Disease Control about the current events of the Coronavirus (COVID-19), and am actively working on ways to ensure a healthy return to school when it is deemed safe. The best way to reach me is by email, although calling and leaving a message with Marie or the school answering machine is another good option. I am here to help you in any way that I can. This includes not only answering your questions, but also connecting you with resources you may need (food, child care, etc.). Please do not hesitate to email or call!

While we remain in school closure, please do your very best to follow these important guidelines:

- *Practice social distancing. Stay home when you can, and keep your distance from people when you must go out*
- *When you do have to go into a public space, schedule it during a time when you are able to leave your children at home with a family member. It is very difficult for children to remember to not touch surfaces, and to avoid touching their faces.*
- *Wash your hands frequently, and always when you return from a trip out of the house. Please be sure to use warm soap and water, and wash your hands for at least 20 seconds (sing Happy Birthday). Don't forget to wash the backs of your hands, and between your fingers thoroughly. Hand sanitizer with 60% alcohol can be a substitute when soap and water are not available.*
- *Say "no" to playdates. It's hard to do, but this is why the school is closed. As a community we must put in any and all efforts to stop the spread of this virus.*
- *Stay home when you are sick. If you experience signs of the Coronavirus (COVID-19), which include fever, cough, diarrhea, and/or shortness of breath, please call your healthcare provider or the emergency room. **Do not physically go into the doctor's office or emergency room without calling first.** This is very important not only to prevent exposure to others, but your provider or the emergency room may give you special instructions on the location where you should go for evaluation.*

We're all in this together, and your team here at LCS has you and your family as our first priority. Stay safe, and stay well.



Maybe this hunkering
down thing isn't so bad
after all ☺

Kindergarten

Kindergartners are picking up weekly packets of work that include something to do daily in each of the following areas: reading, writing, phonological awareness, math, and either science/social studies/fine motor. Parents are receiving daily emails with morning journal prompts, as well as on-line resources to help augment learning at home. We are dabbling in on-line meetings as a chance to see each other's faces and connect a bit!

Grade 1 Update, Mrs. McWilliams

So far so good in first grade! I sent home an At-Home Learning Plan for students on Monday. I plan to continue this on a weekly basis. Each morning, I send out an email to families to check-in. This email also usually includes optional online resources. My goal is to support, but not overwhelm families. Parents have done a wonderful job emailing me with questions and sending pictures. I am currently in the process of setting up a ZOOM account, with the hope of trying out a read aloud with the class from home.

French Spring 2020

K-8 French

- I have attempted to contact each family by grade-level, having made email groups in my contacts this week.

K-5 French

- I will continue to contact families via email to suggest links, etc. Families who want printed materials and have printers can let me know.

3-5 French

- I have prepared packets for grades 3-5, which were placed with their other materials to be collected in their classrooms.

6-8 French

- I have emailed every student and family. I will continue to be available by email. Updates will be on the Middle School weekly newsletter. Much middle school French work will be shared with students via Google Classroom. Students are strongly encouraged to practice their French using Duolingo, and all have accounts. I am running a friendly Duolingo competition, and have already shared the chart with students via a Google Doc.

Amitiés, Madame Butler

Grade 4, Mrs. Coombs

Warm greetings to all students and families from Mrs. Coombs. We've got this!

Fourth Graders, I will be hoping to hear from you over these next few weeks via email (your parents') or by phone. Some have already done so! I will be checking my emails daily and if you would like to speak with me, just message me with a phone number and I'll be happy to call. Parents too, of course!

I believe most, if not all of you, have received your materials from your desks along with some basic information, like asking you to set up a schedule and send it to me, reading at least one story from each unit from your Reading Street book, then answering the questions at the end (remember to do so, in complete sentences) in your "Book of Knowledge" - blue composition booklet. You have vocabulary packets, writing prompts, French packets, Science, and even some PE assignments given to you. Please find some time for each in your schedule. You also have your login information in your spiral notebooks for Khan Academy, READWORKS, Spellingcity, and STMath, which if electronics are allowed for a short period of time, you should work on these assignments. Some of you have "notebooking" pages (in your folders) that you can complete over this time, in your spiral notebook.

Your literature group books were in your packets. I know many of you are very excited to get to the next chapter - I will miss reading and discussing these along with you. I hope you will message or ask for a phone call to discuss the next chapter with me.

Math packets are being developed and will be sent to you sometime next week. I will also include more Science Weekly newspapers. For any materials that are needed, questions that need answering, guidance or support, I'm just a message away! *Remember to start your day with a smile and be kind.*

K-2 Math, Mrs. Cummons

K-2 math students have received two weeks' worth of differentiated math packets as well as multiple math games to play at home. Students also have access to all ST Math homework so that each student may progress at their own pace. The teacher is able to track progress and communicate with parents about problem areas.

Parents have also received links to card and dice math games that are differentiated by grade level.

Kindergarten students received links to math singing videos to practice counting. Hoping to set up Zoom Meetings to hold "math talks" next week.

Grade 3

Hello Everyone from Mrs. Rosenberg! I miss the smiling faces of all my students! I hope things are going well at home!

All students have packets at home. The focus of these packets right now are novels for reading group work, comprehension practice with Digital Readworks, Science Planet Research Projects, math games and work focused on multiplication skills. Students can also spend some time each day on ST Math, I know it, or Khan Academy. When your child needs more work in I know it please let me know.

I have started putting spelling words into Spelling City but do realize some students do not have the internet. I can send lists home for practice all you need to do is let me know.

I feel one of the most important things I have done is to create a closed FaceBook group called [Mrs. Rosenberg's Third Grade](#). I wanted a place for my students to be able to connect with me as well as their classmates in a fun way during this time of seclusion. I have seen photos and videos that show my students baking, playing guitar, doing projects, riding a unicycle, and writing! These posts bring a big smile to my face and I am excited for parents and students to keep sharing!

Email me with any questions, concerns, or if you need help in any way! I have heard from so many parents and it has been really great touching base with you!

Joann Rosenberg

Grade 5, Mr. Blackman

In order to communicate effectively with the students and parents in his class during this time away from school, Mr. Blackman set up and designed [Mr. Blackman's 5th Grade Blog](#). He noted that it is an efficient way to let parents know of both assignments and various educational resources. "I ask parents to check the site daily," he says, "as I often come across interesting websites that parents and students can use as a resource."

Music... Mrs. Iltis

I am working hard to create a web/blog site that can be accessed by all music students and their families. This site will hopefully allow me to communicate with each of my classes and address needs specific to each level of learning. I hope to include links, creative ideas and assignments as well as practice tracks for my middle school performance groups. Stay tuned, stay musical and stay well - I miss all of you!

LCS Guidance Program

Good Morning LCS Students and Families,

I hope this message finds you all well and safe. I am writing to let you know I am checking on families throughout this time of social isolation and distancing. I am available to provide support, connections and suggestions for those of you who may be having difficulties, questions or concerns at this time. Please feel free to email me

at elyzabeth.richards@fivetowns.net if you are in need of assistance or connection. I know you are getting bombarded with ideas and lessons to do with your children both from our committed and caring teachers, but also ideas are also all over social media. I have given folks this week to adjust and to get settled into routines. I am planning to send out some Guidance programming starting in the next week or so as our students do enjoy Guidance time. They will be simple lessons you can do with your children. A time to get to know one another more fully and to have fun as families together. Please feel free to reach out with any questions, concerns or needs. LCS is here for you.

Stay healthy, Stay well and Love the Ones you are with.

Best Regards,

Elyzabeth Richards
Guidance Counselor

Guidance for Disinfecting Electronic Devices

The Center for Disease Control (CDC) recommends cleaning “high-touch” surfaces everyday. Computers, tablets and other personal electronics (including cell phones) fall under “high-touch” surfaces. However, the methods for cleaning these devices differs from cleaning counters, tables, desks and doorknobs.

Apple offers the following recommendations for cleaning devices (which would include “Mac, iPad, iPhone, iPod, display, or peripheral device.”)

- ✓ Use only a soft, lint-free cloth. Avoid abrasive cloths, towels, paper towels, or similar items.
- ✓ Avoid excessive wiping, which might cause damage.
- ✓ Unplug all external power sources, devices, and cables.
- ✓ Keep liquids away from the product, unless otherwise noted for specific products.
- ✓ Don't get moisture into any openings.
- ✓ Don't use aerosol sprays, bleaches, or abrasives.
- ✓ Don't spray cleaners directly onto the item.

On March 9th, Apple released an updated statement around using “solvents” such as Clorox and Lysol wipes. They had previously advised against using these items.

“Using a 70 percent isopropyl alcohol wipe or Clorox Disinfecting Wipes, you may gently wipe the hard, nonporous surfaces of your Apple product, such as the display, keyboard, or other exterior surfaces. Don't use bleach. Avoid getting moisture in any opening, and don't submerge your Apple product in any cleaning agents. Don't use on fabric or leather surfaces.”

Touchscreen devices (tablets and convertible laptops) have an oil-resistant (oleophobic) surfacing. Use of strong solvents (bleach, rubbing alcohol) could damage this surfacing.

Thank you for your attention to this situation.

More from the Nurse

As we are all learning how to live in this new normal I would like to emphasize the important goal of keeping ourselves, and our community safe. With school being put on hold, the chances of parents reaching out to plan play dates and get-togethers is high. These offerings can put you in an uncomfortable position, and it is important to remember that it is okay to say no. Not only is it okay, it is imperative to ensuring we do all that we can to prevent the spread of the Corona virus (COVID-19).

Here are some phrases you can use (be sure to practice them before you are put on the spot):

- “Thank you for the offer, although we are really doing our best to keep our distance at this time. I'm sure you understand.”
- “Oh that sounds like fun, when this whole thing blows over we should definitely plan something!”
- “My kids are going stir crazy too, but we're committed to doing our part right now to make sure we don't spread anything to anyone. It sure is tough, we miss you!”

Each time you try this out, it will get easier. The most effective way to prevent the spread of this virus is to limit contact with others. Replace face-to-face interactions with activities like having your children plan a group Facetime with friends, or utilize Google Duo for those with Android devices. During these virtual communications they can plan to discuss a book (virtual book group!), or they can plan to watch a movie “together”. Efforts like these keep kids connected without the risk of exposure. The more we make these efforts now, the sooner we can get back to the visits with friends that are so important.

Stay strong, and be well!