



Lynx Links

February

Calendar-at-a-Glance

Feb 1— No remote learning;
teacher prep day

Feb. 2-5—Super Bowl Food
Drive; K—5—Tues-Fri begins

Feb 8— No School-
Professional Development

Feb 15— No School,
President's Day

Feb 16 —PTA Meeting 6:30
pm—look for zoom link in
email; **Kindergarten**

Registration Begins—see
page 6 for details

From the Music Room:



Peace Choir

continues on Zoom Tuesdays
at 3pm through March 9, 2021.
New and returning singers
welcome.

[https://zoom.us/j/94870386890?
pwd=QzkyYStRMjlmcTJlb2tkZH
Z2VnVPZz09](https://zoom.us/j/94870386890?pwd=QzkyYStRMjlmcTJlb2tkZHZ2VnVPZz09)

Rockin' Recorders Remote
will continue through the end of
May. Keep those songs
coming! 19 Belts have been
earned. If your 4th or 5th grade
child did not get a recorder and
would like to begin the Google
Classroom, contact
Mrs. Morrison at:
domorrison@mcpsmt.org

Super Bowl Food Drive Underway!



Who do you want to win
Super Bowl LV....
Chiefs or Buccaneers?



Vote for your favorite
team by donating non-perishable food items until
Friday, February 5th.

Students may bring items to school or parents may
drop off at the front office. Donations go to the
Missoula Food Bank for local Missoula families or the
Family Resource Center for
Lewis and Clark families.



After School Childcare Community Options

Please note registration is through each organization,
not through Lewis & Clark or MCPS

- **YMCA:** New after school program starts in Feb. Care will include picking students up from L&C and transporting to the Y *Call: 406-721-9622*



- **Boys & Girls club:** Ongoing after school program including pick up from L&C and transporting students to the Boys & Girls Club. *Call: 214-0140*



- **Parks & Rec
Discovery Corp:** Ongoing after school program -pick up from L&C playground. Parks & Rec also has all day Monday camp called Base Camp. *Call: 721-7275*

Parks & Recreation
City of Missoula • 600 Cregg Lane • 721-PARK

- **Campfire:** Held in the cafeteria here at Lewis & Clark *Call: 406-542-2120*



From the Principal's Office:

Hello Lynx Families!

What a wonderful week we have had with half of the kiddos back 4 days, welcoming more students back from the Missoula On-line Academy, and all students transitioning to eating in the cafeteria, Learning Street, library and our open space wing. Kids have been absolutely incredible! They are excited to see more friends, looking forward to seeing their peers next week in grades 3-5, and sharing some great tidbits of advice, while supporting each other through this transition...Enduring and Impressive! We can't wait to have grades 3-5 this next week too!

As we head into February, we have a few fun events coming up. The food drive is in full swing and it's hard to tell who is winning the LC Super Bowl food drive...will it be the Bucs or the Chiefs? Don't forget to bring a perishable item to put in one of the voting baskets! A week after the food drive ends, we will have Valentine's Day with acts of kindness and thoughtful messages woven throughout the next few weeks.

Thank you for your feedback and support as we continue to adjust in this unprecedented year. Seeing your children's smiling faces each day, and watching them learn and grow, brings joy to all of us. Take care, be well, and be safe.

Your principal, Alanna



Family Resource Center February Wish List

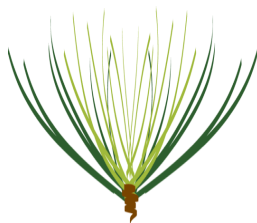
Boys' winter jackets sizes 4/5 and 6/7

Girls' waterproof/warm mittens or gloves, all sizes

Family Resource Specialists

Tracey Cravy and Lisa Hayhurst
frclewis@mcpsmt.org or 327-6949

*Hours: M,W,F 8:30-3:15 /
T,TH 8:30-2:15*



GRIEF RESOURCE CENTER

Grief Resource Center Virtual Kid's Corner - February

Monday, February 22

- 10:00-10:30 AM over zoom
- Register on Tamarack's website

www.tamarackgrc.org

- Join Aubrey & McKenna for stories!
- Friends!
- Coping strategies!
- Calming tips!
- Fun!

valentine's Day cards

A variety of are now available in the Family Resource Center. Please check with your student's teacher about their plan for this celebration. Many classrooms are choosing to MAKE cards in class or celebrate in other CoVid-safe ways. IF your student(s) needs a box of Valentine's for their class celebration, we have an assortment to choose from in the FRC.

Give us a call—
327-6949!



Counselor's Corner: A Note from Ms. Myers

How to Respond to your Child's Negative Self-Talk

1. Acknowledge the feelings, not the words
2. Use humor to help them see things differently
3. Use specific praise to show your child how well they're doing
4. Talk openly about negative self-talk
5. Talk about having a growth mindset
6. Talk about your "best failures"
7. Create an affectionate, welcoming home



These tips come from the Big Life Journal. Visit their website (www.biglifejournal.com) for resources or more ideas on this tricky topic!

As always, please reach out to me if you have questions or need support around this, or any concern about your child. lemyers@mcpsmt.org or 728-2400 x 4379

If you or someone you know is struggling, please reach out for help:

Montana Suicide Prevention Lifeline:

1-800-273-TALK (8255) **Crisis Text Line**
(Free for people in crisis) Text "MT" to 741-741

In a crisis, always dial 911 or go to a hospital emergency room;

St. Patrick's Hospital—500 W. Broadway Street—
(406) 543-7271

Community Medical Center—2827 Fort Missoula Road—
(406) 728-4100

First Call for Help—Montana 211

Dial: 211, 24 hours/7days a week

Western Montana Mental Health Center

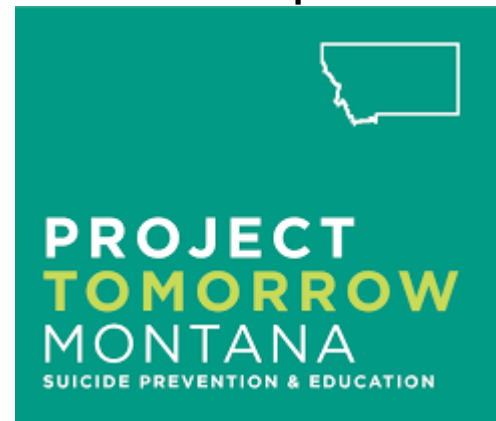
(406) 532-9710 or toll free 1-888-820-0083, 24 Hour crisis line

Providence Urgent Mental Health Clinic

(406) 327-3034, Mon-Fri 8:30am-5:00pm

If you are in need of mental health support for your student the **Youth Crisis Diversion Project** helps identify your student's needs and connect you to resources. They can also provide short term counseling for free. <http://www.missoulayouthcrisis.org/>

For more information on Suicide Prevention & Ed., check out **Project Tomorrow Montana:** <http://projecttomorrowmt.org/>



Global Connections Event on March 4th!

Save the date for this virtual opportunity to connect with and learn from Lewis and Clark Families!

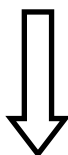


This will be a fun, engaging opportunity to learn about the many traditions and cultures represented within our L&C community. We will highlight both the similarities that connect us, along with the distinctions and diversity that enrich our understanding of each other and the world.

If your family would like to participate by sharing about your traditions or culture, please contact Lisa or Tracey in the FRC at 327-6949 or frclewis@mcpst.org.

We hope to have a wide variety of families contribute!

Please note our IB understanding of **International Mindedness** below and how it informs our learning and relationships here at Lewis and Clark.



Missing something specific? Call the FRC at 327-6949 and we'll take a look for you!

Classrooms often also keep lost and found collections.

Please remember the power of a Sharpie & write names in all clothing items, including outerwear, masks and water bottles! Items with legible names will be returned to your child!

Thanks!

The FRC and PTA say THANKS!

We appreciate your generosity that benefits L&C students and families!

Tracy Dahl– Your handmade masks have benefited many!

Anonymous donor– Paid for new headphones and mice for Chromebooks for L&C students

Teen Challenge– clothes

Winter Family – socks

Missoula Organization of

Realtors- \$500 gift card for Family Resource Center needs



Inquiry Corner with Kari Henderson

What is International Mindedness?

International-mindedness is a multifaceted concept that captures a way of thinking, being and acting characterized by an openness to the world and a recognition of our deep interconnectedness to others. It is at the center of both the culture and curriculum in IB World Schools—it is the hub that connects the different elements of an IB education.

International-mindedness recognizes similarities and affirms differences between communities, peoples and nations. Knowledge and understanding of similarity allows for the construction of common foundations; recognition and affirmation of difference encourages a celebration and valuing of diversity.



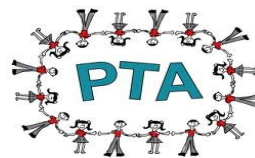
International-mindedness involves open-minded inquiry into diverse perspectives, critical appreciation of multiple points of view and a desire for positive action. It "implies the capacity to learn, the motivation to act and the courage to disagree" (Walker 2011).

*information from ibo.org



Hello Families! A few updates from your Lewis and Clark PTA!

We are selling Lewis and Clark **face masks** on our website at lcpta.org. Check them out! These masks are 3-ply cotton, breathable, comfortable with adjustable ear-loops. They come in 2 sizes: child and adult and best of all boast school spirit with a black background and the Lynx paw logo. Quantities are limited so order yours today! lcpta.org. These will be sent home from school with your child after your order is placed. **Sales start on Monday February 1st.**



****The PTA is donating a Lewis and Clark mask to each one of our amazing Lewis and Clark staff members!!**

Thank you again to those who have joined the PTA this year!! Memberships of any level are needed and appreciated! You can still join on our website at lcpta.org and click "memberships". For those who joined for \$50 or more, you will be receiving a complimentary LC Logo mask. watch your email for details!

Can we agree that wonderful staff who care for and teach our children could use a boost of support during the transition into Phase 2 of Hybrid Learning this coming week? High-fives, air-hugs, fist bumps and a show of appreciation? YES!! The LC PTA is funding a coffee or tea to each staff member from the MT Brew Crew Coffee truck at the school this week! THANK YOU TO OUR L&C STAFF! We are grateful to the staff for providing a safe, caring environment for our students during this time!

Support Lewis & Clark Teachers with *Donors Choose!*

Check out what projects teachers and their classes are working on or dreaming about by clicking this link: <https://www.donorschoose.org/donors/search.html?includeNearbyLocations=true&school=78593>

PTA Officers 2020-2021 School Year

Co-presidents- Kamra Kolendich & Jeff Lamson

lewisandclark.pta.missoula@gmail.com

Treasurer—Emily Mackenroth
lewisandclarkptatreasurer@gmail.com

Secretary—Keri McHugh
lewisandclarksecretary@gmail.com

Teacher Liaison—Jordan Garland,
5th Gr teacher jgarland@mcpsmt.org

Teacher Liaison—Sharon Jones, 4th Gr
teacher sgjones@mcpsmt.org

PTA SPRING FUNDRAISERS COMING!

We will be hosting an **ONLINE SILENT AUCTION** during the week of March 29-April 2nd. Auction items and more details to come next month! Proceeds will go towards our teacher funding and a new reader board for our school!

We are again unable to host our annual Sock-Hop. Instead we will be hosting a CoVid-friendly fundraiser: a school wide **READ-A-THON**. Details and more information to come!

take
note!

Our next PTA meeting is Tuesday February 16th at 6:30 pm via zoom. Link to follow in an email. Join from the comfort of your home and see what we are planning for the spring!



A Relative Caregiver Support Group

Montana Kinship Navigator Program

For Grandparents and Other Relatives Raising Children

The Montana Kinship Navigator Program in Missoula, MT offers a no-cost, monthly support group virtually. The support group will help relative and kinship caregivers lead healthier, happier lives by offering ways to cope with specific social and emotional challenges. Participate for peer support, education, access to research based support and connection to community resources.



WHEN: 3rd Wednesdays 12:30 - 1:30 pm from Sept. 2020 to May 2021

WHERE: Participate online or by phone using Zoom.

REGISTRATION REQUIRED: Visit <https://bit.ly/304EErA> or call MAS 406-728-7682

Questions? Call Kelly Moore, MSU Ext. Missoula County at 406-258-4206 or email kmoore@montana.edu

2021-2022 Kindergarten Registration Begins February 16th!

Who: Students who will turn 5 years old on or before 9/10/21.

Things you will need to gather in preparation for registration: Child's Birth Certificate, Completed Immunization Record, Two Forms of Proof of Address (utility bill, phone bill, lease agreement)

Please come by the L & C front office to pick up a registration packet. You may complete your forms outside of school and return them with needed documentation.

(If possible, limit KG registration calls to the office at this time.)

Please Note: Kindergarten Registration is NOT complete until all of the paperwork and documents are turned in and reviewed by your school secretary!



HOW TO EARN

BOX TOPS MAKES IT EASY.



No more clipping. All you need is your phone. Download the ALL-NEW Box Tops app, shop as you normally would, then simply scan your store receipts to find participating products. The app will automatically credit L&C's Box Tops earnings online.

Twice a year, Lewis & Clark school will receive a check and can use that cash to buy whatever it needs!

A few friendly reminders about lice!

Since head lice is not uncommon in school age children, the district wants to remind parents of resources and the school procedures which are located on the district website under student services then health services. You may also contact the Family Resource Centers or the school nurse for written information or resources.

Remember that:

- People usually don't have symptoms of having head lice for several weeks after becoming infested. A common symptom is itching which is also common with dandruff and dry skin.
- People get head lice from other infested people mostly when they have head to head contact as head lice do not fly, swim or jump.
- It's easier to treat head lice when found "early" so checking hair for head lice at home is important for any symptoms or even periodically. Get into the habit of checking your child four times a year; winter, spring, summer. and fall!





**Do your part.
Help clear the air.**

TURN OFF YOUR CAR IF IDLING MORE THAN 30 SECONDS



**SUSTAINABLE
— AMERICA —**

**TAKE THE PLEDGE
TO STOP IDLING
@ITURNITOFF.COM/SCHOOLS**

Did you know, just 10 minutes of idling equates to 1 pound of CO₂ emissions released into the atmosphere? This contributes to climate change and adds more than 1,000 compounds that cause serious adverse health effects and are responsible for about 50% of the cancer risk nationwide. Children are especially vulnerable because their lungs are still developing and they breathe much faster than adults.

We ask you to consider how much time you spend idling and follow these guidelines to reduce students' exposure to air toxics emitted from idling vehicles:

- When waiting for students to be picked up, all engines should be shut off.
- All drivers should turn off engines when they arrive at school and when they expect to be parked for more than 30 seconds.
- If idling is necessary for temperature control, please restrict it to no more than 5 minutes.

Beyond schools, Missoula In Motion encourages you to eliminate unnecessary idling anywhere you are waiting for more than 10 seconds. This simple change will improve the air our children breathe, as well as the air quality in our neighborhoods.