



Lynx Link

March

Calendar-at-a-Glance

1 BEACH HOP!

1 End of 2nd Trimester

4-8 Lost and Found items on display thru conferences

7 Early Dismissal—
Conferences:

K-3 Releases at 11:05

4-5 Releases at 11:35

8 No School— Conferences

16 Native Youth Pow Wow
at Sentinel High School

19 PTA Meeting 6:30-8:00

21 Thirty Thursday -
Obstacle Course

25-29 —Spring Break

April 1—School Resumes

Wow!!! The Lewis and Clark school community brought in **934** pounds of food for the annual Super Bowl Food Drive. Thank you SO much for your donations!!



Beach Hop 2019!



Friday, March 1st - 6:00-8:30



Our annual Sock Hop is an a primary fundraiser that helps support the PTA. All funds raised at this event supports class field trips, enrichment activities, and a Family Resource Center position.

There are TONS of fun things to do:

Admission only \$4 at Door (Preschool and under are free)

\$1 will get you: Carnival Games, Bingo, Cake Walk, & Raffle Tickets

\$2 will get you: A picture with a fun beachy background

\$3 will get you: Full Meal Deal Dinner (slice of pizza, cookie & water*)

FREE fun in the Gym: Bubble-gum Blowing, Hula-Hoop & Limbo Fun

Silent Auction: Dozens of items to bid on in our Silent Auction

Raffle: \$1 tickets can be dropped into our raffle boxes with a chance to win COOL prizes!

This is a family event – students cannot attend without an adult. Dressing up for the Sock Hop theme is encouraged! Be aware there will only be ONE entrance this year to the Sock Hop. A line for patrons with pre-sale tickets will help speed up the process of getting into the Hop. We appreciate your patience.

***Please plan to bring a reusable water bottle with your name on it to help us reduce waste. There will be water refilling jugs in the cafeteria. Lynx Service Club will provide recycle boxes for plastic bottles.**

Lindsay Guttermuth—Sock Hop Chair

guttermuth@gmail.com

406-694-4566



Family and Staff Service Night at the Food Bank!

THANK YOU to the many Lewis and Clark families and staff who helped fill EmPower Pack food bags at the Food Bank on February, 21st. We prepared 4,000 EmPower packs! These packs will now be distributed to students throughout Missoula schools. We also had a great time laughing and serving side by side!

Thanks for caring for our community in this way!



From the Principal's Office:

Dear Parents,

I would like to take this opportunity to highlight the many amazing teachers we have here at Lewis and Clark. The unique, creative talents they display, day in and day out in their classrooms is quite extraordinary. Teachers' days begin early and end late. Many, many of their incredible preparations to greet your students and teach them throughout the day, are not often visible. Here at Lewis and Clark, you can find the weekend log-in sheet filled with educators who spend hours outside the 8-4, Monday - Friday schedule, including most holiday breaks.. Their passion, patience, and love as they care for your children everyday is powerful and includes quite a range of job descriptions other than simply "teacher". I encourage you to nominate a well-deserving teacher for the Missoula Education Foundation Elementary teacher of the Year Recognition. This is an annual, local award that goes to an outstanding teacher in our Missoula community. I encourage parents and your children to nominate an L&C teacher.



What: Recognize an Elementary Teacher of the Year

When: Deadline is March 20th

How: Use the Nomination Form below

Remember anyone can make a nomination -- students, previous students, parents, grandparents, community members, co-workers, administrators, etc. We have many outstanding educators and they deserve recognition. Please help spread the word. Thank you!

Elementary:

https://docs.google.com/forms/d/e/1FAIpQLSfSwygTWhkZQFARgVRHs9M8aCa6K5Vpa7t_PX7U8niGJUnM_Q/viewform

Susan Anderson, Principal



An extra huge THANK YOU to all the kind people who have helped those with stuck vehicles around the school during all the crazy, winter weather! And a special thanks from the family with the yellow Ford Transit Connect who was rescued twice!



Lewis & Clark collects Box Tops for Education. Thank you to those who donate! There is a box on Ms. Bridget's desk for collection.



Please note: Campbell's Soup labels for education program has been discontinued by the company.

Counselor's Corner: A Note from Ms. Myers

In honor of International Women's Day, March 8, 2019

Research has shown that girls as young as 5 begin to internalize gender stereotypes, believing that girls should be "pretty" and that "smart" is a word that describes boys. Empower young girls by using different adjectives to describe them.

ALTERNATIVES TO CALLING GIRLS "pretty" OR "beautiful"

Brave Respectful Resilient
Curious Determined
Funny Artistic
Unique Athletic
Kind Generous Kind
Loyal Insightful
Confident Capable
Imaginative Spirited Honest



Hit the Books 2019—March 4th - April 12th

Students can earn prizes from the Missoula Osprey for reading! Each 90 minutes counts as one inning, and up to nine innings may be earned. Prize levels increase with the number of innings read. Yellow reading logs are due back to Mr. Nordtome by **Friday, April 12th**.

2019-2020

Kindergarten Registration

Who: Students who will turn 5 years old on or before 9/10/19.

What: Registration details and dates to come mid-March

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)

Kindergarten Registration is a lengthy process that involves quite a bit of paperwork. We know people are busy, and it is hard to spare time to fill out the paperwork here at school. In order to save you time, the forms will be available on line. You are welcome to bring in your completed forms with your other documents or fill them out here at the school. Please visit www.mcpsmt.org for updated registration dates and details.

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





Peace Choir



Many thanks to all the Peace Choir singers who performed at the Mended Little Hearts of MT 5th Annual Valentines Family Bash.
You sounded amazing!

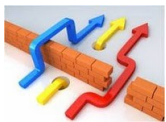
We will continue to sing on Tuesday mornings through March 19.
Our final performance for this school year will be on Tuesday March 19 at 8:40am.

Parents are invited to attend the All-School Assembly performance.



Thank you to everyone who ate dinner on behalf of our school!

Families filled their tummies with yumminess and filled the PTA funds with \$215.50 for Lewis and Clark! A big thank you to Five on Black owner and L&C Alum, Greg Liberko, for supporting this fundraiser and our school!



Thirty Thursday Be Buck Award! March 21st—Obstacle Course!

Sessions run from 2:00-2:25 on Thursdays, once a month. *Limited to 10 kids—sign up early at the Be Buck Store!* Students must have all 30 Be Bucks before signing up. All materials will be provided.

Parents are responsible to pick up their children.

**Missoula County Public Schools
Indian Education Department**

Native Youth Pow Wow *Saturday, March 16th at Sentinel High School*

*Free event, open to the public,
everyone welcome!*

Grand entry at 12 & 6;
Community Feed at 4:30 pm
For information, please contact
Lewis Yellow Robe at 728-2400
x1049.



If you are struggling:

Crisis Text Line: Free for people in crisis. Text MT to 741-741

Montana Suicide Prevention Lifeline: Call this number if you or a loved one are in crisis (800) 273-8255



Meet Mrs. Kees— Health Enhancement Teacher

Curious about our Physical Education classes at Lewis and Clark?

Plan to stop by the gym during conference times to meet and talk with Mrs. Kees. She will be available for questions about what your student is learning.



Lewis and Clark Elementary School

PTA officers—2018-2019

President: Alissa Schumacher—
raschumacher08@gmail.com

Co-Vice Presidents:
Lori Lockridge—lblades_27@yahoo.com
Melanie Brock—brock.melanie@gmail.com

Treasurer: Loni Koerner—lonikoerner@gmail.com

Secretary: Keri McHugh—keri.mchugh@gmail.com

The next Lewis and Clark PTA meeting is **Tuesday, March 19th, 6:30-8:00** in Mrs.

Morrison's music room—205

Everyone is welcome!



Lost & Found

Lost and Found items will be on display **March 4-8**, during parent/teacher conferences.

Please take a look for any missing items when you come for your conference.

Please label your child's things with a Sharpie. This allows us to return lost items to their rightful owner!



Upcoming FREE Parent and Family Classes at Local Schools

Helping Kids Manage Their Emotions – March 20th, 6:00-8:00 - Russell Elementary Library

How do you respond when your child is having a tantrum, whining, or just being plain rude? Get some tips on "anger management for kids" and learn how to teach your child some skills that will last a lifetime.

*There is no child care offered at the school during class. Please make other arrangements for childcare so you can get the most out of the class.

Positive Parenting Practices – April 4th, 6:00-8:00 - Franklin Elementary – room 135

This class teaches positive parenting practices for increasing parent-child connections and fostering a balance between compliance and autonomy. Skills, such as encouragement, and one-on-one time, are taught, followed by a discussion of adapting these skills to particular family circumstances. We will focus on applying positive parenting practices to increase family cohesion, problem-solving, and communication. We will also ask parents to reflect on the balance of their parenting practices and to develop goals for increasing both compliance and autonomy in their children.

*Childcare is not available during class. Please make other childcare arrangements to get the most out of this class.

These FREE classes are facilitated by Families First. Register online at www.MissoulaClasses.com or call MCPS Adult Education at 549-8765

Inquiry Corner with Kari Henderson

Agency and the learning community



The learning community recognizes that agency and self-efficacy are fundamental to learning. A learning community that supports agency offers opportunities for students to develop important skills and dispositions, such as critical and creative thinking, perseverance, independence and confidence. These are vital to the learning process and the development of self-efficacy. The learning community further offers students multiple opportunities to experience the impact of their choices and opinions, which support their evolving perceptions of their identity. In return, students with a stronger sense of self-efficacy bring a stronger sense of agency to the learning community.

*From principles into practice- The Enhanced PYP-ibo.org

The International Baccalaureate Primary Years Program has gone through an extensive review of its practices and has released a new document titled *From principles into practice*. Staff members at Lewis and Clark Elementary are currently working to develop our understandings and implementation of some new components including learner agency.



Morning Movement: Get moving with Mrs. O'Connor and Mrs. Winter on Wed & Thurs Mornings: January 23—March 21.

RUNNING CLUB

Wednesdays Thru March 20th

8:00-8:25 AM in the GYM



CREATIVE MOVEMENT

Thursdays Thru March 21st

8:00-8:25 AM in the GYM



Spelling Bee

Out of a field of twelve fifth graders, Kyan Elam placed first in the Lewis and Clark spelling bee, with Greyson Schweyen the alternate. Kyan was our Lewis and Clark representative to the Missoula County Spelling Bee which took place on February 21 at Big Sky. We congratulate Kyan as well as all the participants in the bee. All around good sportsmanship was exhibited! Way to go fifth grade!



Family Resource Specialists

Tracey Cravy and Lisa Hayhurst

*728-2400 x4355 frclw-
is@mcps.k12.mt.us*

Family Resource Center Hours:

M,W,F 8:30-3:15 / T,TH 8:30-1:30

Family Resource Center

March Wish List

Girls and Boys Winter Boots:

Large Sizes— 5, 6, 7, 8

Girls Long Sleeve Shirts: size 6-14

Healthy Snacks!

Used items very welcome!

Your time and donations are very
much appreciated!

Thank You!

Schick, Tranel, Burns', and
Winters' family for your
contribution of clothes and
outerwear.



River Bank Run

Saturday, April 27th

Kids (and their families) can register
for the run at the YMCA

Registration for students is \$15 for either
the 1 mile or 5 K distance.

(Scholarship help available! Stop in the
FRC/Rm. 126 or call 327-6949.)

LET'S RUN THIS TOGETHER and be the
school with the most student participants!

Noted!

In the music room, we will begin our annual Gamelan Unit Monday March 11, 2019. A gamelan is a percussion orchestra. The one we use at Lewis and Clark is called Gamelan Angklung. It is from Bali, Indonesia and accommodates 24 players. During four weeks in March and April all students, K-5 will immerse themselves in Balinese music and culture.



For the 3rd year, Mrs. Morrison was awarded a matching grant from the Montana Arts Council to bring Balinese master musician, I Made Lasmawan, and master dancer, Ni Ketut Marni to our school. They will be in residence the week of April 8-12, 2019. The week will include sessions with a variety of classes including the 1st grade curriculum classes who integrate the residency with their IB unit "Where We Are in Place and Time." On Friday April 12, 2019 the artists will perform for the school and for parents alongside all three 5th grade classes. Watch for more information coming home.



Many thanks to the Montana Arts Council and to
our other sponsors: Lewis and Clark PTA; the
Mansfield Center; Spark!; and Create Missoula.



**MONTANA
ARTS COUNCIL**

MCPS Elementary School Attendance Boundary Update

The goal of the boundary study is to balance the building utilization, reduce overcrowding, and to minimize the need for future boundary area adjustments while impacting the least number of students. Committee members from each school are there to learn more about each elementary school in the district and to help guide boundary adjustment decisions while upholding the community's values. We are also there to represent our respective schools and give voice to the comments and concerns we hear from our school community.

The members of the committee will be asked to make some intuitive recommendations about revised boundaries, but the planning and engineering firm WGM will be ultimately assisting the district with revised boundary suggestions.

All meetings will be broadcast and livestreamed by MCAT and all data reviewed the committee can be found on:

www.mcpsmt.org/elementaryschoolboundarystudy

The district website has a great info page, <https://www.mcpsmt.org/Page/13830> including dates, maps and general information.

Check out the interactive map at <https://www.mcpsmt.org/Page/13835>

Have input? Questions? Concerns?



**Attend one of the Open House forums at Russell Elementary—
6:00 PM on March 4, 21 and April 10th**

May 14th the new boundary recommendations will go to the School Board.

**Thank you to Mandy Snook, parent volunteer, for representing
Lewis & Clark in this work!**

In Montana, parents want what's

Best for their kids.

ParentingMontana.org

has information and tools for
parents of children at every
age.



Tamarack Grief Resource Center Day Camp : Here Comes the Sun!



Twice the Memories. Twice the Stories. Twice the Fun! Kids grades 1-5 grieving the death of a loved one, please join us for Day Camp where we will make meaningful connections, learn positive ways of coping, have fun together, and honor and remember our loved ones who have died.

**Wednesday 3/27 and Thursday 3/28 from
8:45am-3:15pm.**

Campers may come for one or both days.
For more information or to register, call:

406-541-8472

<http://www.tamarackgriefresourcecenter.org>

The Enrichment and Academic Support Team (EAST) spring session was a great success! Many thanks to the following :



- L&C PTA, Susan Anderson, Bridget Allen & Tracey Cravy
- L&C teachers who volunteered their classrooms: Cooper, Hougard, Meurer, Jones, Winter, Nordtome, Kees, Dungan, Cox
- EAST instructors and assistants: Kelli Hess from the Missoula Food Bank, Mary French, Kamra Kolendich, Andie Conlon from the National Wildlife Federation and Tracy Dahl, Stephanie Potts and volunteers from the MT Natural History Center, Myles Leudecke from the Missoula Fencing Association, Jeremy Brown and Paige Williams, Carolyn Taber from the Missoula Insectarium, Jane McAllister and Jenny from the Jeanette Rankin Peace Center, Kylie and Melanie from Earth Within Flowers, and Kim Anderson from KimAndersonart.com
- EAST volunteers, class greeters and cleaners: Kamra Kolendich, Lorie Lochridge, Monica and Matt Roscoe, Tracey Cravy and Mandy and Mike Snook for making all of the nametags



Impacts of Overconsumption of Sugar in Children

- Contributes to the epidemic of childhood obesity
- Impairs memory, learning and mood
- Displaces nutrient dense foods

Every day, the average American consumes almost **three times** more sugar than recommended

American Heart Association Guidelines:



*Every Spoon represents 1 teaspoon

** In Order to accommodate all the nutritional requirements for this age group, there are fewer calories available for discretionary allowances like sugar

***5-8 teaspoons

4 grams of sugar = 1 teaspoon