



Lynx Link

December Calendar-at-a-Glance

7—Giving Tree Gifts Due!
Please wrap, label gifts and
return to the front office

13—Winter Sharing
Program

19—5th Grade Instrumental
Program Winter Program—
8:30am in Gym 19— 6:30pm
PTA Meeting

Dec 22—Jan 2
Winter Break!

HOLIDAY GIVING TREE

Thank you for your amazing support! Please remember, wrapped gifts for the Giving Tree are due at the front office or FRC (RM 126) by **Wednesday, December 7th.**

Be sure to attach family number and letter (if applicable) and gift descriptions (Example: 4A— board game).



Questions? Contact one of the Family Resource Specialists—Tracey Cravy or Lisa Hayhurst. They can be reached at x4355 or frclewis@mcpsmt.org **Thank you!**

Dear Lewis & Clark
Families,
We are thankful for you
donating to our school.
We collected a bunch of
items for the toiletry drive
such as 84 deodorant
sticks, 124 tubes of tooth-
paste, and 270 tooth-
brushes!

Thank you for donating to
our school this year. We
were able to give 23 fami-
lies bags of toiletries.

From Lynx Service Club
students,

Finley,
Bea and
Helen.



Lewis and Clark PTA votes to donate \$5,000 to the YMCA Missoula's "Here for Good" Capital Campaign!

We paid this donation forward on Tues-
day, 11/29, during "Giving Tuesday" and
an anonymous donor matched our do-
nation to bring it to **\$10,000!** It brings us much happiness and

pride to be able to provide a gift to the Missoula YMCA, which is an integral part of our community and only blocks away from the L&C campus. As parents, we know the value of what the YMCA gives to our community. The YMCA is Montana's largest licensed child care provider and one of Missoula's largest employers. It provides after school care that serves most elementary schools in Missoula, a licensed preschool and is only 2nd to MCPS in providing meals and snacks to children in Missoula. It hosts dozens of summer camps every summer and year-round youth sports such as soccer, basketball and swimming programs. Their focus is on community health and wellness. Their Capital Campaign has a vision to double childcare capacity by building a new center for infants and children and updating and expanding the current health and wellness structure. Locker rooms, community space and fitness class space will be updated and expanded to fit the needs of today and our future. A new youth innovation center will provide STEAM and youth programming after school and out-of-school days! YMCA gives us so much. **We are proud to be the first PTA in Missoula to donate to this worthy facility!** Our hope is other Missoula PTA's will follow suit!



The PTA Page

The Parent-Teacher Association of Lewis & Clark Elementary School strives to build an enriching school culture and a welcoming environment for all children, parents, and staff.

Coffee Toffee Tea sales have concluded. Thank you to those who participated in what has become a Lewis and Clark tradition! Your local coffee, toffee, tea and caramels should be arriving by December 16th with distribution by December 19th. More information to follow!

Thank you to parent-volunteers Amy Van Cleave for help with school-picture retakes and to parents Catie Kohler, Jakob Besmer, Heidi Houck, Runn Vermel, and Samantha Zauher for help with hearing screening in November! We are so appreciative of your assistance and time.

The PTA is in the process of researching costs to purchase and install a **new electronic reader board** that will likely reside in the back of the school (west side) where students enter and exit the building. This process will need to be approved by the district and city before purchasing. If possible, we are also looking to update and modernize the letter reader board currently on the front of the school. The current reader board is dated, in disrepair, difficult to access and needs to be moved to the front door of the school. If approved, all of this will be funded by the PTA from funds raised from our Jog-a-thon from the past 2 seasons! Stay tuned for updates.

The PTA also **granted all teacher funding requests** last month for a total of **\$18,824.80!** These funds were given to teachers for deaf education resources, math education resources for SLP students, 5th gr. school rock-climbing team, updated technology for kindergarten and 5th gr. classes, new books for a 3rd gr. classroom, a Balinese culture and music unit for all music classes, a rug in a 1st grade class and a tech upgrade for a 2nd grade class. \$460 for the production of magnets for all students to bring home reminding families how important it is to attend school.

Want to know more about what we do as a PTA? Come to a meeting sometime! We would love to see you all! We usually meet on the 3rd Tuesday of each month at 5:30 pm at the school library. Next semester we will be changing meeting times up a bit for more variety in hope of seeing some NEW faces! Our next meeting is a holiday meeting, more fun than business!

Monday, December 19th at 6:30 pm—location TBD!

Happy Holidays!
The Lewis and Clark PTA

PTA Officers 2022-2023 School Year

President- Kamra Kolendich
lewisandclark.pta.missoula@gmail.com

Vice-President—Keri McHugh
lewisandclark.pta.vp@gmail.com

Co-Treasurers—Kyle Bocinsky & Staci Nugent
lewisandclarkptatreasurer@gmail.com

Secretary—Jeff Lamson lewisandclarksecretary@gmail.com

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

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



Counselor's Corner: A Note from Ms. Myers



Cold weather and days off of school are approaching. Some kids struggle with entertaining themselves with more down time.

How to Handle "I'm SO bored!"

"I hear you're bored. Hmm, I feel like this is something you can figure out."

"Why don't you go outside and write down everything you see around you!"

"You have such a great imagination, I know you can think up amazing things!"

"Let's practice being bored and take 20 minutes to just daydream. We can share our ideas after."

"Remember the 'boredom jar' you created? Why don't you pull out an idea for an activity you can do."

We often associate boredom with being unproductive. However, it is actually productive and helps kids develop problem solving skills and creativity! Give your child the space to be bored and encourage them to reframe their relationship with it.

*credit: gozen

December Book Fair

There will be a Book Fair in the library **Monday, December 12 from 3:15-7pm** and **Tuesday, December 13 from 8-3:30pm**. Profits from the sale go to purchasing new library books.

Your students will have the opportunity to preview the books and create a wish list on Monday. Please feel free to contact me with any questions at jsnordtome@mcpsmt.org or 728-2400 ext. 4381.

Thank you in advance for your support.

Scott Nordtome, L&C Librarian/Media Specialist



As the weather gets colder, don't forget to visit our amazing **Missoula Public Library** to check out books and explore the kids' activities and opportunities.

The month of December holds some extra holiday fun!



FIND THE ELF ON THE SHELF-Each day come to the library and find the Elf on the Shelf in her new hiding place. Tell a librarian where you found her and receive a sweet treat! The library elf will be hiding on Level Two from December 1-24.



"From the MUSIC ROOM"

Parents, family and friends,
please join us,

Tuesday December 13, 2022 in the L&C Gymnasium
for our

Winter Music Sharing

All classes will perform something they have learned and enjoyed during the school year. There are three programs.
Hope to see you there!

8:45AM

K: Cooper & Kemmis
1st: Aldrich & Chance
3rd Mosbacher
4th Harper
5th Garland

10:00AM

K: Pignataro & Winter
2nd: Bergstrom & Miner
3rd Jensco
4th O'Connor
5th Vanek

1:00PM

1st: Griffin & Langella
2nd: Bond & Henderson
3rd Hougard
4th Jones
5th Orr



HOLIDAY LYNX LITERACY TIPS

The holidays provide SO many ways to include literacy in your child's day. Here are a few ideas that might be a fun addition to regular reading practice at home:

1. Have your child help you make grocery lists and read recipes for special meals or treats.
2. Read, reread, and talk about favorite holiday stories. If a book is too difficult for your child to read, have them join in on repeating phrases or read the words for one character.
3. Writing cards, invitations, and thank you notes makes excellent writing practice! Have your child try their best and help them spell key words if getting every single word right is too challenging.
4. Have your child help you read the directions for a new game or the instructions for putting together a new toy.

Remember to keep it fun and light so that your child is excited to do what they can and learn even more!

-Provided by Christy Meurer, Intervention Specialist



THANK YOU FROM THE FRC !

The Family Resource Center (FRC) wishes to express appreciation for the following clothing, and supply donations:

Thies Family—Outerwear and Boots
Palmer Family— Boy's Boots and Clothes
Morris Family—Boy's Clothes
Walker Family—Boots and Clothes
Garrett Family—Snacks
Beatty Family—Winter Outerwear
Parker Family—Winter Boots
Wolsky Family—Snowpants
Jessa Farseth—Boots and Snowpants
Taylor Family—Warm outerwear
Barnes Family—Outerwear
Macaluso Family—Outerwear
Watson Famil—Clothing
Furlong Family—Shoes and Outerwear
Allen Family—Clothes
Martinze Family—Snowpants
Kutil Family—Boots



Giving Tree set up and decoration—
Amanda Braun and Jenny Thies

Family Resource Center

December Wish List:

Healthy or High Protein Snacks

Applesauce Pouches

Thank you for your generous donations.

Family Resource Specialists

Tracey Cravy and Lisa Hayhurst

728-2400 x4355

frclewis@mcpsmt.org

M-F 8:15-3:15



If your child will be absent due to illness or travel, please call the L&C Attendance Line to excuse them.
406-728-2400 ext. 4362



18 OR MORE DAYS

- Excused and unexcused absences represent lost time in the classroom and lost opportunities to learn.
- Missing just one day every two weeks can add up to 18 days in a year. Absences add up before you even know it.



10 TO 17 DAYS

- Students who are absent an average of 15 days a year miss a year's worth of school before their senior year.
- When students miss a day of school it actually puts them two days behind their classmates.



9 OR FEWER ABSENCES

- Students with good attendance generally achieve higher grades and enjoy school more.
- Children benefit and make the most of their educational opportunities if they attend school regularly and on time.

Lost and Found!

Lost and Found Items are on display outside the gym for the month of December.

Please check for your child's items before holiday break.

Unclaimed items will be donated or added to the FRC collection after the break.

PLEASE MARK YOUR CHILDREN'S ITEMS WITH FIRST AND LAST NAMES TO ENSURE THEY ARE RETURNED, IF LOST!



Attitude of Gratitude

This past month we focused on having an attitude of gratitude throughout Lewis & Clark. Gratitude is one of our "Be Well" traits and can be thought of as "choosing to appreciate the people and things in our lives." Students did a variety of activities including gratitude journaling and identifying emotions by using the **Emotion Elements**.

Bree (Wind) represents feeling words like playful, nervous or anxious.

Brooks (Water) represents feeling words like sad, lonely or tired.

Ember (Fire) represents feeling words like angry, frustrated or scared.

Terra (Earth) represents feeling words like calm, focused or proud.

Ask your child if they can identify all 4 elemental groups from memory.

Try using the Emotion Elements as a family to name your emotions and work with feelings over the Holiday Break!

Be Well,
Mrs. Gillespie

Hey Families! Please help remind kids to bring their gym shoes or leave a pair here at school!

Also, please put an empty plastic bag in your kids' backpacks and ask them to put wet clothes (mittens/hats, etc) in the bag to protect the library books they also may have in their bags. Thanks!



SUPPORT Lewis & Clark By Buying Your Groceries!



There are many ways to help our school by donating and volunteering, but you can also help just by shopping at your favorite grocery store!

Here's how to give back to Lewis and Clark:

Good Food Store provides 3% back to schools AND it's easier than ever! When checking out, just tell the Good Food Store cashier you want to donate to Lewis & Clark or give them our school "prefix" code of 334. They will send 3% of your purchase to L&C.

Save the Date!

Missoula Children's Theatre is coming to Lewis & Clark January 20th-February 4th. Stay tuned for more details!

MISSOULA
CHILDREN'S
THEATRE

MCPS 5th Grade Instrumental Program Proudly Presents

Winter Performance

Lewis and Clark Gymnasium

December
19th—
8:30 am





EMPATHY

PurposeFull Pursuits



PurposeFULL
People

Have some fun connecting as a family this month while practicing Empathy. Here are 3 “PurposeFull Pursuits” for you to complete together. How many can you do this month?

Pursuit #1

At school we use our Emotion Elements to represent different emotions. For us...

- *Bree* represents emotions like silly, nervous, playful, or distracted.
- *Brooks* represents emotions like sad, lonely, tired, or embarrassed.
- *Ember* represents emotions like angry, frustrated, excited, or scared.
- *Terra* represents emotions like calm, focused, proud, or happy.

As a family, create your own poster showing different emotions. **For Example:** you could use emojis to represent different emotions and label them. Hang your poster in a central location. Each day, designate a time that your student will do an emotion check-in and tap the feeling they felt the most that day. This reminds your student of the emotion vocabulary they are learning at school and gives you insight into how they are feeling. Understanding other people’s feelings can help us grow in Empathy.

Pursuit #2

Review Empathy as a family! Remember that Empathy is understanding and connecting with other people’s feelings. Schedule a family movie night so that you can specifically watch for feelings and emotions. Let everyone know that you’d like them to point out how the characters in the show are feeling and that you will pause periodically to discuss Empathy. As emotions are identified, invite one another to Empathize by sharing about a time they felt that way or imagining how they might be feeling in that moment.



Pursuit #3

Find a time to sit in a circle together and celebrate all the ways you have seen each other practice Empathy. Take turns sharing responses to the following prompts or make up your own! Remember to practice Empathy as you listen to each other.

Celebration Prompts:



- What is 1 way a family member has shown you Empathy lately?
- Share about a time you worked with a family member to resolve a conflict successfully.

Character Strong

