



# Lynx Links

## February

### Calendar-at-a-Glance

Jan 25—Feb 1

Super Bowl Food Drive

Feb. 5—Five on Black

Fundraiser for PTA 3-8 PM

Feb 5— Feb 28

EAST Spring Session

Feb 11— No School

Professional Development

Feb 18—No School

President's Day

Feb19—PTA Meeting

Lunchtime meeting 11:50

Feb 21—Family Service

Night & 30 Thursday Award!

Obstacle

EAST classes start Feb. 5th. Families should have received an email with their student's EAST class Information on or before Feb. 1. Please help remind kids to go directly to their EAST class after school. Also, please be respectful of our amazing volunteers by promptly picking up your kids when the EAST class is finished. Many thanks to the amazing volunteer



instructors, assistants, donors and the PTA who make EAST possible!

## Save the Date!



Beach Hop 2019

**Friday, March 1st**

**6:00pm – 8:30pm**



The Sock (Beach) Hop is an annual event! Have fun with your kids and support the PTA! The money we raise at this event supports class field trips, enrichment activities & a Family Resource Center position.

There are tons of fun things to do:

**Admission only \$3 in advance or \$4 at Door-Preschool and under free**

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

**\$2 will get you:** A picture taken with Beachy props

**\$3 will get you:** Full meal for dinner (a slice of pizza, cookie & a drink)

**FREE fun in the gym:** Bubble-gum Blowing contest, Hula-Hoop contest & Limbo contests

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

**Raffle:** \$1 tickets can be dropped into our raffle boxes to win FUN prizes!

**Buy your admission tickets in advance!**

The week of the event **Monday, Feb. 25th — Friday, March 1st** we will be selling admission tickets on the playground **BEFORE** school from 8:00am to 8:25am and **AFTER** school from 3:00pm to 3:40pm. Parents and kids may buy tickets.

**This is a family event. Students cannot attend without an adult. We encourage you to dress up with the theme! All school rules apply during the Sock Hop.**

**Questions or to Volunteer to Help:**

Contact Lindsay Guttermuth at [guttermuth@gmail.com](mailto:guttermuth@gmail.com)



## From the Principal's Office:

Dear Parents,

Students are really working hard after our return to school from holiday break. This is prime teaching time and many new concepts at each grade level are introduced and practiced during the Jan. - March time period. Attendance is so very important to a child's progress and sense of belonging.

We continue to work with staff and parents to achieve the safest possible drop off and pick up transportation areas for the well being of our students. **A few important reminders below will help to keep all students and staff safe, especially at high traffic times - before and after school.**

**Front of School** - There are two marked crosswalks in front of our school. Crosswalks are to remain clear of cars. Parking too close to these crosswalks prevents pedestrians crossing, from being clearly seen. Yellow barriers, in front of the main walkway into school, are currently covered with snow. Stopping cars alongside these barriers is very unsafe, as it blocks the view of the crosswalk behind a car, stopped beside the barrier. Tuesdays are particularly troublesome with Peace Choir Drop off at 8:00. **PLEASE TAKE EXTRA CARE AND FOLLOW ALL SAFETY REGULATIONS. WE WANT OUR STUDENTS TO FEEL SAFE COMING ACROSS THE STREET AND INTO OUR SCHOOL.**

You will notice the curb on Benton is painted yellow. Expanses of yellow, with bus lanes in white are painted alongside the school playground on Benton. Signage is placed along the fence. Please review the following traffic reminders for this area;

**Bus Zone - WHITE** - you may not park, even temporarily, in a Bus Zone. Vehicles in a Bus Zone are subject to fines and immediate removal and impound.

**Yellow curb -YELLOW PAINTED CURBS** are used to denote **NO PARKING ZONES**. The STAFF Parking lot on the north side of L&C is for staff parking **NOT a drop off zone or drive through loop for drop off and pick up of students.** Please parents, **DO NOT DRIVE INTO THE PARKING LOT TO PICK UP AND DROP OFF STUDENTS!**

**Entrance for breakfast** is through the west playground door. Best to drop off students on Agnes Street with direct access to our playground. Students then walk across playground to the west door, leading to the current cafeteria. With new construction, this west door will have direct access to our new cafeteria space. Good to start getting into the habit of entering for breakfast, off the playground.

THANK YOU FOR YOUR CONTINUED ATTENTION TO THE  
ABOVE SAFETY PRECAUTIONS!

**Susan Anderson, Principal**



## Family & Staff Service Night at Missoula Food Bank!

We know kids can't learn if they're hungry. Each week Missoula Food Bank distributes over 1000 EmPower Packs to kids in Missoula that do not have enough food at home during the weekend. In fact, 28 EmPower Packs are sent home each week here at Lewis & Clark School. EmPower Packs are packages of food filled with kid-friendly nutritious foods.

Missoula Food Bank & Community Center needs our help assembling EmPower Packs for the upcoming month. **Please join us on Thursday, February 21<sup>st</sup> from 6:00-7:30pm for an EmPower Pack Build.**

All ages are welcome! There are jobs for kids and adults alike. We'll be putting two lunches, two snack, two milks, and two breakfasts into each EmPower Pack – assembly line style. **Join us Thursday, February 21<sup>st</sup> at 6pm at Missoula Food Bank & Community Center (1720 Wyoming Street – kiddie corner from Westside Lanes)**

**Please RSVP to [emily@missoulafoodbank.org](mailto:emily@missoulafoodbank.org) so we can ensure we have enough help. The more the merrier!**



**MISSOULA FOOD BANK**  
*we nourish community*

General questions about Family Service Night:  
Contact Tracey or Lisa in the FRC at  
372-6949 or [frclewis@mcps.k12.mt.us](mailto:frclewis@mcps.k12.mt.us)

## The Missoula Children's Theatre

**MCT'S FROG PRINCE A BIG HIT!** Great job to all the students who participated in the January production of The Frog Prince. Big thanks to Missoula Children's Theatre, the many parents who helped supervise after school, Rachel



Tamblyn for making the programs, Mrs. McAllister for playing the piano, Susan Anderson for her availability, our wonderful PTA and the Phyllis and Dennis Washington Foundation for helping fund the production. Also an



extra BIG THANKS to Reggie Spaulding for coordinating this play. Reggie has been overseeing this special week at Lewis and Clark for 5 years! This is her last year and she will be missed.

## Upcycled Love!

Mrs. Meurer's Class is challenging themselves this year to celebrate Valentine's Day with healthy, zero-waste ideas! They talked about the amount of trash that their party last year created because lots of kids gave little toys wrapped in and made of plastic. They read a book about the origin and spirit of Valentine's Day, and decided instead to celebrate with some of the following ideas: donate toys that they're not playing with to kids in need, make Valentine's cards for kids at the Watson's Children's Shelter and Dana Farber Cancer Clinic, pick up litter around the school and neighborhood, make valentines out of reused paper, enjoy a healthy treat and give compliments to the kids in their class. They are really looking forward to sharing the love this year! We hope you might choose to upcycle some love, too!



A variety of  
**Valentine's Day Cards**

are now available in the Family Resource Center (SE corner of the gym). If you need assistance providing these to your child(ren) this year, get in touch with Tracey or Lisa in the FRC—327-6949 or [frclewis@mcps.k12.mt.us](mailto:frclewis@mcps.k12.mt.us). They will be sure your child gets a chance to pick out a box of Valentine's Day cards.



## Inquiry Corner with Kari Henderson

Greetings Families!

Spring conferences are in early March this year at Lewis and Clark and will be here before we know it! You can expect to see a variety of conferencing styles throughout the school community.

One of the styles you might experience is the parent-teacher conference. Parent-teacher conferences involve the parent or parents of the student and the teacher. These meetings are a great time to share information and expectations about learning as well as the social development of your child.



Another style of conferencing is the student-led conference. Student-led conferences are just that, led by the student. Your student will work to articulate his or her academic experiences and progress and may work on developing a goal during the conference. Student-led conferences will often have several quiet meetings going on in the room at the same time and the teacher is there to support families in the process.

A third style of conferencing is the student-parent-teacher conference. Student-parent-teacher conferences are generally led by the student as the parent(s) and teacher help support the process. Enjoy your conference!!

\*Student-involved conferencing can help students reflect, recognize, and articulate their own academic and/or social strengths as well as areas that might require a bit more commitment or inquiry on their part. These actions can help students develop a more vested interest in their growth as a learner and are an important part of being an IB World School.



## Counselor's Corner: A Note from Ms. Myers

Bullying is a behavior. At Lewis and Clark, we don't call each other "bullies."



**MEAN behavior and BULLYING behavior are sometimes different.**

What IS Bullying?

**Bullying is a BIG problem. Talk to an adult you trust.**

Bullying is unwanted, aggressive behavior. Bullying can be verbal, physical, or online.

BULLYING BEHAVIOR:

- HAPPENS MORE THAN ONCE
- IS ON PURPOSE
- IS ONE-SIDED
- INVOLVES AN IMBALANCE OF POWER

In classroom counseling lessons, we've been reviewing the definition to bullying. Bullying is a major problem and one that needs to be addressed with adult help. Please remind your students to report bullying they witness or experience. Ask your kids the difference between bullying behavior and mean behavior; they're getting pretty good at detecting the difference!

**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 in the gym



### **CREATIVE MOVEMENT**

Thursdays Thru March 21st

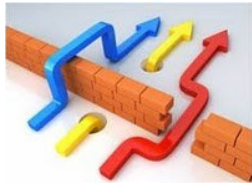
8:00-8:25 AM in the GYM



## Thirty Thursday Be Buck Award!

### February 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.

# 2019

### • Chinese Spring Festival Talent Show

Time: 1 pm, Feb 3<sup>rd</sup> (Sunday)

Place: Ball Room, the 2<sup>nd</sup> floor of UC, UM



• Free and Open to the Public

Most performers are students from Sentinel High School, Hellgate High School, Bigsky High School and **Lewis & Clark Elementary School**. This is a neat opportunity to experience a different culture and cheer for our student performers. Check it out at the University Center Ballroom at UMT.

## Lewis and Clark Elementary School

### PTA officers—2018-2019

**President:** Alissa Schumacher—[raschumacher08@gmail.com](mailto:raschumacher08@gmail.com)

**Co-Vice Presidents:** Lori Lockridge—[lblades\\_27@yahoo.com](mailto:lblades_27@yahoo.com)

Melanie Brock—[brock.melanie@gmail.com](mailto:brock.melanie@gmail.com)

**Treasurer:** Loni Koerner—[lonikoerner@gmail.com](mailto:lonikoerner@gmail.com)



The next Lewis and Clark PTA meeting is **Tuesday, February 19th at lunchtime from 11:50-12:45** in Mrs. Morrison's music room—205

**Everyone is welcome!**

## Family Resource Center February Wish List

**Boys and Girls Snow boots:** big sizes—5, 6, 7, 8

**Girls' Long Sleeve Shirts—**sizes 6-14

**Snowpants:** sizes 10/12, 14/16

**Granola Bars and Healthy Snacks!!**

**Family Resource Specialists**

**Tracey Cravy and Lisa Hayhurst**  
**[frclewis@mcps.k12.mt.us](mailto:frclewis@mcps.k12.mt.us) Hours:**  
**M,W,F 8:30-3:15 / T,TH 8:30-1:30**

## The FRC says...



**Thank you to Roberta Kerr and the Tranel family for the generous donation of snow pants and boots; the Ross and Anderson families for donating granola bars and snacks; anonymous donors for clothes and supplies.**

## Physical Education Update from Mrs. Kees— Health Enhancement Teacher



### Why it is important to wear PE shoes?

**Safety:** At Lewis and Clark Elementary, our first school rule is to ALWAYS "Be Safe". In Physical Education class, we have to highly stress the importance of safety due to the nature of our curriculum. Proper footwear is essential for safety during any and all types of physical activity. In PE we incorporate a large number of activities with forward and lateral movements so the proper footwear is essential. Slick soled shoes present a threat to not only the person wearing them but their classmates as well. It only takes one person slipping and falling to cause an avalanche of accidents when we are moving about.

**Skill Development:** Proper shoes is an essential component for ease of movement and skill development. Movement and skills are a part of every PE lesson and students want to give their best effort.

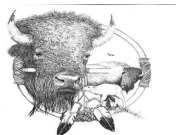
**Gym Care:** Our teachers, students and community members are very lucky to have a wonderful facility. The last thing anyone would want to see is our gym floor get scuffed by hard soled shoes. Wear and tear will come with age and use, however, if we can prevent any unnecessary damage by taking the proper steps, such as wearing correct tennis shoes, we can prolong the surface in the gym.

### A note of THANKS for teachers, parents and students ~



Thank you for making the change of lending shoes a success. Most classes have 100% PE shoes. Before, routinely 25 to 50% of students would waste their PE time finding shoes to borrow. This change has saved time for both student and instructor, students are more safe wearing shoes that fit and are not risking their health with bacteria from shared shoes.

### Join the Indian Education Department Sunday FunDays



**When:** Sundays, February  
10th and 24th

**1:00—3:00 pm**

**Where:** CS Porter Middle School

### From the Music Room:

1<sup>st</sup> and 2<sup>nd</sup> grade students will be performing *Traveling to Tondo* – a musical folktale, at the end of February. Watch for notices of performance dates coming mid-February.



## Peace Choir



*The 2<sup>nd</sup> season of Peace Choir has begun.*

We are singing on Tuesday mornings at 8am.

Please mark your calendars for our first performance:

**Saturday, February 16, 4pm at The Barn on Mullan Road.**



We are part of the Mended Little Hearts of Montana **Valentines Family Bash**. Join us and other families for this free, fun event benefitting Montana Heart Families. And look for more information coming home with your singers.

**\*There will be a participation form to return.**



## **A Good Meal Supports Lewis and Clark!**

**Tuesday, February 5th - *Five on Black***

Please join us for a fundraiser at the Brazilian Grill *Five on Black* to support our kids and teachers through the Lewis and Clark PTA.

**Come in to either Five on Black on Tuesday, February 5th, between 3:00-8:00pm. Mention you are eating in support of Lewis and Clark to make sure that 50% of the proceeds will be donated to L&C PTA.**

## **Lost and Found**

***Displayed February 26-28***

Lost & Found is purged monthly. Items will be displayed for owners to collect on tables near the front entry. Unclaimed items will be donated to Bethel Church Clothes Closet or become part of the FRC inventory. **Please label your child's belongings!** Items with legible names are returned to students. Be sure to check both L&F bins if you have a missing item.



## **Free Clothes!**

Bethel Community Church offers a free clothes closet **every Tuesday, 10 am-1 pm**. Clothes for the whole family— whatever you need—**FREE!**

***Tuesday, February 19th, the Clothes Closet will be open 10 am to 6 pm***

You are also welcome to donate clothes/bedding for the clothes closet. Bethel Community Church is located at **1601 South 6th Street West**.

Questions? Call 721-2780

## **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

Hours: 24 hours/7 days a week

### **Western Montana Mental Health Center**

(406) 532-9710 or toll free 1-888-820-0083

Hours: 24 Hour crisis line

### **Providence Urgent Mental Health Clinic**

(406) 327-3034

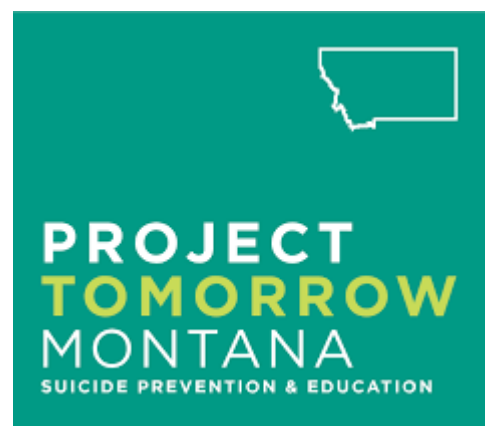
Hours: Mon-Fri 8:30am-5:00pm

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/>





# Winter Tips

Bus safety reminders

From your friends at Beach Transportation

## RADIO AND TV

During severe weather conditions, radio and TV stations broadcast information about school closures, school bus routes and road conditions. If no closures are mentioned buses run at regular times. This information will also be posted at [www.beachtrans.com](http://www.beachtrans.com)



## PARENTS, PLEASE:

- Have your students dress in appropriate clothing.
- Get your students safely to and from the bus stop. Students should be at the stop no fewer than five minutes and no more than 10 minutes before the scheduled time.
- Be with your students at the stop to monitor behavior and assist with safety. Have your students wait for the bus at a safe spot off the road and always watch traffic.
- Have students use the handrails when boarding or exiting the bus to prevent slipping.
- Have a backup plan in case the bus is delayed. Bus drivers will run routes as scheduled; However, delays may occur if snowplows are unable to keep the roads clear or difficulties arise. Please do not let your students remain at a stop for more than 15 minutes after scheduled time.
- Please submit concerns about suspicious activity, wild animals, bus stop locations and so on in writing to your school.



**We Deliver!**

### Beach Transportation Co.

825 Mount Avenue · Missoula, MT 59801

(P): 406.549.6121

(F): 406.549.5445

[www.beachtrans.com](http://www.beachtrans.com)

[beachtrans@beachtrans.com](mailto:beachtrans@beachtrans.com)



We would like to congratulate L & C alumni Elizabeth Franzon, Lydia Becker (Class of 2018) and Anisa Spaulding (class of 2016), as well as their team mate Stella Michini, for winning the state championship of FIRST Lego Robotics! The girls would like to thank Lewis and Clark, the EAST classes, and Hour of Code for giving them a strong foundation in STEM. The team will head to Houston in April for the World Festival competition. If you or your business would like to join the efforts to raise funds for

the girls to participate in this event, please contact Polly:

[pollyrbeck-er@gmail.com](mailto:pollyrbeck-er@gmail.com)



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!

