



Lynx Links

February

Calendar-at-a-Glance

Feb. 4-11—Super Bowl

Food Drive

Feb 7-11 MCT Classroom

Workshops

Feb 15 PTA Meeting 6:30 pm

Feb 21— No School,

President's Day

Kindergarten Registration

for 2022-2023 School year

Tentatively Begins

March 1

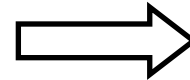
Super Bowl Food Drive!

Hello! The annual Super Bowl Food Drive is here!!! Our food drive will run from **February 4th-11th**. In 2021 we collected 945 pounds of food. We are trying beat that goal!!! Remember to bring lots of HEAVY items!

Bring your non-perishable items and turn them into the shopping carts by the front office. Put your items in the corresponding cart to vote for the team you want to win the Super Bowl!



Please see page 2 for more details!



MISSOULA CHILDREN'S THEATRE

A PRODUCTION OF MCT, INC.

excited to share that classroom workshops will be set up for each classroom in February this year!

Missoula Children's Theater (MCT) Coming to a Classroom Near You!

Good News...MCT is offering a new option this year and ALL L&C students will get the opportunity to participate!! We are super

In the past, there was a \$40 participant fee for those who were chosen, and donations were accepted at the door of the performances. This year, all students will participate; there will be no participant fee and no public performances.

Two Ways You Can Help!

- **The PTA is hoping to offset the \$2600 fee of the MCT workshops by accepting business and/or family donations.** Donations accepted via paypal at <http://paypal.me/lynxpta> (please note MCT), dropping off a check payable to L&C PTA or contact PTA co-treasurers Kyle Bocinsky and Staci Nugent at lewisandclarkptatreasurer@gmail.com **by Friday, February 4.** Donations of \$100 or more will be acknowledged in the March newsletter.
- **Two Host families needed! One for each of the MCT directors of the workshops.** They need a private bedroom with a bed from Sunday, Feb. 6 to Feb. 12th. If you are interested and able to host, please contact **Kylie Barnes** at **406-531-5998.**

Super Bowl Food Drive Details!

Also **NEW THIS YEAR** a friendly Competition will be taking place between Chief Charlo, Rattlesnake and Lewis and Clark Elementary school! What school can collect the most amount of food? The winning school principal will get to pie the face of the other principals AND we will get it on video and send it out. So, bring in some heavy items and help protect Ms. Vaneps from getting a pie in the face!

Most needed items at the Missoula Food Bank:

- Canned Tuna or Meat
 - Peanut Butter
 - Canned Fruits (in juice)
 - Canned Vegetables (Low/No Sodium)
 - Low Fat Salad Dressings
 - Canned Chili
 - Cooking Oil
 - Tomato Sauce

- Canned Beans
- Oatmeal
- Canned Soup
- Pasta
- Flour
- Sugar
- Whole-grain items
- Gluten-Free items

All the food collected will go to the Missoula Food Bank where they will weigh our donation. We will be bringing a bin of High Protein items back to Lewis and Clark for families in need at our school. Any high protein items you can donate is very appreciated!

Thanks to the 4th grade Service Club for organizing this food drive!



International Baccalaureate



Greetings Families! Dr. Rob Watson is looking for parents with a variety of viewpoints about our IB program to participate in a discussion about the future of IB at Lewis and Clark. If you are interested in sharing your input, please email Kari Henderson, our IB Coordinator. khenderson@mcpsmt.org Thank you!

2022-2023 Kindergarten Registration (Tentatively!) Begins March 1st

Who: Students who will turn 5 years old on or before 9/10/22.

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.

(Please watch for updates on timeline and limit KG registration calls to the office at this time.)

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



Counselor's Corner: A Note from Ms. Myers

Hello families! February can be the perfect month to focus on kindness. Helping others feel cared about and appreciated also feels rewarding for us.

Click here to see an example of a [28 day Kindness Challenge for Families](#).

Consider accepting this family challenge! Here are some reflection questions you can end each day with :

- What kindness did you try today?
- How did it feel for you?
- How did it feel for the person you showed kindness to? How could you tell?
- What items on the list seem the easiest to do? Which ones seem like the hardest?
- What ideas would you like to add to the list?



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

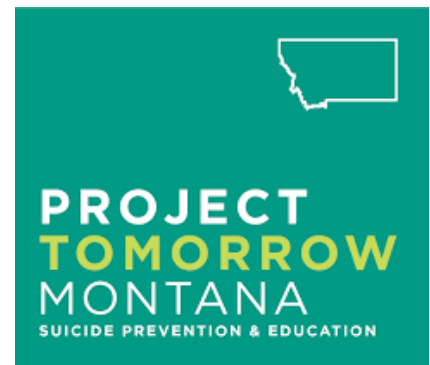
Dial: 211, 24 hours/7days a week

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/>

Family Resource Specialists
Tracey Cravy and Lisa Hayhurst

728-2400 x4355 or frclewis@mcpsmt.org

M//F 8:15-3:15 W 8:15-4
TH 8:15-3:15

Family Resource Center
February Wish List

Girls' Leggings—Sizes 6—8

Boys' Joggers/Athletic Pants — Sizes 5-6

Valentine's Day Cards

A variety of cards 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!



Lost and Found
Items will be
displayed
February 21-25 in
the hallway
outside the gym.

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!

The FRC Says THANKS!

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

Heather Miller—Clothes

Kieran and Van Hook Family—Snowpants

Cori Burns—Lost and Found Delivery

Kara McCracken and Mary's Mountain

Cookies—Cookie donation for Winter

Reading Challenge Prizes

AND teacher treats!

Kodadek Family—

weighted blanket, bean
bag chairs and sensory
items



REGISTER TODAY FOR OUR
UPCOMING DATES

2/2, 2/9, 2/16, 2/23, 3/1
IN PERSON, 5:30-8PM
CHILDCARE & DINNER
PROVIDED

DADS
& DIALOGUE



Dads & Dialogue is a workshop to strengthen families by enhancing individual parents' wellness and their knowledge of parenting and child development. Participants transform and elevate their well-being by exploring questions about their resilience, relationships, knowledge, support, and communication. In this course, we look to provide support by exploring the experiences related to being a dad and other fatherhood issues.

This series is hosted by Families First at the Missoula Public Library. Check out more details here, including how to register:

<https://www.familiesfirstmt.org/dad.html>

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

A huge THANK YOU from the PTA to parent-volunteers Samantha Zauher, Lorie Johnson and Julie Kies for helping with hearing screening this month!



The PTA is still selling CTT items at a reduced price. Ground and whole bean coffee as well as Bequet caramels are \$12.

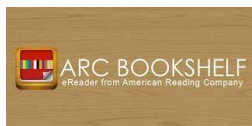
MT spice tea is available for \$6. We also have Lewis and Clark Lynx masks for sale for \$5. Please email Lewisandnclark.pta.missoula if you would like to purchase these items. We take checks, cash or PayPal payment. <http://paypal.me/lynxpta>

Coming in April: Our first Jogathon fundraiser! Details to come!

Lynx Literacy Tips

This month I want to remind you about the ARC Online Bookshelf. It is a free, easy way for your child to access books at their level for at-home reading. This is especially important for our students who are just learning to read since it can be hard to find books with words they can read. Your child has probably already used ARC Online Bookshelf at school, so they may be familiar with it already. To access the ARC Online Bookshelf at home, follow these steps.

- Go to mcpsmt.org
- Click on Web Connect
- Click on Clever
- Your child will need their QR code or their username/password to log into their Google account. Their teacher can easily get that information to you!
- Once your child is logged into Clever, they just click on ARC Bookshelf and then click on their level.



This is a great way for your child to find high-interest, good fit books to read at home.

Please feel free to contact me with any questions! Christy Meurer
ckmeurer@mcpsmt.org
L & C Intervention Specialist

PTA Officers 2021-2022 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 Gr teacher jgarland@mcpsmt.org

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

**Our next PTA meeting is
Tuesday February 15th at 6:30**



Snapshot of Music at L&C in the New Year 2022:

Hello Families!

Here's a snapshot of what your student is doing in the music room since the start of the new year....

Kindergarten: Hippy Hop - we've been using the theme of rabbits for our music lessons. Ask your child to sing *Rabbit Run on the Frozen Ground* or *Oma Rappeti*.

1st Grade: Monsters have been our focus with song and rhythm. Ask your child to sing *Monsters Don't Eat Broccoli* or *Sing me a Monster*.

2nd Grade: We just started working on our musical play - *Traveling to Tondo*. Watch for a performance date coming home soon!

3rd Grade: These students recently finished a project on Instrument Classification learning the international classifications and families of instruments. Now we're learning about Rounds and 16th notes.

4th Grade: The book *Crescent Moons and Pointed Minarets: A Muslim Book of Shapes* was our inspiration for a drum piece and creative movement. Now we are on to instrument classification in anticipation of our trip to hear the Missoula Symphony Orchestra on February 4.

5th Grade: Thanks to a loan from Chief Charlo school, and for the first time ever at L&C, the 5th grade classes are learning to play the ukulele. So far we have learned C7; F and C as well as a variety of strumming patterns. For Black History month in February we are learning some choreography to match Beyonce's song *Find Your Way Back*.



Do your part.
Help clear the air.

**TURN OFF
YOUR CAR
IF IDLING
MORE THAN
30 SECONDS**



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.

