



Lynx Links

February

Calendar-at-a-Glance

Jan 30-Feb 3—MCT—

Red Riding Hood

Feb. 6-10—Super Bowl
Food Drive

Feb 13—No School

Feb 20—No School,
President's Day

Feb 21 PTA Mtg—Time TBD

Feb 23—Helping Kids
Manage Emotions— 6-8pm
(see pg 3) **FREE!**

Feb 25 Championship
Training Taekwondo
Family Event

Kindergarten Registration
for 2023-2024 School year
Begins March 1

Super Bowl Food Drive!

The annual Super Bowl Food Drive is almost here!!!
Our food drive will run from **February 6th-10th.**

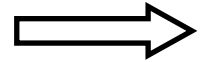
HELP US SAVE MS. VANEPS!!!

We are having a friendly competition with Chief Charlo.
The principal of the winning school will pie the other
principal in the face. We will video this and send it out
to both schools!



In 2022 we collected 1,867
pounds of food and we lost by
95 pounds. This year is OUR
year! Remember to bring lots
of **HEAVY** items!

Please see page 4 for
more details!



MISSOULA CHILDREN'S THEATRE

A PRODUCTION OF MCT, INC.

Family Performance—FREE!
(Donations accepted at door)
Friday, February 3rd—
5:30 in the L&C Gym



Come cheer
and support our
Lewis and Clark
performers in
their production
of MCT's *Red
Riding Hood!*

L&C Family Fundraiser



Come kick it with us and
have a blast raising money
for overdue lunch balances!

**All donations go toward outstanding
lunch balances of L&C families in need.**

What: Taekwondo Demonstration and Class

When: Saturday, February 25th, 1:30-3:00

Where: Lewis and Clark Gym

Ages 4+ welcome.

No experience needed.

Bring a water bottle.



From the Principal's Office:

Lewis & Clark Families,



The month of February is a unique month filled with rich history including **Black History Month** and **President's Day**. We also celebrate **Heart Health Awareness** this month, **Groundhog Day**, **100th Day of School** (a personal favorite), and of course, **Valentines Day**.

This month is remarkable for students to learn about history, making healthy choices and discovering new winter activities, problem solving number sense challenges, and expressing gratitude, kindness and friendship. We are also thrilled to bring the **Missoula Children's Theater performance** back to Lewis & Clark this year! Not only will we have a community performance, but we are also really excited to share that **ALL** students will get to see the play this year as we kick off the fantastic month of February! Wishing you the best in the weeks to come!

Alanna

Thank You!

With your generous support of the book fair in December, almost \$1,000 was raised to purchase new books for the library. Thanks again for your continued support of the library.

Mr. Nordtome



2023-2024 Kindergarten Registration Begins March 1st

Who: Students who will turn 5 years old on or before 9/10/23.

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 your school secretary!



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 UNFAIR & ONE-SIDED
 - -THE PERSON IT'S HAPPENING TO HASN'T BEEN ABLE TO GET IT TO STOP



FREE Parenting Workshop!

Offered by MCPS Lifelong Learning Center

Helping Kids Manage Emotions—

Thursday, February 25th, 6-8 pm - Lewis and Clark Library

Children are not born knowing how to express or deal with their emotions. Whether it's your five-year-old's frustration over trying to get their shoes on, or your ten-year-old angry that a friend refused to play with them, learning how to deal with anger, upset, and the accompanying feelings can become a regular challenge if you don't create plans and strategies for managing emotions. In this class, you will learn how to identify the emotions behind your child's behavior, and to help them manage their emotions by connecting and developing new skills. **Free child care is provided. Pre-registration strongly encouraged—20 person limit.** <https://go.asapconnected.com/?org=3561#EventID=2282946>

Valentine's Day Cards

A variety of cards are available in the Family Resource Center. Please check with your student's teacher about their plan for this celebration. 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— 406-327-6949!



Student Council Parent Help Needed!



Do you have an interest in student government? Do you have availability from 12-12:30 on Tuesday, Wednesday, or Thursday (day will be determined by the volunteer's schedule)? **We are looking for 1– 2 parents to help and facilitate our 4th/5th grade Student Council.**

Contact Audrey Harper-
aharper@mcpsmt.org or
Niki Vanek - nvanek@mcpsmt.org



**Lost and Found
Items will be
displayed
February 21-24 in
the hallway
outside the gym.**

Please remember the power of a Sharpie!
Write names in all clothing items, including
outerwear 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!



Sam Orr—Clothes

Buitron Family—Snowpants

Brueckner Family—Boots, Shoes, Clothes

**Family Resource Specialists
Tracey Cravy and Lisa Hayhurst**

728-2400 x4355

frclewis@mcpsmt.org

M-F 8:15-3:15

Super Bowl Food Drive Details!

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 **Eagles or Chiefs**—the team you want to win the Super Bowl!

Most needed items at the Missoula Food Bank:

- Canned Tuna or Meat
- Peanut Butter
- Canned Fruits (in juice)
- Canned Vegetables
- 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!
Thank you L&C Service Club

Hello Families!

A few updates from your Lewis and Clark PTA!

The Lewis and Clark PTA has the pleasure of bringing back the annual MCT play and performance this year! We are also happy to help offset the cost for students to be a part of this amazing learning experience. We were able to keep the cost to \$40 per participant this year by donating an extra \$700 + dollars to this program. We are excited for the upcoming performance this

Friday, Feb 3rd in the L&C gym at 5:30.

Free to families and students!



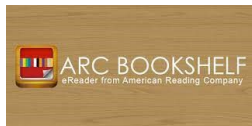
The Lewis and Clark PTA is hoping to get more parents and teachers actively involved. We want to see you at our meetings! PTA meeting attendees often make important decisions about funding priorities, and we believe that better decisions are made when more parents are involved. If you are interested in attending our next meeting, please fill out the attached Doodle poll to help us set a time. Childcare can be provided! Please choose your three top choices for meeting times. It will take 30 seconds! Thank you!

<https://doodle.com/meeting/organize/id/dBrQNW2d>

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 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 GD
jgarland@mcpsmt.org

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

**Our next PTA meeting is
Tuesday, February 21—Time TBD**

Please vote for your preferred time using
the Doodle poll link above!

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 - Text "MT" to 741-741—Free for people in crisis

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



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

Students Who Arrive Late and Leave School Early Miss Out on Key Learning Opportunities

Chronic tardiness is when students are consistently late to class and can have dramatic results on a student's future education and career. Similarly, students who leave school early miss out on valuable instructional time.
(<https://athlosacademies.org/the-impact-of-tardiness-on-student-success/>)



A STUDENT SPENDS



IN THE CLASSROOM
(NATIONAL CENTER FOR EDUCATION STATISTICS)



CONSISTENTLY MISSING



(ALMOST 2 DAYS OF SCHOOL)

There are many benefits your child will gain from arriving on time to school and class. Did you know?

- The likelihood of success in learning is strongly linked to strong participation in school programs which is linked to arriving on time.
- It is very important for children to develop habits of arriving on time at an early age, beginning from the time they start school.

Arriving On Time for School and Class:

- Makes sure that your child doesn't miss out on the important learning activities that happen early in the day when they are most alert.
- Early morning learning activity is often reading or writing your child can lose so many opportunities to learn these critical life skills.
 - Helps your child to learn about routines and commitment.
- Gives your child time to greet their friends before class and this can reduce the possibility of disruptions in the classroom.
 - Class disruption can make your child feel uncomfortable and can upset other children.
- Arriving on time every day makes children feel good about themselves

Being on time is the culmination of a lot of small choices. Ultimately, it is up to parents to get kids to school on time and in a manner that they are ready to learn.

If you and your child are struggling with being on time to school, here are some practical suggestions.

- **Time:** Set your own alarm for 15 minutes earlier to not feel rushed.
- **Task:** Are there tasks you can do the night before like picking out clothes or packing lunches?
- **Things:** Are things ready to go? Backpack packed the night before, shoes ready by the door along with hats and gloves?

Thank you for prioritizing your student's on time arrival at school!



HONESTY

PurposeFull Pursuits



PurposeFull
People

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

Pursuit #1

Create a simple sign with some emotion words or faces/emojis. Create a space where your family can see emotion words or faces in 1 place near an entrance of a space. Each time someone walks through the entrance this week, have them tap the emotion they are feeling and name their feelings Honestly. Work together to help regulate or manage those emotions to be more confident, calm, or focused.

Pursuit #2

Review Honesty as a family. Honesty is being truthful in what you say and do. Discuss the importance of being Honest and work together to create a family Honesty pledge. Create and decorate a sign together that explains what Honesty means in your family. Have each family member sign the pledge and choose a spot to display it. Refer back to the pledge as a reminder to be Honest and to celebrate when Honesty is practiced!



Pursuit #3

Set aside some time to gather as a family and check in with each other. Ask each family member, "How are you feeling today?" Practice Honesty when responding and listen carefully as each family member shares. Use the emotion check-in questions to learn more. Challenge yourselves to check in with each other on a regular basis!



Emotion Check-In Questions:

- Tell me more about that feeling.
- Why do you think you are feeling that emotion?
- What do you need right now?

Character Strong

