



Lynx Link

November 2021

November

Calendar-at-a-Glance

- 6 Outdoor Discovery Clean Up
1:00-4:00 pm
- 8-23—Toiletry Drive!
- 15—Giving Tree begins!
- 11—Half Day-Virtual Conferences
- 12—No School—
Virtual Conferences
- 16 PTA Meeting 6:30 pm
- 24 –26 Thanksgiving Break

Save the Date!

December 9th—Native
American Winter Gathering
at Meadow Hill Middle
School— 6:00-8:00 pm

Toiletry Drive!

Lynx Service Club will be
organizing the toiletry
drive from
November 8th-23rd.
Be on the lookout for
more information!



The Giving Tree Is Coming!

The Giving Tree is a wonderful opportunity for our L&C school community to donate or receive assistance during the upcoming holiday season.

Due to CoVid, our Giving Tree will be virtual this year using Sign Up Genius. We will send a link mid-November that will allow you to select a gift request(s) to fill. If your child's classroom or your family, church, or business is interested in "adopting" a family or in making a monetary donation, please contact one of the Family Resource Specialists— Tracey Cravy or Lisa Hayhurst. They can be reached at 728-2400 x4355, frclewis@mcpsmt.org,



Please keep in mind wrapped gifts are due to the FRC with family number and letter (if applicable) and gift descriptions (eg. .4A– board game) by Wednesday, December 8th.

The seasons are changing... Please dress your child(ren) for the cold, wet weather. Students will be going outside to play each day, 2-3 times a day, unless it is below zero or a complete down-pour. Students should wear a warm coat, mittens, a hat, and rain/snow boots. If you are unable to provide these items for your child, please contact the Family Resource Center for assistance at:
728-2400x4355



From the Principal's Office:

Lynx Families,

November is the month of being thankful. It is when the holidays are focused on spending time with family and friends, gratitude and caring.



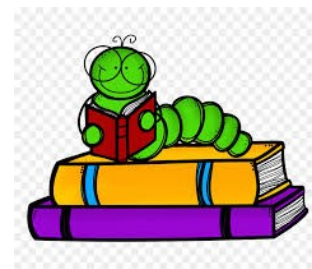
We have much to be grateful for at Lewis & Clark. We have wonderful, caring staff from our custodians, our Paraprofessionals, our office staff, to all of our teachers. I am grateful every day for the opportunity to work with all of them and I know your children are in good hands with them. We have an incredible parent and family community, with a giving and engaged PTA at the fore-front. Thank you for all that you do to make LC a special place to be. And finally, we have incredible students, who challenge themselves every day to learn and be engaged as well as challenging us to become better people. They are why we are here every day! Happy Thanksgiving! Have a wonderful holiday as it arrives!

Your Principal, Ms. Vaneps

Good Fit Books! - Christy Meurer, L&C Intervention Specialist

When your child is reading at home, it's important that their books are a "good fit." This means they're not too hard. Reading "good fit" books helps children build automatic reading skills and develop a love of reading. If a book is too difficult, your child will likely get frustrated and reading will be stressful. How do you know if a book is a "good fit" for your child? Here are some things to look for:

1. Your child can read almost every word in the book and can figure out the few unknown words on their own.
2. Your child can read the book for a sustained period of time.
3. Your child can talk about the book and enjoy the story or the information.



Need help finding good fit books? Check in with your child's teacher or email me at ckmeurer@mcpsmt.org. I'd love to help!



IB Program Evaluation and District Review

Lewis and Clark is in its sixth year as an authorized PYP school and will participate in a virtual evaluation visit on January 26th-28th in order to be reauthorized for another five years. Our district is also conducting a review of IB programs along with other initiatives put in place over the past decade. If you are interested in being a part of our evaluation visit or would like more information, please contact Kari Henderson, our IB Coordinator at khenderson@mcpsmt.org.

Lynx Service Club is BACK!

LSC is open to all 4th graders. Club meetings are Mondays in the band room at lunch time.

Have questions?
Contact Kylie
at (406)
531-5998.



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 FUNDRAISER UPDATE:

A huge THANK YOU to our amazing Lewis and Clark families for participating and completely shattering our record in sales this year! Wow! **YOUR STUDENTS helped our school profit almost \$19,000 this year!** We are in awe of you. Delivery will occur before Thanksgiving.

MRS. JONES class was our top-selling class with \$3693 worth of products! WOW!

PIZZA PARTY for Mrs. Jones' class!

Mrs. Jencso's class came in 2nd by selling \$3,063.

Mrs. Mosbacher's class was 3rd top-selling class with \$2,789.

THANK YOU!

Top-selling individual sales:
K- Isabelle Mackenroth: \$523
1st- Lacey Markovich: \$627
2nd- Uri Irvine: \$447
3rd- Connor Snook: \$861
4th- Kendal Kolendich: \$489
5th- Ben Hayhurst: \$503



Our students, teachers and school ROCKS!

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



PTA Meeting & Membership

The next Lewis & Clark PTA meeting is:

Tuesday, November 16th

Meetings 6:30-8:00 pm in the library unless otherwise noted.

All are welcome!

You **do not** need to attend meetings if you become a PTA member — although we'd love to have you!!

The PTA needs help with general cleanup of our beloved Outdoor Discovery Core. **Please meet us to clean up the ODC on Saturday, NOVEMBER 6th anytime from 1-4 pm** to help pull weeds, rake and spruce up our outdoor space. Maile Macaluso, is our parent lead and master gardener helping to coordinate our efforts. **PLEASE BRING YOUR OWN GLOVES, RAKES, SHOVELS.** We would love any and all help for 30 minutes or 3 hours.

Many hands make less work!

**** If you filled-out the green volunteer form to help with the ODC we will be contacting you and hope to see you there.**

With gratefulness,
Kamra Kolendich, PTA President,
Keri McHugh, PTA VP
Jeff Lamson, Secretary,
Kyle Bocinsky and Staci Nugent, PTA Co-treasurers.





Many thanks from the PTA and the FRC

THANK YOU to our wonderful parent-volunteers from the PTA:

For organizing the Lynx wear and products: Renee Hansen

For making our school bulletin boards beautiful: Kirby Beierle

For helping out with school pictures: Jenny Theis, Jessie Thomas, Kristen Stimpson, Sarah Moore, Jessica Stevenson

For helping with tallying CTT products and payment: Jess Kehoe, Tracy Dahl, Jeff Lamson, Kyle Bocinsky, Keri McHugh, Staci Nugent, Jenny Theis, Reilly Sullivan, Kamra Kolendich

THANK YOU to the following individuals and families for clothing and food donations to the Family Resource Center:

Thies Family—warm outerwear and shoes

Brant Family—coats and snowpants

Palmer/Weinhandl Family—boys clothes

Besmer/Thomas Family—healthy snacks

Vanek Family—Shoes; Wolsky Family - sweatshirts

Franzon Family - snowpants; Mrs. Henderson—gloves and scarves

And THANK YOU to Jessie Thomas for helping display Lost and Found items!

Family Resource Center

Tracey Cravy and Lisa Hayhurst

728-2400 x4355 frclewis@mcpsmt.org

Family Resource Center Hours: M,W,F

8:30-3:00 and T/TH 8:30-2:15

November Wish List

Boys' Pants— size 5 and 6

Girls' Leggings—size 6-7

Girls' Underwear: Size 4 and 6

Boys'/Girls' Snow Pants—Sizes 12/14 and 14/16

Girls' Snow Boots—Size 11, 12, 13 (Toddler); Youth Size 1, 2, 3, 4

Boys' Snow Boots—Size 10-13 (little kid)

Boys' Warm Coats—Sizes 4/5 and 6/7

The Power of a Sharpie...

Please mark your child's items (ALL outerwear, lunchboxes, water bottles) with legible first and last names so they can be returned to students or claimed easily.



Most missing items may be found in your child's classroom lost and found. Please check with your teacher. You may also reach out to the FRC and we

L&C PLAYGROUND REMINDERS

Please help keep everyone safe on our playground by remembering and reminding students:

- Walk bikes and scooters on the playground before and after school (we've had some near misses!)
- Pick up after dogs if you bring them to play during non-school hours. The shoes you save may be yours!

Counselor's Corner: A Note from Ms. Myers

Strategies for managing BIG Feelings

Many of us are feeling the effects of stress related to everything currently happening in the world. One way to feel a little more in control is to have a plan to manage feelings. Having a premade plan can be helpful because sometimes in the moment of feeling flooded, it can be hard to remember what works for us. Here are a few ideas to try with your family:

Grounding: use your senses to connect to the world around you. Name 2 things you can see, hear, smell, and see. Or name as many blue things as you can see. Or name 10 circles you can see. Make your own grounding plan!

Deep breathing: regulate your body with your breath. The students have lots of different breathing strategies they practice. To name a few: blowfish breathing, 5 finger breathing.

Progressive muscle relaxation: slowly squeezing and then releasing muscles to let go of the tension. Start at your toes and work your way up to your head.

Guided meditation: a quick google search brings up many guided meditation scripts for kids. Guided meditation is known to improve focus and reduce stress.

If your child is experiencing high levels of stress and is struggling to manage, please reach out to me to problem solve or to set up a meeting. 728-2400 x4379 or lemyers@mcspsmt.org



Welcome to Lance Dandliker— New L&C Counselor!

This year marks my 19th year in public education as a school counselor. Over the years I have had the privilege to work at the high school, middle school and elementary level. Because of this experience I feel it has made me a more well rounded counselor.

I enjoy several activities such as sports and being outdoors as much as I can. I enjoy helping kids, families and staff navigate through whatever issues they may be facing and I find it very gratifying when I am able to make their life a little easier in some way.

**SCHOOL
COUNSELOR**
I'LL BE THERE FOR YOU



Healthy Habit of the Month November-Early to Bed

School performance and behavior are often correlated with getting enough sleep each night.

Sleep is as important to health as good food and exercise because without it the body can not thrive. During sleep short term memories are converted to long term memories which is vital to learning. The body also heals and repairs itself during sleep.

The American Academy of Pediatrics recommends:

Students ages 3-5 need 10-13 hrs of sleep

Students ages 6-12 need 9-12 hrs of sleep

That means a bedtime of 7:00p.m.-9:00p.m. for most elementary students.

Start the process early so your child is actually getting adequate sleep and showing up to school refreshed and ready to learn.

The old saying, "Early to bed, early to rise, makes a person Happy, Healthy and Wise " still rings true today!

Family Health and Wellness Reminders

Dear parents and caregivers, welcome to the holiday season! Below are some simple strategies to help you have a great fall and winter with your family's health and wellness in the center. Most importantly, keep it simple! You don't have to make radical changes in order to have a big impact. Sometimes the simplest things can be the most powerful and effective.

Family Meals: Studies show families who eat dinner together have children who grow to be less depressed, less anxious, less likely to develop eating disorders or engage with drugs and alcohol later in life. Just the act of sitting down together for 10 mins at the table while sharing some food, making warm eye contact, and listening to your child can change the trajectory in their day and overtime, can make a huge impact in your child's life.

Sugar: Some cold hard facts: There is nothing wrong with sugar. It's delicious. However we know we're swimming in it. Too much sugar and simple carbohydrates are not good for us and can weaken our immune system. 25 grams or less per day is what is recommended for school aged kids. Consuming high amounts of sugar can lower your child's immune function for up to 5 hours after. Studies also show consistently over-consuming sugar can shrink our children's hippocampus, the part of the brain that is largely responsible for learning and memory. There's the bad news and sometimes we have to set a limit with sugar like we are handing our kids the moon. Do it with love and keep your eye on the big picture. Understand the facts and know it will be ok. Having a relaxed approach and talking to your child is key in maintaining your relationship with them and their relationship with food.

Sleep: Get to bed early. Spend some time reading books and hanging out with your child before they sleep. Bedtime is a great time to reinforce your connection with your child. This will help them sleep deeply and feel a sense of confidence during the day. Sleep is critical for cognitive function, repairing the damages that happen during the day, and appropriate immune function. 9-12 hours a night for elementary aged children.

Hydration: Ensure that your child comes to school with water everyday and remind them before school to drink their water every chance they get. Parents can be key in helping them remember. We just love them and our warm reminders help them sense that.

Nutrition: Don't panic and stick with the basics. Complete protein, healthy fats, and complex carbohydrates especially at breakfast will keep your child focused and balanced all day. If your child is antsy or has a hard time participating in class, please know sometimes food additives can play a role in our children's behavior and emotional responses to stimuli. Reducing or removing preservatives and additives can make a huge difference in your child's experience at school. Focus on whole foods. Avoid using food as a punishment or reward. Pack their lunch when you can. Talk to them about how to navigate the lunch line so they can grab foods to support their health. Fruits and veggies participate in gut healthy function and can positively modulate their mood, immune response, and ability to learn.

**Last but not least: Parents, you are so important. You are doing a great job.
THANK YOU! Please, take care of yourselves and your kids like you do and
keep up the good work.**



