



Lynx Link

November 2022

November Calendar-at-a-Glance

2—Kindergarten Family Connection
6—Outdoor Discovery Core Clean Up 12-3pm
7-18 Coffee, Toffee, Tea Sales
7-22—Toiletry Drive!
10—Half Day-Conferences
11—No School—Conferences
15 PTA Meeting 5:30 pm
16—Giving Tree begins!
17—Native American Student Services *Round Dance* 6-9pm
23 -25 Thanksgiving Break
Save the Date! December 2nd—
Native American Winter Gathering at Meadow Hill 6:00-10:00

The **Lewis and Clark Lynx Service Club** is organizing the **Annual Toiletry Drive** for families in need. Items collected **November 7-22**. See page 7 for more details!

The Giving Tree Is Coming!

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

Our Holiday Giving Tree will be online 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 or frclewis@mcpsmt.org,



Wrapped gifts are due to the FRC with family number and letter (if applicable) and gift descriptions (Example 4A— board game) by **Wednesday, December 7th.**

Kindergarten Family Connection

Wednesday, November 2nd - 2:00-3:00 in the Lunchroom

Meet other Kindergarten parents, hear from Mrs. Vaneps and learn more about ways to support your kinder's growth, development and transition to school. Questions: Contact Tracey or Lisa in the FRC—
406-327-6949 or frclewis@mspcmt.org



From the Principal's Office:



Lewis & Clark Families,

October was a wonderful month at Lewis & Clark. I continue to be amazed by our students, staff and family participation in the many activities and events here at school. We have so much to be thankful for in our school community, our neighborhood, and Missoula. The

staff and I would like to wish you and your family a wonderful welcome to our winter months and the beginning of the holiday season. May November be filled with laughter, fun, and good memories!

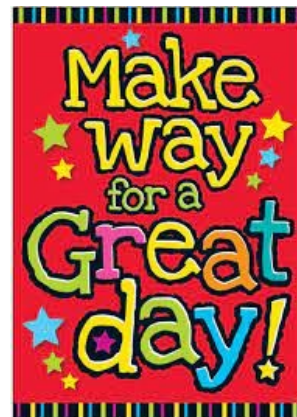
Don't forget to join us next week for parent teacher conferences. We are excited to welcome you back to *In-Person Conferences* and to see what the students have been working on that is up throughout the building.

Happy November,
Alanna

Start the Day Right

Mornings can be hectic! I get it. I have 3 kids going in different directions, and it can be a struggle to get out the door on time. Working at the school, I also know how disruptive it is to an entire classroom when students are chronically late. Our late students often feel embarrassed, anxious, or sad and disconnected. Research is clear: students that are tardy and frequently absent perform poorly compared to their peers.

For the month of October we focused on **“RESPONSIBILITY-taking action and understanding the impact of our choices.”** Being on time is the culmination of a lot of small choices. Ultimately, it is up to us as parents to get our kids to school on time and in a manner that they are ready to learn.



Purposeful People teaches our students the **3 T's of being RESPONSIBLE:**

Organizing Time, Tasks and Things. Role modeling as parents is a great way to help support your student!

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

So how do we as parents help our kids start their day right? Get them to school on time! Aim to be here for the first bell at 8:15. Try it for a few days, I guarantee you and your kids will feel more calm and ready for the day ahead! See you at 8:15! As the saying goes, “Early to bed, early to rise makes a person happy, healthy and wise.”

Brandy Gillespie, Behavior Interventionist

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.

The PTA is excited to announce that YOU ALL helped raise over **\$40,000** for Lewis and Clark Elementary school with the **Lynx Jog-a-thon!!!** Wow!! It was a raging success, from the beautiful afternoon on race day, to the happy smiles and shrieks of laughter from both students, staff and parents alike! It was inspirational to watch the students run, walk, skip, hop, jump, and dance with their classes around our home made track for 30 minutes on October 19th. We were thrilled to see so many parents show up to cheer, encourage and motivate the kids! **THANK YOU** to you all for supporting our school, our students, movement, being outside and embracing our school community!! **THANK YOU** to our Jog-a-thon Team: Kyle Bocinsky, Jeff Lamson, Keri McHugh, Kamra Kolendich, Staci Bocinsky and Alanna Vaneps.

Special thanks to 2 amazing community organizations who helped us on race day: Missoula YMCA and Run Wild Missoula

Thank YOU to these awesome parents who showed up to help set-up, clean-up and pass out water to students: Trisha Drobeck, Jen Welker, Catie Kohler, Andrea Haines.

Thank You to our Specialists team who also helped set-up, clean-up, organize and motivate the students: Mrs. Morrison, Senora Slater, Mr. Wyatt, Mr. Nordtome, and Ms. Turpin. Finally, we are so proud of the effort of ALL of our students, but the students in Ms. Pignataro's Kindergarten class raised the most money per capita in the school. Their class raised an average of \$134 per student! Way to go! They will have the honor of receiving the Jog-a-thon plaque with their class and year engraved on it and holding it for the whole year!

Next PTA meeting is Tuesday, November 15th in the school library from 5:30-7pm. We will be allocating funds for staff requests at this meeting. Please join us!



The Coffee, Toffee, Tea and Caramels (CTT) sale is back!!

Because of the resounding success of the Jog-a-thon however, we are fortunate enough to not have to rely on a 2nd fundraiser for our budget. Coffee, Toffee, Tea has been a long-standing fundraiser for Lewis and Clark. This year we are offering it to families since many love to give these local products as gifts and stocking stuffers for the holidays! Sales do support local businesses and Lewis and Clark. **CTT sales start Monday, November 7th and conclude Friday, November 18th** and will arrive in time for the Holiday break. More information to come!

All Hands on deck for our first **Outdoor Discovery Clean-up of the year: Sunday, November 6th from 12-3 pm.** Please bring your own rakes, shovels and gloves if you have them. Show up whenever you can between 12-3. We would love to have the many hands it will take to lessen the work!





**Many
thanks
from the
FRC**

THANK YOU to the following individuals and families for clothing and food donations to the Family Resource Center: Thies Family—Warm Outerwear and Girls' Boots; Lamson Family—Kids Protein Drinks ; Mrs. Henderson—Boys' Outerwear; Steele and Johnson Family—Girls' Outerwear; Shaw Family—Boy's Outerwear and clothing; Jessa Farseth—Halloween Costumes and Boy's clothes; Allen Family—Girl's Coats

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 downpour. 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 406-728-2400x4355

Lost and Found Items will be on display outside the gym during parent teacher conferences **November 7-10**. Please plan to take a look for any of your child's lost items!

Family Resource Center

Tracey Cravy and Lisa Hayhurst

728-2400 x4355

frclewis@mcpsmt.org

Family Resource Center Hours: M-

F 8:15-3:15

November Wish List

Girls' Snow Boots—Size 11, 12, 13 (Little Kid)

Boys' Snow Boots—Size 11, 12, 13 (Little Kid); Youth size 1, 4 & 5

Healthy or High Protein Snacks

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 student or claimed easily.



Most missing items may be found in your child's classroom lost and found. Please also check with your teacher.

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

Tips for Cultivating Emotional Health in Children

- Help children identify what they are experiencing and feeling.
"Do you have that butterfly feeling in your tummy? It might mean you're feeling nervous."
- Avoid labeling emotions as "positive" or "negative."
Emotions are neither good nor bad. It's ok to feel whatever you're feeling. Instead use "big feelings" or "uncomfortable feelings" to talk about frustration or anger or worry.
- Get children curious about what their feelings are telling them.
"You just argued with your brother. You seem upset. Why do you think you feel that way?"
- Give your child room to feel their emotions without undermining them.
"We're not going to have screen time right now. You're free to disagree and feel disappointed."
- Help them develop empathy by understanding the emotions of others.
"Is your friend crying? How do you think she's feeling right now?"



*credit: big life journal



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.

Families...

Please remember to communicate any after school plans to your child **BEFORE** school.



Communicating changed plans to teachers interrupts class instruction and focus.

Please use the office for emergency change of plans only.

Fifth Grade Families-please make an extra effort to be sure your student brings their instrument to school in the morning to avoid drop off and delivery for the front office.

Dear Lynx families!

The Lewis and Clark Lynx Services Club is organizing the **Annual Toiletry Drive** for families in need and we need your help!

We will be collecting items from **November 7-22.**

Our families in need would benefit from:

- Toothpaste
- Toothbrushes
- Dental floss
- Bars of soap
- Kleenex
- Toilet paper
- Dish soap
- Hand Soap
- Shampoo and Conditioner
- Deodorant
- Band-Aids
- Laundry Detergent

New and unused Items can be delivered to the front office.

We appreciate your participation in the toiletry drive and thank you in advance!!

On behalf of Service Club—Mila, Oppi and Abigail



****Service Club is made up of 4th graders at Lewis and Clark.**

The group meets on Monday's at lunch in the gym and any 4th grader is welcome!**



Parents, family and friends, please join us, **Tuesday December 13, 2022 for our Winter Music Sharing.** All classes will perform something they have learned and enjoyed during the school

year. There are three programs, each program highlighting different classes - see the schedule below. All performances take place in the Lewis and Clark Gym. Hope to see you!

**Winter Music Sharing PERFORMANCES -
Tuesday December 13, 2022, L&C Gymnasium**

8:45AM Kindergarten: Cooper & Kemmis
1st: Aldrich & Chance
3rd Mosbacher
4th Harper
5th Garland



10:00AM Kindergarten: 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

MISSOULA
SYMPHONY
ORCHESTRA & CHORALE
Julia Tai, Music Director



**Symphony Kids
Chamber Concert**



Wednesday, November 2

4:30-5:30pm

Missoula Public Library
2nd Floor, Imaginarium

FREE

Montana Reed Trio
Jennifer Cavanaugh, oboe
Christopher Kirkpatrick, clarinet
Alicia Brischli, bassoon



In the *Library Concert Series*,
Music Director Julia Tai presents
mini-concerts featuring our musicians
and instrument demonstrations!



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.



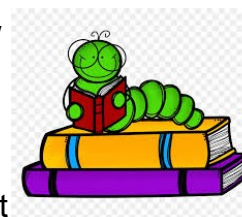
The old saying, "Early to bed, early to rise, makes a person Happy, Healthy and Wise " still rings true today!

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 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!



Do your part.
Help clear the air.

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



**SUSTAINABLE
— AMERICA —**

TAKE THE PLEDGE
TO STOP IDLING
[@ITURNITOFF.COM/SCHOOLS](http://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 toxins 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 expect to be parked for more than 30 seconds...this includes walking kids to their line!
- 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.



GRATITUDE

Kindergarten Family Connection

Purposeful
People

Character Strong

Overview

We are looking forward to focusing on Gratitude this month! One way to think about Gratitude is "choosing to appreciate the people and things in our lives." Practicing Gratitude can increase our well-being and our happiness.

Gratitude is 1 of 3 traits we will focus on throughout the year that helps students Be Well. Throughout the school, students will be developing skills like emotion regulation, positive self-talk, and stress management.

Conversation Starters



- What does Gratitude mean to you?
- Why is it important to understand and name our emotions?

In The Classroom

Naming our emotions is an important first step to managing our emotions. This month, Kindergarten students will focus on identifying their emotions using the Emotion Elements below:

Emotion Elements

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

Try using the Emotion Elements as a family to name your emotions!



Bree



Brooks



Ember



Terra

If your family will be without a meal for the November holiday, we invite you to come to the annual Turkey Distribution. Missoula Food Bank & Community Center will be offering a turkey and a bag of fixings to families while supplies last.

Sunday, November 20, 2022 from 9 am – 6 pm.

Distribution will take place at Missoula Food Bank & Community Center at 1720 Wyoming Street. Please look for volunteers when you arrive that will show you where to pull in. Walk-in customers welcome, too! Limit one turkey per household.

MFB&CC will be screening.

