



# Lynx Link

October 2022

## October Calendar-at-a- Glance

1-19 2nd Annual  
Jogathan Fundraiser

18 PTA Mtg  
5:30-7:00 pm

21-22 No School  
24-28—Be Buck  
Dress Up Week-Pg 3  
24-28 Lost and  
Found Display  
29 Halloween Carni-  
val—Native Student  
Services—pg 3

31 Halloween @  
L&C class parties  
2:40 pm school  
parade outside,  
weather permitting

## SAVE THE DATE!

**Kindergarten  
Family  
Connection**

**Wednesday,  
November 2nd  
2:00-3:00pm**

Come meet other  
Lewis and Clark  
KG families and  
Katie Leary from  
the Lifelong  
Learning Center,  
as we talk all  
things KG!



The Lewis & Clark PTA is excited to  
announce the

**2nd Annual JOG-A-THON is about  
to commence!**

This is our biggest fundraiser  
of the year!

**SAVE THE DATE: Our LYNX JOGATHON EVENT IS  
WEDNESDAY, OCTOBER 19TH!!**

*ONLINE REGISTRATION STARTS*

**FRIDAY, SEPTEMBER 30TH!**

You can register here: <https://pledgestar.com/lewisandclark/>

The Jogathon is a two week experience where students and families will learn important character lessons and are invited to help our school. At the end of the program, all students will participate in the big Jogathon event where they will complete 30 minutes of running, jogging, walking and dancing!

**REGISTRATION IS OPEN!** Please log on to register your student(s) for the program and use the online sharing tools to ask friends and families for donations to help our school!

Donations can be gathered for every minute your student completes on the Jogathon Day or as a "flat" donation. Our goal is to have as many students registered as possible by our kickoff day (October 3rd). Registration and giving will be open through the Jogathon!

**Register here-**

**<https://pledgestar.com/lewisandclark/>**

All students who register will receive a Lewis and Clark water bottle sticker!

## From the Principal's Office

Lewis & Clark Families,

It is hard to believe it is October already! Students have settled into their new classrooms and new friendships have been formed. It is exciting to visit the classrooms and see the growth our students have made in a short time. It has been great to have such a wonderful start to the school year.

Thank you parents, grandparents, volunteers, staff and friends for attending Open House and the Family Movie Night. It was wonderful to be connected as a learning community again.

This year we are continuing to focus on reading and helping students to catch up from the academic challenges from the pandemic. We have focused interventions groups again this year and a new program starting called **ROW. Reading Opens your World (ROW)** matches volunteers with students to offer coaching support in reading. Students will get practice reading, and build their fluency and comprehension skills. Please help us at home by reading with your child(ren) 4-5 nights a week. Your child(ren) can read to you while you make dinner, read to the dog/cat/favorite stuffy, read signs as you drive down the road, etc. 10-15 minutes a night really makes a big difference as children learn to read.

Thank you, Alanna



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.



The front office is receiving 20-30 calls a day in the last hour of school. Communicating changed plans to teachers interrupts class instruction and focus.

**Please use the office for emergency change of plans only.**

**Fifth Grade Parents...** 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.



## The 3 B's and Character Strong!

At Lewis and Clark, our behavior expectations are **Be Respectful, Be Responsible, Be Safe**. We combine these with our **Character Strong-Purposefull People Traits: Be Kind, Be Strong, Be Well**.

We teach and reinforce these behaviors and character traits in a number of ways:

- Weekly Character Strong lessons on one trait per month (see page 4 with "Family Pursuit" ideas for our October focus on Responsibility!)
- Classroom teaching around what the 3 Be's look like, sound like, and feel like in all areas of school.
- Be Bucks are used to recognize students for working on our Character Strong trait of the month, and are counted to notice our efforts!
- We have school wide celebrations to celebrate our work on each trait.
- Three times a year we have Be Buck Boot Camp: one week dedicated to focusing on a classroom behavior that needs a little practice. We pair this week with fun dress up days

Our first **Be Buck Boot Camp week is October 24-28**

**Monday:** Favorite Color Day **Tuesday:** Lynx Day **Wednesday:** Flannel Day **Thursday:** Crazy Hair Day **Friday:** Fancy Friday



dreamstime.com - 22759693

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

Welcome back to the 2022-23 school year! I'm Ms. Myers, one of the School Counselors at Lewis and Clark. I'm here every day, working with all students, either in the classroom, small groups, or individually. This is my 13th year at L&C and I'm excited to be back for another year!

My role is to help students navigate through thoughts, feelings, or behaviors that are getting in the way of their learning and feeling successful at school. Please reach out to me if your student needs support.

### Helping Students Manage Back to School Stress

- Routines are important so kids know what to expect. Consider making a visual schedule so kids can see what's happening each day.
- Help your child have a smooth morning with some prep the night before: pack the backpack, pick out clothes, talk about the plan for the next day.
- Kids benefit from having time to talk about what's going on and how they are feeling. If possible, dedicate a few minutes each day to putting everything aside and taking time to connect and listen.
- Talk to kids about how feelings show up in our bodies too! Help them practice breathing strategies to work on feeling settled and centered.

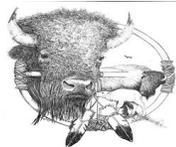
If you worry that your child is having trouble adjusting to back to school routines, or needs support, please reach out to your child's teacher or school counselor for support.

Linsey Myers [lemyers@mcmst.org](mailto:lemyers@mcmst.org), 728-2400 x4379



Native American Student Services

### Halloween Carnival!



Saturday, Oct. 29th—  
2:00-5:00

Franklin Elementary

### Halloween at L&C

Celebrations will be at the end of the day on Monday, October 31st, including our outdoor parade!

As in years past, we ask that Halloween costumes **NOT** represent characters of violence or destruction. **NO PROPS of GUNS, KNIVES, BLOOD, OR SWORDS AT SCHOOL PLEASE!**



# 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.

Happy Fall from the Lewis and Clark PTA and WELCOME new families! We have a very active and supportive volunteer group and always need the effort of parents and families to keep our PTA strong. If you haven't had the chance to turn in the green [volunteer form](#) or blue [membership form](#) to your student's teacher, you can still do it now! We would love your help with the many activities, events and fundraisers we have planned for the year. We ENCOURAGE your membership and/or time. You are also always invited to join us at one of our meetings. **\*\*Next meeting: Tuesday, October 18th at 5:30 pm.\*\*** Come find out what we do! We meet on the 3rd Thursday of the month at 5:30 pm in the school Library. **\*\*Next meeting: Tuesday, October 18th at 5:30 pm.\*\*** Come find out what we do! We meet on the 3rd Thursday of the month at 5:30 pm in the school Library.

## THANK YOU:

We are thrilled with the attendance at our annual Open House and Ice Cream Social and it was a fun and successful way to begin the school year! **Thank you** to all the hard-working parents who set-up, scooped ice cream and cleaned up for the event.

Last week, many Lewis and Clark families enjoyed watching **Charlotte's Web at Ogren Park** in the sunshine and smokeless skies with over 600 other students and parents from Rattlesnake, Paxson and Franklin Elementary schools! This awesome event was sponsored by all 4 PTA's so it could be free of charge to our families! Thank you to Alanna Vaneps, Jeff Lamson, Brandy Gillepsie and Kamra Kolen-dich for coordinating, greeting and organizing!

Another THANK YOU for help with student picture day to parents Andrea Haines, Amy Van Cleave, Kara Kalafat, Kirby Beierle, and Jessie Thomas! Pictures were smooth sailing with these parents helping to run the show.

A GIANT THANK YOU goes out to the 11 amazing LOCAL business sponsors and supporters who purchased NEW & different Lewis and Clark Lynx Spirit shirts for every student and staff member to wear for our Lynx Jog-a-thon Fundraiser on **Wednesday, October 19th!** See you at our Lynx JOGATHON on Wednesday, October 19th. **We would love as many parents there as we can get for cheering and encouragement. Class running schedule to TBD.**

-- **One last note:** We will have **Coffee, Toffee, Tea and Caramel** sales this year. Due to the change in timing of our Jog-a-thon to fall, we will offer sales of CTT items in November to arrive just in time before the holidays. These locally made Montana goodies make great gifts and stocking stuffers!  
More to come.

**Be your kid's biggest fan.  
Be PTA.**



**A GIANT  
THANK  
YOU** goes out  
to these amaz-  
ing LOCAL  
business  
sponsors and  
supporters who

purchased NEW & different L&C Lynx  
Spirit shirts for every student and staff  
member to wear for our Jog-a-thon on  
Wednesday, October 19th!

**Please visit these businesses!**

**GARAGE TEES**

**PARADISE FALLS**

**MISSOULA VALLEY CONCRETE  
PUMPING**

**GARDEN CITY PROPERTY  
MANAGEMENT**

**MARY'S MOUNTAIN COOKIES**

**ALPINE PHYSICAL THERAPY**

**MONTANA LAND COMPANY**

**BEATTY EYES**

**LITHIA TOYOTA OF MISSOULA**

**LAB**

**406 AUTO GLASS**

The FRC (Family Resource Center) at  
Lewis & Clark is here to help all families,  
especially those experiencing housing or  
food insecurity or homelessness

**Thank you to the following donors to the  
FRC:**

Deborah Hayes - School Supplies  
Clothing Donations: Jessie Stabnau, Jessa Farseth,  
Winter Family, Barnes Family, Gillespie Family,  
Brueckner Family, Kutil Family, Bryce Hartzell and  
Family, Cornelison Family

Elizabeth Addington—Backpack and lunch box

**Missoula Organization of Realtors—**  
Family Resource Center Funds

**Bike, Walk, Bus Morning Volunteers:** Amanda  
Braun, Emily Johnson, Connie Brueckner, Kali Matt,  
Andrea and Christopher Haines, Kirby Beierle



**Tracey Cravy & Lisa Hayhurst**

**Family Resource Center - 406-327-6949**

**frclewis@mcpsmt.org**

## **PTA Officers 2022-2023 School Year**

*President-* Kamra Kolendich [lewisandclark.pta.missoula@gmail.com](mailto:lewisandclark.pta.missoula@gmail.com)

*Vice-President—*Keri McHugh [lewisandclark.pta.vp@gmail.com](mailto:lewisandclark.pta.vp@gmail.com)

*Co-Treasurers—*Kyle Bocinsky & Staci Nugent  
[lewisandclarkptatreasurer@gmail.com](mailto:lewisandclarkptatreasurer@gmail.com)

*Secretary—*Jeff Lamson [lewisandclarksecretary@gmail.com](mailto:lewisandclarksecretary@gmail.com)

*Teacher Liaison—*Jordan Garland, 5th Gr teacher [jgarland@mcpsmt.org](mailto:jgarland@mcpsmt.org)

*Teacher Liaison—*Sharon Jones, 4th Gr teacher [sgjones@mcpsmt.org](mailto:sgjones@mcpsmt.org)

## Lost & Found!

Our Lost and Found boxes are purged monthly. Items will be displayed the last week of each month for final claiming.

**Next Display: October 24-28**

Unclaimed items will be donated to local charities or become part of the FRC inventory.

**PLEASE LABEL CLOTHING, LUNCHBOXES & Water Bottles - Items with legible first and last names are delivered to students.**

**LOST AND FOUND**

### The seasons are changing...

When coming to school, please remind your child(ren) to dress for the cold, wet weather. Students will be going outside to play each day they are at school, unless it is below zero or a complete downpour. Students should wear a warm coat, mittens, a hat, and rain/snow boots. If you need help making sure your child(ren) have warm gear, please contact the Family Resource Center for assistance at:

728-2400x4355 or [frclewis@mcpsmt.org](mailto:frclewis@mcpsmt.org)

Hello! I'm **Christy Meurer**. I've been a teacher at Lewis and Clark for 22 years, and this year I'm continuing my work as the **Intervention Specialist**. My job is to support teachers and help students build reading skills. I'll be sharing tips and tricks to keep your readers engaged and learning throughout the year. **Tip #1: Read with your child at home every evening!** Research shows that time spent reading books is the *best* predictor of a child's growth as a reader. If your child isn't reading on their own yet, reading to them helps build language and thinking skills. If your child is reading independently, support them by listening to them read and talking about their books with them. Every minute you spend reading with your child has a positive impact!



**Tamarack**  
GRIEF RESOURCE CENTER



## after-school A Camp To Remember MINI CAMP

for kids (1st-5th grade) who are grieving the death of a family member or loved one.

with



**Wednesday  
October 26  
3:20-5:30pm**

register:



Strengthen connections  
Learn creative ways to cope  
Build tools to calm our bodies  
Practice ways to express big feelings  
Honor & remember  
HAVE FUN!

• Create • Learn •  
• Honor • Play • Connect

Tamarack Grief Resource Center (TGRC) strengthens and honors individuals, families, and communities throughout their journey with grief.

[tamarackgrc.org](http://tamarackgrc.org) (406) 541-8472



MISSOULA SYMPHONY  
ORCHESTRA & CHORALE

Julia Tai, Music Director



## Symphony Kids



FREE programs, specially designed for kids and their families/caregivers.

### Library Concert Series

Music Director Julia Tai presents mini-concerts featuring our musicians & instrument demonstrations! 4:30-5:30pm at the Missoula Public Library Imaginarium.

Wednesday, September 14—String Quartet

Wednesday, November 2—Woodwind Ensemble

Wednesday, March 1—Percussion Duo

Wednesday, April 12—Harp Trio



### Student Night @Dress Rehearsal

Enjoy Masterworks dress rehearsals enhanced by educational materials and a short talk by Music Director Julia Tai. 7-10pm at the UM Dennison Theater.

Friday, September 15—Masterworks I: Brothers & Sisters

Thursday, November 3—Masterworks II: Superheroes

Friday, March 3—Masterworks III: Dynamic Duo

Friday, April 14—Masterworks IV: War & Peace

2022-23 Student Night @Dress Rehearsal  
Sponsored by the Bill and Rosemary Gallagher Foundation  
For more info: [sylvia@missoulasympphony.org](mailto:sylvia@missoulasympphony.org)  
[www.missoulasympphony.org](http://www.missoulasympphony.org)





# Responsibility

## PurposeFull Pursuits



PurposeFULL  
People

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

### Pursuit #1

As a family, think of ways in which you might make someone's life a little easier by helping a neighbor or family friend with 1 of their Responsibilities. Could you bring the garbage to the chute or out to the curb? Could you carry things in from the grocery store? Could you invite someone over for a meal or a show?

### Pursuit #2

Review Responsibility as a family! Responsibility is taking action and understanding how our choices affect others. Choose 1 household chore (or more!) that requires multiple steps. Then have each member of the family select 1 step to complete to help get the job done!

Maybe it is washing the dishes, doing laundry, cleaning the living room, or unloading the groceries - whatever it is, see who can be the quickest or most effective at their task!



### Pursuit #3

We have all demonstrated Responsibility in our lives. Many of us have seen people practice Responsibility in ways that have inspired us. Stories are powerful tools for connecting as a family. Protect time this week to share stories about Responsibility with each other (you can use the story prompts to get started). At the end of the conversation, think of 1 way you can practice Responsibility this week.



#### Story Prompts:

- A time I (or someone else) showed Responsibility was \_\_\_\_\_.
- An act of Responsibility that changed/challenged me was \_\_\_\_\_.

