



LINCOLN MIDDLE SCHOOL NEWSLETTER



Paul Suminski, Principal

October 4, 2019

Randy Steen, Asst. Principal

Office: (847) 394-7350

[Lincoln Middle School](#)

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AN OVERVIEW OF LINCOLN CONFERENCES

Principal's Message . . .

I think we can safely say that fall has arrived. We already miss the sunshine and warmer temperatures during PE and lunch recess. Please be sure that your child comes to school with a sweatshirt or jacket as we will continue to go outside even though cooler fall temperatures prevail.

Lincoln's Parent/Teacher Conferences are scheduled for November 5, 7, and 13, 2019. In the next few weeks, I will email parents regarding conferences. Lincoln provides many opportunities for communication and information regarding their child's progress at school. For example, Back-to-School Night, team meetings, parent emails, teacher websites, Parent Portal, and our school newsletter are venues that help keep parents in touch with what is happening at school. Teams will review your child's individual progress and determine whether they feel a conference is necessary at this time. Please watch for my email in the weeks ahead regarding conference recommendations for your child.

Lincoln is committed to open communication with parents and guardians. Although some Lincoln families may be comfortable not scheduling a conference, we hope all families feel welcome to do so. Please be sure to read the overview of conferences to help you understand the process.

There are a few Lincoln events coming up that I hope you will consider attending if possible:

US Flag Ceremony, Tuesday, October 8, 2019
(About) 7:15 a.m. in the front of the school
We will be retiring the flag.

Casual Conversation with the Principal
Thursday, October 17, 2019
6—6:45pm in the LRC
This is just a brief opportunity for me to connect with parents about recent upgrades to our building.

Have a nice weekend,

Paul Suminski

LINCOLN CONFERENCES

November 5

November 7

November 13

A BRIEF OVERVIEW

Lincoln parents will receive notification of conferences in one of the following ways:

- Personal phone call to arrange a conference
- Email sent home suggesting a conference
- Email sent home explaining a conference is not considered necessary at this time due to our satisfaction with the child's progress or recent communications with parents

On Monday, October 21, 2019, at 8:00am, the conference sign-up link will appear on the front page of the Lincoln website.

After a team is chosen on the screen, the next screen will display options for available appointments on the conference days. Conferences start at 3:30pm and end at 7:30pm. Once you click on a time, you will fill out a form, and then be sent an email confirmation.

During the time you select, you will have the opportunity to meet with your child's core teachers (Language Arts, Social Studies, Science, and Math). Teachers are seated within the same room (room assignments will be determined closer to conferences and posted at school on the day of conferences) and parents will have the opportunity to meet with teachers individually for several minutes. The other teachers your child sees (music program, broad experience, physical education, foreign language) will all be present on conference days as well and are available on a drop-in basis.

Read this! It's from the Nurse!



Lincoln's annual **Vision and Hearing Screening** will take place on Thursday, November 7. **Please remind your child to bring their glasses to school on that day.**

Please note that **not all** students are screened, this is determined by state mandates. Also, vision screening is not a substitute for a complete eye exam by an eye doctor.

Attention 8th Grade Parents of students who wear glasses or contacts:
Please email Mrs. Smith, RN, (ssmith@d57.org) with the date of your child's last eye examination.

Please call the health office with any questions or concerns.

Don't forget your glasses!

THE FLU!

According to the Illinois Department of Public Health (IDPH), most people who get the flu recover completely in 1 to 2 weeks, but some people develop serious and potentially life-threatening medical complications. During most flu seasons, which typically run from October through May, between 10 percent and 20 percent of the population is infected with influenza viruses. More than 200,000 people are hospitalized from flu complications each year in the U.S.

Talk to your doctor about getting a flu shot.
<https://www.cdc.gov/flu/index.htm>



Lincoln Chromebook Q and A

Charging:

Q. Are Chromebooks to be fully charged at the beginning of the school day?

A. Yes.

Q. Is the charge cord to be left at home?

A. Yes.

Q. Is there the ability to charge at school?

A. *Technically, but there are only 20 charging slots and over 750 students with Chromebooks. It is expected that the Chromebook will be charged at home. Charging chromebooks at school should be a last resort. The charging station, located in the LRC, is not in place of responsibly charging the Chromebook at home each night. Using the charging station disrupts the students ability to participate in class while the Chromebook is charging.*



Loaners:

Q. Are loaner Chromebooks available when a student's Chromebook is out for repair?

A. *Yes. BUT the loaners are first used for those students with a Chromebook hardware issue and not a misuse issue. There are a limited number of loaners available.*

Q. Are the loaner Chromebooks available for students who forget theirs at home or have an uncharged Chromebook?

A. *No. Loaners are only used for Chromebooks that are in need of repair. There are a limited number of loaners available.*

Chromebook and Case Handling:

Q. Should anything besides the Chromebook be put inside the secure case?

No!! Even small headphones should not be left or placed in the Chromebook case. This has caused cracked screens.

Q. Should the Chromebook be put inside a backpack or other bag?

A. *No. This can easily cause a cracked screen.*

Q. Should the Chromebook be taken out of the secure case?

A. *No. This can also cause a cracked screen or other damage to the Chromebook. The Chromebook should always stay in the case.*

Q. Can I decorate the Chromebook with stickers or anything else?

A. *No. Do not put any stickers on the Chromebook and do not remove any of the stickers or labels already on the Chromebook. Do not write or mark on the Chromebook.*

Important Traffic and Parking Reminders

- ◆ Slow Down! The school zone speed limit is 20MPH.
- ◆ Remember: **NO CELL PHONE USE while behind the wheel!**
- ◆ Be Patient! We recognize that it takes time to drop off/pick up students and we are all very busy.
- ◆ Stay to the right when dropping off/picking up your child in the front drive. The left lane is for passing only.
- ◆ Pull as far forward as possible in the front drive to allow for others to fill in behind you.
- ◆ Students should exit vehicles only on the north sidewalk of the front drive. They should not exit vehicles and cross in front of other vehicles.
- ◆ Parking is prohibited in the drive and on the north side of Lincoln Street in front of school.

Also, be sure to take note:

- ◆ Candota Parking lot drop off is permitted.
- ◆ **NO AUTO TRAFFIC IN THE BACK LOT.**



2020 Graduate Parent Info



Important dates:

- D214 high school online enrollment opened October 2. Parents/guardians should enroll now so D214 can start the placement process and parents/guardians will receive information about parent nights and spring registration. Another part of online enrollment is to choose the PSAT 8/9 test date. Parents should go to their high school's website, click Trending and click 8th Grade Testing and Enrollment to find the online enrollment link. The enrollment site works best on computers and laptops. Parents may have trouble if using a mobile device or Chromebook.
- October 26, 8am-12pm: PSAT 8/9 testing at all 6 high schools
- November 2: 8am-12pm: Makeup PSAT 8/9 testing at all 6 high schools

The parent mailing can be downloaded here, <https://www.d214.org/departments/gr8testing-enrollment/>.

D214 often gets questions about how students can prepare for the PSAT 8/9. College Board provides some sample questions and information about the PSAT 8/9 on their website: <https://collegereadiness.collegeboard.org/psat-8-9>.

From
Ms. Sassatelli
Lincoln Technology Coach

During the month of October, our digital citizenship focus is on *media balance & well-being*. We encourage families to continue these important conversations at home. Check out these [family tips](#) and [family activities](#) to get started!



We are excited to share
the roster for the
2019-2020 Lincoln
Dance Team!

Maddie A
Micaela E
Sofia G
Mia H
Brooke I
Maggie L
Marie K
Leanna K
Apolonia K
Emma K
Mia M
Sarah M
Karly M
Brooke M
Alyssa M
Karolina N
Gabi O
Olivia O
Maddie P
Anna P
Brooke P
Joey R
Elizabeth R
Brooke R
Hannah S
Freya S
Abby V
Gianna W

Coach Howard
Coach Rapacz



Basketball Tryouts!

7th Grade Girls Basketball Tryouts

October 22 - 3:00 - 4:30PM

October 23 - 4:30 - 6:00PM

October 24 - If Needed

Location: West Gym



8th Grade Girls Basketball Tryouts

October 22 - 4:30 - 6:00PM

October 23 - 3:00 - 4:30PM

October 24 - If Needed

Location: West Gym



7th Grade Boys Basketball Tryouts

October 22

October 23 (1st Cut)

October 24 (Final Cut)

All dates are from 3:00 - 4:30PM

Location: Busse Gym



8th Grade Boys Basketball Tryouts

October 22

October 23 (1st Cut)

October 24 (Final Cut)

All dates are from 4:30 - 6:00PM

Location: Busse Gym



Students must sign-up in the commons and have the Interscholastic Packet and a current physical on file in order to tryout.



Parent Academy

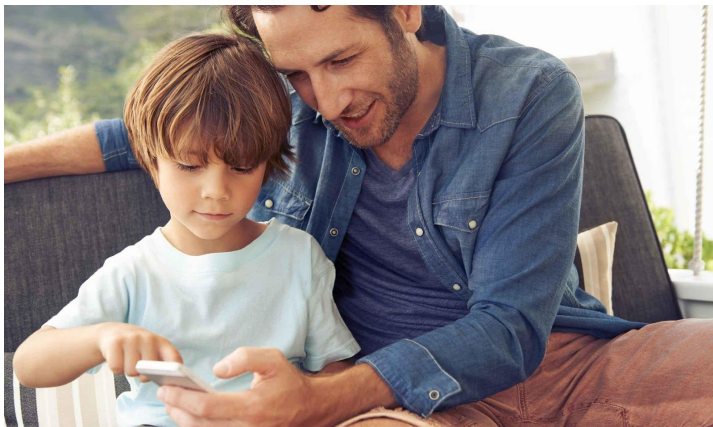
Mark your calendars!

Join the District 57 technology coaches for an informational session designed especially for parents/guardians.

Thursday, October 24

6:30-7:30pm

Fairview Multipurpose Room



**Plugged-in Parents:
Grades K-8**
Keeping kids safe, happy, and
healthy in the digital age.

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Media Balance & Well-Being



MEDIA BALANCE & WELL-BEING

We find balance
in our digital lives.

Digital citizenship: thinking critically and using technology responsibly to learn, create, and participate

Instructions

It's important that we use media in a way that lets us get enough sleep. Use the In Balance with Bedtime checklist to make sure your family's media use lets everyone get the sleep they need. Get one or more family members together to help. Read the setup before doing the activity together!

Setup

Read aloud: When it's time to go to bed, sometimes we want to play one more game, send one more text, or write one more email, but we need to use media in the right balance with the activities that keep us healthy—like sleeping. Research shows that not getting enough sleep affects not only our physical health but also our emotions and how well we work. Using the checklist can help us see if we're taking steps to make sure our devices don't steal our sleep!

Activity

Read aloud: Let's go through the checklist together and put a check mark next to the statements that are true for our family. Then we can decide whether we want to adjust how we use devices around bedtime.

In Balance with Bedtime checklist:

- We try to get a full night's sleep (around eight hours) even when we have lots of text, email, or social media notifications.
- We use an app or device settings to avoid blue light if we're using a device right before bedtime.
- We stop using devices about an hour before bedtime.
- We keep devices out of the bedroom and/or shut them off at bedtime.
- We use device settings or parental controls to shut off devices at bedtime.

Were you able to put a check mark by any of the statements? Talk about the results together: Do you think your media habits are in balance around sleep? Decide whether you want to make changes as a family since you're all on the same team—and you all need sleep!

Learn more ways to find balance in your digital lives at commonsensemedia.org!

> *Grades 6–12 Family Tips*

Help Kids Balance Their Media Lives



MEDIA BALANCE & WELL-BEING

*We find balance
in our digital lives.*

From phones and tablets to streaming movies and YouTube, tech and media are everywhere. Kids love easy access to TV shows, games, and information. Parents and caregivers love that kids can stay in contact while they explore their independence. But it's easy to overdo it when the phone never stops pinging and the next episode plays automatically. Families can keep media and tech use in check by following a few simple practices.

Check out these 5 tips

- 1 **Create screen-free times and zones.**
Help tweens and teens take breaks from tech by limiting screen time in bedrooms, during study time, or at the dinner table. Consider carving out regular family time when screens are either put away or enjoyed together.
- 2 **Explore built-in digital well-being tools.**
Together with your kids, check out the features on their devices and in their apps that can help them use tech more intentionally. Consider turning off autoplay functions, limiting notifications from certain apps, using settings that turn off devices at a certain time each night, and more.
- 3 **Model the behavior you want to see.**
Tweens and teens learn more from watching adult behavior than listening to lectures. Consider how you use your devices and other media, and make changes if your use doesn't follow your expectations for your kids.
- 4 **Help kids identify healthy behaviors.**
Ask kids to notice their feelings, both physical and emotional, during screen and non-screen activities. Does their heart rate increase when their phone vibrates? Does their self-esteem dip after viewing a friend's Instagram feed? Do they feel good when they get positive feedback on a post? Encourage kids to keep the constructive activities and let go of the rest.
- 5 **Understand how tech companies make money.**
Along with your tween and teen, research how digital devices, social media platforms, and apps and games get paid. Do they sell ads? Do they sell kids' data? Discuss why companies might want kids to spend more time on their platforms and what tricks they use to keep their attention.

<https://www.commonsense.org/education/family-tips/6-12-media-balance-and-well-being>



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FAIRVIEW SCHOOL OPEN HOUSE

The District 57 community is invited to informally tour the Fairview School addition during an open house prior to the Oct. 17th School Board meeting.

Come explore the new space and see how it has enabled the District to better serve the students of today and tomorrow. District administrators and School Board members thank the community for supporting our schools and making this exciting project possible, and they look forward to welcoming all residents who would like to see the finished product!

Thursday, Oct. 17, 2019

6:15 – 7 p.m.

Fairview School, 300 N. Fairview Ave.

The School Board meeting will begin at 7 p.m. in the Multipurpose Room.

Community members are welcome to attend.



D57 EDUCATION FOUNDATION

\$35 PER PERSON

OCTOBER 18, 2019
8-11 PM

FALL EVENT

**STATION 34
PIZZA & PUB**

*\$35 PER PERSON INCLUDES
BEER, WINE & APPETIZERS

RAFFLE, MUSIC & FUN!
proceeds benefit grants for
all D57 schools

www.57edfoundation.org

*tickets are \$35, after 10/10/19 \$40

PEPS Mini Meeting

Developing an IEP Binder

The IEP binder is an organizational system to help you prepare for IEP meetings and support communication with your child's school team. **Please bring a 3-ring binder, dividers, your child's IEP, report cards, work samples, outside evaluations, etc.** Additional resources and support in developing the binder will also be provided. Our PEPS Parent Ambassadors will be available to help you organize.



Coffee and light snacks will be provided.

Conversation with Mount Prospect Public Library

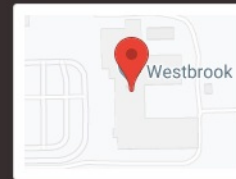
The library would like to learn more about your experiences in the community as a parent of a child with special education services. They want to know your thoughts about how to strengthen their programming or if there are any concerns. Please come with your insights!

WHEN

Tuesday, Oct. 8th, 10am

WHERE

103 Busse Road
Mount Prospect, IL



[Get Directions](#)



Agenda

10:00-10:10 Learn how to create an IEP binder

10:10-10:45 Time to develop the IEP binder

10:45-11:15 Conversations with Mount Prospect Public Library

What is PEPS?

Facebook

PEPS (Partnering with Educators and Parents to Support student needs) is a networking group for parents of children with special needs in any of the District 57 schools. At our meetings we will support each other by sharing our experiences, discussing topics of interest and addressing questions and concerns. We will gather information from other parents and/or professionals so that we can better support our children in their education and community.

<http://www.d57.org/StudentServices.aspx>



ADMINISTRATION BUILDING

701 West Gregory Street - Mount Prospect, Illinois 60056

P (847) 394-7300 | F (847) 394-7311 | www.d57.org

The District 57 Administration Office is pleased to present this information about upcoming events and news from local organizations that serve our community's children.

Mount Prospect Fire Department Poster Contest

Grades K-5 are encouraged to design a poster using the NFPA Theme: "Not Every Hero Wears a Cape. Plan and Practice your Escape!" Deadline is October 9.

Sign Up for Fall Art Classes at The Art Studio, 1326 W. Central Road

Registration is underway for our fall and holiday art classes for ages 3 years through adult.

For more information, visit www.mppd.org or call 847-640-1000

Register for Fall Dance Classes at the Mt. Prospect Park District

Ballet, Jazz, Tap, Contemporary, Hip Hop and Modern classes for ages 2 through adult.

For more information, visit www.mppd.org or call 847-640-1000

Cub Scout Pack 151 Is Looking for Boys & Girls from Westbrook or Fairview Schools!

We start in K but kids can join Cub Scouts up until 5th grade. Please contact:

pack151mtprospect@gmail.com or visit our website at <http://pack151mtprospect.org/>

KIDS WORKSHOPS + CELEBRATE YOUR BIRTHDAY AT GATHERED!

D&D to Sewing, we got your kiddos covered! Visit us online for current workshops and/or to start planning your birthday! Go to <https://www.gatheredboutiqueandworkshop.com>

Prospect HS Youth Dance Clinic

Prospect HS Youth Dance Clinic is on Friday, October 11th. Please email

Katina.Frericks@d214.org for the registration form

Run/Walk or Volunteer at the 5th Annual Lemons of Love 5K on Sunday, October 6

Join us at this fun, family event featuring a DJ, medals, raffles and a coloring table. Funds raised support programming at our Cancer Resource Center. More info / to register, go to: TinyURL.com/y4w3qxzz

Studio Art Classes for Ages 7-14

We're a brick and mortar art studio offering fun, high quality, affordable classes. Just minutes from Fairview. More info, go to www.helloartstudio.com

No School? No Problem! YMCA After School and School Days Out

Our afternoons are filled with climbing, swim, the gym, homework & more. Snack and Bus included. K-5th grade. More info, <https://www.ymcachicago.org/lattof/programs/school-age>

October 4, 2019