



Lincoln Primary

Bulletin

January 6, 2022

Calendar of Events

January 17th – No School

January 21st – End of 2nd Quarter

February 7th – 11th – Scholastic Book Fair – more information to follow

February 21st – No School

March 14th – 18th – Spring Break – No School

Social Emotional Learning In the Home

Social Emotional Learning or SEL is the process of teaching students to manage their emotions, deal with the unexpected, and think about how their decisions will impact the lives of themselves and others. At Lincoln, the teacher's teach lessons tied to SEL at least once a week. We practice the skills of self-awareness, self-management, relationship building, and making decisions.

Here are some TIPS families can follow to help build their child's SEL skills:

Take care of yourself: Young children are sensitive to the stress of their caregivers. So, it's important that you take care of yourself as your child will be able to tell when you are struggling with recent stresses.

Establish routines and intentionality: Routines help provide a sense of safety and security. When students experience the same thing over and over it helps create a safe environment.

Practice Active Listening: Do not assume that you know exactly what your child is feeling. Ask questions, listen actively, model eye contact, and then explain what you can in response to their questions.

Help Your Child Express and Name Emotions: This helps students understand and express their emotions.



hey.

Principal Corner Welcome Back

I'm hopeful everyone enjoyed the Winter Break and was able to spend some quality time with family and friends.

Here are just a few reminders:

- **Please be sure to dress your child appropriately for the weather.** We go outside unless it is below zero or there is a blizzard.
- **SeeSaw** – Please continue to check SeeSaw for classroom, school, and district-wide announcements. We pride ourselves on making sure our families are informed so it's imperative that you stay connected to the app.
- **We know that December can be expensive** for a lot of our families. If you are in need of anything, even if it's not much, please reach out to our Family Engagement Coordinator; Stacy Caissey via SeeSaw, email: scaissey@anacondaschools.org, or call her at 406-563-6141, Ext 1307

Happy New Year!