



# Lincoln Primary

Bulletin

September 8, 2022

## Calendar of Events

**September 22nd-** 1st Grade Field Trip

**September 26-30th** – Homecoming  
dress up schedule TBD

**September 27-** after school vaccine clinic  
from 3:15 PM-4:30 PM

Parents need to bring their child to the after  
school clinic. No vaccines will be given  
during the school day.

**October 3rd** – Picture Day

**October 19th** – Early Dismissal (Friday  
Schedule)

Pre-K and Early K- 1:15 PM

1st and 2nd Grade- 1:20 PM

**October 20 and 21– No School**

**November 4th** – End of 1<sup>st</sup> Quarter

**November 10th** – Parent Teacher  
Conferences – Schedule TBD –

**November 11th** – No School



## Principal Corner

**SEESAW:** Thank you all for joining SEESAW and for checking this app throughout the day. SeeSaw is a great way to encourage your child by leaving comments and “likes”. You’ll also be able to see all the different things your child is learning. My hope is that you continue to be involved in your child’s learning and encourage your child’s love of learning. Remember, you are your child’s first teacher and with your continued involvement and support we will ensure that all our students are successful.

**Safety Procedures:** Thank you for continuing to abide by the safety procedures for drop off and pick up. These procedures are in place to ensure that all students are safe. Thank You!

### Interruptions to the School Day

Please try to keep the interruptions to the instructional day to a minimum. If you do have to pick up your child, please notify the classroom teacher beforehand so they can have your student ready and waiting at the office for your arrival.

**Social Emotional Learning:** Social Emotional Learning is a HUGE part of the curriculum here at Lincoln Primary School. Each week the teacher’s spend time teaching students the skills necessary to identify emotions, and how to self-regulate. We do this by using a program called Conscious Discipline. Attached is a flier with more information.

## Remote Learning and Quarantining

If your child tests positive for Covid, you can request your child’s iPad to complete SeeSaw assignments. There will be no live teaching or Zooms, but they will be able to complete their classwork. Please notify your child’s teacher to request their iPad. You’ll then stop by the school office to pick it up! Remember to return the iPad, once your child comes back to school!

Thank you for continuing to communicate with the school about sicknesses and positive COVID status.

# ABC's for Parents of Little Ones

**As parents, we want to support our little ones during tough times. However, adults can't help children navigate upset and reach a calm state unless we are composed ourselves. This printable resource provides a three-step process for calming yourself and providing the safety your children need.**

The inner state of adults (upset or calm) dictates the inner state of young children. A young child cannot feel calm when their parent or caregiver is clearly upset. Children easily pick up on the feelings of the adults around them. If you want to help your child feel composed, the first step is attending to your own composure.

This free resource introduces three steps to help you regain your composure before attempting to calm a child. Print this quick guide for parents of little ones, then post it somewhere prominent as a helpful reminder. With these tips, you'll be a more present and effective guide through these unique times.

## Conscious Discipline Glossary:

- **S.T.A.R.:** One of Conscious Discipline's four core breathing techniques, S.T.A.R. stands for **S**mile, **T**ake a deep breath, **A**nd **R**elax. Breathe in through the nose with the belly going out, then out through the mouth with the belly going in. Exhale longer than you inhale. Three deep belly breaths shut off the body's "fight or flight" response.
- **Connection:** The four components of meaningful connection are eye contact, touch, presence and a playful situation.
- **Safe Place™:** The Conscious Discipline Safe Place is a self-regulation center where children use research-based, developmentally appropriate tools and strategies to change their inner state from upset to calm. Only in a calm, optimal state can the brain function well enough to learn and problem-solve effectively. For children, the parent or caregiver is the very first Safe Place.

# ABC's for parents of little ones...



## **AWARENESS**

**Be aware of your own inner state.** Is your heart rate elevated? Are you feeling tense/frustrated, etc.? Children can FEEL our upset, so the next step is BREATHE DEEPLY and bring yourself back to the present moment.



## **BREATHE**

**Take deep belly breaths.** Inhale through your nose for at least 5 seconds, and exhale through your mouth for at least 10 seconds. Do this at least 3 times.



## **CLOSENESS**

**They want to be close to you because you are their Safe Place™.** Co-regulation and connection/bonding happen when they are close to you. Take deep breaths with them in moments of closeness.



Lincoln Primary Staff 2022-2023  
Holly Bjerke, Principal



**Early Kindergarten:**

Jenna Aldred, Brianna Saltenberger,  
Brianna Eamon, Ashlee Hurlbert

**Kindergarten:**

Maggie Boynton, Erin Galle, Kaela  
Schommer, Jamie Williams

**First Grade:**

Halee Davis, Libby Jorgensen,  
Molly Huber, Vatore Hekkel

**2nd Grade:**

Tracy Russell, Andrea Daly,  
Tiffany Patrick, Kelsey Pierce

**Specialist:**

**Music**

Erin Hessler

**Enrichment**

Aimee Mitchell

**P.E.**

Henry Huber

**Library**

Liz Crowell

**Special Education/ Interventionists:**

Nate Lopez, Melissa Vaughan, Tracey  
Seymour

**Title 1 Teachers/Interventionists:**

Angie Sawyer, Erin Hessler, Aimee  
Mitchell, Liz Crowell, Henry Huber

**Speech Therapist:**

Jolene Snyder

**Speech Paraprofessional:**

Diana Leimbach

**Paraprofessionals:**

Cody Scholler, Denise Flachemeyer, Seana Scholler, Rachelle Schoeder, Ciera Wyant, Melissa  
Hempstead, Haley Davis, Katie Huestis, Katie White, Nicole Jackman, Rachel Wareham

**Nurse:**

Heidi Nielson, Teal Richter

**School Secretary:**

Sherry Scholler

**Counselor:**

Rose Wells

**Family Engagement:**

Stacy Caissey

**School Psychologist:**

Kim Stoddard, PJ Thomas

**Occupational Therapist:** Addie  
Hall

**Technology Coordinator:**

Brian Larson, Matt Horvath

**Custodian:**

Dianna Kellie, Michael McNair,  
Justin Bizjak

**Cooks**

Angela Thompson, Susan Clark

**Lunch Supervisors:**

Aline Triplett, Linda Bubash

**Instructional Aide:**

Abbey Francisco-Allick

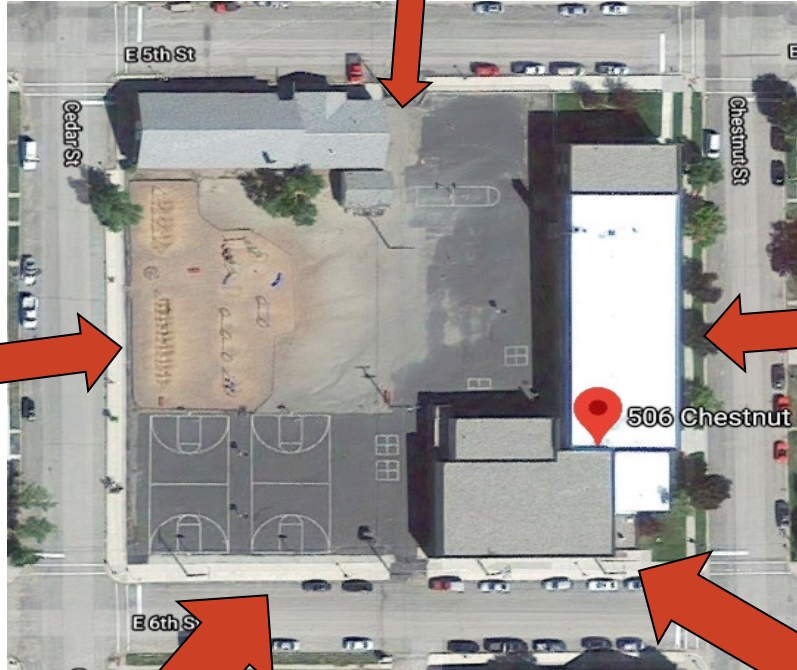
**Special Ed Director:**

Norah Barney

Grade	Drop Off Times	Pick Up Times	Friday Pick Up
<b>PK-AM</b>	<b>8:00-8:20 AM</b>	<b>11:00 AM</b>	<b>11:00 AM</b>
<b>PK-PM</b>	<b>11:45 PM</b>	<b>2:15 PM</b>	<b>1:15 PM</b>
<b>Early K</b>	<b>8:00 AM-8:20 AM</b>	<b>2:15 PM</b>	<b>1:15 PM</b>
<b>Kindergarten</b>	<b>8:00 AM- 8:15 AM</b>	<b>2:15 PM</b>	<b>1:15 PM</b>
<b>1st and 2nd</b>	<b>8:00 AM- 8:15 AM</b>	<b>2:20 PM</b>	<b>1:20 PM</b>

Zone 1	Zone 2	Zone 3	Zone 4	Zone 5
<b>Library Doors</b>	<b>Bus</b>	<b>Upper 6th Street</b>	<b>Playground/Cedar</b>	<b>Playground/5th</b>
<b>Schommer</b>	<b>Daycare</b>	<b>Galle</b>	<b>Pierce</b>	<b>Russell</b>
<b>Huber</b>		<b>Davis</b>	<b>Williams</b>	<b>Jorgensen</b>
<b>Daly</b>		<b>Patrick</b>	<b>Eamon</b>	<b>Boynton</b>
<b>Aldred</b>		<b>Hurlbert</b>	<b>Hekkel</b>	<b>Saltenberger</b>

**Zone 5: Playground Gate on 5th**  
Russell, Jorgensen, Boynton,  
Saltenberger



**Zone 4: Playground  
entrance on Cedar:**  
Pierce, Williams, Eamon,  
Hekkel

**Zone 1- Library Door**  
Schommer, Huber, Daly,  
Aldred

**Zone 3: Please drop off on  
upper 6<sup>th</sup> street.**  
Galle, Davis, Patrick, Hulbert

**Bus Zone:**  
Daycare