



The Lincoln Leader

January 2020

Lincoln Elementary School

Principal: Brooke Bargender 387-1296 ext. 8101

From the Principal...

With 11 days available this Winter Break, here are several ways to help keep your children active and amused:

1. Visit Rotary Winter Wonderland at Wildwood Park
2. Stop by the Marshfield Public Library to explore and check out some books.
3. Check out the YMCA for some physical activities and/or swimming.
4. Set aside a quiet Reading Time each day for the **whole** family.
5. Watch for family matinees or discounted movies at Rogers' Cinema.
6. Plan, prepare, and cook a meal or cookies together.
7. Have each family member pick out a favorite board game to play.
8. Get outside and go ice skating or sledding, build a snowman, construct a snow fort, or make snow angels.
9. Dig out some puzzles and have a "puzzle-a-thon."
10. Play "school"-have the kids be the teachers and parents/grandparents be the students.

January Dates to Remember...

January 2	School Resumes
January 8	School Board Mtg. 7:30 pm
January 15	Pizza with Principal 4St
January 16	District Spelling Bee @ Washington School 3:30
January 20	Report Card Preparation & Professional Development for Staff – no school for students
January 21	End of Quarter 2
January 22	Pizza with Principal 4Sch
January 31	Student of the Month Assembly
February 3 & 4	P/T Conferences

Adult Crossing Guard Recognition Week

January 13th – 17th

Students and parents please make a point to thank the adult crossing guards serving the Lincoln School area.

These caring individuals help provide safe passage to and from Lincoln each day. Our crossing guards are stationed at 17th and Felker, at 17th and Palmetto and at 8th and Peach.

Lunch Accounts

Parents please pay attention to the balance in your child's lunch account.

Low and negative balance notices are sent home every Friday.

Free and Reduced Lunch applications are always available in the school office.

Interested in Volunteering or Chaperoning?

For your safety, and that of our students, a BACKGROUND CHECK will be completed on all volunteers by the School District of Marshfield or its agencies. Approved volunteers will need to be reapproved on an annual basis to participate on field trips and every 3 years for in-classroom supervised activities. Applications must be submitted to the District at least 2 weeks prior to the volunteer opportunity.

Recipes for Success

Practical Activities to Help Your Child Succeed

School District of Marshfield

Kim Ziembo, Director of Teaching & Learning

JANUARY 2020

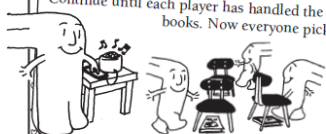
READING Musical books

Everyone wins in this twist on musical chairs that encourages your child to read for fun.

Ingredients: chairs, books, music player

Let your youngster put chairs in a circle, one for every player, and place a book underneath each chair. Designate one person to start and stop the music while the others walk around the circle. When the music stops, players sit in the closest chair and read the first page of the book under that seat. Then, someone else controls the music for the next round.

Continue until each player has handled the music and sampled several books. Now everyone picks a book to finish. If two people want the same book, they might read it aloud together, alternating pages as they go!

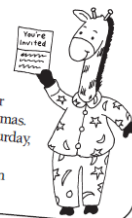


WRITING You're invited

An invitation includes important information like the date, time, and location of an event. Your youngster can practice writing those details by making his own invitations.

Ingredients: paper, pencils

Ask your child to create invitations for a family activity like a movie night, board game night, or Sunday brunch. He should list details and make the event sound fun. For example, "What: Board game night! Wear your coziest pajamas. Bring a board game to play and a snack to share. When: Saturday, January 18, 2020, 7-9 p.m. Where: Living room." Suggest that your youngster post the invitation on a bulletin board or make a copy for everyone.



Refrigerator Poster

Just hang your *Recipes* poster on the refrigerator and sneak in an activity when you have a few minutes. These fun activities will help develop school success and positive behavior. Check off each box as you complete the "recipe."

GEOGRAPHY

Read a state map with your youngster to find unusual city and town names, such as Graw Bone, Indiana, and Hippo, Kentucky. She could make a list of the ones you find and go online to research how they got their names.



SCIENCE

Show your child how light refracts, or bends, when it passes through water. Have him draw two arrows on two separate sticky notes, one on top pointing right and the other underneath it pointing left, and hang the notes on a wall. When he slowly moves a glass of water back and forth across the sticky notes, the arrows appear to switch directions!



MATH Raid the refrigerator

Look no farther than your refrigerator and pantry to encourage your youngster to measure and compare weights.

Ingredients: food packages, masking tape, pencil, paper

Set out a few packaged foods, such as salsa, pasta, and beans, and use tape to cover up how much each one weighs.



Now invite your child to choose one item and remove the tape hiding its weight. For instance, maybe the can of beans weighs 14.5 oz. She can pick up each of the other packages and estimate how much they weigh based on how heavy the beans feel. Perhaps the bag of rice feels heavier and the cornstarch feels lighter. She should write down her estimates.

Finally, peel off all the tape to see how close your youngster came to the real weights.

Recipes for Success

Practical Activities to Help Your Child Succeed

JANUARY 2020

Character Corner

ENGINEERING Penny bridge

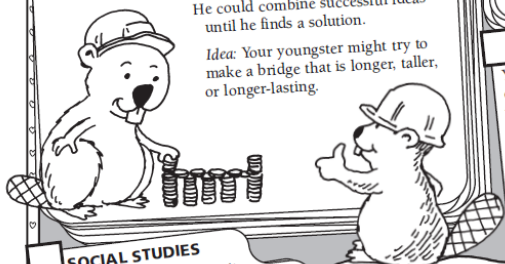
Building a bridge with nothing but pennies will teach your youngster logical thinking and design skills.

Ingredients: 50 pennies

Challenge your child to use all 50 pennies to create a bridge that will stand on its own for at least 10 seconds. As he experiments, encourage him to think about what is working and what may work better. Does his bridge need more supports?

Should the pennies overlap more or less? He could combine successful ideas until he finds a solution.

Idea: Your youngster might try to make a bridge that is longer, taller, or longer-lasting.



SOCIAL STUDIES

If your child built her own city, what would people need to live there? She can use materials from around the house and create a model of her city. Maybe she'll pick a shoebox for a hospital, a toothpaste box for a bus stop, and a circle of aluminum foil for a lake.



MUSIC

January 27 is Wolfgang Amadeus Mozart's birthday. Celebrate together by listening to his music on a CD, a classical radio station, or online. Ask your child how the music makes him feel (happy, calm). Does he recognize any familiar tunes in Mozart's works?



COUNTING

Your youngster can interview others to practice recording and counting data. Encourage her to ask you, siblings, friends, or teachers a few questions like "What's your favorite food?" She could create a chart for each question in a notebook, tally responses, and count the results to learn which answers are most common.



CITIZENSHIP

Being a good citizen includes showing consideration for people in your community. Suggest that your child look for ways to do this. For example, at the grocery store, let her help you return your cart to the corral so it doesn't damage anyone's car.



EMPATHY

Explain to your child that having empathy means being able to put yourself in someone else's shoes. When someone is upset (say, his sister had an argument with her best friend), ask him to think about how he'd feel in that situation. Then, he could try to cheer her up.



INDEPENDENCE

Have your child make her own to-do lists. Let her write down things she needs to accomplish today, such as finishing homework and feeding her fish. She can put it in a visible spot like on her nightstand. When she completes each item, she gets to check it off her list.



PARTS OF SPEECH

Ask your child to choose a household item (say, a blanket). Set a timer for one minute while family members list as many adjectives as possible to describe the object. Examples: colorful, fuzzy, warm. The person with the most adjectives no one else thought of gets to pick the next object.



Congratulations!

We finished _____ activities together on this poster.

Signed (parent or adult family member)

Signed (child)

Recipes for Success

Actividades prácticas que contribuyen al éxito de su hijo

School District of Marshfield

Kim Ziembo, Director of Teaching & Learning

ENERO DE 2020

LECTURA

Libros musicales

Todos ganan en esta variación del juego de las sillas musicales que anima a sus hijos a leer por placer.

Ingredientes: sillas, libros, reproductor de música

Que sus hijos formen un círculo con sillas, una por jugador, y que coloquen un libro debajo de cada silla. Encarguen a una persona de que ponga y pare la música mientras los demás caminan en tomo al círculo. Cuando la música para, los jugadores se sientan en la silla más cercana y leen la primera página del libro que haya bajo esa silla. A continuación otra persona controla la música para la siguiente ronda.

Sigan jugando hasta que cada jugador se haya encargado de la música y haya explorado varios libros. En ese momento cada persona elige un libro para leerlo entero.

Si dos personas quieren el mismo libro podrían leerlo juntas en voz alta, ¡alternándose en la lectura de páginas!



GEOGRAFÍA

Lea con su hija mapas estatales y busquen nombres inusuales como Gnaw Bone, Indiana y Hippo, Kentucky. Podría hacer una lista de los que encuentren e investigar en la red el origen de esos nombres.



CIENCIAS

Enséñele a su hijo cómo se refracta, o se dobla, la luz cuando pasa a través del agua. Dígale que dibuje dos flechas en dos papilitos adhesivos, uno enci-recta y otro debajo apuntando a la de-izquierda, y que pegue los papilitos en una pared. Cuando pasa despacio un vaso de agua por delante de los papilitos adhesivos, ¡parece que las flechas cambian de dirección!



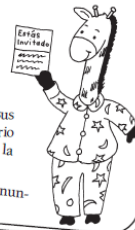
ESCRITURA

Estás invitado

Una invitación incluye información importante como la fecha, la hora y el lugar de un evento. Su hijo puede practicar esos detalles escribiendo sus propias invitaciones.

Ingredientes: papel, lápices

Dígale a su hijo que diseñe invitaciones para una actividad familiar como la noche de cine, la noche de juegos de mesa o el almuerzo dominical. Debería hacer una lista de detalles y procurar que el acontecimiento parezca atractivo. Por ejemplo: "¿Qué? ¡Noche de juegos de mesa! Vístanse con sus pijamas más cómodas. Traigan un juego de mesa y un refrigerio para compartir. *Cuando:* El sábado, 18 de enero, 2020, 7-9 de la tarde. *Dónde:* el cuarto de estar". Sugérela a su hijo que coloque la invitación en un tablón de anuncios o que haga una copia para todos.



Cartel del Refrigerador

Coloque este cartel de Recetas en el refrigerador y haga una actividad cuando tenga unos minutos libres. Estas amenas actividades contribuirán al triunfo en la escuela y a desarrollar un comportamiento positivo. Ponga una marca en cada casilla cuando termine la "receta".

MATEMÁTICAS

Asalto a la nevera

En la nevera y en la despensa encontrarán todo lo necesario para que su hija mida y compare pesos.

Ingredientes: paquetes de alimentos, cinta de pintor, lápiz, papel

Preparen unos cuantos alimentos envasados como salsa, pasta y legumbres y usen cinta de pintor para cubrir lo que pesa cada uno.



A continuación dígame a su hija que elija un paquete y que retire la cinta que esconde el peso. Por ejemplo, la lata de frijoles pesa 14.5 onzas. Puede agarrar cada uno de los otros paquetes y calcular aproximadamente cuánto pesan basándose en lo pesada que le parece la lata de frijoles. Tal vez la bolsa de arroz parezca más pesada y la de maicena más ligera. Debe escribir sus estimaciones.

Finalmente, quiten todos los trozos de cinta para ver cuánto se aproximó su hija a los pesos reales.

Recipes for Success

Actividades prácticas que contribuyen al éxito de su hijo

ENERO DE 2020

Rincón del Carácter

INGENIERÍA Puentes de centavos

Construir un puente solamente con centavos enseñará a su hijo pensamiento lógico y diseño.

Ingredientes: 50 centavos

Rete a su hijo a que use todos los 50 centavos para construir un puente que se mantenga de pie 10 segundos por lo menos. Mientras experimenta, animelo a que piense en lo que funciona y en qué puede funcionar mejor. ¿Necesita más soportes su puente? ¿Deberían superponerse los centavos más o menos? Podría combinar ideas que den resultado hasta que encuentre una solución.

Idea: Su hijo podría intentar construir un puente más largo, más alto o más duradero.



ESTUDIOS SOCIALES

Si su hija construyera su propia ciudad, ¿qué necesitaría la gente para vivir en ella? Puede usar materiales que encuentre por su casa para crear un modelo de su ciudad. Quizá elija una caja de zapatos para el hospital, la caja de la pasta de dientes para una parada de autobús o papel de aluminio para un lago.



MÚSICA

El 27 de enero es el cumpleaños de Wolfgang Amadeus Mozart. Celebrenlo escuchando su música en un CD, una emisora de música clásica o en la red. Pregúntele a su hijo cómo se siente al escuchar la música (feliz, tranquilo). ¿Reconoce alguna melodía familiar en las obras de Mozart?



CONTAR

Su hija puede entrevistar a algunas personas para practicar la recogida y el conteo de datos. Anímela a que le pregunte a usted, a sus hermanos, amigos y maestros unas cuantas preguntas como "¿Cuál es tu comida favorita?" Podría crear una gráfica para cada pregunta en un cuaderno, anotar las respuestas y contar los resultados para averiguar cuáles son las respuestas más comunes.



¡Felicidades!

Terminamos _____ actividades juntos en este cartel.

Firmado
(padre, madre o miembro adulto de la familia)

Firmado
(hijo o hija)

CIUDADANÍA

Ser un buen ciudadano incluye mostrarle consideración a la gente de su comunidad. Sugiera a su hija que busque formas de hacerlo. Por ejemplo, deje que ayude en la tienda devolviendo el carrito al lugar de almacenaje para que no cause daños a otros autos.



EMPATÍA

Explíquelo a su hijo que sentir empatía es ser capaz de ponerse en el lugar de otra persona. Cuando alguien está disgustado (por ejemplo, su hermana tuvo una discusión con su mejor amiga), dígame que piense en cómo se sentiría él en esa situación. Luego podría intentar ayudarla.



INDEPENDENCIA

Dígale a su hija que se haga su propia lista de obligaciones. Sugiera que escriba las cosas que tiene que hacer hoy, como terminar los deberes y dar de comer a los peces. Puede ponerla en un lugar visible como su mesita de noche. Cuando complete cada tarea, la tacha de la lista.

PARTES DEL LENGUAJE

Dígale a su hijo que elija un objeto de su hogar (por ejemplo, una manta). Pongan un cronómetro con alarma para un minuto mientras que todos ustedes dicen tantos adjetivos como se les ocurran para describir el objeto. Ejemplos: vistosa, mulhada, calida. La persona que diga más adjetivos que no se le ocurrieron a otros se encarga de elegir el siguiente objeto.






LUNCH

Elementary

January 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6 Chicken Snack Wrap Fresh Apple Mandarin Oranges Fresh, Crisp Lettuce Juicy Tomatoes Steamed Broccoli	7 Soft Shell Taco Fiesta Beans Pears Orange Wedges Lettuce, Tomatoes, Cheese	1 New Years Day No School Today 2020	2 Chicken Nuggets Mixed Fruit Peaches Green Beans V-Blend Juice	3 French Toast Sticks Little Smokies Applesauce Strawberries Fresh Carrots Cucumbers
13 Cheese Pizza Applesauce Oranges Garden Salad w/ Tomatoes Mixed Vegetables	14 Mac & Cheese w/ Ham Apple Slices Pears Fresh Carrots Baked Beans	8 Pepperoni Pizza Fresh Apple Slices Dried Cranberries Garden Salad w/ Tomatoes Steamed Carrots	9 Creamed Chicken over Mashed Potatoes w/ Bun Orange Wedges Mixed Fruit Fresh Broccoli & Celery Blue Raspberry Lemon Sorbet	10 Chicken Patty on Bun Fresh Grapes Pineapple Fresh Carrots Steamed Corn
20  No School Today	21 Chicken Strips Pears Orange Wedges Mixed Vegetables Garden Salad w/ Tomatoes	15 Mini Corn Dogs Peaches Orange Wedges Fresh Cucumbers Steamed Green Beans Rice Krispy Treat	16 Chicken Noodle Soup w/ Mini Sub Fresh Apple Dried Cranberries Fresh Carrots & Broccoli	17 Cheeseburger Strawberries Mandarin Oranges Steamed Corn Garden Salad w/ Tomatoes
27 Popcorn Chicken Orange Wedges Mixed Fruit Fresh Broccoli Cooked Carrots	28 Taco Salad Fresh Apples Slices Pears Garden Salad w/ Tomatoes Steamed Corn	22 Homemade BBQ Bun Apple Slices Pineapple Fresh Carrots Baked Beans Strawberry Milk	23 Swedish Meatballs over Mashed Potatoes w/ Bun Orange Wedges Peaches Garden Salad w/ Tomatoes Radishes	24 Hot Cheesy Sticks w/ Marmara Sauce Strawberries Mandarin Oranges Garden Salad w/ Tomatoes Steamed Peas
31 French Toast Sticks Little Smokies Applesauce Fresh Grapes Fresh Carrots Crunchy Cucumbers	29 BBQ Pork on a Bun Orange Wedges Pineapple Fresh Broccoli Baked Beans	30 Spaghetti w/ Meat Sauce Garlic Toast Fresh Apple Peaches Garden Salad w/ Tomatoes Fresh Celery	31 French Toast Sticks Little Smokies Applesauce Fresh Grapes Fresh Carrots Crunchy Cucumbers	



Farm to School



Meatless Entrée



Featured Recipe



See website for food allergens, carbohydrate counts, pork product list and all featured recipes. www.marshfieldschools.org

Menus are subject to change.

This institution is an equal opportunity provider.

MEAL PRICES

Breakfast Prices:

Paid (Elementary): \$1.35
Paid (MS/HS): \$1.50
Reduced: \$0.25
Adult/Seconds: \$2.00

Lunch Prices:

Paid (Elementary): \$2.70
Paid (Middle School): \$2.80
Paid (High School): \$3.00
Reduced: \$0.40
Adult/Seconds: \$3.75
Second Entrée: \$2.25
Milk: \$0.40

Online Meal Payments

Online meal payments are now available. Payments can be made through your Family Skyward Access. If you do not have your username/password, please stop into your school office.



All of our homemade breads and buns are 100% whole grain and baked fresh daily.



Ice cold milk options available daily: fat free white, low fat white, and fat free chocolate.



BREAKFAST

Elementary

JANUARY 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6 Whole Grain Cereal String Cheese Fruit Cup Milk	7 Breakfast Bread Fresh Fruit 100% Fruit Juice Milk	8 HOT Pancake Bites Fruit Cup 100% Fruit Juice Milk	9 Yogurt Parfait HOMEMADE GRANOLA Strawberries/Blueberries Dried Cranberries Milk	10 HOT Mini Cinnis 100% Fruit Juice Fruit Cup Milk
13 Breakfast Kit <i>(includes cereal, crackers and 100% juice)</i> Fruit Cup Milk	14 Yogurt Cup Frozen Crackers 100% Fruit Juice Milk	15 HOT Soft Filled Cereal Bar Fruit Cup Fresh Fruit Milk	16 Yogurt Parfait HOMEMADE GRANOLA Strawberries/Blueberries Dried Cranberries Milk	17 HOT Mini Waffles Fruit Cup 100% Fruit Juice Milk
20 No School Today 	21 Whole Grain Muffin String Cheese Fruit Cup Milk	22 HOT Fruit Strudel Fresh Fruit 100% Fruit Juice Milk	23 Yogurt Parfait HOMEMADE GRANOLA Strawberries/Blueberries Dried Cranberries Milk	24 HOT Pancake/Stick Fruit Cup 100% Fruit Juice Milk
27 HOT Oatmeal String Cheese 100% Fruit Juice Milk	28 Mini Cream Cheese Filled Bagels Fruit Cup 100% Fruit Juice Milk	29 HOT Mini French Toast Fruit Cup Fresh Fruit Milk	30 HOMEMADE COFFEECAKE Nasonville Dairy Cheese Fruit Cup Milk	31 HOT Breakfast Pizza Fruit Cup 100% Fruit Juice Milk
<div> <p>Farm to School</p> </div> <p>See website for a food allergen/pork listing</p>				

MEAL PRICES
Breakfast Prices:
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Lunch Prices:
 Paid (Elementary): \$2.70
 Paid (Middle School): \$2.80
 Paid (High School): \$3.00
 Reduced: \$0.40
 Adult/Seconds: \$3.75
 Second Entree: \$2.25
 Milk: \$0.40

ICE COLD MILK
OPTIONS:
 Fat Free White
 Low Fat White
 Fat Free Chocolate
 *All Meals Include

All grain and bread products are 100% whole grain



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