

The Lincoln Ledger

Principal's Message

Dear Parents and Guardians,



Welcome to our latest edition of our Parent Newsletter. It will also be my last newsletter as Principal of Lincoln School. I've decided to retire this year. It has been an honor serving as the Principal of Lincoln School. Thank you for your support and allowing my staff to teach your most precious possession, your children. I'm proud to be a member of the Lincoln School Family.

Fran Pastore

Events & Activities Around Town

June 25 12-5pm

Car Show on Bergenline Avenue

June 27 6-9pm

Jazz Festival @ Riverfront Park



June 29 8:30-10:30pm
The LEGO Batman Movie
@ North Bergen Rec Center

July 14 7-9pm

Rhythms of India @ North Bergen Nutrition Center

Nick Sacco, VP

Sports Talk



North Bergen Super Bowl

On Tuesday, May 30th Lincoln's very own Lions played in North Bergen's version of the Super Bowl, also known as the Flag Football tournament. Flag football follows the same rules as traditional American football but instead of tackling, the offensive players need to pull a flag belt from the ball carrier. The game allows players to enjoy American football without worrying about head injuries such as concussions. North Bergen's tournament is one day of intense ball playing. Each elementary school is represented by their team and play a series of games. The Lions team was comprised of 8th and 7th grade male and female students. Out of four games the Lions won three coming in third place throughout the district,

losing to Robert Fulton and Kennedy School. The team was coached by physical education teachers Ryan Burdette and Saul Garcia who led the team through weeks of training before Tuesday's tournament.

Natalie Nazar

Lincoln School Scoop

Spring Concert

Lincoln's Music Department, led by Tim Murphy, Jackie Costales, and Tulio Zandomenego put on their Spring Concert on Thursday, May 25th and Friday, May 26th. The two days allowed grades 1-8 and various family members to see the great performances. Chorus started off the show looking stunning in their blue and gold gowns. They performed various favorites including The Phantom of the Opera's "The Music of the Night." Several singers: Sasha Cabeza, Michael Serra, Niobe Grullon, Samara Lee, and Samiksha Thakur had their own time to show off their great vocals. The jazz band had its own stellar performance. For many band members this Spring Concert was special because it was their last Lincoln School concert. The 8th grade members: Jefferson Gonzalez, Stanley Acevedo, Juliana Garcia, Valentina Giraldo, Juan Rivera, Julio Ochoa, Nick Usme, Celina Luna, Yara Attia, and Daniel Parra performed their last show. The next time they perform it will be at their graduation on June 21st. We look forward to the next great music concert.

6th Grade Wax Museum



On March 30th, the 6th grade held their annual "Wax Museum" to celebrate Black History Month and Women's Appreciation Month. Each student in the grade was assigned a notable person in history and spent weeks

researching and gathering information. On the day of the Wax Museum, our students transformed themselves and got into character, as the rest of our school was able to take a tour through history! The end result was a huge success.

Thank you to Mayor Sacco and Superintendent Dr. Solter for visiting Lincoln School and showing their support!



Talent Show



On April 7th, Lincoln School held our talent show. This is the time of year our students love most, as they are able to showcase their amazing abilities in front of students and staff. We had a great turn-out with many talented students AND staff members, including Ms. Connolly’s class, who rocked

the house with an energetic dance routine! The show ended with another fantastic performance by “The Referrals” (Mr. Pastore, Mr. Biaza, Mr. Zandomenego, Mr. Murphy, Ms. Lubroth and Ms. Culotta). Great job everyone!



Family Fun Math Night

On May 23rd, the North Bergen School District held its annual Family Fun Math Night.

All students enrolled in the district’s Title I program were invited to come enjoy a night of fun at North Bergen High School. Educators throughout the district were present to teach and play math-themed activities with our students. These engaging games and projects explored topics including number sense, probability, geometry, logical thinking and measurement. A special thank you to Ms. Eugenia Ramos, Director of Title I, for having orchestrated this event, as well as a few of our own Lincoln School teachers that were present: Ms. Roos, Ms. Rowlands, Ms. Mosleh, and Ms. van Heumen!

3rd & 4th Grade Animal Show

On June 2nd, our 3rd and 4th graders had a visit from “Outragehiss”, an educational (and thrilling) animal show! The presenter had our students and teachers on the edge of our seats as she unleashed these exotic animals, one by one! We learned all about the fascinating lives of Gertrude the bearded dragon, Rosie the tarantula, Rex the baby alligator, Dozer the armadillo, Pixie the fennec fox, Pepsi the pig, Winston the albino wallaby and Daisy the albino python! This was an excellent way for our students to interact with these animals first hand, while reinforcing lessons learned in Science! Our students’ faces say it all...



Jaclyn Roos

LEAD Day

On May 24th, 2017 our fifth grade students attended L.E.A.D Graduation (Law Enforcement Against Drugs/ Alcohol/Violence) surrounded by their friends and families. Once again, Officer Joe led the ceremony here at Lincoln School, which was also attended by members from the Board of Education and town. On May 29th, following the hard work during the year, our fifth graders had their special “L.E.A.D” day full of fun, different games and all had a fantastic time!! LEAD program is a valuable key in helping keep our kids away from bad decisions in their future.

Recycling Day

On June 1, 2017, a representative from Suez, the water company, came to our school to teach the students the importance of recycling in our communities. Our students from 5th and 6th grades were actively involved in the presentation, helping them to understand how we can all help protect our environment through the different recycling procedures.

Mother’s Day Sale

Our Student Council once again held their annual Plant Sale for Mother’s Day. For over 3 days, our Council kids visited all the classrooms selling beautiful plants to both teachers and students. Thanks to all the teachers and students that helped us make this sale a total success. I’d like to give a special thanks to Mrs. Karen Ondira and Mr Tom Guido for their help and cooperation with the Student Council.

Eugenia Perez

Cultural Awareness

Before the end of the school year North Bergen School District participates in Cultural Awareness Week. The program allows students the opportunity to learn about different countries and cultures. In the weeks leading up to Cultural Awareness Week each grade chooses a country and then students spend time researching the culture of that country. Each grade then portrays their work on their respective bulletin board or door. The purpose of Cultural Awareness Week is not just to learn about different cultures but also to interact effectively with members in our diverse community. As a result of their great work Lincoln School students are more knowledgeable about places such as Madagascar, Sweden, Italy, and Japan just to name a few. Eighth grade used their time to learn about our neighbors to the south: Mexico. Students researched all aspects of Mexican culture including foods, traditions, important writers, and filmmakers. Through their research students come to understand that while we celebrate different traditions we stand united as global citizens.

Natalie Nazar

Health News

Children's Dental Health Program



On May 30th the students in the Kindergarten, Grade 1 and Grade 2 attended the Dental Health Presentation at Lincoln School. The education was brought to us by the New Jersey

Dept of Health and included instruction on good oral hygiene, injury prevention, healthy teeth food choices and the importance of getting regular check ups and cleanings. There was much fun in learning how to SAVE OUR SMILES!!

Sport Physical Medical Information

Before you can join or tryout for a school athletic team you must have a complete physical examination done by your doctor. Physicals are valid for 365 days from the date they were done at the doctor. The correct form can be found on the North Bergen School main page at www.northbergen.k12.nj.us. (It is located on the right side under Athletic Participation Packet) There are forms for you to complete and for your doctor to complete. Bring the completed forms back to the School Nurse, who will notify the coach of medical clearance. For Elementary and Middle school sports this includes girls and boys basketball and cheerleading. All forms must be handed in no later than November.

TIPS FROM THE SCHOOL NURSE ----- EASY STEPS TO HELP YOUR FAMILY BE HEART HEALTHY

Making a few small simple lifestyle changes can make a big difference in the heart healthy habits for your family. And there is good news, each little change can make a big difference in the long run for you all. Get creative with these helpful suggestions.

1. Find free time for physical activity. Take walks after dinner, have the kids join a sport's team, even do an exercise video. Pick two 30 minute time slots a week for activity time. Every little bit counts.
2. Plan a weekly menu. Go shopping for fresh food and prep meals in advance of the busy week when needed. With the use of the internet there are an abundance of simple healthy meals you can prepare, some with only 3-4 ingredients needed. Try to avoid processed foods.
3. Simplify the family's schedule. Make time to sit together at the dinner table a few times a week to talk and reconnect with each other. Help one another with stress management.
4. Take it slow. Getting heart healthy is a journey, ease into lifestyle changes.
5. Get the whole family involved. The kids can help choose healthy meals, assist in preparation of the meals and help clean up around the

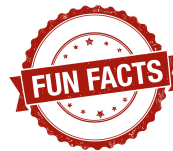
house. Housework gets us up and moving.....it counts as activity too!!

6. Finally, live by example. Walk the walk and talk the talk! Eat right, get enough rest, don't smoke and get up and out. Connect with people face to face, friendship connections are important with health and stress reduction. Have a positive attitude.

Nobody's perfect, but with a little determination and motivation, your family can make heart healthy decisions so simple they will become your normal way of living. For more healthy ideas visit the American Heart Association at www.heart.org or www.goredforwomen.org.

Nurse Nancy Higgins, R.N.
201.295.2848

Fun Facts from Mr. Pastore



- If you yelled for 8 years, 7 months and 6 days, you would have produced enough sound energy to heat one cup of coffee.
- The strongest muscle in proportion to its size in the human body is the tongue.
- Every time you lick a stamp, you're consuming 1/10 of a calorie.
- Elephants are the only mammals that can't jump.
- Starfish don't have brains.
- Polar bears are left handed.
- The fingerprints of koala bears are virtually indistinguishable from those of humans, so much so that they could be confused at a crime scene.
- Snails can sleep for 3 years without eating
- Porcupines float in water.
- 40% of McDonald's profits come from the sales of Happy Meals.
- Every day more money is printed for monopoly than the US Treasury.

More Fun Stuff!

Read Across America



Our 8th grade students helped our kindergartners celebrate Dr. Seuss's birthday. With the help of Ms. Iannaconi and Ms. Englese, they practiced reading the books and prepared activities for the children. The day was a huge success, with many compliments from the teachers.



Our principal, Mr. Pastore, and Vice Principal, Mr. Sacco, enjoyed reading to our



first grade classes for Read Across America!

5th Graders Helping Children Suffering from Malnutrition

Ms. van Heuman’s 5th grade class is earning power points in exchange for food for starving children, and here’s what one fifth grader, Daher Farhat, had to say about it...

“Our class is participating in a program called UNICEF Kids Power. We were one of 6,000 schools throughout the country chosen to participate. In March, every student received a power band, a charger, and the class received a tablet to sync our progress.

Our bans count the steps we take each day. These steps are converted to power points. Approximately 2,400 steps is equal to 1 power point. These power points help to provide food for starving children in third world countries. For every 10 points each student earns, one therapeutic food packet is sent to a child suffering from malnutrition. The average course of life saving treatment for a severely malnourished child consists of 150 therapeutic food packets over the course of 30 days.

It is our goal to save as many children as we can through this program. So far, we have earned over 220 food packets. We have saved one child from malnutrition, and we are on our way to saving our second. It is our goal to save as many children as we can.

We try to be as active as we can each day. We dance with GoNoodle and we take extra laps around the hallway. Our goal is to have 12,000 steps per day. Some days we make it, and some days we don’t.

We are also learning about different countries as we complete this program. Our first country to investigate is Burkina Faso. Most of us have never even heard of this country before. We love that this program has encouraged us to be more active and to save lives in the process.”

Meet and Greet with our Superintendent, Dr. Solter



On May 8th, Lincoln School hosted a Title I ‘Meet and Greet’ for parents with our Superintendent, Dr. George Solter. Dr. Solter welcomed parents with our mission and vision to prepare our students to be college and career ready. Parents were encouraged to participate in a question and answer open

discussion. The following existing programs, assessments, and goals were discussed:

Existing Programs/Assessments:

- Dibels Testing for letter recognition, phonemic awareness, and fluency in kindergarten, first and second grades.
- Wilson Foundations Program for kindergarten, first grade and second grade as well.
- Scholastic Reading Records to level students’ reading abilities for Grades K-6
- Math In Focus & Think Central (online resources for math)
- Benchmark Testing
- Title I morning program, book club, Saturday program, and iPad program

Goals:

1)- In order for our students to be educated consumers of knowledge, they need to be able to compete in a 21st century world and use technology as an information source as well as a tool to support learning.

Continue using Chrome Books and Google Applications

2)- Within the next 2-3 years North Bergen High School will be taking over the current High Tech High School and will house our 10th, 11th, and 12th grades classes.

3)- When the high school moves to its new location, the current high school facilities will house a Junior High School for grades 7, 8, and 9.

8TH Grade Prom

Our 8th graders partied the night away at prom on June 8th. The annual celebration for our



graduating class is always an exciting event before the big day. And this year was no exception. The young men and young women dressed in their finest

attire, enjoyed a lovely evening with dinner, music and dancing at the Empire Club. We would like to wish them all the best on graduation day on June 21st and the best of luck on all of their future endeavors!

Inaya Jaafar, Co-Editor

Co-Editors: Inaya Jaafar & Stephanie Lubroth

HAVE A GREAT SUMMER!!!

