

The Lincoln Ledger

Principal's Message

Welcome to the third edition of Lincoln School's Parent Newsletter. We've hoped you had a chance to read the first two editions. They are archived on our home page of the North Bergen School District's website (Northbergen.k12.nj.us) This month I would like to share with you our Mission Statement, Vision Statement, and Goals for Lincoln School.

Mission Statement:

Our commitment at Lincoln School is to provide a safe and academically challenging environment for our students that will foster critical and innovative thinkers, problem solvers, and life time learners.

Vision Statement

We have great expectations for each of our students regarding academic performance, extracurricular activities, and behavior. Our faculty will work diligently to create classroom atmospheres which meet the needs of our students' academic levels and learning styles. Teachers will design instruction that will empower students to communicate effectively, collaborate with others, promote global awareness, increase social skills, creatively solve problems, and foster Twenty First Century Skills.

Goals

To increase the overall academic achievement of all students in Language Arts and Mathematics and to expand the use of technology in the instructional program for all students.

Thank you,
Fran Pastore

Fun Facts



- A meteor has only destroyed one satellite, which was the European Space Agency's Olympus in 1993.
- The Koala bear is not really a bear, but is really related to the kangaroo and the wombat.
- One gallon of pure maple

syrup weighs 11 pounds

- Instead of a Birthday Cake, many Russian children are given a Birthday Pie
- The largest employer in the world is the Indian railway system in India, employing over 1.6 million people

"Lincoln Pride" ...



This is a phrase we often use to instill positive feelings about our school. We sometimes use it to convince a troubled student that their behavior hurt a classmate or a teacher. Or we might use it to root for one of our teams. Well, here at

Lincoln, we try harder than just using Lincoln Pride, although we definitely show our pride.

However, we also try to create a more positive school climate by giving our students opportunities to affect their school. Over the past several months we have created school climate goals or incentives. We believe that by giving our students some ownership over their school that they will have more Lincoln Pride and will do things to positively affect the school. If the students reach the goal they are rewarded with a night of no homework.

Some of our goals have been to reduce student tardiness and student absences. When students come to school regularly, and arrive on time, and ready to work, they are more likely to do well in school. You can't do well in school if you're not in school.

Another goal was to reduce the number of discipline referrals that led to detentions or suspensions. One of our jobs is to teach students how to behave appropriately in school, but also to teach them that their behavior is a reflection of themselves, both inside and outside of the school. We challenged our students to be more aware of their behavior, and for that week they rose up and met that challenge. Discipline referrals were reduced, and the school earned a night without homework.

So, in the coming months, if your child comes home and mentions something about our school climate goals, or that they don't have any homework, it's probably because they've reached the goal and were rewarded with a night of no homework.

That's what we call "Lincoln Pride".

Frank Bafumi



From the week of February 15 to 19, 2016, Lincoln School celebrated "Random Acts of Kindness" week to promote being kind to one another in the school building. Teachers promoted being kind through lessons they did in class. This week was celebrated to promote kindness – not only for this week, but also for the remainder of the school year. The goal of this project is to promote social-emotional wellness for students. Teachers were given ideas to implement in their classrooms and some had designed their own lessons. Some examples include: having all students names in a box and throughout the day students pick a name of their classmate and do something or say something nice about that person. Teachers also had role-playing scenarios and class discussions on tolerance and treating everyone the same.

Diana Englese

Health News from Nurse Nancy Higgins, R.N. 201-295-2848

February was National Dental Health Month!



Lifelong habits begin at home. Make dental health part of your daily routine and share these reminders with your whole family:

- Brush your teeth at least twice a day with fluoride toothpaste, especially after breakfast and before bedtime. Drinking water after eating also helps to clear your teeth of food particles.
- Floss every day. An adult should help children under the age of eight to floss. Older children should be ready to floss on their own.
- Limit the number of times you eat snacks, especially the sticky ones and long lasting ones.
- Visit a dentist regularly for a routine check up and a cleaning.
- Protect your teeth by wearing a mouth guard when playing sports.
- Don't forget to change your tooth brush regularly, and after an illness.

Sweet snack facts:

- Eating a lot of snacks with sugar may cause cavities.
- Every time you eat sugar, plaque in your mouth mixes with the sugar to make acid. The acid hurts the teeth and causes decay over time. This can be painful!
- See the dentist twice a year for a check up!

March is National Nutrition Month! Information from the National Institute of Health.

We Can! (*Ways to Enhance Children's Activity & Nutrition*) is a national education program designed to give parents and communities a way to help children learn to eat nutritious foods. As parents, you can do a lot to help your children learn healthy eating habits and maintain a healthy weight. Involving them in meal preparation and cooking can motivate them to try new foods – and is a good way to spend time together as a family. What is a "healthy" diet? A healthy eating plan is one that:

- Emphasizes fruits, vegetables, whole grains, and low-fat or fat-free milk products.
- Includes lean meats, poultry, fish, beans, eggs, and nuts.
- Is low in saturated fats, trans fats, cholesterol, sodium/salt, and added sugars.
- Stays within your calorie needs.

Focus on Healthy Food Choices - Choose the GO, SLOW, and WHOA foods:

- **GO FOODS** – are the lowest in fats and added sugar. They are nutrient dense with a better source of vitamins, minerals, and other nutrients important to health. Examples of GO foods are fruits, vegetables, whole grains, fat-free and low-fat milk products, lean meats, poultry, fish, beans, egg whites, or egg substitute.
- **SLOW FOODS** - are higher in fat, added sugar, and calories. SLOW foods include vegetables with added fat, white refined bread flour, low-fat mayonnaise, 2% low fat milk products, peanut butter, pizza, baked chips, and mac and cheese. Have slow foods sometimes.
- **WHOA FOODS** – are the highest in fat and sugar. They are calorie dense foods and low in vitamins, minerals, and other needed nutrients. Have WHOA foods once in a while, and when you do have them, have small portions. Examples of WHOA foods are whole-milk products, fried foods, bakery sweets, candy, soda, chips, sugary cereals, and creamy salad dressings.

Hungry for more visit <http://wecan.nhlbi.nih.gov>
BON APPETIT!



Lions School Scoop

Boys Basketball Team

The boys basketball team had a record of 10 - 2. Eighth graders, Francisco Paulino and Elijah Aviles led the team in scoring. Francisco averaged 19 points a game while Elijah averaged 12 points a game. Francisco led the team in rebounds, averaging 11 rebounds a game. Mousleh Nassar contributed to the team as well, averaging 9 points and 5 rebounds a game. Sixth graders, Nassir Nwadike and Elijah Camacho played their role coming off the bench and contributing points and rebounds to the team. The Lions first challenge was against Horace Mann, when two of the Cougars' players scored about 15 points. However, it was Lincoln's defense that was able to stop the Cougars and the Lions won the game 54-48.



The last game of the regular season was against Robert Fulton who entered the game undefeated. Even though Robert Fulton was winning at the beginning of the game, Francisco Padilla and Elijah Aviles took over the game in the second half combining for a score of 33 points. The final score was 46-41. The Lions had a tremendous triumph beating Kennedy School 47-45 during the playoff game. Francisco scored a total of 27 points and getting 13 rebounds. Lincoln beat Horace Man 46-42 at the championship game making the Lions the 2015-2016 CHAMPIONS.

Girls Basketball Team

The girls basketball team had a successful season being undefeated 12-0. Melanie Cedeno, Shadeah Vega, and Katherine Villareal did a remarkable job as captains of the team. Melanie accumulated 110 points throughout the season while Katherine accumulated 132 points. Kenia Morales also contributed to the team accumulating 61 points. The team's most successful game was defeating Klein 41-4. Another triumph for the players was when they played against Robert Fulton scoring 36-7. The girls had an amazing victory beating Kennedy School 34-19 during the playoff game. During the championship game, the Lincoln Lions beat Horace Mann 32-13 becoming the UNDEFEATED CHAMPIONS for 2015-2016. Kenia, Kianna, and Melanie C. were recognized for instrumental players and received their



trophies. Katherine was acknowledged as the most valuable player (MVP) of the team.

Congratulations to the Boys and Girls Basketball team for being CHAMPIONS!!!!



GO LIONS!!!

Carla Deschamps

Events and Activities

Miranda Assembly

Chief Dowd from the North Bergen Police Department conducted an assembly for our students in order to inform them about Miranda Rights. Students showed their interest and enthusiasm at this assembly by asking the chief a variety of great questions related to the matter.

School Dance

On February 10, our school held its first dance of the year for the 7th and 8th graders. Our students enjoyed and danced with their peers from 4:30 to 7:30 pm. Our kids had a lot of fun under staff supervision.

Valentine's Day

Lincoln School Student Council was in charge of promoting Valentine's Day spirit in our school, selling carnations for a dollar. Love was in the air!!!!

Ned Show

The Ned Show came to our school to promote academic achievement through character development. Their mission was to show students and educators that through positive reinforcement and the right direction, children could be anything they want in order to achieve.



Black History month

Our school celebrated black heritage in February. Through the different academic activities, our students learned and reviewed the importance in our community of Black history, culture and traditions.

Pennies for Patients

Our school was proud to be part and support this program intended to collect funds for The Leukemia and Lymphoma Society. Since 1994 Pennies for Patients collects money from elementary, middle and high schools throughout the country.

Lincoln Spirit Week

On March 14 through March 18 our school celebrated Spirit Week. Different activities have been planned for each day of the week and all students were encouraged to participate.

Project P.R.I.D.E

Once again, 3 young inmates visited Lincoln from our state prisons that came to talk to our students on the consequences one can pay for making poor life choices. Through the exposition of their experiences, they hoped to create conscience in our young audience.

Girls' and Boys' Basketball Championship Game Pep Rally



On March 3rd, 7th and 8th graders cheered on their classmates in a pep rally for the girls' and boys' basketball championship games. Posters were made by 6th, 7th, & 8th graders, chants of "One Team!

One Family! One Mission!" led by Principal, Mr. Pastore, filled the gymnasium of Lincoln School in support of the two teams!

Eugenia Perez

Creative Storytime App

Is your child experiencing writer's block? Get the creative juices flowing with the Create Storytime app. Children can explore ideas and express themselves through writing. Create Storytime will help students with planning and sequencing their story. It also offers a plethora of skills that will be reinforced while writing. As a result of their hard work, students can create an ebook of the story they have written. The app costs \$1.99 and can be found in the App Store.

Vanessa Conroy

Thank You!

On February 1st we honored Ms. Englese during National School Counselor's Day. However, at Lincoln School we celebrate Ms. Englese on a daily basis for all that she does! Aside from offering guidance to our students, she spends her time and effort taking on multiple roles here at Lincoln School. To start, Ms. Englese is our Anti-Bullying Coordinator. She coordinates several activities for our students; such as "week of respect", "bully prevention week" and "random act of kindness week", in order to create a positive culture in our school. Ms. Englese also offers assistance to students during our



after school homework program. In addition, she is a member of the Newsletter, 504, School Climate and Attendance Review Committees, the Crisis Management and I&RS Teams. Thank you for all that you do Ms. Englese!

Jaclyn Roos

Kindergarten News

On February 11, the Kindergarten students enjoyed a character education assembly called the NED Show. The powerful message of the program is to Never Give Up, Encourage Others, and Do your best. The children enjoyed the show and the yo-yo tricks that were used to teach this important message. They were able to purchase yo-yo's like those used during the show. The Ned Show website has additional resources for parents to use to extend this message at home. Parents, we encourage you to visit www.thenedshow.com/parent_resources.html.

On Friday, February 19, we celebrated the 100th Day of School. In their classrooms, the students participated in 100 Day activities such as making hats, making t-shirts, and sorting and counting 100 wonderful things. At home, the students made projects using 100 small items glued in creative ways. The projects are proudly displayed outside many of the kindergarten classrooms. The students and their parents worked together to make very impressive collections of 100 things. Thanks to all of the parents for their cooperation in making the 100th Day of School memorable for their children!



Diana Ferrer

Notes from the Co-Editors...

Inaya Jaafar & Stephanie Lubroth

Superintendent's Breakfast

In January and February, Lincoln School and Lincoln Annex held a breakfast for parents with our Superintendent, Dr. George Solter. Dr. Solter began by explaining that despite being underfunded by the state, the North Bergen School District is doing everything possible to prepare our students to be college and career ready. He made his goals and visions clear for parents, teachers, and the administration to work together for every student to succeed.

Dr. Solter discussed some of the existing programs that are already in place and goals that he plans to lead the district in reaching within 3-5 years:

- In an effort to prepare all students to read by grade 3, the Wilson Reading Program is now in all kindergarten and first grade classrooms.
- The Wilson Reading Program will be in all 2nd grade classrooms in the 2016-2017 school year.
- Scholastics leveled books are also now part of the reading program in kindergarten thru 6th grade.



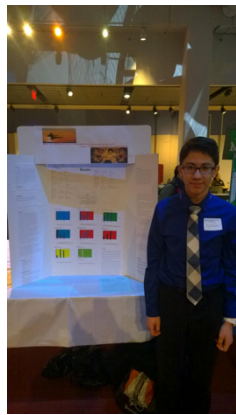
- We are now tying in the disciplines and having our students understand things critically. For example, vocabulary and science can be taught in the math class.

- More and more students are now using technology throughout the district. The goals are to have a Chromebook available for every child and to increase classroom instruction with technology.
- This year's first cohort in the STEM (Science, Technology, Engineering, and Mathematics) Program at the North Bergen High School is working on team building activities and attending internships.
- Parent workshops will be available thru the Title 1 Program in the spring.

County Science Fair

Lincoln School's 8th grader, Robert Feliciano, attended the Jersey City Medical Center Barnabas Health STEM Showcase, formerly known as the Jersey Journal Science Fair, at Liberty Science Center on Monday, February 29th, 2016. Robert was among 300 students from Hudson County to participate in this exciting event. His project on the effects of various Taekwondo kicks won 3rd place in our school fair last June and gave

him the chance to compete on the county level. Congratulations!



Hudson County Spelling Bee



Congratulations Robert Feliciano for competing in the 57th annual Jersey Journal-Hudson County Spelling Bee on Saturday, February 6 at New Jersey City University! Robert represented Lincoln School along with 46 other participants throughout Hudson County that competed for the trophy and a chance to

continue to the Scripps National Spelling Bee. Robert remained standing 3 rounds in while 30 contestants left the stage one after the other. In the vocabulary round, round 4, Robert missed the meaning of the word *gardenia* defined by the Merriam-Webster Dictionary as a large white or yellowish flower that has a pleasant smell. We are proud to have had Robert represent Lincoln School at the county level!

Inaya Jaafar
 Robert's proud 7th and 8th grade teacher,
 Spelling Bee Coordinator &
 Newsletter Co-Editor

