

The Lincoln Ledger

Principal's Message

Dear Parents and Guardians,

I hope that everyone here at Lincoln is having a great year so far. We have a lot of exciting events coming up, and I anticipate a great level of participation. The ongoing enthusiasm of our faculty, staff, students and families in our various events has exceeded my expectations. I appreciate and look forward to everyone's continued support!



Upcoming Events

- **Wednesday, Feb 7-** 1st and 2nd Grade Dance 1:30pm
- **Friday, Feb 9-** Chuck E. Cheese Fundraiser 3-9pm
- **Thursday, Feb 15-** 100th Day of School
- **Tuesday, Feb 27-** Science Fair 9:30am
- **Tuesday, Mar 6-** Chipotle Fundraiser (Secaucus) 4-8pm
- **Wednesday, Mar 28-** Talent Show 6:30pm
- **Movie Night-** March- TBA

Nick Sacco, Principal

Counselor's Corner

The third grade has been a part of the Footprints for Life program for the past two weeks. This program is designed to help students communicate about their feelings using strategies that they are taught in the program. The first session was held two weeks ago and the students were taught about using "I Messages" as a form of positive communication.

To all 8th grade parents - High Tech acceptances along with STEM acceptance letters will tentatively be mailed/emailed the week of February 19th. County Prep has a different admission process and the first batch of acceptance is usually informed in early March.

To all parents Grades 1-8 - Please continue to check your child's progress using our Parent Portal System. If you have any questions or concerns, please contact us so that we can schedule a meeting with the teachers, administrators, and counselor. If you need access to the parent portal, please contact denglese@northbergen.k12.nj.us.

Diana Englese

Health News



Supercharge Your Immune System To Fight Cold and Flu Season

With the flu season underway keeping your immune system in fighting form is a must. The immune system is our body's main line of defense against the bacteria, viruses, fungi, and parasites that try to cultivate infections there in our bodies.

The purpose of the immune system is to be everywhere. Every part of your body is lined with immune cells. When a germ that is determined to make us sick attacks the immune system leaps into action. It releases special proteins, molecules and cells to kill the invader. This process triggers an inflammatory response characterized by redness, swelling, heat, pain and fever. These reactions subside once the invading germ is defeated and the immune system has done its job,

Generally, what is good for overall health is also good for your immune systems function. Here are eight simple habits to keep your immune system in fighting form.

- **GET YOUR SHOTS.** A vaccination imitates an infection prompting your body to produce antibodies to fight disease. If you haven't gotten your annual flu shot it's not too late. The flu can hang around until May.
- **WORK UP A SWEAT.** Exercise such as walking briskly helps fight viruses. Aim for 20 minutes a day.
- **GET ENOUGH SLEEP.** People who sleep fewer than 6 hours a night are 4 times more likely to develop a cold. Lack of sleep can cause the immune system to not respond as well to invading germs.
- **CLEAN UP YOUR DIET.** Eat a balanced diet rich in fruits, vegetables and whole grains. Stay clear of processed and "fast" foods as often as you can.
- **LOAD UP ON VITAMIN D.** Most of us do not get enough of the sun's D this time of year. It is an essential nutrient for immune health. Talk to your doctor about dosage. There are foods like fortified cereals and juices you can add to your daily intake.
- **DON'T SMOKE and LIMIT ALCOHOL INTAKE.** Both of these affect immune health.
- **TAKE TIME TO RELAX.** Studies show that feeding your soul is good for your body and overall health.
- **WASH YOUR HANDS.** Simple hand washing can cut your risk of illness drastically.

Nurse Nancy Higgins, R.N.
201.295.2848

Lincoln Lions

Sports

Our Lincoln Lions have had a great start to our new basketball season. Ms. Culotta and her girls are currently 2-4 and Mr. Garcia and his boys are currently undefeated! Come out to show your support for our students at our next home game!



February 8	Girls	Franklin at Lincoln	4:00 PM
February 13	Girls	Klein at Lincoln	4:00 PM
February 14	Girls	McKinley at Lincoln	4:00 PM



Player Highlight: Genesis Montero

We would like to recognize Genesis for her outstanding sportsmanship and skills on the court. This is her 2nd year playing for the Lincoln Lions. Genesis gets along well with all of her teammates and exemplifies what it means to be a team player. Not to mention, her defense is a force to be reckoned with!

Jaclyn Roos

Lincoln School Scoop

Spirit Week

The week of 12/15-12/22 was a holiday-themed spirit week at Lincoln school. Students and teachers were encouraged to participate each day to show their school spirit and to join in on the holiday fun! Students enjoyed getting creative with their outfits and loved having the opportunity to display some school spirit.

- Monday - Favorite Holiday Color Day
- Tuesday - Pajama Day (school favorite!)
- Wednesday - Favorite Holiday Outfit
- Thursday - Snowman or Candy Cane Day
- Friday - Ugly Holiday Sweater Day.



This week was a great way to bring in the much deserved holiday break!

Jaclyn Roos

Parents' Night

On November 28, Lincoln School opened its doors to welcome all parents attending our first Parents' Night of

the 2017-2018 school year. There was a great turn out and the school stayed opened until after 9:30 PM. Also during this time, the 8th grade was able to hold their bake sale to raise money for the graduating class of 2018.

Winterfest

On November 30, North Bergen held the 2017 Winterfest between 76th and 85th streets on Bergenline Ave. It is a great tradition in our town to spend a winter night with all our kids and their families, enjoying the free rides and good food, offered by the restaurants in the area.

It was also a great opportunity to watch and support the Lincoln Choir's performance, directed by Ms. Costales, with the other schools from the district.

Holiday Sale

Our Holiday Sale was held from December 4 through the 8th, 2017. We can gladly announce that it was a huge success thanks to the Student Council participation, together with volunteers from grades 7 and 8. Our students from all grades came to participate and enjoy their holiday shopping with us. Many thanks to all the teachers, teachers' aides, custodians and administration for all your help.

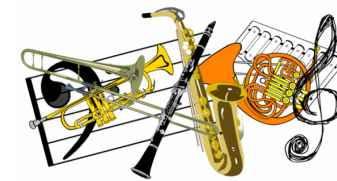
First Grade Holiday Show



Once again, in our last week of school before the holidays, Lincoln school was delighted by the annual show performed by our first graders and directed by their dedicated and hardworking teachers. Students and their families enjoyed the show that has become a tradition in Lincoln School.

Eugenia Perez

Winter Concert 2017-2018



The always amazing Lincoln School Winter Concert had a fantastic addition this season. For the first time ever, Lincoln hosted a night time session of the music

concert in addition to the traditional two day-time sessions on December 6th and 7th. The evening show on December 7th at 6:30 gave working parents and family members the opportunity to see their students perform. The gym was quickly filled with parents, grandparents, siblings, and aunts and uncles excited to see the chorus and band. In addition to the parents and family members, various Lincoln teachers were also in attendance excited to support the band and chorus. Members of the Student Council were also there

selling snacks and refreshments. This year's show included traditional Christmas music performed by the school chorus, directed by Ms. Costales and Mr. Zandomenego. The band, under the direction of Mr. Murphy put on a wonderful show.

Natalie Nazar



Lincoln School held its 8th annual spelling bee on Wednesday, January 10th. There were 39 contestants that qualified to participate in the school bee after placing in the top spots in the individual classroom bees. The auditorium was filled with parents and fellow classmates who enthusiastically supported our contestants. The winning word was *expiated* spelled correctly by our 4th grade first place winner, Ethan Oropel! Ethan will advance to The Jersey Journal 59th Annual Hudson County Spelling Bee on February 3rd at 9 a.m. at Secaucus High School's Performing Arts Center (in the event of inclement weather, the date will be February 17th). He won a trophy and \$50 gift card to Target. Our second-place winner was 8th grader, Johanna Aguilera, who won a plaque and \$30 gift card. Our third-place winner was 8th grader, Kayla Fernandez, who won a \$20 gift card and a medal.



We look forward to supporting Ethan in the county bee and to hosting our very first 1st and 2nd grade spelling bee this year on February 9th.

Inaya Jaafar, Spelling Bee Coordinator

Students Speak Out

Welcome back students and happy new year! We hope this year is as terrific as the rest at Lincoln School. We have many exciting activities and events to share with our parents and students, which will be occurring very soon! Hope you enjoy this fun-filled new year!

Upcoming Events:

Fashion Show:

Lincoln School will be having its first fashion this May/June for all our staff and students to see. Every Tuesday after school, our fashion-loving students gather to practice their glamorous walk and put together outfits

with the help of Ms. Capp and Ms. Wilton. The Fashion Show is a perfect way for students from grades 5-8 to express their individuality and style. This year's theme is seasons and all of the members are very eager and excited to put on their fabulous wardrobe for the whole school to see!

Carnation Sale:

Valentine's Day is right around the corner, and we at Lincoln School love spreading love and cheer. The annual student council carnation sale will be held from February 5-9th. Buy a carnation for that special someone, your family, or your best friends! All carnations will be sold for \$1, if you have any questions please contact Ms. Perez in room 301.

Honoring Star Students

Lincoln School is full of stupendous students performing good deeds daily. Mr. Sacco recognizes these individuals with our "caught in the act" award given to any student from any grade who perform extraordinary tasks. Multiple students win these awards almost every week, and a big smile is put on their faces which makes everyone very happy! The "caught in the act" award promotes hard work and encourages students to strive to their full potential not only in the classroom setting but outside as well. Thank you, Mr. Sacco for creating such a positive working environment for both the students and staff!

-Ashley Gonzalez

School Merch:

Recently Lincoln School has decided to make their own merchandise. We have our own hoodies, T-shirts, sweatpants, and zip up sweaters. Now in addition to having our normal school uniform, we spiced up our wardrobe with Lincoln Lions apparel! Everyone all around the school is rocking their merch and might I add we look very stylish! We hope Mr. Sacco adds new designs soon, so stay tuned.

-Jose Matos and Ashley Gonzalez

Spirit Week:

I think it's safe to say that Lincoln School is one of the best in the district with all the events and activities :) And this year, we have a newly added activity: Spirit Week!! If you don't know what that is, spirit week is one week a year where students of Lincoln School get to come to school in a specific themed outfit, for 5 days straight. Come to think of it, we've always had a spirit week, but we now have a few more days a month where we get to dress up according to a theme and it's all the more exciting!

Upcoming Concerts:

With activities that take up our time, students and the hardworking teachers need a break every now and then. So, our advanced and beginner band work hard with our director, Mr. Murphy, to practice multiple music pieces at a time and so does our Lincoln School chorus, which is put together by Ms. Costales and Mr. Zandomenego. Each performer/musician is assiduous in learning his or

her part so that the ensemble sounds harmonious together when performing. And the rest of us get to enjoy the show and cheer on the Lincoln school band and chorus !! For our winter concert, our principal, Mr. Sacco, allowed the performing arts clubs to have a night concert for the parents that weren't able to come during the day, and it went outstandingly well! As a result, we might just have a night concert in the spring!

Later on in the year, we have our ever so famous Talent Show, which showcases the talents of many students who want to share their artistry. The talents may include singing, dancing, art, magic, comedy, etc. Every year we have this one popular, teacher band group that performs exciting songs, and they are called: The Referrals!! Keep an eye out for these performing arts shows!

~Samiksha Thakur

Everyone is certainly excited for all the new events to come. All the new changes have definitely spiced up our educational experience and made us look forward to participating in more school events. Not to mention these new events also help the students further express themselves. We are looking forward to more events to come that everyone, including the teachers, can enjoy!

~Ashley Gonzalez, Jose Matos, and Samiksha Thakur

Here's What's Happening In Kindergarten



There is always something going on at the Lincoln Annex. In addition to learning their ABC's and 123's, each month our Kindergarten kids participate in various themes. This can include reading a book, watching a movie, having a class discussion, or creating an art project to be displayed outside of the classroom. Some of our recent month's themes were: Responsibility, Friendship, Honesty, and in February the theme will be Citizenship and Caring.

In December our Kindergarten classes participated in School Spirit Week. Instead of school uniforms, they were excited to wear their favorite color to school and to wear their favorite holiday outfit. Another day they dressed in their very best party clothes. They also had fun dressing like a snowman or a candy cane. A highlight of School Spirit Week was when the boys and girls basketball team and the cheerleaders paraded around the halls of the Lincoln Annex. Kindergarteners were excited to get high fives and to cheer "Go Lions!" Another event in December included a visit from Santa Claus!

Most recently in January our Kindergarten learned about the importance of Martin Luther King. They read stories and saw short films about his life. We also had a visit from Joseph Rivera of the North Bergen Library. Our students were treated to several "read-alouds" and they had the opportunity to get a library card from the North Bergen Library.



Patricia Bartulovich

Happy Valentine's Day!



Kindergarten



SPORTS DAY



STAR WARS DAY



MORE PHOTOS...

