

# ~ Lincoln Ledger ~

## Principal's Message

Dear Parents and Guardians,

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

Nick Sacco, Principal

## Health News

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.



Generally, what is good for overall health is also good for your immune system's function. Here are seven 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.
- **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.

Nancy Higgins, R.N.  
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Lincoln School recently held its 9th Annual Spelling Bee. Contestants 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 winners were as follows:

### 1st and 2nd Grade Bee

Brian Osorio, 2nd grade - 1st place  
Maryam Dabo, 1st grade - 2nd place  
Daniel Lopez, 2nd grade - 3rd place

### 3rd - 8th Grade Bee

Alex Benitez, 8th grade - 1st place  
Aayushi Patel, 8th grade - 2nd place  
Ethan Oropel, 5th grade - 3rd place



Alex Benitez participated in the Hudson County Spelling Bee on February 23. Congrats to Alex for making it through 5 rounds!! Great job!

Congratulations to all our participants!

Inaya Jaafar, Spelling Bee Coordinator

## Upcoming Events and Activities

- **Stigma Free Mental Health Presentation** - Wed, March 6, 6:30pm at the Recreation Center
- **1st and 2nd Grade Show** - Thur, March 14, 6:30pm at Lincoln School
- **Upcoming Spirit Days!**
  - *Go Green Day*, Monday, March 18
  - *Decades Day*, Monday, March 25
  - *WrestleMania Day*, Friday, April 5

## Poetry

by Valeria Mendoza, 6<sup>th</sup> Grade

### My Sweet Earth

*My sweet Earth, you provide me with sunshine all day.  
You help me be able to go outside and play.  
Your sweet plants help me grow,  
but we are ruining you and people must know.*

*My sweet Earth, your oceans are being devoured.  
We must step up and take care of what is not ours.  
Stop the waste, we all need this land.  
Take responsibility so we can keep our Earth oh so grand.*

*My sweet Earth, your air is being polluted  
Nobody is doing anything, even though this issue has been disputed.  
Don't use cars, you can carpool or take a bike  
This is a change that I am sure the Earth will like.*

*My sweet Earth, I love you and that is why I'll try,  
To make sure that you do not die.  
End the hate, we need our Earth to survive.  
If we all help out, our Earth is sure to stay alive...*



Congratulations to the following 8th graders who were accepted into the S.T.E.M Academy at North Bergen High School!

Amy Azogue  
Sofia Orjuela  
Alex Benitez  
Angelina Alcivar  
Nishi Patel  
Aaliyah Garcia  
Iris Gonzalez  
Richard Dupoux  
Youssef Elmansoury  
Aayushi Patel  
Allison Mendoza  
Emma Rivas

Jane Lynch

## Interview with Tullio Zandomenego

(one of our 2018-2019 Educators of the Year)

by Cassandra Indri, Yasmine Aziouez & Manwa Atallah

Q: How many years have you been working as a teacher?

A: 13 years.



Q: What inspired you to be a music teacher?

A: Being able to teach kids of different ages everything I know about music.

Q: In your opinion, what's the best part about teaching?

A: Sharing what I know about music to young minds.

Q: In all of your years of teaching music, have you ever composed your own music?

A: Yes. I wrote, "Mr. Lincoln is in the Building".

Q: What instruments do you play?

A: Piano, bass and guitar.

Q: Do you enjoy working with Ms. Costales?

A: Yes, very much.

Q: How many years have you been playing music?

A: Since I was a little lad.

Q: Do you enjoy working here?

A: Very much.

Q: What was your dream job that you've always wanted to have?

A: Hmm. Aside from teaching, being able to perform or compose my own music.

Q: Were you ever in a band? Soloist?

A: Yes and Yes. I was in the band, "The Referrals".  
Congratulations Mr. Zandomenego

*Stay tuned for Ms. Manicone's interview in our next Newsletter*

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See you in the Spring!



