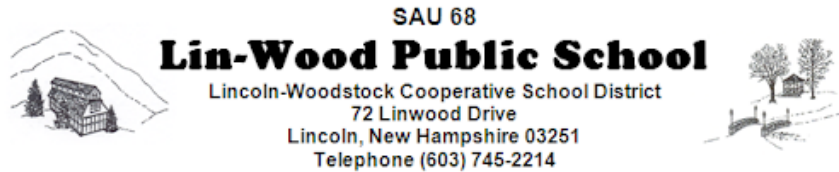


LIN-WOOD PUBLIC SCHOOL SAU 68

LUMBERJACK NEWS

March - April 2023

Greetings from the Middle High School!



Lumberjack Families,

What a great season we are in! No, I'm not talking about winter, though Lin-Wood loves their winter frolics. I'm talking about the opportunity to excel, the ability to work within our school community to better ourselves and others. The support given by the families and friends of Lin-Wood is nothing but extraordinary. From people like Doug Moorehead who leads Rotary Interact volunteers who make connections with other students in the Ukraine. Or our coaches who take time to give our kids skill development but also mentorship in life's lessons. How about our middle school and high school teachers who provide extra time after school for students to get work completed or extra help. The season I am talking about is being there for each other and willing to help out when we can to lift others up and support the internal and external communities. I am thankful for all those who contribute to make Lin-Wood a special place.

John's Halligan's presentation of Ryan's Story really hit home with our students and those who attended the evening session. Talk with your child about those experiences John shared with us. Becoming an upstander was an integral part of his message. I have seen students act as such recently to help protect or defend each other.

Bullying and harassment were also key topics of conversation. Most of what I deal with at school is a carry over from conversations your children have outside of school on social media. It then gets brought into the school by another student who was "snapped" by another student. If you haven't talked with your child about the shenanigans that happen among students on social media you really should. Parents need to be protective of the freedoms and responsibilities they give their children. The pressures of social media are real. How we combat that is to put limits on phone usage, screen time and establishing boundaries from the phone. Or just ask to see their conversations.

I encourage you to check out John's book, Ryan's Story: A Father's Hard-Earned Lessons about Cyberbullying and Suicide. It is written for adults. There is another version for students.

Go Lumberjacks!
Mark Pribbernow
Principal

Greetings from the Elementary School!

Read Across America

Lin-Wood Elementary is looking forward to the month of March as we celebrate Read Across America. Usually, a week-long event has been expanded to a month-long celebration of reading! This opportunity provides motivation and awareness around reading that calls for every child in every community to celebrate and participate in literacy events. Lin-Wood will be holding numerous events and activities throughout the month to engage our Lumberjacks. There will be reading challenges, dress-up days, mystery authors, a literacy night, and many other special opportunities. At the end of March, we are fortunate to be visited by local author Eric Pinder from Berlin, NH.

Lego Robotics

Since the start of 2023, Lin-Wood El. has created an after-school Lego robotics club. The club consists of K-5 students that work collaboratively in groups to solve a series of challenges. Our first session focused on programming basics while completing the Amazing Amusement Park unit. Teams of students followed directions to build a series of different park rides like Ferris wheels, merry-go-rounds, and the famous tea cup ride. The final challenge was to build and program their own ride by working as a group through the engineering design process. An amazing job was done by all students and session two will begin right after vacation.

Mid-Year Benchmark Assessments

Over the course of the last few weeks, students have participated in mid-year benchmark assessments. These assessments help to monitor learning and growth since the start of the school year. The information provided by these assessments will provide teachers with data for each student to further enable them to develop instruction that targets the learning needs, in math, reading, and language arts, of each student.

Winter Programming

Our 2023 winter program concluded two weeks ago. Despite the weather and the need to flex our schedule, the program was super successful. All of our students that participated made amazing growth throughout the winter and progressed to more challenging terrain. Thank you to Paula King for organizing the program again this year and to all the staff, parents, and Loon instructors for their flexibility and willingness to show up each week.

Jason Robert
Assistant Principal

LIN-WOOD PUBLIC SCHOOL CALENDAR 2022-2023



AUGUST 2022

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

(3 DAYS)

SEPTEMBER 2022

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

(20 DAYS)

OCTOBER 2022

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

(19 DAYS)

NOVEMBER 2022

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

(18 DAYS)

DECEMBER 2022

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

(16 DAYS)

JANUARY 2023

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

(20 DAYS)

FEBRUARY 2023

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28				

(17 DAYS)

MARCH 2023

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

(19 DAYS)

APRIL 2023

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

(15 DAYS)

MAY 2023

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

(22 DAYS)

JUNE 2023

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

(11 DAYS)

	FIRST/LAST DAY OF SCHOOL
	NO SCHOOL
	NO SCHOOL-TEACHER IN-SERVICE
	EARLY DISMISSAL-PARENT CONFERENCES
	AMERICAN EDUCATION WEEK

(180 SCHOOL/STUDENT DAYS)

August 23 - 25	Teacher In-Service Days	Dec. 23 – Jan. 2	Holiday Recess
August 29	First Day of School	January 16	Martin Luther King Jr. Day
September 2 - 5	Labor Day Weekend	February 13	Teacher In-Service Day
October 7	Teacher In-Service Day	Feb. 27 – Mar. 3	Winter Recess
October 10	Columbus Day	March 14	Teacher In-Service Day/Town Mtg. Day
November 11	Veteran's Day	April 24 – 28	Spring Recess
November 14 - 18	American Education Week	May 29	Memorial Day
November 16	Early Dismissal – Parent Conferences	June 15	Last Day of School
November 23 – 25	Thanksgiving Recess		

Please note: This calendar may be changed by School Board action or by inclement weather conditions. School cancellations, e.g., snow days may extend the school year. **Snow make-up days if needed: June 16, 19, 20, 21, and 22.**

INTERIM CLOSURES	INTERIM DISTRIBUTED	REPORT CARD CLOSURES	REPORT CARD DISTRIBUTED
September 30	October 6	November 10	November 17
December 16	December 22	January 27	February 3
March 8	March 15	April 7	April 14
May 12	May 19	June 15	June TBD

Important Dates

March

Music in Our Schools Month

Interim Closes - 3/8

Teacher In-Service Day & Town Meeting Day - 3/14 (No School)

Interim Distributed - 3/15

School District Annual Meeting - 3/21

SATs - Junior Class - 3/22

Elementary Events

Banking every Tuesday

Family Literacy Night - 3/30 - with guest author Eric Pinder 5:30-7

Robotics Club Session 2

April

Report Card Closes - 4/7

SATs Junior Class - Alternate day - 4/12

Report Card Distributed - 4/14

Presentation of Learning (Student Led Conferences) - 4/19

April Vacation- 4/24-4/28

Elementary Events

Robotics Club Session 3

Banking Every Tuesday

Ryan's Story

A Father's Hard-Earned Lesson about Cyberbullying and Suicide

Presented by John P. Halligan

Author and Motivational Speaker

Dear School Community,

On February 17th we welcomed John Halligan to share "Ryan's Story" with our school community with powerful lessons about suicide prevention, bullying and cyberbullying. His message reinforced years of research into the complexity of suicide and the challenge when underlying mental health issues interact with environmental factors, such as bullying, and the risk this can create.

Perhaps his most important message during his daytime presentation to students grades 5 through 12 was that they are loved beyond belief and therefore encouraged them to seek support from adults in their lives when they are struggling. He also urged students to advocate for friends if they are concerned for their well being and to be upstanders not bystanders when it comes to bullying. He finished by challenging students who may have been unkind to others in the past to change their behavior and to give an apology if they owe one. We are hopeful that our entire school community will be motivated by Ryan's story to support a positive culture in our school for the days, months, and years to come.

On Thursday night, we welcomed over 18 local resource providers to our school for parents to learn more about options available to them in their community. Following this, Mr. Halligan's nighttime presentation to parents included excellent resources to consider when it comes to children and teens and the use of phone technology and social media. If you were unable to attend, we encourage you to check out ryansstory.org and explore the For Parents section under Resources. There is an example cell phone contract included in the newsletter from Mr. Halligan's resources. Mr. Halligan also strongly encouraged parents to talk with their children about what trusted adults they have in their lives beyond parents and talked about the importance of urging kids to go to any adults they trust if they are struggling. We are hopeful that your students can identify adults in our school community that they can rely on in a time of need.

We are so grateful for this experience and recognize that the well being of the children in our community is a collaborative effort between schools, parents, and community supports. We invite you continue to partner with us to help keep our school and towns safe and supportive for all our children. Keep an eye out for future events focused on the mental well-being of our students. On May 8th, we will be partnering with Lin-Wood Ambulance to provide Youth Mental Health First Aid training to interested adult community members, please see attached flyer to learn more.

Please reach out if you have any questions, comments, or thoughts about future mental wellness initiatives. I can be reached at ebell@linwood.org or by phone at 745-2214 extension 204.

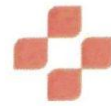
Sincerely,

Erin Bell, LCMHC

A great example of a Cell Phone Contract with a teen

By Jan Hoffman

1. It is my phone. I bought it. I pay for it. I am loaning it to you. Aren't I the greatest? I will always know the password. Do not use this technology to lie, fool, or deceive another human being. Do not involve yourself in conversations that are hurtful to others. Be a good friend first or stay out of the crossfire.
2. If it rings, answer it. It is a phone. Say hello, use your manners. Do not ever ignore a phone call if the screen reads "Mom" or "Dad". Not ever.
3. Hand the phone to one of your parents promptly at 7:30pm every school night & every weekend night at 9:00pm. It will be shut off for the night and turned on again at 7:30am.
4. If it falls into the toilet, smashes on the ground, or vanishes into thin air, you are responsible for the replacement costs or repairs. Mow a lawn, babysit or stash some birthday money. It will happen, you should be prepared.
5. Do not text, email, or say anything through this device you would not say in person. Do not text, email, or say anything to someone that you would not say out loud with their parents in the room. Censor yourself.
6. No porn. Search the web for information you would openly share with me. If you have a question about anything, ask a person, preferably me or your father.
7. Turn it off, silence it, put it away in public, especially in a restaurant, at the movies, or while speaking with another human being. You are not a rude person; do not allow the cell to change that.
8. Do not send or receive pictures of your private parts or anyone else's private parts. Don't laugh. Someday you will be tempted to do this despite your high intelligence. It is risky and could ruin your teenage/college/adult life. It is always a bad idea. Cyberspace is vast and more powerful than you. And it is hard to make anything of this magnitude disappear — including a bad reputation.
9. Don't take a zillion pictures and videos. There is no need to document everything. Live your experiences. They will be stored in your memory for eternity. Keep your eyes up. See the world happening around you. Stare out a window. Listen to the birds. Take a walk. Talk to a peer you don't normally talk to. Wonder without googling.
10. You will mess up. I will take away your phone. We will sit down and talk about it. We will start over again. You & I, we are always learning. I am on your team. We are in this together.



Mental Health FIRST AID
from NATIONAL COUNCIL FOR MENTAL WELLBEING

YOUTH MENTAL HEALTH FIRST AID

LEARN HOW TO SUPPORT THE YOUNG PEOPLE IN YOUR LIFE

Youth Mental Health First Aid teaches you how to identify, understand and respond to signs of mental health and substance use challenges among adolescents ages 12-18. You'll build skills and confidence you need to reach out and provide initial support to young people who are struggling. You'll also learn how to help connect them to appropriate support.

AFTER THE COURSE, YOU'LL BE ABLE TO:

- Recognize common signs and symptoms of mental health challenges, including anxiety, depression, eating disorders and attention deficit hyperactive disorder (ADHD).
- Recognize common signs and symptoms of substance use challenges.
- Understand how to interact with a young person in crisis.
- Know how to connect a young person with help.
- Better understand trauma, substance use, self-care and the impact of social media and bullying.

Join the more than

2.6 MILLION

***First Aiders who
have chosen to be
the difference in
their community.***

REGISTER TODAY!

Delivery Format:

Hybrid - 2 hours of online work on your own
5 hour (with lunch) in person training

Date and Time:

May 8, 2023 (online work completed prior to training)

Location:

Lin-Wood Schools - Elementary Multi-Purpose Room

Where to Register:

CLICK HERE OR USE form address below

LINKED HERE <https://forms.gle/m64L7dcza51Jlk6J6>

Learn how to respond with the Mental Health First Aid Action Plan (**ALGEE**):

- A** ssess for risk of suicide or harm.
- L** isten nonjudgmentally.
- G** ive reassurance and information.
- E** ncourage appropriate professional help.
- E** ncourage self-help and other support strategies.

Future Business Leaders of America

FBLA Week 2023

LIN-WOOD FUTURE BUSINESS LEADERS OF AMERICA CHAPTER

FBLA WEEK

February 5-11th, 2023



Monday: We celebrated our hard working members with a pizza party lunch!

Tuesday: Our Chapter manages the Union Bank, Save for Success Banking Program. Each Tuesday morning, elementary students visit a FBLA teller to make their deposits.

We also created a video to promote our local FBLA Chapter - scan the QR code!



WEDNESDAY: We dressed for success in our business attire.



THURSDAY: We sent messages to our friends to check in on them and offer our support for Thoughtful Thursday.

Thinking of you!

FRIDAY: We hosted a canned food drive at the Varsity basketball games and then supported our members during the games! **THANK YOU FOR YOUR SUPPORT!**



Department News

Library

FEBRUARY 2023



Linwood
LUMBERJACK LIBRARY



Library Website

THE POWER OF BIOGRAPHIES

In the beginning of January, students have been learning about a variety of amazing people through biographies.

Some we have read about:

Martin Luther King

Jane Goodall

Simone Biles

LeBron James

Mae Jemison

UPDATING THE NONFICTION!

One of the goals for this year is to look closely at the nonfiction section in the elementary library. We discovered many books that were in need of replacing or updating. This is a snapshot of some of our new nonfiction additions!



Machu Picchu Finished!
Thanks to a group effort of MHS students and staff!



GET IN THE KNOW:

READ
ACROSS
AMERICA

Read
across
America

MARCH

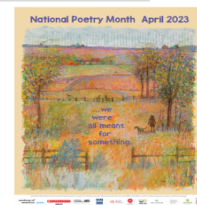
SCHOOL
LIBRARY
MONTH

APRIL



NATIONAL
POETRY
MONTH

APRIL



English Department

Writing Competition for Grades 3-12

Former Lumberjack and Inaugural Poetry Out Loud winner from 2010, also the son of teacher Paula King and IT person Bart King, Nate King, recently reached out to us from his position at the American Writers Museum to share this [exciting writing competition](#) where students could win between \$500 and \$2000. ELA teachers will share the competition as a choice for students, and we have to be the ones who complete the submissions by June 5. If your student is interested, please have them connect with their English teacher.

2023 Competition Prompt

“Give me a song of hope and a world where I can sing it.” – Pauli Murray, Dark Testament

Pauli Murray (1910-1985) was difficult to define. They were a poet, a lawyer, a priest, a freight hopper, Eleanor Roosevelt’s friend, arrested for refusing to comply with bus segregation laws, a closeted member of the LGBTQ+ community, a professor, and so much more. Their work has influenced Supreme Court decisions, the Civil Rights movement, and countless individual people.

This prompt is a quote from Murray’s collection of poems titled *Dark Testament*. It can be used as a first line, a last line, a jumping-off point, an inspiration for your students’ work. They can use the entire quote or portions of it to write a fiction or nonfiction story, poem, song, scene, short monologue or other form of writing. Submissions should be 1,000 words or less regardless of format.

Prizes for the John Estey Student Writing Competition are as follows:

- 3 Winners from the Elementary Grade category will receive \$500 each
- 3 Winners from the Middle School Category will receive \$1,000 each
- 3 Winners from the High School category will receive \$2,000 each

Poetry Out Loud



Dalton Lylyk Sweeps Public Speaking Competitions



Congratulations to sophomore, *Dalton Lylyk*, for making huge strides in both the Poetry Out Loud and Rotary Speech competitions. He competed in the Regional POL Competition on February 16th and was amazing; however, he will not be moving forward to states. He will also be competing in the district Rotary speech contest later on this spring. More details to come!
We are so proud of you, Dalton!

Martin Luther King Jr. Collaborative Found Poems



Lumberjacks Create Found Poems Based from MLK, Jr.'s "I Have a Dream" Speech

Over the past few weeks, our middle high school students and staff have collaborated in mixed advisory groups to study and discuss Martin Luther King, Jr.'s "I Have a Dream Speech." Selecting favorite or powerful lines, students then created found poems, building art from other art. They also discussed what part of King's message speaks to them as individuals all these years since 1963 when he first spoke those words. We connected our discussions to how we can strengthen our school community through inclusion and hope. On February 7, students gathered in the gym and shared their found poems in a much larger audience, which was engaged, supportive, and encouraging.



Lumberjack Students of Quarter Two



Middle School Recipients

Grade 6

Maxwell Whitman
Mina Parker

Grade 7

Boone Martin
Hazel Wilson

Grade 8

Maha Awan
Ali Oddis

High School Recipients

Grade 9

Jack McQuade
Brodie Murray

Grade 10

Mason Clark
Abby Harvey

Grade 11

Asher Donati

Grade 12

Cameron Clermont
Skyla-Rai Labaff

Congratulations to

Cameron Clermont & Jake Avery

Both athletes reached the 1,000 point milestone during the 2022/2023 basketball season!



LEVEL UP

SESSION TWO

2023 Spring Classes

Classes Begin April 3rd



Theatre Appreciation

Mondays 5:15pm-6:15pm

Filled with theatre games and exercises to build confidence onstage and off, this is a great class for students currently in grades 3-8 looking to continue to learn about the theatre both in the spotlight and behind the scenes. Open to all students.

Level One - Part 2

Mondays 6:30pm-7:30pm

This class will begin to introduce scene work and a variety of acting methodology. With a focus on performing, this class will start to build audition skills and explore character development. Requires instructor approval upon completion of Level One - Part 1.

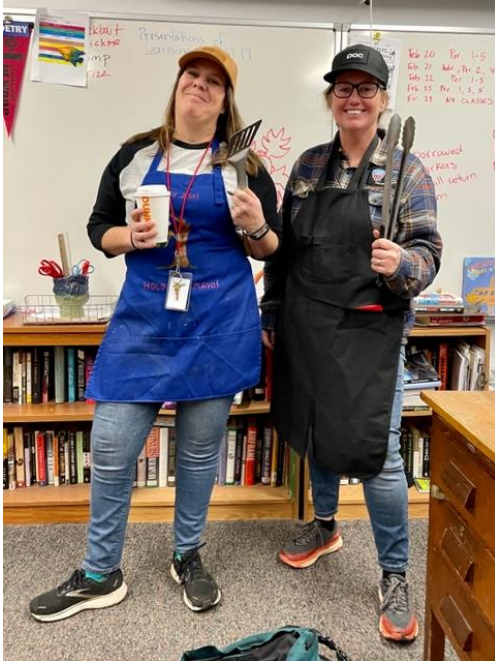


REGISTER NOW

www.theatreupnh.org/education

more information - jonathan@theatreupnh.org

Winter Carnival Fun 2023!





SAU #68
LINCOLN-WOODSTOCK
COOPERATIVE SCHOOL DISTRICT



Debra O'Connor, MBA
Financial Manager

Judith McGann, Ed.D.
Superintendent

Mary Steady, M.Ed.
Director of Pupil Services

CHILDFIND NOTICE

Under the IDEA-Individuals with Disabilities Education Act, it is the responsibility of Lincoln-Woodstock Cooperative School District (Administrative Unit #68) to seek and identify children who may have an educational disability. If you suspect that a child, from age 2 ½ to 22, in Lincoln or Woodstock has a disability, or if you have any questions, please contact Mary Steady, Director of Pupil Services at (603) 745-2214 ext. 232 or email: msteady@lin-wood.org for information or to make a referral.

Lin-Wood High School seeks to contact students with educational disabilities who have left school prior to earning a diploma or becoming twenty-two years of age. The school would like to invite these students to return to school. Please contact Mary Steady, Director of Pupil Services, at (603) 745-2214 ext. 232 or email: msteady@lin-wood.org for information about the programs and services that are available.

"A Community of Learners"

PO Box 846, 78 Main St., Unit 3, Linwood Plaza
Lincoln, NH 03251

Telephone (603) 745-2051
Fax (603) 745-2352

KNOW YOUR RIGHTS



- **ARE YOU STAYING IN TEMPORARY HOUSING?**
- **DO YOU WANT YOUR CHILDREN TO STAY AT THEIR CURRENT SCHOOL?**
- **ARE YOU HAVING TROUBLE ENROLLING YOUR CHILDREN IN SCHOOL, OR GETTING THEM THERE?**

Help may be available.



1. If you are staying temporarily with someone else because you lost your housing, or staying in a motel, campground, shelter, or in an outside or inadequate place, you and your children have special rights at school.

2. Those rights include:

- Staying in the same school even if you move, and receiving transportation to that school, as long as it is in the student's best interest
- Enrolling in school immediately without the documents schools usually require
- Receiving free school meals
- Getting help with school supplies and other needs
- Extra support for youth who are on their own
- Help connecting young children with early childhood services

3. Contact your school district's McKinney-Vento Liaison to find out if you qualify for help.

Erin Bell, Lin-Wood Public School Social Worker

ebell@lin-wood.org or 745-2214 x204

4. Contact your McKinney-Vento [State Coordinator](#) (<https://nche.ed.gov/wp-content/uploads/2019/08/SC-Contact-list-.pdf>) if you can't reach the Liaison or have other questions.

Christina Dotson, Christina.L.Dotson@doe.nh.gov, 603-271-3840



If you're thinking about suicide, are worried about a friend or loved one, or would like emotional support, the Lifeline is available 24/7 across the United States. The 988 Suicide Prevention & Crisis Lifeline is a hotline for those in crisis or for those looking to help someone else. To speak with a certified listener, dial 988 or chat online at 988lifeline.org/chat

The logo for Crisis Text Line. It consists of a solid red square. On the left side of the square, the words 'CRISIS TEXT LINE' are written in white, bold, sans-serif font. To the right of the text, there is a white vertical bar.

Crisis Text Line is a texting service for emotional crisis support. To speak with a trained listener, text **HELLO** to **741741**. It is free, available 24/7 and confidential.

Text **HOME** to 741741 or message them on **WhatsApp**

Additional Support Resources:

thetrevorproject.org

Provides information & support to LGBTQ young people 24/7, all year round.

Veteranscrisisline.net

24/7, confidential crisis support for Veterans and their loved ones.

Support the **Lin- Wood Booster Club!**

Car magnets for sale - \$5. Purchase in the MHS main office.

