



Lincoln Lion Newsletter

November 2025

Upcoming Events

Nov. 3 Science Fair Set Up
Nov. 4 Science Fair
Nov. 5 Book Event/ Science Fair Open House 5-6 pm
Nov. 6 Q1 Awards
Nov. 7 Kona Ice

Nov. 11 No School- Veteran's Day
Nov. 12 CTEC Demo at lunch
Nov. 21 Minimum Day- Turkey Bowl Kona Ice



Thanksgiving Break- Nov. 24-28
What are you thankful for?



Parent Corner:

12 Tips for Raising Confident Kids

How to build self worth in children and help them feel they can handle what comes their way

1. Model confidence yourself
2. Don't get upset about their mistakes- they can learn from them
3. Encourage them to try new things
4. Allow kids to fail- it's about being resilient
5. Praise perseverance
6. Help kids find their passion
7. Set goals- big and small
8. Celebrate effort
9. Expect them to pitch in-give them jobs to do around the house
10. Embrace imperfection
11. Set them up for success
12. Show your love



Student of the month characteristics for November:

Punctual/ Consistent

Students turn in work promptly, on time, meet deadlines, and are reliable workers .

Teacher Corner:

Mrs. Luna
November 4th LJHS 7th and 8th Grade Science Fair.
Open house Nov. 5th 5-6PM

Mrs. Hill
8th Grade Field Trip to The Holocaust Museum is February 2nd and 3rd. All 8th graders who meet the requirements can attend.

Must get a 1.75 GPA for 2nd Quarter. Must not have any discipline referrals or suspensions for 2nd quarter.

Ms. Pilgrim- December Dress Up Days!

"12 Days of December" Dress Up Days				
Monday	Tuesday	Wednesday	Thursday	Friday
		3rd "It's Beginning to Look A Lot Like Christmas" Wear a Christmas shirt or dress as your favorite Christmas character	4th "The Stockings were Hung by the Chimney with Care" Wear Christmas colors and Christmas socks	5th "Baby, It's Cold Outside" Wear a hat, scarf and a scarf
8th "2 Turtle Doves" Turtle Day - grab a friend and wear matching clothes	9th "Candy Cane Lane" Wear red and white	10th "Santa and His Helpers" Dress as an elf, a reindeer, or even Santa	11th "Channel Your Flannel" Wear your flannel shirts	12th "Feeling Frosty" Wear all white like Frosty the Snowman
15th "Mele Kalikimaka" Wear your Hawaiian Clothes	16th "You're a Mean One, Mr. Grinch" Dress up like the Grinch/Wear all green	17th "The Ugly, the Better" Wear an ugly Christmas sweater	18th "Polar Express" Wear your pajamas	

October Student of the Month Winners:

6th Grade:

Itayetz Cruz Pablo	Corbin Patterson
Yarizbeth Ayala-Estrada	Carla Bejaranao Varela
Shirley Nolasco Gomez	Hays Hickernell
Lizeth Hernandez Rivera	Tiana Walker
Alex Roque Rivera	May Inzunza

7th Grade:

Brayden Gerard	Dean Harris
Juan Gonzalez	Dean Watkins
Reyna Garcia	Oscar Silva Garcia
Amalia Santiacia	Rosa Jasmin Silva Cruz
Laurens Silva Gonzalez	Mathew Vasquez
Jesus Garcia Silva	Johanna Hobbs

8th Grade:

Nathan Rivera	Eulalia Gaspar Alvarado
Eduardo Pimentel	Sara Hernandez Velasco
Kambrea Normart	Lilyauna Vossen
Maritza Silva Gonzalez	Juaquin Garcia Hernandez
Losa Weber	



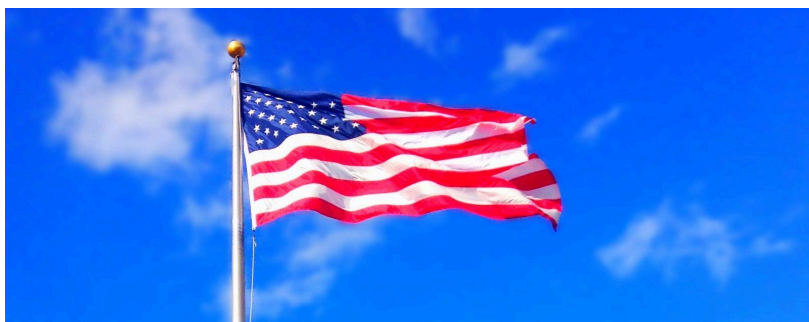
November: Military Family Appreciation Month



November was first declared as Military Family Month in 1996. Since then, November has been a time to acknowledge the tremendous sacrifices our military families make. They contend with separation from their families and make adjustments to new living situations and communities. Military Families embody strength, resilience, and courage. Care of military families and children sustains our fighting force, and strengthens the health, security, and safety of our nation's families and communities.

What are ways you show fellow military families that you appreciate them?

Middle school students can help military families in their community by: reaching out to military families with friendly gestures, offering assistance with everyday tasks like babysitting or yard work, creating care packages, writing letters of appreciation, participating in school events that support military families, and learning about the challenges military families face through guest speakers or educational activities; ensuring they are respectful and mindful of the unique situations military families may be going through.



Week of November 3rd

This week we are starting a 4 week series all about **RESPONSIBILITY**. Responsibility means doing what you're supposed to do - even when no one is watching. It's about being dependable, making good choices, and owning up to your actions. Whether it's turning in homework on time, helping at home, or being a good friend, responsibility shows that you can be trusted. Let's start this week by asking ourselves "Am I doing the right thing- even when it's hard?"

Anti-Bully Campaign What Can you do?

Cyberbullying is using technology, such as email, texts, social media, online gaming, or pictures, to hurt or harm someone else with unwanted, aggressive, and repeated behavior. Cyberbullying can happen anywhere and anytime technology is used, such as: •Sending mean text messages •Posting unkind comments online, or liking or sharing hurtful posts •Sharing pictures that are not yours to share •Spreading rumors or gossip online •Pretending to be someone else online or by text. This might mean sending messages or making posts using someone else's name, to hide who's really doing the messaging.

Set Cyber Safety Rules:

Never give out your email password, a photo, or any personal data such as physical description, phone number, or address. Don't keep an online diary people have access to..it opens you up for bullying and ridicule. Never share your Instant Messaging (IM) account password with anyone, even your BFF. Keep social media accounts private and do not friend people you don't know. And never respond with "revenge bullying," as this can lead to a cycle of not being bullied, but also become someone who bullies.

Social Media and You:

Managing Social Media Stress With Mindfulness

Social media is a great way to stay connected with friends, get news updates and be entertained. But it can also be a source of stress, especially for teenagers. When they're scrolling through feeds, they are often comparing themselves to others, even if they don't realize they're doing it.

If their life doesn't feel as perfect as everyone else's looks, it can hurt their self-esteem. Or it can make kids want to count the number of likes their latest post got. They might push themselves to look perfect, too, regardless of how they're really feeling. If they see their friends hanging out without them or an ex starting a new relationship, it can hurt. But it's not easy for teens to unplug.

One thing that can help is mindfulness. Practicing mindfulness can help teens learn how to have healthy relationships and healthy self-esteem while still using social media. Mindfulness can teach them how to be aware of how they feel when scrolling through feeds online. Learning to ask themselves how they feel about a particular app, picture or comment can help them to choose things that make them feel better. If something regularly makes them feel bad, they can ask themselves why, and think about how to change that.

Mindfulness techniques for reducing stress include taking breaks, doing yoga, going for a run, spending time with friends in person and hanging out in nature. You can also encourage your teen to practice mindful self-awareness when they're offline. They might be surprised at how much fun they're having away from screens.



Week of November 10th

Welcome to week 2 of our **RESPONSIBILITY** series! This week we're focusing on **responsibility in the classroom**. That means coming prepared, paying attention, finishing your work, and following directions. If you aren't prepared or get distracted, it's your job to own it and fix it. Everyone makes mistakes- but being **responsible** means learning from them. Show your teachers and classmates they can count on you by taking **responsibility** for your learning.

Week of November 17th

Here we go with week 3 in our series on responsibility. **Responsibility continues at home**—helping out without being asked and managing your time well. Being responsible doesn't stop when you leave school. At home, it means doing chores, taking care of your space, and respecting your family. When you help out without being asked, you're showing maturity and care. Whether it's walking the dog, doing the dishes, or getting to bed on time—**you're building trust and good habits for life**.