



# Lincoln Lion Newsletter

Welcome Back Lions!

First Quarter August 2025

## Upcoming Events


Parent Square instructions are below- Please have this app downloaded for the most up to date school information (instructions below)

**Student Name:** \_\_\_\_\_

**Phone:** \_\_\_\_\_

**Order Name:** Lincoln Spirit 25-26

**\$10**



**T-Shirt Size**

YSM	
YMD	
YLG	
SM	
MD	
LG	
XL	
2XL	
3XL	


**\$10**



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YSM	
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**T-Shirt Size**

YSM	
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LG	
XL	
2XL	
3XL	

**PAYMENT IS DUE WHEN PLACING THE ORDER  
DEADLINE TO ORDER SEPTEMBER 1, 2025.**

People who can help:  
Come see us!

## School Bell Schedule

## Attendance:

Principal: Mrs. Swearengin  
Vice Principal: Mrs. Pasillas  
Social Worker: Miss Portillo  
Room 164  
School Counselor: Mrs.  
Stubblefield Upstairs Main  
Building  
130A  
Office Staff: Mrs. Williams, Ms.  
Wright, & Mrs. Estrada  
Campus Security: Main Building Mr.  
Neudorf &  
Mr. Kwonto  
School Nurse: Main Building Mrs.  
Alvarez  
Librarian Mrs. Kozloski  
All Teachers  
Yard Supervisors  
Cafeteria Staff  
Custodians

LINCOLN JUNIOR HIGH SCHOOL Bell Schedule 2025-2026											
Teachers on Duty: 7:45 a.m. - 3:15 p.m.											
- - First Bell at 7:55 a.m. - -											
**REGULAR DAY**											
<u>SIXTH GRADE</u>				<u>SEVENTH GRADE</u>				<u>EIGHTH GRADE</u>			
1	8:00 - 8:48	1	8:00 - 8:48	1	8:00 - 8:48	1	8:00 - 8:48	1	8:00 - 8:48	1	8:00 - 8:48
2	8:51 - 9:39	2	8:51 - 9:39	2	8:51 - 9:39	2	8:51 - 9:39	2	8:51 - 9:39	2	8:51 - 9:39
3	9:42 - 10:30	3	9:42 - 10:30	3	9:42 - 10:30	3	9:42 - 10:30	3	9:42 - 10:30	3	9:42 - 10:30
Lunch	10:33 - 11:13	Lunch	10:33 - 11:13	Lunch	10:33 - 11:13	Lunch	10:33 - 11:13	Lunch	10:33 - 11:13	Lunch	10:33 - 11:13
4	11:16 - 12:04	4	11:16 - 12:04	4	11:16 - 12:04	4	11:16 - 12:04	4	11:16 - 12:04	4	11:16 - 12:04
5	12:07 - 12:55	5	12:07 - 12:55	5	12:07 - 12:55	5	12:07 - 12:55	5	12:07 - 12:55	5	12:07 - 12:55
H	12:58 - 1:18	H	12:58 - 1:18	H	12:58 - 1:18	H	12:58 - 1:18	H	12:58 - 1:18	H	12:58 - 1:18
6	1:21 - 2:09	6	1:21 - 2:09	6	1:21 - 2:09	6	1:21 - 2:09	6	1:21 - 2:09	6	1:21 - 2:09
7	2:12 - 3:00	7	2:12 - 3:00	7	2:12 - 3:00	7	2:12 - 3:00	7	2:12 - 3:00	7	2:12 - 3:00
** Afternoon Rally Schedule **											
<u>SIXTH GRADE</u>				<u>SEVENTH GRADE</u>				<u>EIGHTH GRADE</u>			
1	8:00 - 8:43	1	8:00 - 8:43	1	8:00 - 8:43	1	8:00 - 8:43	1	8:00 - 8:43	1	8:00 - 8:43
2	8:46 - 9:29	2	8:46 - 9:29	2	8:46 - 9:29	2	8:46 - 9:29	2	8:46 - 9:29	2	8:46 - 9:29
3	9:32 - 10:15	3	9:32 - 10:15	3	9:32 - 10:15	3	9:32 - 10:15	3	9:32 - 10:15	3	9:32 - 10:15
Lunch	10:18 - 10:58	Lunch	10:18 - 10:58	Lunch	10:18 - 10:58	Lunch	10:18 - 10:58	Lunch	10:18 - 10:58	Lunch	10:18 - 10:58
4	11:01 - 11:41	4	11:01 - 11:41	4	11:01 - 11:41	4	11:01 - 11:41	4	11:01 - 11:41	4	11:01 - 11:41
5	11:44 - 12:24	5	11:44 - 12:24	5	11:44 - 12:24	5	11:44 - 12:24	5	11:44 - 12:24	5	11:44 - 12:24
6	12:27 - 1:10	6	12:27 - 1:10	6	12:27 - 1:10	6	12:27 - 1:10	6	12:27 - 1:10	6	12:27 - 1:10
7	1:13 - 1:56	7	1:13 - 1:56	7	1:13 - 1:56	7	1:13 - 1:56	7	1:13 - 1:56	7	1:13 - 1:56
Rally	1:59 - 3:00	Rally	1:59 - 3:00	Rally	1:59 - 3:00	Rally	1:59 - 3:00	Rally	1:59 - 3:00	Rally	1:59 - 3:00
**MINIMUM DAY SCHEDULE**											
<u>SIXTH GRADE</u>				<u>SEVENTH GRADE</u>				<u>EIGHTH GRADE</u>			
1	8:00 - 8:38	1	8:00 - 8:38	1	8:00 - 8:38	1	8:00 - 8:38	1	8:00 - 8:38	1	8:00 - 8:38
2	8:41 - 9:19	2	8:41 - 9:19	2	8:41 - 9:19	2	8:41 - 9:19	2	8:41 - 9:19	2	8:41 - 9:19
3	9:22 - 10:00	3	9:22 - 10:00	3	9:22 - 10:00	3	9:22 - 10:00	3	9:22 - 10:00	3	9:22 - 10:00
Lunch	10:03 - 10:43	Lunch	10:03 - 10:43	Lunch	10:03 - 10:43	Lunch	10:03 - 10:43	Lunch	10:03 - 10:43	Lunch	10:03 - 10:43
4	10:46 - 11:26	4	10:46 - 11:26	4	10:46 - 11:26	4	10:46 - 11:26	4	10:46 - 11:26	4	10:46 - 11:26
5	11:29 - 12:09	5	11:29 - 12:09	5	11:29 - 12:09	5	11:29 - 12:09	5	11:29 - 12:09	5	11:29 - 12:09
6	12:12 - 12:50	6	12:12 - 12:50	6	12:12 - 12:50	6	12:12 - 12:50	6	12:12 - 12:50	6	12:12 - 12:50
7	12:53 - 1:30	7	12:53 - 1:30	7	12:53 - 1:30	7	12:53 - 1:30	7	12:53 - 1:30	7	12:53 - 1:30

### DID YOU KNOW?

Students should miss no more than 9 days of school each year to stay engaged, successful and on track to graduation. •Frequent absences can be a sign that a student is losing interest in school, struggling with school work, dealing with a bully or facing some other difficulty. •By 6th grade, absenteeism is one of three signs that a student may drop out of high school. •Missing 10%, or 2 days a month, over the course of the school year, can affect a student's academic success.

### WHAT YOU CAN DO

Make school attendance a priority •Talk about the importance of showing up to school every day. •Help your teen maintain daily routines, such as finishing homework and getting a good night's sleep. •Try not to schedule dental and non-Covid-19 related medical appointments during the school day. •Keep your student healthy. •If your teens must stay home because they are sick, make sure they have asked teachers for resources and materials to make up for the missed learning time in the classroom.

### COMMUNICATE WITH THE SCHOOL

•Know the school's attendance policy - incentives and penalties. •Check on your teen's attendance to be sure absences are not adding up. •Seek help from school staff, other parents or community agencies if you need support.



## August SEL Spotlight: Organization

Getting up and to school on time is very important to your academic success. Here are some tips to get you to school on time ready to go!

### Your Morning Routine for School: Part One

#### The night before...

Check the weather forecast. Knowing the weather for tomorrow will help you pack your bag and plan your outfit.

Pack your bag. Make sure your books, papers, laptop, headphones, keys, and anything else you need (sunglasses or umbrella?) for tomorrow are packed up and waiting by the front door. The more you do when you're wide awake, the less you'll forget tomorrow morning.

Charge your devices. Laptop, tablet, phone—make sure they're powered up.

Pick an outfit. With the forecast in mind, you know whether to dress for sun, rain, snow, hot temperatures, or cold. Build from there, from shoes on up. (Now is the time to realize you don't have any clean socks and adjust accordingly). Put everything on a hook on your bedroom door or over a chair.

Move your alarm across the room. It's way too easy to hit snooze from the comfort of your cozy bed. Instead, set an old-school digital clock or your phone to at least 30 minutes before you need to leave the house, then put it at least 4 feet from your mattress. When it goes off in the morning, you'll be forced to get out of bed to turn it off. You're just a tiny stumble to the bathroom away from washing up and starting your routine.

### List of apps that help with organization & time management



Get to-dos out of your head and let the app remember for you. Get text reminders. Organize tasks.



Streaks is an addicting goal-tracking app that challenges you to achieve a "streak" by tracking the number of consecutive days you stayed focused and complete specific tasks.



iHomework is the ultimate student planner. Tracking your homework has never been easier!



Make to-do lists, scan in handwritten notes, make sketches. Organize with folders and color coding.



Create mind maps to organize your thoughts, make plans, and create visual notes for class.

## What is bullying?

Bullying can be defined as "the use of one's strength or status to intimidate, injure, or humiliate another person of [perceived] lesser strength or status." Bullying must be distinguished from other forms of peer aggression or conflict; bullying always involves a power imbalance between the bully and the target. Bullying is an intentional and repeated act, not something within the normal range of playful or joking behavior.

## What Can you do?

#### Parents:

- Empower your child to speak up about any bullying situation.
- Validate a child's feelings as real, and consider them seriously.
- Get involved by contacting the school administrator, teachers, other parents, etc.
- Model appropriate behavior for your child.

#### Students:

- Report any bullying activity to a trusted adult.
- Do not feel guilty or ashamed; no one deserves to be bullied.
- Step back and reflect on your behavior and how it impacts others.
- Treat others who are different in a respectful manner.

#### Symptoms That Someone May Be a Target of Bullying:

- Loss of interest in or fear of normal activity
- Drop in grades
- Fatigue/trouble sleeping
- Depressed/moody/sad
- Hopelessness, suicidal thoughts
- Aches/pains/headaches
- Excessive stress, anxiety, nervousness
- Skipping school frequently
- Unexplained physical trauma
- Anger/lashing out
- Loss of solid friendships
- Guilt, embarrassment, shame

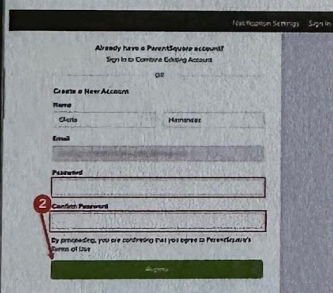
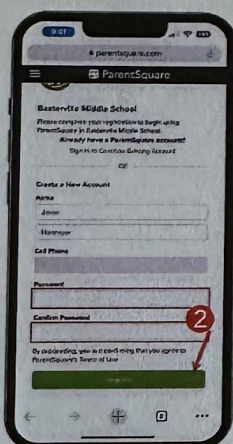
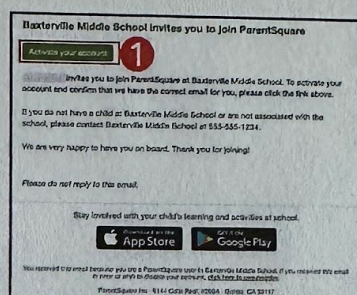
#### Symptoms That Someone May Be Bullying Others

- Lies/deceives to avoid blame
- Avoids responding when questioned
- Responds as if irritated/annoyed
- Complaints made by others
- Overly critical of others
- Need for control
- Displays physical dominance
- Overbearing opinions
- Aggressive (not just toward people)
- Inappropriate behavior
- Uses manipulation



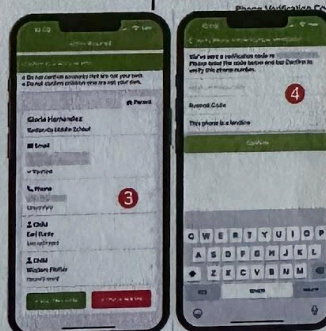
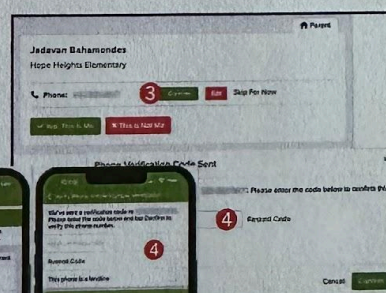
## Parents & Guardians Getting Started Guide

1. Open the invitation email or text. Click **Activate your account** or tap the link to activate your account.

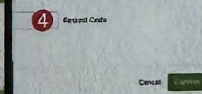


2. Create a Password for your ParentSquare account and click **Register**.

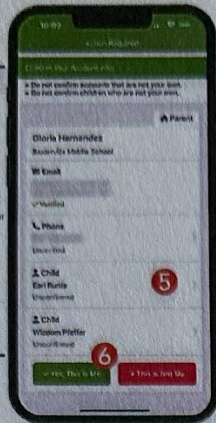
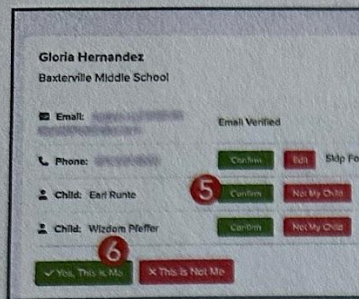
3. Click **Confirm** for your phone number and/or email. A verification code will be sent to the email or phone number.



4. Enter the verification code to confirm.







5. Confirm your child(ren) by clicking **Confirm**. Use Not My Child if a child listed is not associated with your account.
6. Select **Yes, This is Me** when you have confirmed your contact information and child(ren) associated with your account.

*Name misspelled?*

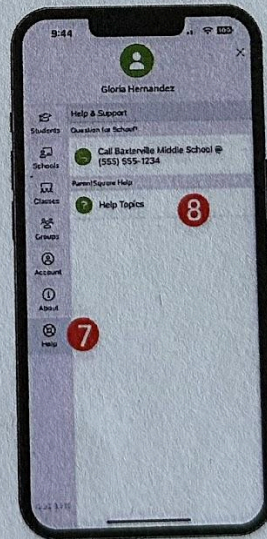
*Wrong email or phone number?*

*Missing a child on your account?*

**Contact your child's school to get this information updated.**

Once you are logged in to ParentSquare, you will be able to access self-paced training modules, video resources and help articles to assist you with using ParentSquare.

7. Click ? (Help) for help or your school contact information.
8. Select **Help Articles** to learn how to use ParentSquare.



**The ParentSquare apps are free and available in both the Apple iOS and Android stores.**

