

# Lincoln Lion Newsletter

September 2025

## Welcome Back Lions!

### Upcoming Events:

9/1 LABOR DAY! NO SCHOOL  
9/2-9/5 I Ready Homework Club Starts  
9/4 Band Rental Meeting Auditorium 5-7 PM  
9/8-9/12 Vision and Hearing Screening  
9/13 Lincoln T-Shirt order money due  
9/17 School Site Council Meeting - Office 2:15 Board Meeting 6:00pm District Office  
9/22 Picture make-up day!  
9/23 GI Progress Notes mailed home  
9/12 and 9/26 Kona Ice 10:30-11:15

9/29 6th/7th Grades AVID to CSUB

9/30 Fall Conferences Start- Minimum Days thru Oct. 3rd

\* Science Fair Projects due Oct. 17

\* Lincoln Science Fair Competition is Nov. 4!

People who can help!  
Come see us!

Principal: Mrs. Swearengin  
Vice Principal: Mrs. Pasillas  
School Counselor: Mrs.  
Stubblefield Upstairs Main  
Building  
Social Worker: Portillo Room  
164  
Office Staff: Mrs. Williams, Ms.  
Wright, & Mrs. Estrada  
Campus Security: Main Building Mr.  
Neudorf &  
Mr. Kwonto  
Health Clerk: Main Building Mrs.  
Alvarez

All Teachers  
Yard Supervisors  
Cafeteria Staff  
Custodians

Helping you with... Preparedness and Organization

Students come prepared with materials and are ready to participate with work completed.

### Focused Note-Taking

- A structured process of recording, revising and reviewing information.
- Includes an essential question, notes section, margin for higher level questioning, and a summary answering all parts of the essential question in detail.

Use the S.T.A.R strategy to develop effective notes.

S<sub>etup</sub> T<sub>ake</sub> A<sub>dd</sub> R<sub>evise</sub>

#### Level 1: Pencil (ST of STAR)

- Teacher delivered content
- Information from a text
- Recorded collaboration

#### Level 2: Highlighter (T of STAR)

- Key terms
- Study points
- Important details

#### Level 3: Pen (AR of STAR)

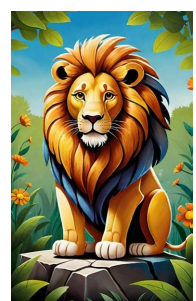
- Adding examples
- Questions
- Explanations
- Additional Information

Attendance:

Help your teen stay engaged:

Find out if your children feel engaged by their classes, and feel safe from bullies and other threats.

- Make sure your teens are not missing class because of challenges with behavioral issues or school discipline policies. If any of these are problems, contact the school and work with them to find a solution.
- Monitor your teen's academic progress and seek help from teachers or tutors when necessary. Make sure teachers know how to contact you.
- Stay on top of your child's social contacts. Peer pressure can lead to skipping school, while students without many friends can feel isolated.
- Encourage your teen to join meaningful afterschool activities.



### Teacher Corner:

From Mrs. Luna "Don't forget!"

\*Science Fair Boards due Oct. 17th

\*Lincoln Science Fair Competition is Nov. 4th!



## Teacher Corner:

**Battle of the Books** Meeting with Mrs. Laureles and Mrs. Patterson on Wed. Sept. 17th in room 161 from 1:30 until 2:00!



## September SEL Spotlight: Self Management

Self-management skills include:

- **Self-awareness:** Identifying emotions, reflecting on choices, and considering the impact of actions on oneself and others
- **Self-control:** Creating a daily routine that includes time for homework, relaxation, and extracurricular activities
  - **Stress management:** Using strategies to manage stress
  - **Goal setting:** Setting personal and collective goals
- **Planning and organization:** Using planning and organizational skills
  - **Initiative:** Taking initiative and showing courage
  - **Feedback:** Using feedback constructively
  - **Self-compassion:** Practicing self-compassion

## September is also Self-Improvement Month!

Middle school students can improve themselves in many ways, including self-care, self-acceptance, self-advocacy, and goal setting:

### Self-care

Students can take care of themselves by getting enough sleep, eating well, exercising regularly, and taking breaks. They can also practice mindfulness, engage in hobbies, and seek support from friends, family, or a mental health professional.

### Self-acceptance

Students can learn to accept themselves by examining their strengths and weaknesses with self-love and acceptance. They can learn to address weaknesses without being overly critical of themselves, and that their worth is not dependent on their successes or failures.

### Self-advocacy

Students can learn to advocate for themselves, which can help them gain confidence in their abilities and recognize their strengths and accomplishments. This can lead to increased self-esteem and positively impact their overall well-being.

### Goal setting

Students can set goals to help them observe their own behavior and pinpoint areas for improvement. This can be an important part of self-regulation and can help them prepare for resolving complex academic and personal issues in the future.

**Other ways to help middle school students improve include:**

### Working through mistakes

Students can focus on improvement and try their best, even if they aren't the best. Teachers can value their input and allow them to demonstrate their skills in a variety of ways.

### Focusing on strengths

Teachers can pay attention to what students do well and enjoy, and make sure they have chances to develop those things.

**Praising efforts:** Praise can be a powerful intervention that increases motivation, improves self-efficacy, and promotes positive learning behaviors.

## What is bullying?

Bullying can be...

**Physical:** This one can be easy to recognize. Examples include pushing, shoving, hitting, kicking, biting, hair pulling, inappropriate touch, breaking objects, and taking or damaging another's stuff.

**Verbal:** It's really common because it's quick, direct, and easy to do without catching the attention of adults. Examples include teasing, name calling, threats, intimidation, demeaning jokes, rumors, gossip, and slander.

**Emotional:** This type of bullying can be subtle and difficult to detect. It's calculated and can be perpetuated by a single person, but it is more often done by a group. It's targeted at a person's sense of self, causing them to question their self-worth. Examples include leaving someone out on purpose, telling lies to hurt someone's reputation, and humiliating someone publicly.

**Sexual:** Not everyone thinks of unwanted sexual contact or comments as bullying. It's also often difficult to talk about as it can be very personal and confusing. It can include using demeaning words about someone's gender or sexuality, unwanted or inappropriate touching or physical contact, sharing personal information about relationships or posting inappropriate photos online.

**Cyberbullying:** Using technology to hurt or harm someone. Examples include sending mean text messages, making fun of someone's post, sharing videos or photos that humiliate someone, "trolling" someone to the point of harassment, or spreading rumors or gossip.



September PSA: Empathy

Week of September 1st

What Is **Empathy**? Empathy means understanding how someone else feels—even if you haven’t experienced it yourself. This week’s theme is **Empathy**—that means understanding and sharing the feelings of others. It’s about imagining what someone else is going through, whether they’re happy, sad, nervous, or excited. When we practice empathy, we become better friends, classmates, and people. Today, try to listen a little more, judge a little less, and remember: **everyone is going through something**.

Week of September 8th

Welcome to week 2! This week we are learning to **listen with empathy**. Truly listening to someone is one of the best ways to show empathy. Empathy starts with listening—not just hearing words, but really paying attention to what someone is saying and how they’re feeling. This week, take a moment to listen when someone wants to talk. Ask how they’re doing. Put away distractions and be present. When you listen with empathy, you’re showing that their feelings matter—and that they’re not alone.”



Week of September 15th

This week, we put **Empathy in Action**. Use empathy to guide your actions—help someone, include others, and show kindness. Feeling empathy is great—but what you do with it is even more powerful. This week, try putting your empathy into action. Invite someone to join your group, help a classmate who’s struggling, or just say something kind. Small actions can have a big impact. When you act with empathy, you make our school a safer, kinder place for everyone.

Week of September 22nd

**Walk in their shoes.** Empathy means understanding how someone else feels- even if you’re not in their shoes. It’s not about fixing things. It’s about caring enough to try and understand. This week, let’s focus on seeing the world through someone else’s eyes.

Week of September 29th

In this last week, we are focusing on **Empathy for People Who Are Different From You**. We all have different backgrounds, experiences, and feelings—empathy helps us connect across those differences. We all come from different places and have different stories. Practicing empathy for people who are different from you means being open, curious, and respectful. **Instead of judging, try understanding.** Ask questions. Learn someone’s story. When we value what makes each person unique, we build a stronger, more caring community.