

♥ Linc's Link

Thanks to Ailani Valentine for coloring this issue's logo! Nice!

March 22, 2021

Hand in Hand, We Can!

Volume 1, Issue 13

Reminder Notes

Wednesdays & Thursdays 11:30 a.m.-12:15 p.m.

Hang out at Lincoln Lounge Classroom!
Access it through Google classroom.

March 22-26

It's Buddies Week!

Monday - Crazy Hair Day

Tuesday - Twin Day

Wednesday - Pajama Day

Thursday - Dress to Impress Day

Friday - School Pride/Wear Blue Day



March 22-April 2

Spirit wear on sale. Visit our E-Store at 4DVI.MYSHOPIFY.COM to purchase our newly designed spirit wear! See page 4.

Wed., March 24, 9:30 a.m.

iSprout Live Science Virtual Assembly. Science kit needed for hands-on participation. Pre-directions sent earlier.

Friday, March 26

Progress reports. **Yay!** or **Yikes?**

And it's the last day to submit pictures for the yearbook. Photos should be emailed to LincolnYearbookCommittee@gmail.com.

We need pix of students making their Paws on Art project, doing their version of the Fun Run, and/or using an **iSprout** kit.

Monday, March 29

Tickets go on sale for a new Lexus Hybrid SUV drawing! See page 2 for more info. Ticket sales end Friday, April 30.

April 5-9

Spring Break. No school. Woo-hoo!

Got computer issues?

Want to know how to set up a weekly Zoom? Confused by Google Classroom? Ask us at lincslinksubmissions@gmail.com! We may be able to help!



Principal's Perspective

Happy Spring, Lincoln families! Like the other seasons, Spring brings out in us certain emotions and feelings unique to this time of year. For me, Spring is a time of renewed optimism, when the weather brightens and nature blooms. I associate this season with lovely shades of pastel and Easter celebrations that bring back fond memories from my childhood. Whatever this time of year elicits for you, I hope that the next few months are filled with rejuvenation and joy for you and your family. We will need both as we continue to navigate this very interesting and unprecedented school year.

I do want to take a moment to acknowledge March as Women's History Month. Similar to Black History Month, this celebration of women began as a week-long event, with its roots in northern California's Sonoma County. After many Presidential Proclamations, the week moved to a month-long celebration in 1987 honoring the contributions women have made to the United States in history, culture and society as a whole. Trailblazers, pioneers, leaders...women have been essential in establishing this nation and are essential in moving it forward. It is important that we educate young girls on the significant roles women have played throughout history and encourage them to use their voices to speak up, challenge expectations and be on the frontlines of change.

In a *TODAY Parents* article written by Kait Hanson, she interviewed former high school government teacher Sharon McMahon, who (*I think!*) nicely summed up the importance and impact of this month for women and girls of all ages. McMahon shared, "For things to change, we must work for change. If we want a future in which women and girls are valued and celebrated, and I know we do, girls need to be valued and celebrated now. We must embody the change we want to see reflected, which includes recognizing the importance and significance of women as history makers." Happy Women's History Month! — Mrs. Castleberry



McMahon suggested families together watch movies like this one that reveal the importance of women in history.

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Just Take a Deep Breath

Do you know what "a stressful event" means? Do you know how it feels like? A stressful event is like waking up to a dinosaur in your living room! Yikes, right?

We either do three things if that were to happen: **flight**, as in run away from the dinosaur; **freeze**, as in not knowing what else to do but stand there; and **fight**, which means take down the dinosaur.

I know there will never be a dinosaur in our living room but sometimes a life event can be like a dinosaur. It can be really big and you may not know how to handle it. When we face a stressful event, it is important to remove ourselves from the flight-fight-or-freeze stage and come back to a rest-and-digest phase (the feeling we had before we saw the dinosaur in our living room).

A way for us to come back to our rest mode is to take deep breaths. Deep breathing has

us inhale oxygen and exhale carbon monoxide. Deep breathing helps calm our heart rate and our blood pressure.

How do you deep breathe?

Well, just imagine you have this beautiful bouquet of sweet-smelling flowers in front of you: you breathe in the fresh, sweet smell and you breathe out as if you are blowing a big bunch of dandelion puffballs. Continue to do this until you feel yourself going back to the resting stage you were in before you saw the dinosaur.

Once you are calm, think of different ways that you can get this dinosaur out of your living room. Yes, it may take a few tries, but you are all capable of taking down what just seems impossible! You can do it!



Want one?



You can win one through the TEF Car Raffle!

How would you like to support your favorite elementary school (*that would be us*) AND get a new car at the same time? You can! The Torrance Education Foundation is selling tickets for a new Lexus Hybrid SUV. Buy a ticket to the drawing for \$40—and \$20 will come back to Lincoln to support our educational programs! Tickets are available for purchase at our front office from Monday, March 29 to Friday, April 30!



But wait! There's MORE...

Even if you don't win that SUV, you still have a chance to win a fabulous prize from our very own Lincoln raffle if you turn your TEF ticket donation in at Lincoln! So bring in your ticket donations and support our school!



ORDER YOUR YEARBOOK NOW!

Questions? Email us at lincolnyearbookcommittee@gmail.com.

Price per book:
(El precio del anuario)

\$20/copy until May 1*

**All 5th graders get a free book, thanks to the 5th grade parent committee.
A limited number will be sold at the end of the school year for \$25/copy on a first come, first serve basis. No holds.

Option 1: Pre-order online through betteryearbook.com

Just go to betteryearbook.com, click on Place Order,



and follow the prompts. You'll need a credit card or PayPal, plus the name of your student's teacher. If the teacher is not listed as an option, choose Other, K-5. For an additional \$8 charge, your yearbook can be mailed directly to your home or, of course, you can pick it up at the school for free. (We'll let you know when.)



Option 2: Pre-order with this form

**LINCOLN ELEMENTARY
YEARBOOK ORDER FORM**
(Use one for each child. Utilice uno para cada niño.)



Student Name: _____
(Nombre del niño)

Teacher: _____ Grade: _____ Room # _____
(Maestra/o) (Grado) (Salon)

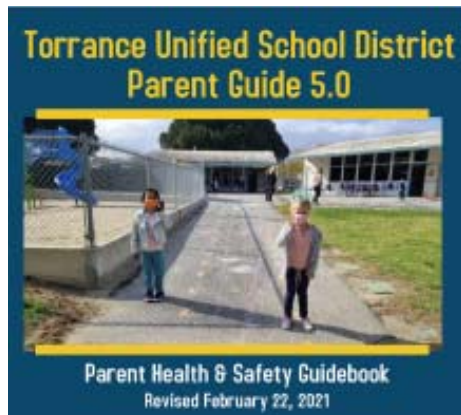
Parent Name: _____
(Nombre del padre)

Phone # _____
(Número de teléfono)

of Books _____ Payment: \$ _____
(Cuantos libros) (Pago)

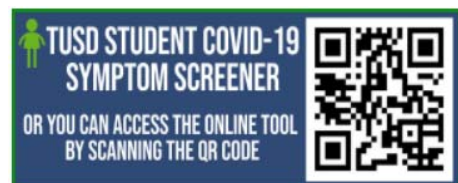
Cash only. Mail or deliver to the office along with this completed order form. One form per student.

Now on our website at <https://www.tusd.org/schools/lincoln>



Parent Health and Safety Guidebook **Update**

The Parent Health and Safety Guidebook 5.0 has been updated per the current state and county COVID-19 guidelines and protocols for reopening K–12 schools. As the District safely expands the number of students on campus, the guidebook provides important information for families returning for in-person instruction. Links to both the English and Spanish versions are on our website



New Student Screener

Starting Monday, March 1st, families can use the new TUSD student COVID-19 symptom screening online tool at <https://c19.tusd.org>; it can also be accessed by scanning the QR code. Once all questions are answered, a green screen will indicate the student is symptom-free. Please show the green screen to staff members while dropping off your student.

Attention!

TORRANCE PUBLIC LIBRARY PRESENTS...

FIRST GRRRADERS WANTED!

FIRST GRADERS, SHOW US YOUR LIBRARY CARD IN THE MONTH OF MARCH AND EARN SOME LIBRARY LOOT!

IF YOU DON'T HAVE A LIBRARY CARD YET, JUST APPLY ONLINE!

FOR MORE INFORMATION GIVE US A CALL!

310-618-5959

www.Library.TorranceCA.gov/I-want-to/get-a-library-card
 Generously sponsored by the Friends of the Torrance Library
 City of Torrance Community Services Department
 Creating and Enriching Community through People, Programs and Partnerships



Even though we must stay physically distanced from each other, we can still be together in SPIRIT! And show our togetherness in Spirit Wear!

Between March 22nd and April 2nd, visit our **E-STORE** at 4DVI.MYSHOPIFY.COM to purchase our newly designed Lion Spirit Wear! Including—*wait for it*—Lions Roar face masks!

However, if you'd rather purchase our classic designs, then shop at our **WEB STORE** at LincolnElementarySchool.MySchoolCentral.com. (This is also where Fun Run sponsors can pay their pledges.)