



Lincoln Elementary School

March 2021 Newsletter



A Letter From Mr. Skeels

Hello, Lincoln families!

March is Reading Month, and we are excited to celebrate it with local author Dori Durbin. After reading her first book to our school on March 1, Dori will join us at Reading Night on the 10th to read her new book, *Little Cat Feels Left Out*. She'll also be doing some Zoom meets with classes throughout the month to talk about the writing process and life as an author.

This month's newsletter begins our switch towards content that is geared to parent engagement, and we're covering information related to both March is Reading Month and Mindful March. Check out Action For Happiness (www.actionforhappiness.org) for more information about Mindful March along with ideas for creating a kinder world.

-Mr. Skeels

What's Happening in March

4&5—Half Days; 12:10 pm dismissal

10—Literacy Night, 6:00 pm
Google Meet

22-26—Kindergarten
Registration Week

30—Picture Retake Day

Looking ahead...

April 2-April 9—Spring
Break



ACTION CALENDAR: MINDFUL MARCH 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 Set an intention to live with awareness and kindness	2 Notice five things that are beautiful in the world outside	3 Start today by appreciating your body and that you're alive	4 Notice how you speak to yourself. Try to use kind words	5 Take three calm breaths at regular intervals during your day	6 Bring to mind people you care about and send love to them	7 Have a 'no plans' day and notice how that feels
8 Eat mindfully. Appreciate the taste, texture & smell of your food	9 Take a full breath in and out before you reply to others	10 Get outside and notice how the weather feels on your face	11 Stay fully present while drinking your cup of tea or coffee	12 Listen deeply to someone and really hear what they are saying	13 Pause to just watch the sky or clouds for a few minutes today	14 Find ways to enjoy any chores or tasks that need doing
15 Stop, breathe and just notice. Repeat regularly during the day	16 Get really absorbed with an interesting or creative activity	17 Look around and spot 3 things you find unusual or pleasant	18 If you find yourself rushing, make an effort to slow down	19 Cultivate a feeling of loving-kindness towards others today	20 Celebrate the International Day of Happiness dayofhappiness.net	21 Listen to a piece of music without doing anything else
22 Walk a different route today and see what you notice	23 Tune in to your feelings, without judging or trying to change	24 Appreciate your hands and all the things they enable you to do	25 Focus your attention on the good things you take for granted	26 Notice when you're tired and take a break as soon as possible	27 Have a device-free day and enjoy the space it offers	28 Appreciate nature around you, wherever you are
29 Notice what is working today and be thankful that this is so	30 Mentally scan down your body and notice what it is feeling	31 Notice the joy to be found in the simple things of life	"Mindfulness means that we commit fully in each moment to be present" - Jon Kabat-Zinn			

ACTION FOR HAPPINESS

www.actionforhappiness.org
Happier · Kinder · Together

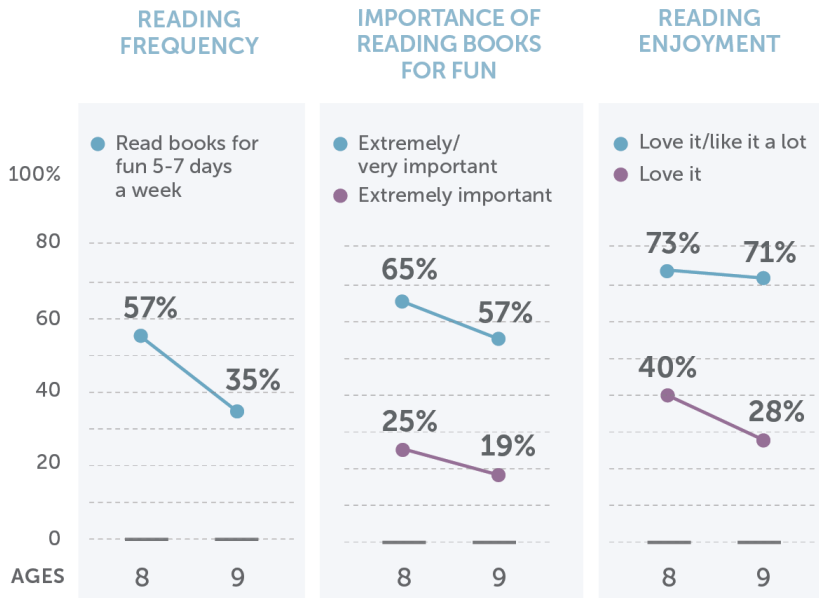
Learn more about this month's theme at www.actionforhappiness.org/mindful-march

Decline by 9

Third grade reading proficiency is critical to a child's future academic success. But according to the Scholastic Kids and Family Reading Report, around the age of 9, when most kids are 3rd graders, their enjoyment and frequency of reading drops. They also see reading for fun as less important.

Frequency of and views on reading books for fun decline between ages 8 and 9

Figure 3. Percentage of children ages 8 and 9 who report...



Base: Children ages 8-9

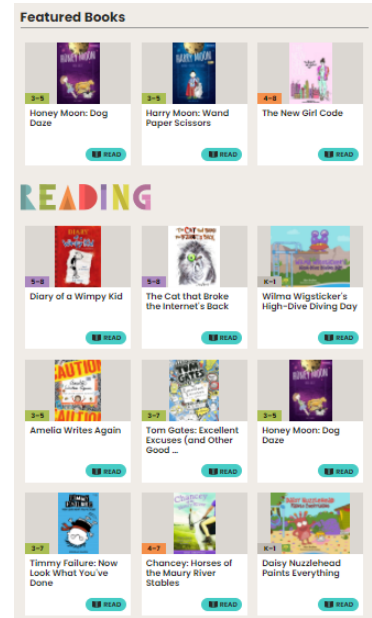
From <https://www.scholastic.com/readingreport/navigate-the-world.html>

If you're seeing the Decline by 9 happening in your own child, or are looking for ways to prevent it, consider these ideas from lifehacker (<https://offspring.lifehacker.com/why-kids-stop-reading-for-fun-by-age-9-and-what-to-do-1833554143>):

1. Keep reading to your kids even after they know how to read. When kids are read to, they can often understand more complicated plots than they could reading on their own.
2. Keep books with you all the time so that it is easy for your child to read when you have a few spare moments.
3. Comic books and graphic novels are ok!
4. Use technology as a bridge. Find books on topics your child's favorite YouTuber explores, try Pinna, Hoopla, or Libby, or look up other reading apps.

Funbrain

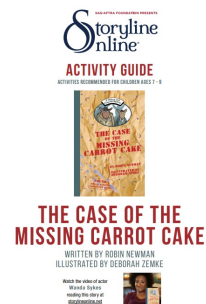
Have you heard of funbrain.com? This website has a lot of fun things for kids to check out—educational games, videos, and books kids can read right on the screen. There's material for Kindergarteners all the way up to 8th grade.



Some of the books you can read on funbrain.com

Storyline Online

Storylineonline.net is an award winning site that features celebrities reading children's books. You can also download parent guides that give you ideas for at home activities related to the story (things like recipes, field trip suggestions, crafts, and questions you can ask your child about the book they listened to).



Parent Activity Guide cover from Storyline Online