



Lincoln Log

Lincoln Elementary School (408) 252-4798
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October 30, 2008

Parent and Child Activities

Ask your child to read to you as you are cleaning up after supper. Or read to your child as he cleans up!

Make a leaf rubbing. Place leaf on newspaper. Cover the leaf with thin paper and rub with a crayon.

Sponsor a 'guess that number' contest. "How many noodles are in this bag?" "How many cookies are in that package?"

Source: Parent Institute

Calendar

Oct.	28-31			Red Ribbon Week
	31	9:15 am	Kinder	Halloween Parade
		1:30 pm	1-5	Halloween Parade & class celebrations
Nov.	2			Daylight Savings Ends
	6	3:40 pm		SSC - GLC
	10 -11			Veteran's Day holiday NO SCHOOL
	12	7:00 pm		PTA Mtg GLC
	14			1 st Trimester Ends
	17			Picture Makeup Day
	19-21			5 th Grade-Mission Spring
	26-28			Thanksgiving Recess NO SCHOOL

Halloween Parade

Lincoln's Halloween Parade will take place on Friday, October 31. Our annual parade will be at 1:30 p.m. and end at approximately 2:00 p.m. (Kindergarten students will parade through classrooms at 9:15 a.m.) Classroom celebrations will follow the parade. Please contact your room parent if you are interested in donating healthy food items.

Please help your child choose a costume appropriate for school that does not reflect violence. In accordance with the district's Zero Tolerance policy, students may not bring any toy weapons as part of their costume. Plastic swords, toy guns, and other weapons are not allowed on campus. Make-up and dyed hair are not permitted. Students should come to school dressed in their regular clothing (except Kindergarten.) Please send costumes to school in a bag marked with the child's name and room number. They will change into their costumes after lunch.

Thank you for preparing your child for our Halloween celebration. Our priority is to ensure a safe, appropriate environment and to promote a positive and fun celebration. Parking permits are available in the office.

Fire Assembly

The Santa Clara County Fire Department presented a Fire & Injury Prevention Assembly for 3rd and 4th graders today. Using music, magic tricks and skits with student participation, students learned eight skills:

- Stop, Drop & Roll
- Matches & Lighters
- Seatbelt Safety
- Pedestrian Safety
- Smoke Alarms
- Fire Escape Planning
- 9-1-1
- Helmet Safety

A special thanks to the Santa Clara County Fire Department for helping us make safety and preparedness a priority with our students and staff!

Set Your Clocks Back

Daylight savings time ends on Sunday, November 2. Don't forget to set your clocks back one hour on Saturday night.



Update your child's Enrollment Card

Please update your student's health and enrollment card with contact information for anyone who is authorized to pick up your child. **Anyone who is picking up your child after school must be on the card.** Neighbors, friends and especially childcare or pick-up service employees need to be listed. Cell phone numbers are particularly helpful. Please come by the office and update your child's card.

Practice, model listening skills with your child for school success

Studies show that children spend more than half their time in school listening to the teacher, other students, and other media. Clearly, helping your child develop listening skills can help him do better in school. When you listen with interest, attention, and patience, you set an example that shows your child how to develop listening skills. Here are some tips:

- **Pay attention** when your child is speaking. Look at him. As you model good listening, you are showing your child how to listen in school.
- **Restate what your child has said.** Or have him restate what you have said. This will help your child focus on what the speaker is saying.
- **Don't interrupt.** Don't allow your child to interrupt, either. It's rude. And people who are getting ready to interrupt are not listening to what the speaker has to say.
- **Ask your child questions** about what he has said. Encourage your child to ask questions, too.

Source: The Parent Institute

PTA

Box Tops 4 Education

We have collected hundreds of box tops for our first mailing - way to go! Box tops collecting is year round and our next mailing will be in February so please keep bringing them in to the Box tops container in the office. Visit the Lincoln PTA website for a list of participating products and for information on how your online shopping can also earn cash for our school. Keep cutting and collecting!

PTA Reflections Program 2008-09

Congratulations to the winners of this year's Reflections program at Lincoln!

Visual Arts-Primary: Cynthia Chen, Vivek Kamarshi, Ashley Liu.

Visual Arts-Intermediate: Kristin Chang, Aditi Kilambi, Grace Qi, Megan Wang.

Literature-Primary: Pooja Desur, Rucha Soman.

Literature-Intermediate: Neel Apte, Natasha Puthukudy, Shasta Ramachandran, Anushka Tyagi.

Musical Composition-Primary: Trent Yu

Musical Composition -Intermediate: Dylan Evans

Photography-Primary: Vivek Kamarshi, Henry Lassa, Owen Lassa.

Photography-Intermediate: Olivia Lassa, John Lentfer, Melissa Seaman.

Dance Choreography-Intermediate: Sachi Bansal

These winning entries have been forwarded to participate in the Reflections program at the Cupertino-Fremont Council Level. Stay tuned to find out which entries get selected to participate at the next level - results are expected to be announced by early December.

A list of all of Lincoln's Reflections participants is posted on the office window - thank you to all of our budding artists for taking part and sharing your talents! Parents and students, please come and admire the remaining entries that are displayed in the office. Our thanks also to Janki Chokshi, Nina Uppaluru and Patricia Zimmerman for being Reflections judges this year!

Support your child's Healthy Habits in the Lunchtime Running program!

Students in Grades 1-5 can establish healthy habits by running every Wed. and Fri. during lunchtime (except for this Fri. because of Halloween). Encourage your child to have fun running one or more laps around the field. Please remind your child to wear running shoes.

Adult volunteers are also needed to make this program possible. Come and cheer on your child and his/her friends while helping to punch cards as students complete each lap.

Access a monthly online sign-up form to see what fits your volunteer schedule (Wed./Fri. 12:30-1:30pm). Or you can help from home by entering data into a spreadsheet. In order to access the monthly online sign-up sheet, either leave a note for "PTA Lunch Run" in the Office, or e-mail:

LunchRun@lincoln-pta.org with your name, child's name/room #, your e-mail and phone #.

Scrip is coming back!

Look for Scrip order forms in next week's MESH. Scrip are full valued gift cards and certificates from your favorite merchants that help earn a percentage for our school. The vendors sell the gift cards/certificates at a discount to the Lincoln PTA and the difference we earn helps fund PTA sponsored programs, equipment maintenance, and supplies for our school. Check it out next week!

FROM YOUR SCHOOL NURSE:

Why you need to take care of your teeth

Healthy teeth are key to a healthy childhood; kids need them for chewing, speaking clearly, and having a bright smile. While the eyes may be the window to the soul, your mouth is a window to your body's health (Mayo Clinic.com). Therefore teaching your child proper oral care at a young age is an investment in his or her health that will pay lifelong dividends.

Our mouths are full of bacteria that can be kept under control with good oral health care. Saliva is also a key defense against bacteria and viruses. It contains enzymes that destroy bacteria in different ways. But harmful bacteria can sometimes grow out of control and lead to periodontitis, a serious gum infection.

When your gums are healthy, bacteria in your mouth usually don't enter your bloodstream. However, gum disease may provide bacteria a way into your bloodstream. Some researchers believe that these bacteria and inflammation from your mouth are linked to other health problems in the rest of your body.

One of the main causes of gum disease is plaque. Plaque is the colorless, sticky film of bacteria that is constantly forming on your teeth and, left to build up, is one of the main causes of tooth decay and gum disease, which can result in tooth loss.

"Cavities" is another way of saying tooth decay. Tooth decay is heavily influenced by lifestyle, what we eat, how we take care of our teeth, and the presence of fluoride. Cavities are very serious. Left untreated a cavity can destroy your tooth and kill the delicate nerves at its center, which can result in an abscess, an infection at the root tip. Once an abscess forms, it can only be treated with a root canal, surgery or by pulling the tooth.

Important things to do to keep your teeth healthy:

- Brush your teeth twice a day for at least 2 minutes
- Clean in between with dental floss daily before brushing
- Brushing your teeth together sets a good example and helps your child learn by watching and imitating you!
- Have regular dental checkups
- Maintain a well balanced diet limiting starchy or sugary foods, which produce plaque acids that cause tooth decay

So remember, starting early and starting right will ensure that your child's smile stays healthy and bright!!!