



LINCOLN CENTENNIAL

348 SCOTT ST., ST. CATHARINES, ON L2N 1J5

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From the Principal's Desk

February brings us to the half-way mark of the school year and the end of term one. On Wednesday, February 9, students will receive their report cards. This is a time for students, staff and parents to celebrate academic progress and to set goals for the remainder of the school year. Once again, if you have any questions or concerns about your child's progress please contact the school.

On Friday, February 11 we also celebrate the 100th day of school. This day will be marked by special activities and stories based on the number 100!

We would like to extend a big **thank you** to the Rotary Club of St. Catharines. The Rotary Club has been instrumental in helping our school with our literacy and numeracy goals by providing volunteers and financial assistance to Lincoln Centennial. Each week, this wonderful organization helps our students by providing volunteers to run our breakfast program and to read to our children. This year, the Rotary Club has donated funds for the purchase of dual language library books, digital books or "playaways" and four iPod Touches. Most recently, they donated \$2000 to purchase additional Netbooks for our students. All of these resources are used on daily basis to help our students reach their academic goals.



"True friendship is seen through the heart, not through the eyes."



DSBN Academy

The new DSBN Academy will be making a presentation to parents on Thursday, February 17, 6:00p.m. at Lincoln Centennial School. Recently, there has been a lot of discussion in the news about the DSBN Academy which you may or may not be aware of. The purpose of the meeting is to offer parents of current Grade 5 and 6 students an opportunity to hear about the school and the reasons why it is being created. It will also be an opportunity for parents to ask questions and share opinions and thoughts about this new school.

It is important for parents to attend, as the DSBN Academy could be a great opportunity for some of our students here at Lincoln Centennial School. If your child comes from a family where neither parent has a post secondary education and you would like to see your child attain one, then come out and hear about what the DSBN Academy has to offer.

French Immersion

Students at the District School Board of Niagara will soon have even more opportunity to immerse themselves in Canada's other official language. Beginning in September, 2011, Dalewood and Alexandra will offer French Immersion programming beginning in **Grade 5**. Queen Mary Public School will continue offering a Grade 7 entry to the French Immersion program.

"Learning French opens up many exciting opportunities for students," said DSBN FSL and International Languages Consultant Lorraine Gower. "Becoming literate in a second language improves one's ability to read, write, and think, making it easier for students to learn additional languages." French Immersion students also have the ability to take part in a wide variety of co-curricular activities. Schools offer a range of fun and challenging exercises including French speaking contests, French plays, exchange programs, science fairs, Historica fairs, French camp and bilingual debating.

Parents interested in enrolling their children in the expanded programs will be able to access applications online from the DSBN website www.dsbni.org beginning on January 24, 2011. For more information about French Immersion at the DSBN, please contact Mme. Frie or Lorraine Gower at 905-227-5551 ext. 52220

Students of the Month December 2010

	Effort	Improvement	Lions Pride
JK			Salma N & Eric C.
SK	Arionna E	Zoe L.	Mackenzie D
Gr1	Austyn S	Makenna B	Leah R
Gr.1/2	Marcus M	David J	Joshua R
Gr. 2/3	Nazek K	Danilo L	Phoenix N
Gr. 3	Jonathan O	Skyler S	Sidrah
Gr. 4	Belen L	Sajira S	Omaid N
Gr. 4/5	Vicki U	Nathan V	Reina H
Gr. 5/6	Carmel C	Enes M	Shrabanti B
Gr. 6	Jaylin R	Lama R	Dawson M
SEN	Britney C	Anna W	Hussein K

ESL: Shahad M

French: Buthina K, Alissa D, Tati L., Sabrina Q

Athlete: Allen L, Darren J

Eco Club

Eco Club is back up and running for the month of February. Students in grades 1-6 are always welcome to come out on Tuesdays at first break.

Each student is asked to bring in a 1 or 2 litre milk or juice carton (washed out) by February 11th. We will be using these to make bird feeders at the end of the month.

We will be continuing with our Litterless Lunch Tuesdays. Students are encouraged to bring a lunch that is 100% litter-free to earn points for their class. Lastly, the Eco Club would like to begin the Used Battery Drive. Like last year, if you have any old batteries, please send them to school with your child. We will be collecting them until the end of the year. At that time, a trip to the Hazardous Waste Depot will be made to dispose of the batteries in an environmentally safe way.

Let's work together to help keep our earth clean!!

The Parenting Place

From L. Hasenack—Youth Counsellor

10 Ways to help manage stress in your family.

1. Aim to get 7-11 hours of sleep a night. The younger the person, the more sleep they need, along with a calm, clear and consistent routine.
2. Prioritize what everyone needs to get done so that no one person feels overwhelmed. Ask yourself: What is important now and what can wait till later.
3. Give yourself and others enough time. Feeling rushed is stressful for all.
4. Eat well and together, and, exercise often. There is huge value in the saying "you are what you eat" and you will connect with your family more if you dine together at a table. If you don't move your body it soon won't want to move for you.
5. Vacation/Staycation.....go away or take a break from the regular routine. A walk or an hour alone is a vacation/staycation. Have a picnic dinner at the park in the nice weather. Check out what the library has to offer – often can be free.
6. If you are sick – stay home.
7. Plan ahead – a sure way in reducing stress and anxiety. Plan your day, your shopping trips, menu, activities for the kids, and be consistent.
8. Set clear boundaries between your work and non work time. Spend time with your kids..... be a little goofy.
9. Write down 3 things you are thankful for each day, even if you find it hard. Focus on the positive instead of the negative.
10. Create and maintain a support system that works for you. Be a strong support to your kids too. Listen to what they have to say.

Websites to check out: www.aboutkidshealth.ca , www.kidshavestresstoo.org

Parking Lot

Over the last several weeks, we have received a great deal of snow, making our parking lot very congested and unsafe for students. We are asking that parents use caution when driving in and around our lot. A better option is to use the church parking lot next door as there is more room to park and less congestion.

In the next few weeks, we will also be adding **NO PARKING** signs to the fence directly in front of the school. This measure will be in place to reduce congestion at the beginning and end of the school day.

Students are reminded not to walk through the school parking lot or the parking lot at the Giant Tiger unless they are accompanied by an adult.



DATES TO REMEMBER

Wednesday, February 9

Report Cards

Friday, February 11

100th Day of School

Tuesday, February 15

French Immersion Info. Session @ Dalewood 7:00p.m.

Thursday, February 17

D.S.B.N. Academy Presentation 6:00p.m.

Monday, February 21

Family Day—No School

Tuesday, February 22

School Advisory Council - 6:00p.m.

