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# LINCOLN LEOPARDS MONTHLY NEWS

[HTTPS://LINCOLN.DINUBA.K12.CA.US/](https://lincoln.dinuba.k12.ca.us/)

## A NOTE FROM PRINCIPAL VEGA

During the month of October we have 20 consecutive days of instruction with no holidays or breaks which means it's optimal teaching and learning time! I put a challenge out to our students: Lincoln Leopards with 95% attendance and NO major or minor behavior referrals between October 7th and November 1st will receive a surprise treat during the first week of November! Coming to school every day and being ready to learn is so important for the academic and social emotional growth of our children. Help your kiddos with this challenge by ensuring they have a good dinner and plenty of sleep at night so they are rested and ready for their school day!



17TH

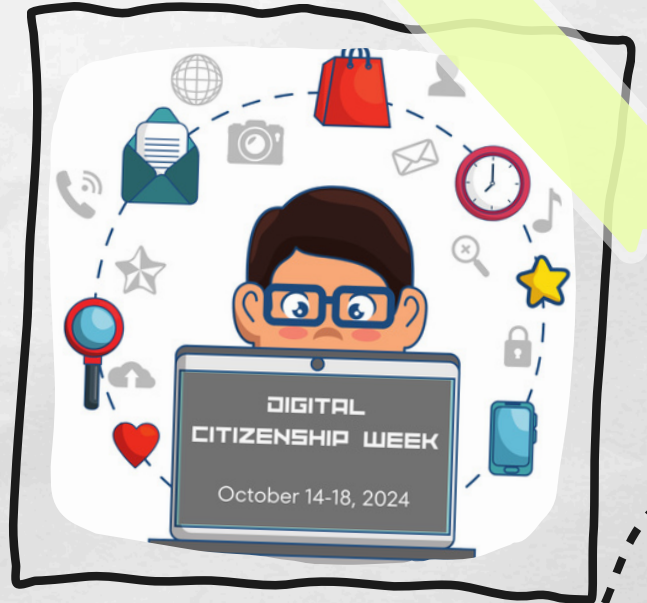
## FAMILY FUN NIGHT

Please join us for an evening full of fun! Lincoln Family Fun Night will be held on Thursday, October 17th. We will have food booths from 5:00-7:00pm. Games and community resources will be available from 5:00-6:30pm. Wristbands will be \$8.00 for 1 or \$20.00 for 3! All proceeds collected will go back into students here at Lincoln.



# DIGITAL CITIZENSHIP

Digital Awareness Week is an excellent opportunity for parents to enhance their understanding of the digital world. By staying informed about online safety, social media, and digital well-being, parents can better support and guide their children in navigating the internet responsibly. Join us this week to learn valuable tips and resources to ensure a safer and more positive digital experience for your family!



@Lincoln 10/28-11/01



# RED RIBBON WEEK

Red Ribbon Week is an important time to talk to your children about the dangers of drug and alcohol use. Celebrated annually from October 23rd to 31st, it is the largest drug-abuse prevention campaign in the nation. Use this week to engage in meaningful conversations with your kids about making healthy, safe choices and the importance of living a drug-free lifestyle. Together, we can inspire our youth to stay drug-free and make positive decisions.

FOLLOW US ON

## FACE BOOK & INSTAGRAM





# FIRST GRADE

Mrs. Benham  
RM. 14

I've been teaching 12 years.  
My favorite color is purple,  
I enjoy relaxing at the beach listening  
to the waves.

My favorite quote is  
"When you give joy to other people,  
you get more joy in return. You should  
give a good thought to the happiness  
that you can give out." -Eleanor  
Roosevelt



Mrs. Godoy  
RM. 16

I have been teaching for 15 years.  
My favorite color is blue.  
My favorite thing to do when I  
want to relax is curl up in a blanket  
and read a good book.

My favorite quote is  
"A friend is one of the best things  
you can have and one of the best  
things you can be."  
-WINNIE THE POOH

Mrs. Underwood  
RM. 15

I've been teaching 19 years.  
My favorite colors are blue and pink.  
My favorite thing to do is watch  
movies!

My favorite quote is  
"It's a Beautiful Day for learning!"

STAFF SPOTLIGHT



## TOP TEN WAYS TO KEEP YOUR CHILD MAKING POSITIVE CHOICES

COUNSELOR'S

# corner

Mrs. Forbes, [eforbes@dinuba.k12.ca.us](mailto:eforbes@dinuba.k12.ca.us)

559-595-7260 ext. 1063

### How can I help?

- **GRIEF**
- **ANXIETY**
- **FRUSTRATION**
- **SELF-ESTEEM**
- **SOCIAL SKILLS**
- **DIVORCE**
- **TRAUMA**
- **SHY/WITHDRAWN**
- **TIME MANAGEMENT**
- **GOAL SETTING**
- **SELF-CONTROL**
- **INDEPENDANCE**
- **COPING SKILLS**
- **CALMING STRATEGIES**
- **EMPATHY**



Call the office, send an email or simple click to send me a message

Helping your child make positive choices is crucial for their development and well-being. Here are ten tips to support and guide them:

1. Demonstrate positive behaviors and decision-making in your own life. Children often emulate their parents' actions and attitudes.
  2. Maintain open lines of communication. Encourage your child to talk about their thoughts and feelings without fear of judgment.
  3. Establish and communicate clear rules and expectations regarding behavior and decision-making. Consistent guidelines help children understand boundaries.
  4. Equip your child with strategies to solve problems and make decisions. Encourage them to think about consequences and consider different options.
  5. Help your child build healthy relationships with peers who have positive influences. Friendships play a significant role in shaping behavior.
  6. Acknowledge and reward good decisions and behaviors. Positive reinforcement can motivate children to continue making good choices.
  7. Talk about your family's values and the importance of integrity, kindness, and responsibility. These discussions help children develop a moral compass.
  8. Be aware of the media your child consumes and guide them towards positive and age-appropriate content. Discuss the impact of media on behavior and choices.
  9. Encourage participation in extracurricular activities, sports, and hobbies. These activities can provide positive outlets for energy and creativity, and teach teamwork and discipline.
  10. Be actively involved in your child's life. Know their friends, interests, and concerns. Your involvement shows that you care and are there to support them.
- By implementing these tips, you can help your child develop the skills and confidence needed to make positive choices throughout their life.

*Lincoln Leopards: Destined for Greatness!*

LINCOLN ELEMENTARY

PHONE 559-595-7260

Home of the Leopards  
<https://lincoln.dinuba.k12.ca.us/>

850 Eaton Ave. Dinuba, CA 93618