

Lincoln Options

Opus

*A community dedicated
to learning, kindness
& celebration!*



October 2013

Calendar

October

- 2 - District Late Start, No AM bus
- 5 - OCC Retreat (Saturday)
from 9:00 a.m.-3:00 p.m.
@ Fertile Ground
- 8 - OCC Meeting 6:30 p.m.
- 11 - Early Release @ 12:32 p.m.
- 16 - School Pictures
- 18 - NO SCHOOL - Inservice Day
- 22 - OCC Meeting 6:30 p.m.
- 22-25 -
Conference Week, Half Days
11:45 p.m. dismissal +
Children's Clothing Exchange

November

- 2-3 - Used Book & Toy Sale
- 6 - District Late Start, No AM bus
- 11 - NO SCHOOL: Veterans' Day
- 12 - OCC Meeting 6:30 p.m.
- 15 - Early Release @ 12:32 p.m.
- 20 - District Late Start,
No AM Bus
- 26 - OCC Meeting 6:30 p.m.
- 28-29 - NO SCHOOL:
Happy Thanksgiving!
- 30 - Winter Market

Highlights in this Issue

- | | |
|--|---------|
| Options Community Council Message | Page 2 |
| Conference Week at Lincoln Options | Page 3 |
| Library: Used Book + Toy Sale | Page 4 |
| Learning: Cultivate a "Growth" Mindset | Page 5 |
| Science: Lightning + the Lake | Page 6 |
| Science: Purpose of a Garden Experience | Page 8 |
| Updating Play Equipment, Children's Clothing
Exchange, Goods + Services Directory | Page 9 |
| Electronics Exchange Program | Page 10 |

Keep up to date on Lincoln happenings by subscribing to the LincolnOptions.org website. It's a great resource and posts are updated regularly. Do you have school news to share on the website? Email opuseditor@gmail.com.



Grape time on the cover page and investigating worms here, in the Lincoln Options Garden

Options Community Council Greetings

We're off to a great start at Lincoln! Our community gathered for our first Tuesday morning assemblies to sing and celebrate with returning families and staff, as well as with new students, teachers and families. You are always welcome to attend Tuesday assemblies in the gym at 9:00 a.m. Fall is also the time for us to celebrate the bounty of our garden and the talents of our community at Harvest Festival. We hope you're able to enjoy these special school events.

The beginning of the school year is also a great time to find your niche within the community. There are plenty of volunteer opportunities in the classroom, the garden and within the Options Community Council. Turn your passions and talents into learning opportunities or find creative ways to support this great community. Every volunteer minute is appreciated and we believe it contributes to your child's learning.

Cheers,
Rob Campbell

Everyone is invited to participate in and to support the council. Council meetings occur on the 2nd and 4th Tuesday of each month at 6:30 p.m. in the Lincoln library. We still have open classroom representative positions and there's always room on various committees. Contact Rob at robert.campbelljr@gmail.com or learn more about the council on the [lincolnoptions.org](http://www.lincolnoptions.org) website. (http://www.lincolnoptions.org/?page_id=36)

Conference Week at Lincoln Options

Each year we set aside two weeks for conferences as a time for teachers, students and parents to set goals, reflect, connect and celebrate achievements. During each of these weeks classes meet for the first half of the day. In the afternoon teachers meet individually with each of their students and the student's family to share hopes for the school year and plan for success. The first conference, held the third week of October, is a goal-setting time.

Lincoln Options students are an integral part of these conferences. Please make sure that you schedule a time when you and your child can fully participate. Also, please make arrangements for any other siblings to be happily cared for or entertained safely elsewhere, so that you, your child's teacher and your student can really focus on the hopes and goals for the conferencing student for the coming year. Goals are made in the areas of math, reading, writing and social/emotional development.

The spring conference, held in March, is a time of reflection and self-evaluation. Again, this is a special time for the teacher, conferencing student and parents to look back on early goals and celebrate the learner. It also provides time to re-assess and decide what is next for the conferencing student.

Conference days are half days this year, not Early Release. Dismissal is at 11:45 and no lunch will be served. This is a change from last year. We can offer a sack lunch if you place an order with the office by October 17.

Students at Lincoln begin this conferencing process in kindergarten and continue throughout their time at Lincoln. As children get experience setting goals and self-evaluating, they develop an intrinsic motivation to learn as well as the skills to be a self-directed learner. We look forward to meeting with you!



Rainy day fun

Here it comes!

10th Annual Lincoln Library Fundraiser Used Book + Toy Sale

First Weekend in November, 11/2 + 11/3

Six Ways You Can Help

1. **NOW... BRING IN COPIER BOXES WITH LIDS!**
2. **NOW...** Help **SORT** donated books. It's beyond FUN!
10 minutes of sorting helps tremendously!
3. **NOW...** Bring in Adult + Children **BOOKS, DVDs, CDs + VIDEOS.**
4. **OCTOBER 14th ALL WEEK:**
Start posting flyers around the community at businesses and offices.
Get flyers in the library.
5. **OCTOBER 21st ALL WEEK:**
Start bringing in good condition **TOYS, TOYS + MORE TOYS!**
Also sign up to set up/sell/and haul away at the sale.
6. **OCTOBER 26th SATURDAY, 10:00 a.m. - 12:00 noon:**
Move boxes of books from the school to the gym. If you can **borrow/bring your own hand-truck... GREAT!**

**Come to the library
for all the fun!**

*This sale provides almost all of the funding
for new books in our school library!*



Cultivate a “Growth” Mindset by Sunshine Campbell

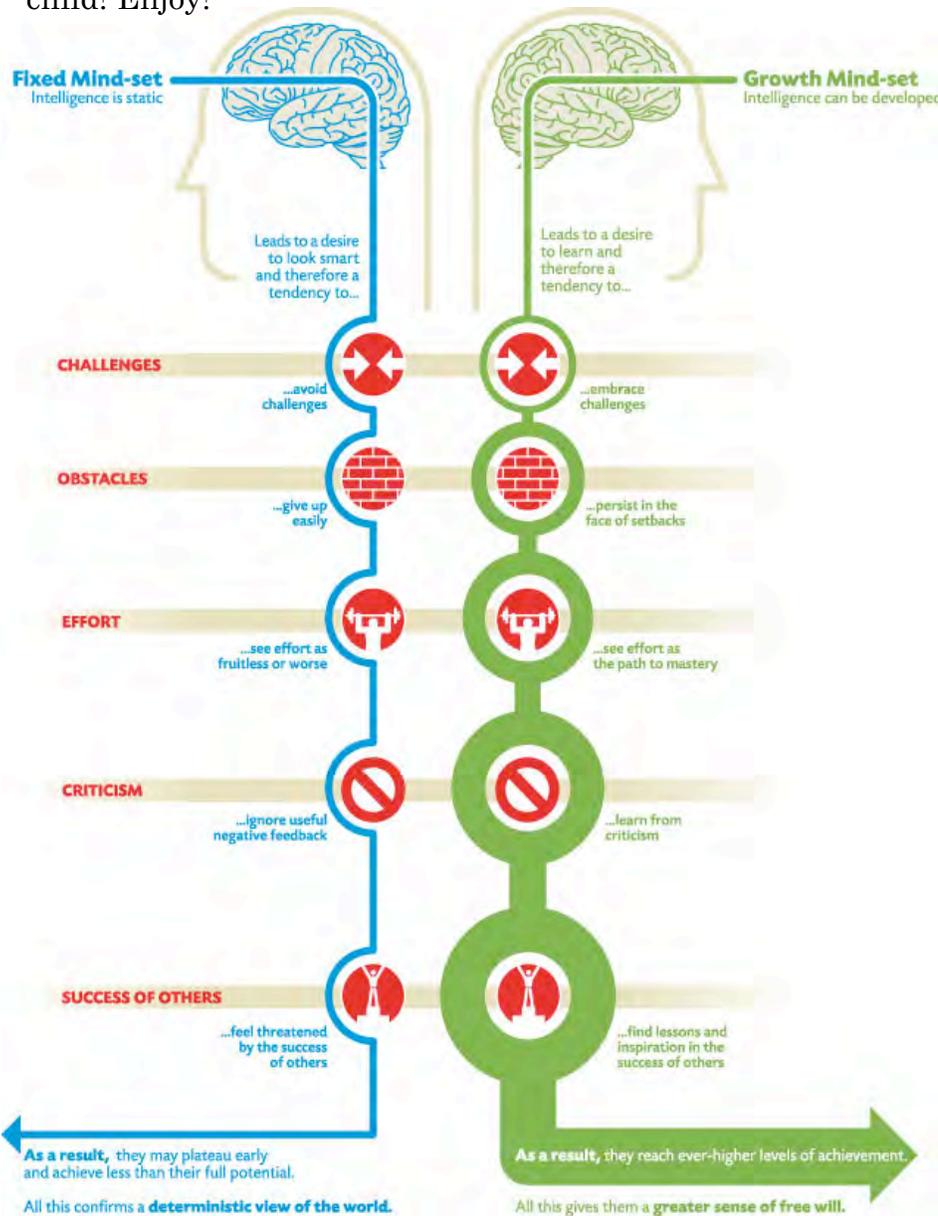
How can we help our children learn? Cultivate a "growth" mindset! Oftentimes we parents praise our children with "Good job!" and "You are so smart!" However, this type of praise can actually send the wrong message to our children about what it means to learn and how learning happens. The articles listed in the sidebar provide ideas for how parents can promote a growth mindset through specific types of praise. One article is for parents and the other is for your child! Enjoy!

Struggle For Smarts? How Eastern And Western Cultures Tackle Learning:
<http://www.npr.org/blogs/health/2012/11/12/164793058/struggle-for-smarts-how-eastern-and-western-cultures-tackle-learning>

Perils and Promise of Praise:
<http://www.ascd.org/publications/educational-leadership/oct07/vol65/num02/The-Perils-and-Promises-of-Praise.aspx>

Kid-friendly You Can Grow Your Brain! PDF article:
http://seattlecentral.edu/faculty/jwright/math91/Assignments/du_e_10_03/YouCanGrowYourBrainArticle.pdf

Graphic by Nigel Holmes via:
http://alexvermeer.com/wp-content/uploads/dweck_mindset.jpg



Lightning and the Lake by Michael Dempster

In keeping with our school's ongoing commitment to enrich children's connection with the natural world, Paul Rocks and I teamed up for a couple of quick and intriguing science experiences. First we created a lake, then we created lightning and thunder. All true.

The recent wet weather provided the inspiration for both projects. Sunday night, September 8 (at midnight, in the rain), we plugged up the storm drain that is in the center of the circular "bus loop" paved area, by the gym and the garden. All of the water that goes down that drain runs through a pipe underground and into the wetland pond. By 9:30 in the morning, we had a sweet little circular lake in the bus loop! Cara's and Michi's classes came out to participate. With the help of kids, we measured the lake to be about 50 feet across, and 5 inches deep at the center.



A kid standing on the "beach" at the water's edge asked if there'd be a whirlpool as the water went down the drain. I said, "Let's help create one," so several kids with waterproof footwear and I marched in the water, clockwise around the drain to get the water turning; when the plug was pulled, voila! We had a vigorous little whirlpool which would have chilled the heart of any old salt mariner who spied it.

As in all genuine science experiments, this one led to questions for further research, for example: Can we use math

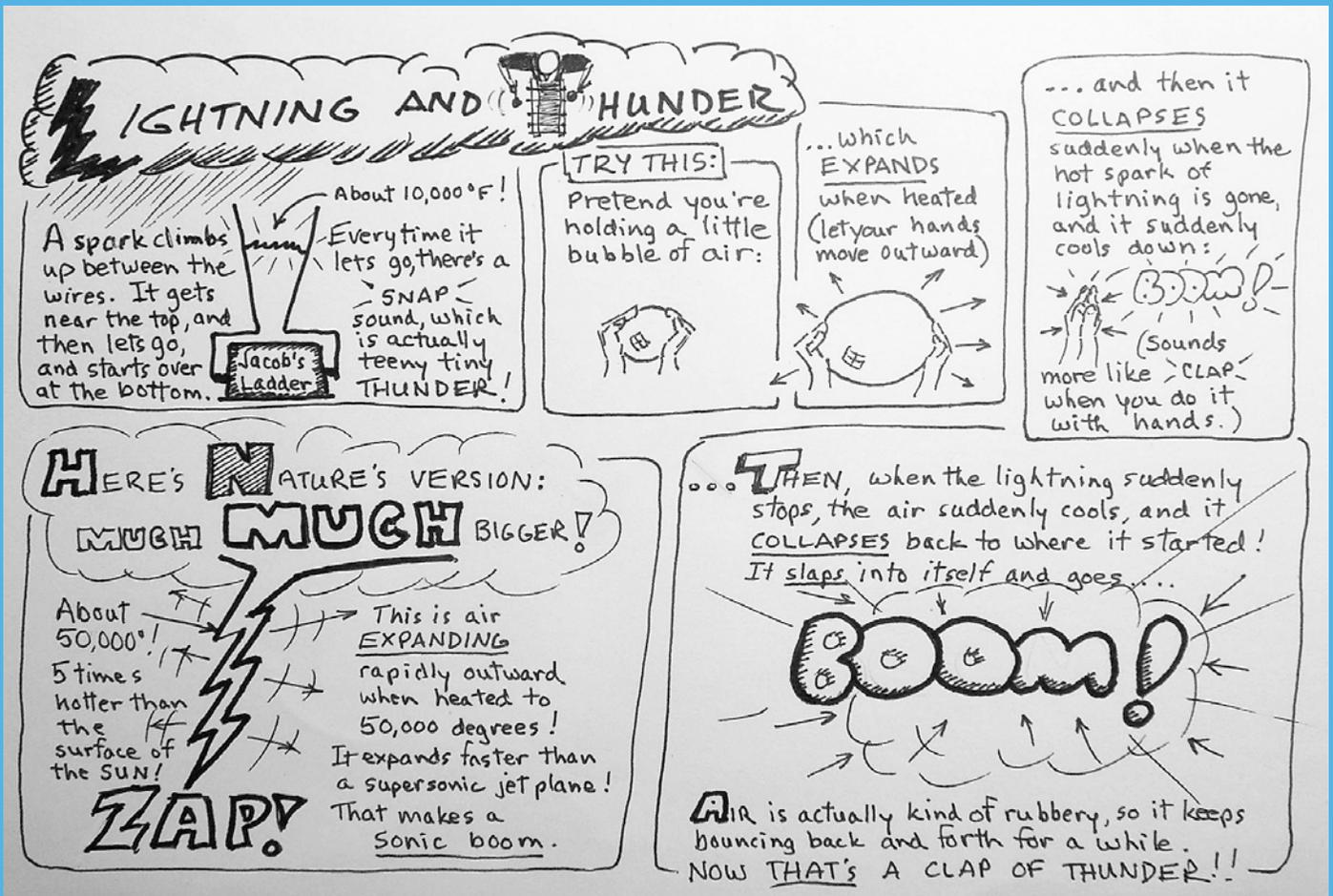
to figure out how many gallons were in the lake? (Submit answers to Paul, if you care to crunch the numbers.) And would the whirlpool have formed even if we hadn't stirred the water? And could we make it spin counter-clockwise? Stay tuned, as the weather is sure to offer us more opportunities in the coming weeks and months for further experiments with Lake Lincoln.

Continued on page 6

Lightning and the Lake, continued

Then, at our first assembly of the school year, Paul and I did a quick demonstration of how lightning creates thunder. We used Paul's "Jacob's Ladder" spark generating device. We thought parents might enjoy reviewing, in the cartoon below, the explanation that we gave the kids. The fact that things which are heated expand-- that is, get bigger-- is basic to how thunder works. Air (and other gasses) really expands a LOT when it's heated up.

And here's a tip of the hat to old Mother Nature for providing endless fascinating things to investigate, play with and learn more about! More! More! Woo hoo!



The Purpose of a Garden Experience

by Paul Rocks

This has been another wonderful September in the Lincoln Garden. Each year is a little different than the last. Some years the garden will have a huge population of frogs, other years an abundance of snakes. One thing that never changes is the large group of young mammals with small feet and curious minds.

For a long time I have been interested in the relationship between humans and nature. In 2001 I completed a thesis project for graduate school. I wanted to know how elementary aged children interacted with the environment.

I spent every recess for several months observing how kids used the Lincoln garden. I learned what wise educators have known for years, that a child's work is his/her play. When children have time to play in gardens, parks and yards, they begin to make observations, ask questions and notice patterns. These attributes are at the heart of inquiry based learning, and like creativity, are innate in all children.

As the science teacher I get the privilege to work with all the students at Lincoln Options, and during the month of September the garden is my classroom. Since the garden was first planted in 1994, the structure of how we use the garden has stayed the same. Students eat, work and learn in the garden. The plants, animals, cycles and systems become our curriculum. By eating we build connections, by working we develop purpose, and learning only makes us more curious.



But I think there is another curriculum at work-- something deeper. When we spend time in the garden, when we sink our hands into freshly turned soil and hold a newly hatched duckling, we fulfill a need to participate. It may be why humans visit national parks, own pets, watch sunsets and plant gardens.

When our students work, learn, eat and play in the Lincoln garden we offer them a moment in time; it's a push back against modernity, and a connection as old as humanity-- it's an invitation to participate.

Children's Clothing Exchange

It will soon be time for our 2nd Annual Children's Clothing Exchange so hang onto those outgrown clothes, shoes and accessories. We'll help pass your items on to a new home and raise some money for the Options Program in the process. The sale will be held October 23-25 (fall conference week) in the activity room. Find great clothes for whatever price you choose to donate. It's good all around!

Starting October 7th, boxes/barrels will be available in the halls to collect your donations. Please remember that all donations must be in good, clean condition. If there are stains or holes, we cannot accept them. Also, it would be greatly appreciated if you could bundle/bag the clothing by the following sizes: 0-2T, 3T-4T, 5-6, 7-8, 9-10, 11-12, 13+. Please sort XS-XXL as you feel appropriate.

We are still looking for volunteers to help out between October 7th - 25th. Much of the work can be done at home, so this is a great volunteer opportunity for families who can't spend time at school during the day. If you are interested in sorting clothing and/or work the sale, please contact Cate Pellicer at cpellicer@comcast.net.

Goods + Services Directory

De and Christa Richardson are working on creating an online goods and services directory/bulletin board for the Lincoln community, which will be separate from the family directory. It will be a way for us to find a carpenter, child care provider, music teacher, ride-share, custom hand-knit sweater, the use of someone's tools or truck, etc., all within this community.

Our working names have been *Lincoln's List* and *Abe's List*, but suggestions for what to call this new community directory are welcome. Please submit your ideas to olygirlz@comcast.net. Our goal is to have the directory up and running by the next Opus.

Exploratory Committee to Update Playground Equipment

The Options Community Council approved formation of an exploratory committee to look into the possibility of updating Lincoln's playground equipment. The committee will consist of parents with the time and interest to explore the issues, costs and options that surround a potential update. Ideally, the group will be able to come up with some creative ideas for making our play area fresh and engaging. This may include replacing some or all equipment, repairing/updating certain items or adding some items. Once the different options have been explored, the committee will look into potential resources (vendors, donations, parent volunteers) for bringing ideas to fruition and the costs/issues associated with each. One or more proposals would then be submitted to the council for consideration.

If you are interested in being a member of this committee, please contact Cate Pellicer at cpellicer@comcast.net.

Electronics Recycling Program

Many of us don't realize it but our beloved electronics come with a steep environmental price tag. The mining of metals that go into consumer electronics and jewelry is the number one cause of toxic pollution in the U.S. The cadmium in a single cell phone can pollute nearly 160,000 gallons of water. The amount of waste generated to produce one laptop is close to 4,000 times its weight! So whatever you do, don't throw these things away and don't leave them stuck away in a drawer. Recycle!

In September we launched an electronics recycling program at Lincoln. There is now a box located in Wendy's office for collecting your old electronics (working or not working). Items being collected are:

* Cell Phones & Smart Phones * Inkjet Cartridges * Laptop Computers * Netbook Computers * Digital Cameras * iPods * iPads + Other Tablets

This program is a winner on many levels because it keeps toxic metals out of our landfills and groundwater, it gets these useless items out of our houses, it provides a service to our friends and neighbors, it's an easy way for our kids to get involved in a great cause and the company recycling the items will pay Lincoln a small amount for each item, working or not!

The company we are working with is EcoPhones and they are very well respected in the industry. All of the recycling is done in their Dallas facility which is R2, ISO 14001 and OHSAS 18001 certified. Nothing is shipped overseas.

To get the most out of this program, consider telling your friends, family, co-workers, IT person at work, your church or any other groups or clubs. If you would like a collection box for your office we can provide you with one. If you are interested in helping out with the program we are looking for 1-2 volunteers. The time involved in packaging and mailing items is minimal. Contact: Cate Pellicer at cpellicer@comcast.net.

News to Note:

If you have an item for the Opus please forward it to opuseditor@gmail.com.
The deadline for submissions is the 15th of each month for the next month's issue.
Questions? Feedback? Suggestions for improvement? Contact us via email.
Thanks!