

Lincoln Options

Opus

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



November 2013

Calendar

November

- 2-3 – Used Book + Toy Sale
- 3 – ***Clocks change!*** Move your clock back one hour + get to school on time on Monday!
- 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. dismissal
- 20 – District Late Start: No AM Bus
- 26 – OCC Meeting 6:30 p.m.
- 28-29 – NO SCHOOL
Happy Thanksgiving!
- 30 – Winter Market

December

- 4 – District Late Start: No AM bus
- 6 – Early Release (district-wide) , 12:32 pm dismissal
- 10 – OCC Meeting 6:30 p.m.

- 12/23 – 1/3: ***Winter Break***

Issue Highlights

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Did you see someone do something fantastic for Lincoln? From making a class set of knitting bags and organizing the Kids' Clothing Sale, to facilitating a meeting about parent support for the Lincoln program or teaching sports skills at recess... Our community does great things for Lincoln kids. Give a thanks when you see something special, and feel free to share via the lincolnoptions.org website too (email: opuseditor@gmail.com).



*Professional
development + the
Lincoln staff*

What Happened During In-Service Day at Lincoln? *by Marcela Abadi*

What happened during In-Service Day at Lincoln? Good question! In-service days are set aside, district-wide, for teachers and administrators to work on areas of growth for our school. We began the morning focusing on writing. Lucy Calkins' writing workshop curriculum has always been used in our classrooms, and last spring we purchased her newly written curriculum which is aligned with the Common Core Standards in Language Arts. The focus of the Common Core in writing includes three main components: opinion writing, narrative writing and informational writing. On Friday we focused on narrative **writing and corresponding assessments**. Teachers worked in their grade level teams to plan how to most effectively teach this unit of study.

In the afternoon we worked on **Academic Choices**, and talked about what choice looks like in each classroom. Informing our work was a book from the Responsive Classroom called "Learning Through Academic Choice." This book emphasizes the importance of giving choices to students within an academic framework. We started reading the book in August and we finished it on Friday. Again, grade level teams worked together to strategize the best applications for Academic Choice.

We concluded the day with planning and working on **math grade level assessments**. We also created a plan for communicating progress to parents, especially for the students who migrate to other classrooms.

It was a fabulous day of learning, planning, collaboration and great conversations. What a rare opportunity to work collaboratively and inspire each other for an entire day... And your children were at the center of it all.

Used Book + Toy Sale!

Don't miss the Used Book + Toy Sale, November 2 + 3 in the Lincoln gym. This is our primary fundraiser for the library. Stock your library and the school library at the same time!

Friday, 11/1
5:00-7:00
Pre-Sale for Lincoln families only.

Saturday, 11/2 9:00-4:00
+ Sunday, 11/3 9:00-3:00
Used Book + Toy Sale open to all!

Sunday, 11/3 3:00-5:00
Help haul away leftover books and toys. (This requires "All hands on deck!") Helpful, but not necessary, are larger vehicles with space to haul.

Don't miss it!

From the Library *by Donna Dannenmiller*

¡Bienvenidos a la biblioteca! Welcome to the library! Our glorious space, filled with radiant light, houses over 16,000 titles. Students, parents, staff and community members come here to find the "Best of the Best" books. At any one time, you may witness quiet reading on cozy seating, shelf browsing, partners chatting over a shared book, adults reading aloud to a captivated group, researchers in books and on computers, students practicing their keyboarding, parents shelving, sorting books for the books sale or typing call numbers, and much more... It's a not-to-be-missed place. Come in a get a parent account!

What is taught to students at class library times?

Typical lessons include: Care of Books, How To Use Our Library (organization, call numbers, Dewey decimals, bar codes, Destiny patron catalog system, etc.), Elements of Fiction (characters, setting, plot, etc.), Elements of Non-Fiction Books (table of contents, captions, glossary, index, etc.), Research Skills, Internet Safety, Authors/Illustrators and Their Craft, Genres, Book Talks, Basic Book Selection, Book Awards, Readers Theater and much more.

What is taught outside of class library times?

Keyboarding instruction begins in third grade and continues practice in the fourth and fifth grades. Last year, third graders in a 2/3 class came to the library to begin their instruction using Dance Mat Typing and/or Keyboarding Online. We are hoping to schedule this again this year. Students may practice keyboarding in the library at recess. Home practice is encouraged for students to be proficient and ready for the demands of typing in middle school. Both keyboarding programs are accessible from a home computer.

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From the Library, continued

How are teachers supported by the library?

In the library Donna responds to requests such as the following: "I'm doing a writing unit on narratives. Give me some examples that would inspire the authors in our class." "Pull all the books you can locate on interdependence, between people and people, and people with the earth." "I need books that show a problem that is being solved." "Collect books that relate to the thinking skill of "compare and contrast."

How are parents supported by the library?

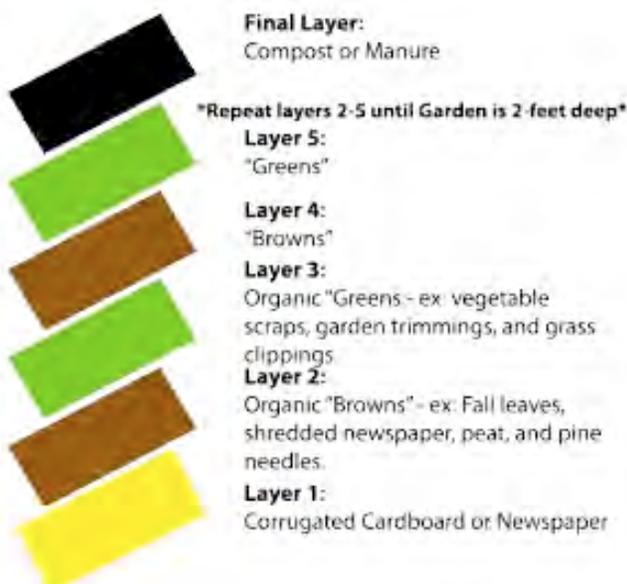
We have an ever-growing resource library of books relating to topics of interest to parents. I offer books ideas to parents who want to support their child's reading life. Also, there are many titles of "chapter books" that cross over the border into the adult realm, and are enjoyed by adults as much as by children. Family Read Aloud suggestions are my passion! Students can always check out a "Bonus Book" if it is for a Family Read Aloud. **Many parents are getting their own library account. Join the club!**

How can parents support their children's literacy development?

Simply read to your children... And discuss the pictures, the content and the vocabulary. In recent years, more and more young students are coming to school not knowing their nursery rhymes or even familiar fairy tales. Thus they are not able to produce a rhyming word during a reading test, nor are they able to recognize familiar plot elements when comparing tales. Students who can read themselves still need to be read to; they need chapter books that are just above their own reading level so they become familiar with vocabulary and content they will soon be tackling on their own. The new **Common Core Standards** now emphasize reading a balance of fiction and nonfiction to your child. Ask Donna for some interesting titles. **Just 20 minutes a day** of reading to your child is the greatest gift you can contribute toward their literacy development.

Lasagna Gardening by Nichole Garden

This year we are going to begin the **Lasagna Gardening Method** in the Lincoln Garden. Lasagna Gardening also known as Sheet Composting is a way of gardening that builds your garden's soil by adding organic matter in layers and allowing the matter to compost directly on the garden beds. In the past we helped our garden hibernate by covering our outdoor garden beds with straw, mulch and cover crops, and then removed the material in the spring. This year instead of removing the composted winter blanket we will be able to plant directly into it.



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Lasagna Gardening, continued

What are the benefits of “Lasagna Gardening?”:

- Drastically cuts down on the amount of weeds in the garden.
- Prevents soil depletion from our lovely NW rain.
- Requires no tilling.
- Retains and adds organic matter right on the garden beds.
- Plants thrive in the spongy medium.
- Better water retention.
- Less need for fertilizer, because crops are planted in compost, which is very nutrient-rich.
- Teaches our students the importance of reciprocity with our Earth. We are giving back to our wonderful garden that gives so much to us.

If you would like to try Lasagna gardening at your home follow these layering instructions. The first layer is made up of cardboard (with all tape removed) laid down over the garden bed. After the bed is completely covered with cardboard, saturate the cardboard with water. This will help keep the layers in place and entice the garden worms to assist in decomposition of the organic matter.

The second (brown) layer is made up of organic browns such as fall leaves, shredded newspaper, peat and straw. This brown layer will need to be two times as thick as the green layer that tops it.

The third (green) layer is made up of organic greens such as vegetable scraps, compost, coffee grounds, garden trimmings and grass clippings.

This process should be repeated until the layered beds are about 2 feet high. Then cover with Compost or Manure and saturate with water. By Spring the soil should be rich and fluffy, and ready for plants to go directly into the organic, composted medium.

Come visit the garden to see our “Lasagna” in action!

Layer graphic via <http://www.plantingseedsblog.com>, photo in the greenhouse.



The Reasons for Seasons

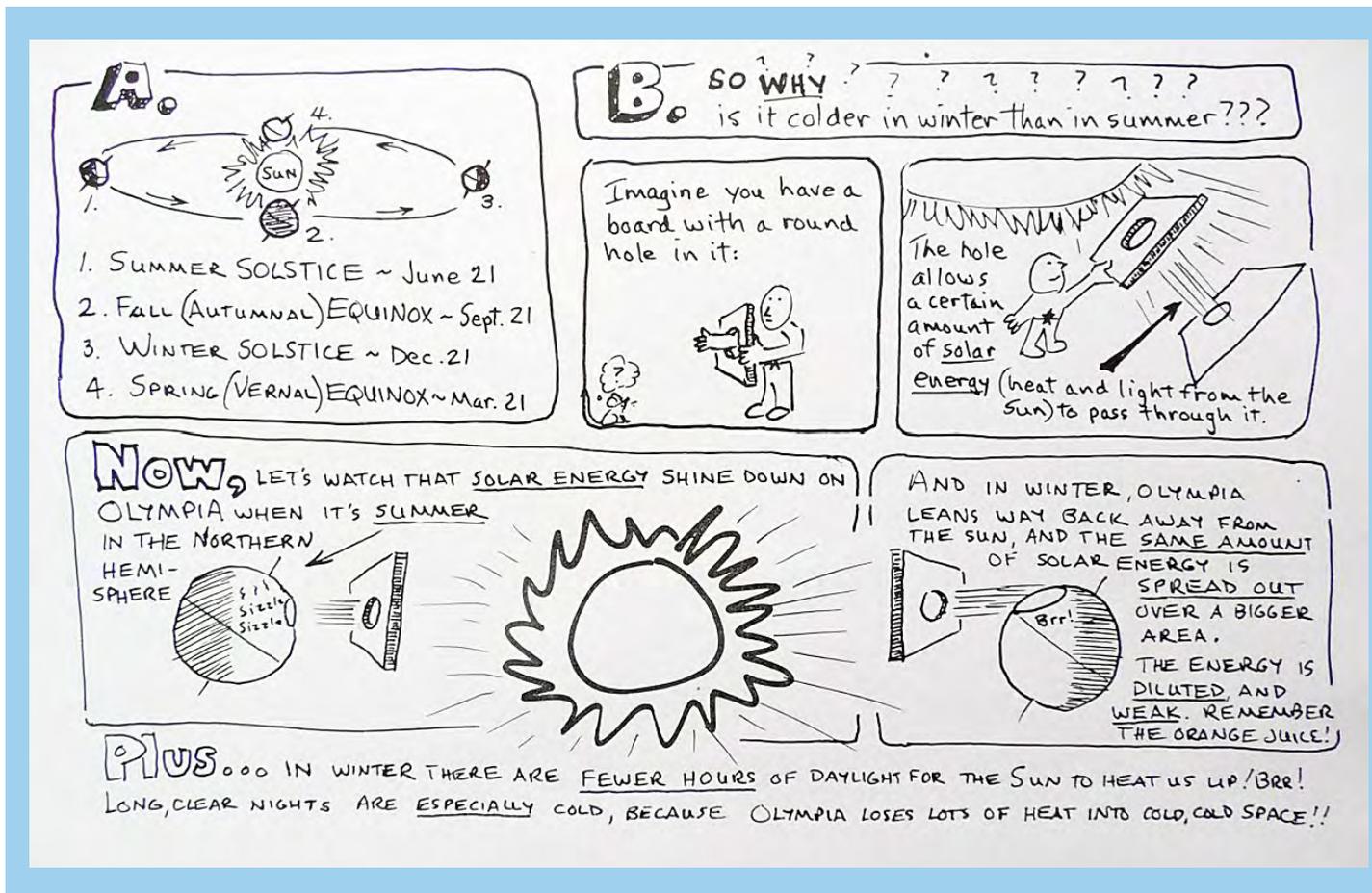
by Michael Dempster

At a recent assembly Paul demonstrated how planet Earth has now moved through its **FALL EQUINOX** position, heading toward the **WINTER SOLSTICE** in December. (Assemblies happen every Tuesday morning at 9 a.m. in the gym, and families are always welcome.) The illustrations below may help interested kids (with adult help!) understand why we have seasons.

If the Earth weren't tilted on its axis as it revolves around the Sun, we'd have no seasons; or perhaps it would be more accurate to say that we'd only have one 12-month-long season. But the Earth is tilted, and that makes all the difference. See Panel A, below.

If you take a glass of orange juice, pour half of it into another glass and then fill both glasses to the top with plain water, you get weaker juice. If you take a can of paint and thin it with a lot of water so it covers twice as much area, you get a thinner coat of paint. If you take a certain amount of sunlight and spread it out so it covers twice as much ground, you get weaker light.

Scientists often use thought experiments to help them understand how the world works. Try the thought experiment that begins with Panel B, below.



Take What You Need & Eat What You Take *by Paul Rocks*

As part of our on going effort to be more sustainable, we have been looking into our habits around food waste. Here at Lincoln we have an industrial sized worm bin which holds up to 20 cubic feet of worms, food waste from the cafeteria and castings (nutrient-rich worm poop). The bin was acquired through a Department of Ecology grant written by Lincoln parents. The resulting compost and castings are recycled into the garden to keep our soil cycle healthy.

Some fifth grade students were curious about the amount of food scraps the school was feeding the worms. First we weighed one week of food scraps and came up with an average of 13.25 pounds of scraps fed to the worms each day.

Next we wanted to find out how much of the food scraps were actually scraps and not tossed away “good” food. Our findings were alarming to say the least. We took a random day’s worth of food scraps and sorted it into two groups:

1. Scraps: *Items that were clearly peels, cores, pits and skins.*
2. Good Food: *As the kids said, “Food that could have been eaten if it wasn’t in the compost bucket.” If a piece of food was less than half-way eaten we considered that “good food.”*

We found that 64% (by weight) of the items tossed into the worm bucket at the end of lunch was still edible, “good” and sometimes whole foods. Only 36% were true scraps. Most of the foods found in our study were items from the salad bar.



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Hayley and Rowan at the salad bar.

Take What You Need, continued

These young researchers presented their data at assembly and are thinking of ways to reduce our food waste. Learning to choose an appropriate amount of fruits and vegetables from the salad bar is big step in that process. A new saying around school is: *"Take what you need and eat what you take."* We will repeat this study in one month to see if there are any changes.

Lincoln is not the only school thinking about food waste. There is a national movement to create waste free lunches. Below is a website created by parents passionate about this topic. They have lots of ideas on how to pack lunches, shop and get kids eating healthy foods. Visit <http://www.wastefreelunches.org/parents.html> for more information.



Photo: Deacon, Flynn, Rowan, Ella Wren and Cedar in the garden.

Wacky Wednesday Evenings in the Gym

Winter weather and lack of indoor space can be a problem for many parents who wish to allow their children to move creatively. Consistent with the Whole Body/Whole Mind Initiative, the Options Community Council is sponsoring use of the Lincoln Gym for Wacky Wednesdays on Wednesday evenings from 6:30-7:15 p.m. during cold, dark and rainy winter months. This supports integrated physical and creative activities. Sharonne O'Shea will lead InterPlay "games" for children and their adult companions. Incrementality and improvisation are keystones to InterPlay games. This allows the group to be of a drop-in nature while at the same time fostering creativity and connection; because there is no "right" way to play these games and there is no "expert." All participants start as beginners each time with some simple instructions, and they all do things differently each time using their own creativity to build off of those instructions. There is no charge for participation. *Come explore creative expression and community building through movement, voice, storytelling and sometimes stillness every Wednesday evening in the gym at 6:30 p.m.*

News to Note:

- **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 or a shout-out about something great at Lincoln to share on the website? Email opuseditor@gmail.com.
- **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.

3rd Annual Make Olympia's Lincoln Winter Market

Mark your calendars! The 3rd annual Make Olympia's Lincoln Winter Market will be on Saturday, November 30 from 11 a.m.-5 p.m. at Lincoln Elementary. There will be a variety of quality handmade goods made by the Lincoln community and beyond. After the sale a donation is made to Lincoln to support student learning. Kids and adults are encouraged to apply to sell (limited space, apply now). Applications and more information can be found at www.makeolympia.com. This is a public event, open to everyone and free to attend.



For more information email makeolympia@gmail.com.

What you can do:

- 1. Have a table at the Lincoln Winter Market:** Make something to sell like balm, felted animals, pouches, stationary or bird houses.
- 2. Come do your holiday shopping at Lincoln:** This is the definition of buying local! Support your school and local crafters while rubbing elbows with your community. There will be a huge variety of handmade goodness available made by people from your town.
- 3. Volunteer:** Help set up tables, decorate, teach a craft or make a sweet for bake sale that benefits the OCC.
- 4. Publicize:** Invite your friends and neighbors. Hang a poster at work or hand out fliers that you can pick up in the hall near the office.
- 5. Perform:** Be part of the entertainment; share your special talent whether it be singing, playing an instrument, reading poetry or juggling. All ages and skill levels encouraged.