



Lincoln Primary

Bulletin

January 10, 2019

Calendar of Events

January 18th – 2nd Quarter Ends

January 21st - High School Students will be coming down in the afternoon to teach the students about Dr. Martin Luther King, Jr.

January 23rd – PTA Meeting 6:30PM – Fred Moodry Library

January 24th - Grades will be sent home

February – 11th -15th - Scholastic Book Fair

February 21st – Spring Picture Day

4. REWARD YOURSELF - This doesn't mean that you can eat an entire box of chocolates if your resolution is to eat a better diet. Instead, celebrate your success by treating yourself to something you enjoy that doesn't contradict your resolution. If you have been sticking to your promise to eat better, for example, reward yourself with new fitness clothing or by going to a movie with a friend.

5. STICK TO IT - Experts say it takes about 21 days for a new activity to become a habit and six months for it to become part of your personality. It won't happen overnight, so be persistent and patient!

(Taken from Gaiam.com on January 9th, 2019)



Happy New Year

Welcome Back! I hope everyone was able to have a restful and wonderful break with your families. This is the time of year that we all like to start over. We set goals for ourselves and promise that this year will be the year that you will accomplish your goal. Here are some tips to help you accomplish your New Year's resolution.

1. BE REALISTIC - The surest way to fall short of your goal is to make your goal unattainable. For instance, resolving to NEVER eat your favorite food again is setting you up to fail. Instead, strive for a goal that is attainable, such as avoiding it more often than you do now.

2. MAKE A "PROS" AND "CONS" LIST

It may help to see a list of items on paper to keep your motivation strong. Develop this list over time, and ask others to contribute to it. Keep your list with you and refer to it when you need help keeping your resolve.

3. TALK ABOUT IT - Don't keep your resolution a secret. Tell friends and family members who will be there to support your resolve to change yourself for the better or improve your health. The best-case scenario is to find a buddy who shares your New Year's resolution and motivate each other.

Readers Wanted for the Month of February

We are in need of readers for the month of February to help us celebrate I Love to Read Month. If you are interested in reading to our students please contact Ms. Barney at nbarney@anacondaschools.org or 406-563-6141, Ext 1302 - Thank you.

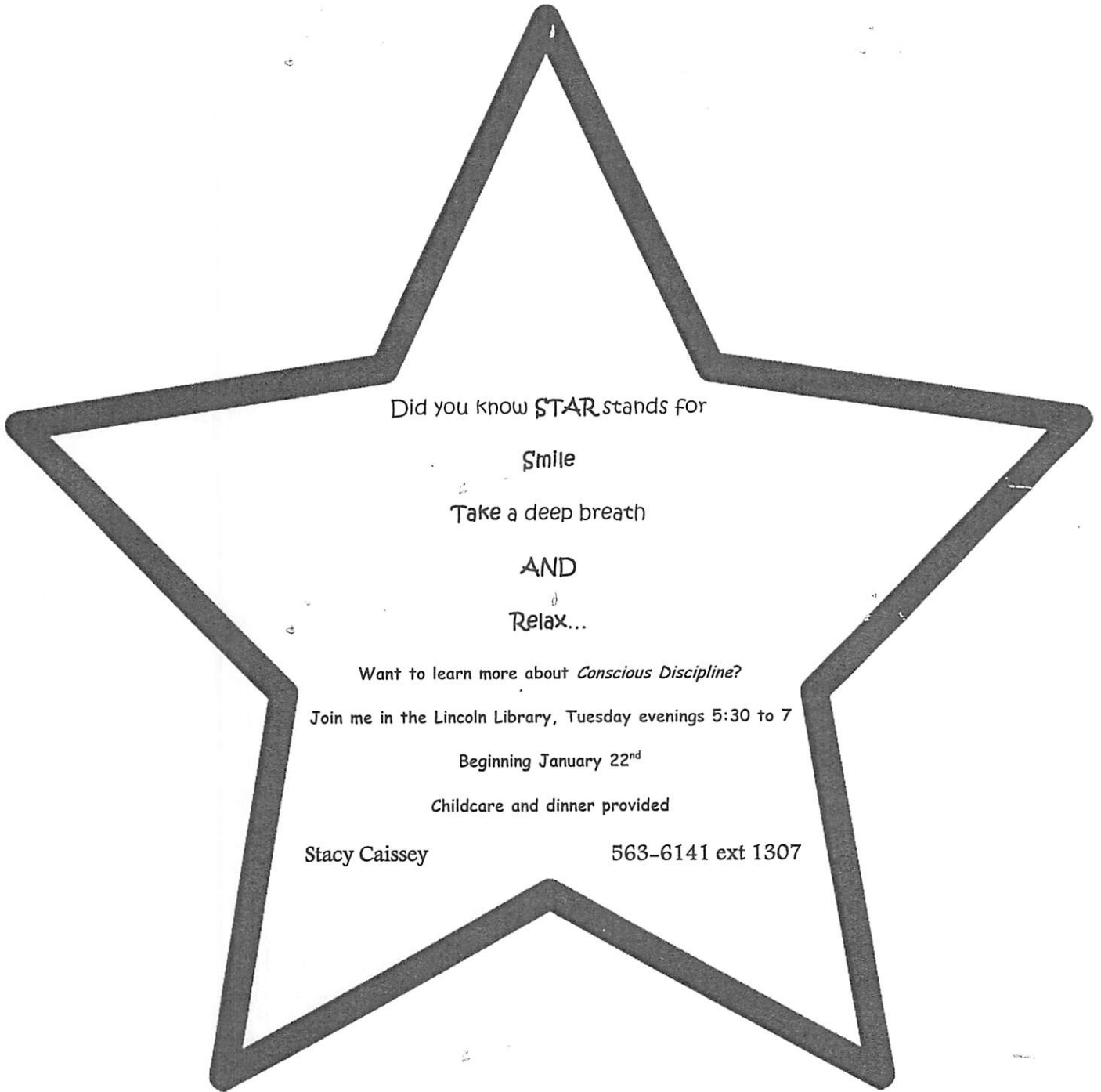
Changes to the District Calendar

Please Note the Following Changes

March 4th – is now a school day

March – 28th – We have added a Spring Parent Teacher Conference Date. Students will be dismissed early so teachers can meet with families.

March 29th – No School



Name: _____

Phone: _____

Number of adults _____ Number of children _____ Ages of Children _____