



LYNX TRACKS

The Newsletter of the Lincolnville Central School

<http://www.fivetowns.net/lcs>

MAY 13, 2022

Notices

8th Grade Graduation – May 21st at 5:30 PM in Lynx Gymnasium

The Last Day of School For 21-22 - June 22, 2022. It will be Field Day and we will release students at 11:30 AM for the Summer!

Positive Cases of Covid-19 Reported at LCS This Week:

- Grades K-2 – 3
- Grades 3-5 – 5
- Grades 6-8 – 8
- Staff – 3

School Concert Reminder: May 19, 5th Grade Band – 6:30 PM, May 23rd K-2 Concert – 2:00 PM, May 26, 3-4 Concert 2:00 PM

School Budget meeting and Vote May 25th in Walsh Common at 6:00 PM



Live music is back at LCS. After two long years our middle school band and chorus students thrilled the audience with a beautiful performance in Walsh Common!

Student Concerns Lead to Review of Acceptable Dress Standards at LCS

When fifth grade student Pearl Yetman heard her older sister Willa share concerns about the LCS “Dress Code,” she decided to take action. The young activist penned a letter to her principal outlining some student grievances with the policy and developed a student petition which she presented to Principal Russo along with her letter.

The result was the two decided to team up to initiate a review by developing a survey to present to the greater LCS Community and gather broad feedback on the policy in hopes of gaging where the community stands on the topic of acceptable dress. In school the survey information will be reviewed and presented to the LCS School



Pearl Yetman meets in the school office preparing to launch her survey.

committee along with possible suggestions for improvements to the policy. The school committee is ultimately responsible for developing and approving any school policy.

The survey link is shown below. Anyone with an interest is welcome to participate. It takes only a few minutes to complete the online form. Most of the questions are multiple choice, but there is room on the form for suggestions. The aim of this effort is to make sure this policy best reflects the values of our community.

Survey Link:
<https://forms.gle/8WSH5QFN7jFgQzcc8>

Camden Hills State Park Transition to High School Activity for 8th grade Students

On May 26th, the Five Town 8th graders will participate in a high school transition activity at Camden Hills State Park. The LCS students will be bussed to Camden Hills State Park where they will participate in a round robin of activities in their assigned high school homeroom groups. Around 11:30 the students will gather for a bar-b-que picnic. Around 12:45 the students will be bussed back to LCS. Permission slips have been sent home. Please return them by May 23rd. This will be an outside activity, (rain or shine), so appropriate clothing, (closed toed footwear, sunscreen, bug spray, layered clothing) are required. As we will only have water filling stations, **each student should plan on bringing their own water bottle.** If you have any questions, please call Elyzabeth Richards at extension 110.

FREE Covid-19 Testing Kits Going Home with LCS Students Today

The Mills Administration has provided schools with a one-time allotment of at-home COVID-19 rapid antigen test kits to distribute to students and staff. Lincolnville Central School has received their shipment of tests, and will be distributing them to students FRIDAY, MAY 13th. The kits have a total of 5 tests in a box. Please look out for the kits, and use them as needed.

Run 4 the MONEY 5K



We Are Back and Ready to Run!

- Sunday May 29, 2022
- Children's Fun Run - 9:30 AM
- 5K Event - 10:00 AM
- Register Online at:
moneyathleticfoundaton.org

Race day registration runs from 8:30 to 9:30 AM at the Lincolnville Central School, 523 Hope Road, Lincolnville, Maine.

Participants may pre-register using the online form on the webpage, pay by using the PayPal donate button, and all you will need to do is sign our release form on race day.

The cost is \$25.00 for adults and \$10.00 for children under the age of 12. All Proceeds go to the MONEY Athletic Foundation Scholarship Program.

Can't make it that day? No big deal ... you can "virtually" walk or run your 5K from anywhere. Just make your donation via paypal and send a course description, map, or photo to moneyathleticfoundation@gmail.com, so we can post it to our Facebook page!



In a World of Happy Posts — Why Expressing True Emotions is So Important

In the spirit of Mental Health Month, it is paramount that all kids know that mental health issues affect us all. Our emotional lives are so complicated. The pressure youth feel to exude certain feelings can be intense.

A significant portion of my book *Parenting in the Screen Age* is devoted to mental health issues and today I want to share one small section of the book.

Here it is:

In an interview for *Screenagers Next Chapter*, a teen told me:

"I remember n a time of my life where I wanted people to know that I was happy. Let me just show this to the entire world how happy I am. I would post over and over and over again until I almost believed it myself. When I obviously wasn't very happy. But I wanted to be. I wanted to be happy so bad, but I just wasn't."

If a teen is upset about something, what will they do with that upset feeling? One thing they may do is called "down-regulating" the emotion, which is when someone tries to lessen a negative feeling by doing things to avoid feeling it. A person may do this to try to feel less negatively affected by the emotion — to both feel and try to look better than they really are.

Researchers know that a downside is that suppressing feelings can hinder resolution, thereby extending the emotional pain. But they wondered how it could impact the person's thinking abilities and cognitive processing.

James Grossman at Stanford has been conducting studies on this very question for over two decades. He wanted to understand what happens when a person is told in a study to down-regulate their emotions — also called "suppressing" emotions. What happens to that person's cognitive abilities to process and recall the information?

In one of Grossman's studies, participants were asked to watch an upsetting film showing a man getting into a motorcycle accident. Researchers told some of the participants before the film to suppress any emotional reaction they had to the film, and they told the other group not to suppress their emotional responses.

They found that the participants told to suppress their emotions recalled far fewer details about the movie than those who were not instructed to suppress their emotions. Clearly, their brain had to actively suppress the emotions, leaving less brainpower to take in what was happening on the screen.

From this study, another interesting cost of suppressing emotions was determined. It caused participants' blood pressure to rise higher than the control group, who had been free to express their emotions. Stress-related increase in blood pressure is taxing for the body and is associated with problems such as heart disease. A fascinating additional finding was that not only did their blood pressure go up, but when they had to explain the film to someone else, (while still suppressing any emotions the film may have caused them) the person they were talking to had an elevation in their own blood pressure, which was not the case for the control groups. The researchers do not know why these people experienced elevated blood pressure, but it might be that they were sensing the tension in the other person — whether consciously or subconsciously — and this led to the observed rise.

James Grossman told me in an interview:

"What we found in laboratory studies and in the field is that when people try to use suppression, they can look cool, but they don't feel cool. And furthermore, their thinking process is slowed down. So if you give people information while they're suppressing, they don't remember it as well. So if I'm a teenager and I'm really upset about something that a friend of mine said or something that happened at home, and if I'm trying to suppress that emotion, that may make me so busy cognitively that I can't really pay attention to what the teacher is saying or what the homework is all about. And if you add that up day after day it can mean very, very different trajectories academically."

There is no question that with the increased exposure to media on devices, our youth are growing up with far more ideals of beauty, handsomeness, and ways to act or express oneself than ever before.

Suppression can, of course, be very advantageous at times. Say a person is feeling a lot of anger, and they start lashing out at someone. It most likely would be much more effective to step away and start breathing and thinking about calming down, to lessen the intensity of the emotions and not just act from that emotional place.

Here are some ideas about what parents can do:

Discuss media and video game literacy

Talking about the ways males and females are displayed in shows regarding expectations about emotions is so important, more so now than ever. Start with the shows and videos they watch.

I recall how frustrated I was that my son was so glued to the series "Arrow", which is about a superhero — who of course never talks about feelings or shows any emotions. The whole idea of a male hero who is stoic beyond belief consumed him.

I worked to stay calm and to ask him questions about his take on the superhero and how he felt about the messages the show was sending. It was useful to ask what he thought a younger kid would learn from it. So, if Chase was 11, I might ask, "What do you think an 8-year-old might take away from the show about what it means to be a real man?"

Media literacy also must include video games that now contribute hours of messaging to our kids and teens about emotionless males. In games, many people are killed, and yet there are no emotions expressed and no negative consequences shown (other than perhaps losing a round).

Discuss social media literacy

Ask your kids questions like how often they think a person's post aligns with their true emotional life. Teens tell me often that when they are not feeling good, they purposely post photos where they look good in the hopes of getting lots of likes, so as to boost their mood. This may help in some ways, and yet there can be downsides.

Discuss helpful and unhelpful suppression of challenging emotions

Using a story from my life is something I often do with my kids when it comes to issues around feelings. For example, I might share with them how when I am on a call discussing a questionable bill, my frustration with the person on the other end can quickly mount (in part because I was waiting twenty minutes to finally speak with someone). I work very hard to suppress my frustration because it is not at all my goal to let my feelings out on this person. In that way, I am glad to be regulating my emotions.

Take a different scenario. I am working at my medical clinic and I'm feeling emotional about a conflict I am having with my husband. I work to suppress my emotions so I can provide the best medical care possible. I soon recognize that I am really having a hard time concentrating so at lunch, I call him. I get to express my feelings, we work things out, and when I get back to see another patient, I can focus much better.

Ideas for conversation starters:

1. What ways does our screen world promote hiding true emotions?
2. What do common messages in shows and video games convey about what and when it is appropriate for girls to express emotions? How about for boys?
3. Can you recall being upset at school, having to hold it together, and finding it was really hard to concentrate?
4. When was the last time you told someone about your emotions and felt it was helpful?

THE LINCOLNVILLE CENTRAL SCHOOL
PTO
INVITES YOU TO A
PAINT NIGHT
Fundraiser



THURSDAY
MAY 19, 2022
5:00 PM

SEA DOG
RESTAURANT
MAIN ST., CAMDEN

PRESENTED BY ARTFUL NIGHTS MAINE
Create your own wood pallet "Spring Daisy" masterpiece.

TICKETS
\$35 in advance
\$40 at the door
Space is limited. Advance reservations
are strongly recommended

Food & Beverages
available for purchase

Silent Auction presented
by the LCS PTO

PURCHASE TICKETS AT EVENTBRITE
<https://www.eventbrite.com/e/wood-pallet-fundraiser-for-lincolnville-central-school-pto-tickets-313573676307>