

Lincoln METCO Siren

Good news and good vibes from Ballfield Road

Almost around the bend

Welcome to the Lincoln METCO newsletter!

We are in the home stretch and you should know that you are all doing a great job! While officials are not exactly sure of the the logistics for the fall re-entry plan, we know that we started this marathon out at 5k pace and we have to remember to work hard at practicing self care. These are new and uncharted waters, but we know that you are all doing your best to weather the storm.

Deep breath in, hold it, slowly exhale...

Our time during this pandemic has shown us that attending to our own mental health, as well as the mental health of our young scholars has never been so important. Finding healthy balances, keeping daily routines, actively fighting boredom is key to helping children: manage stress, real expectations, anxiety, and fear. Take a break from physical distancing, practice a little mindfulness, or try a bit of psychological distancing...Let's help manage their positive self talking skills!

“And once the storm is over, you won’t remember how you made it through, how you managed to survive. You won’t even be sure, whether the storm is really over. But one thing will be certain. When you come out of the storm, you won’t be the same person who walked in. That’s what this storm is all about. ” - Haruki Murakami



No at Home Learning Monday 5/25!
Happy Memorial Day!

William James College - FREE Online Groups

William James College is offering several free, online groups on parenting, working from home, mindfulness and other topics. Groups include:

- Parenting and Co-Parenting through COVID-19
- Supporting your Elementary Learner from Home
- Disconnecting from the News and Reducing Anxiety
- Virtual Playdates
- Relaxation and Stress Management in Uncertain Times

- School-Age Children Virtual Lunch-Bunch During COVID-19 (Weekly)
- Executive Functioning Challenges while Working from Home
- Coping and Mindfulness

These groups are free and open to all!

Find dates, times and login information on the [William James College COVID19 Resource Hub](#).

Quick Links (LPS)

[Learning at Home Together](#) - Remote learning program homepage.

[UniPay site](#) - Link to Donate to our Meal Assistance program. Search for "Lincoln Public Schools" in the grey bar marked "Select;" this takes you directly to our transaction page and the Meal Assistance tab is on the left.

[Family Tech Help](#) - Guides, tutorials, and videos for families to help you connect and access online tools, including Google Meet, Seesaw, Google Classroom, Clever, and more! Some of the most helpful resources right now include:

If you need any technical support please contact support@lincnet.org. We are monitoring and responding to this email from 8am-3pm. We can help with accessing online tools, logging into accounts, password resets, and more.

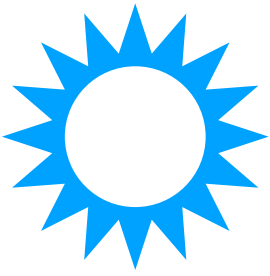
Interest Survey: Family Support

In the midst of this major public health crisis, the effects of existing inequities puts people of color in an increasingly uncertain situation. As federal, state, and local officials consider initiatives to address the impact of COVID-19, we too at Lincoln Public Schools, are acknowledging some of our most vulnerable communities. It is crucial that we understand why and how this crisis could disproportionately impact people of color within our community. We want to also take proactive steps to mitigate its effects, while providing families the platform to engage in healthy dialogue and offer opportunities to receive tips on how to navigate these challenging times.

Please take a few minutes to review the survey in the link below and let us know if you and your child(ren), in grades 5-8, would be interested in participating in future dialogues around the current state of our nation and how this impacts communities of color. As always, please let me know if I can do anything to support your family during this time.

Click link below to take quick survey by 5/27:

<https://forms.gle/oNY4dZxjsas3GE1n9>



Summer Activities Update:



As we and the entire Northeast are still easing into the phases of re-opening, we are still waiting for information coming down the pipelines about summer programming with the Lincoln Parks & Recreation Department. However, we do know that METCO Inc. will offer summer virtual learning opportunities. If you completed the summer virtual learning interest survey, we will be in contact with you via email about opportunities that we have for your child(ren).

We know that many of you are working and juggling multiple emails right now, but please be on a careful lookout for emails, in the next few days, containing information about summer learning opportunities because we will need a quick response from you. We will also be sure to keep you informed with the proper program contacts and dates for registration because it will be important that you meet those deadlines.

Upcoming Events:

Boston Parent/Guardian Mtg - 6/4 @ 6pm

More information to come about our last (virtual) meeting for this school year.... stay tuned!

Director's Corner:



As this school year comes to a close, I figured I'd share news with you all now, that I planned to announce in person at our last Parent/Guardian meeting prior to this pandemic. **I am unexpectedly expecting and will be on maternity leave beginning June 29th.** I did not want anyone to think that I just disappeared if I end up going on leave prior to that date. As much as this is a surprise for my family and I, my husband and I are grinning and bearing it, while embracing life's unexpected blessing.

Similar to the times that we are all now experiencing with a worldwide pandemic; we might not have expected today's current events, but we know for sure that all of our lives have been changed (whether for better or worse) by the unexpected. My hope is that we can cleave to that which is good, while not forgetting the disparities that have been further exposed during this time so that we can truly see/promote community and change within our district, homes, and lives.

I do plan to "return" next fall, but please let me know if you have any questions. Thank you for your support as I have served my first year as Director in the Lincoln METCO program. This is definitely a year that will not be forgotten!

Be well...Mrs. Marika Hamilton