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CENTRAL OFFICE

Superintendent

484-7001

Director of Human

Resources

484-7002

Executive Director of

Finance

484-7042

Executive Director of

Curriculum

484-7000 Ext. 7658

Director of Student

Services

484-7054

SCHOOLS

High School

484-7004

Middle School

484-7033

Bishop Elementary

484-7074

Brick Elementary

484-7031

Childs Elementary

484-7035

Early Childhood Center

484-7070

DEPARTMENTS

Communications &

Information Services

484-7095

Special Education

484-7054

Transportation

484-7044

Food Service

484-7072

Athletics

484-7013

Community Recreation

484-7007

Lincoln Senior Program

484-7000 Ext. 7557

December 18, 2017

Dear Families,

The conclusion of one year and the start to a new one is an ideal time to take a personal inventory to ensure that you and your loved ones are in a healthy place. We would like to take this opportunity to provide you with information and activities to help you enjoy time with your children and to recognize signs of troubling behavior.

The holidays can be an uplifting time for a variety of fun and engaging activities to experience. Yet, the busyness and high expectations can cause stress. Rest, exercise, and healthy food choices are vital steps toward alleviating the holiday blues. It is also important to indulge in favorite pastimes from reading, listening to music, connecting with friends, or taking up a new hobby.

Winter break allows you more time with your children and can provide insights into their emotional and mental well-being. A link to 50-self-care activities that you can enjoy with your children is a way to connect and observe their interactions. If your child has experienced a traumatic event, you may see indicators that require attention. The information on loss and grief is provided for you to be aware of what to look for and how to respond to help guide your child through difficult situations.

The Lincoln Consolidated Schools staff are caring professionals who want to see our students thrive in their personal, educational, and life pursuits. We remain committed to providing a quality education in a safe environment and hope you find these resources helpful. We wish you a peaceful and wonderful holiday break, and we look forward to seeing you in the New Year.

Sincerely,

Sean McNatt, Superintendent