

THIS WEEK AT LMS

Lincoln Middle School, Pullman, Washington

Mental Health & Lockdowns

RESOURCES FROM THE NAT'L ASSOCIATION OF SCHOOL PSYCHOLOGISTS

"Designed to protect students from danger in and around a school, lockdowns are intended to secure a school to keep out a threat. Lockdowns can be triggered due to police action in the neighborhood, online threats, or other perceived dangers such as a dangerous animal. *Lockdowns can save lives* and are considered best practice in crisis response."

This week, Lincoln Middle school went into a modified lockdown after a "Swatting" (hoax) call to PHS. We practice lockdown drills throughout the year so that students and staff know and understand the safety protocols. However, lockdowns may produce anxiety, stress, and traumatic symptoms in some students or staff. These feelings are valid, and students might want to speak with family or school personnel to help them process.

In the gray box below, you'll find resources for navigating those conversations, both for adults and for students. We take these scenarios seriously because student and staff safety is of utmost importance. If you need help with tough feelings or conversations, we are here for you.

NEWS & REMINDERS

Track @ BiState
6th Grade Only

TUES, MAY 16 @ PULLMAN

Track @ BiState
7/8 qualifiers only

WEDS, MAY 17 @ MOSCOW

8th Grade Science
State Testing

THURS, MAY 18

6th Grade Band &
Jazz Band Concert

THURS, MAY 18 @ LMS

8th Grade Science
State Testing

FRI, MAY 19

Drama Club Spring Show

MON, MAY 23 @ LMS, 7PM

Talking TIPS

Are you a student who wants to have a conversation with a parent, but aren't sure where to start? Try this resource: [Talking with your parents](#). Know what to talk about but not sure how to ask for help? Try: [How to ask for help](#)

Are you a family member who wants to talk to your student about school safety? Try: [Talking to Children About Violence](#). Maybe you'd like some information about navigating the after effects of lockdowns. Check out: [Mitigating Psychological Effects of Lockdowns](#)

STUDENT OF THE MONTH



**Congrats
March
Students
of the
Month!**

**6 BRYSON
MATHIS**



**7 ARIAN
CURY**



**8 ALEC
LISK**



Bryson is a very kind student. He is always participating in class and is offering to help fellow peers. He is warm-hearted and friendly. Not only does he get along with everyone, but he is also empathetic and listens to understand his peers. He's smiling whether it's Monday or whether it's the end of the day on Friday.

Arian exemplifies kindness and positivity. He goes above and beyond to include others and is always friendly to everyone. He constantly has a smile on his face and has shown that he has a growth mindset by learning from mistakes. Arian also regularly visits teachers' classrooms after school to see how he can help out.

Alec is one of the kindest students I have ever met. He sees the needs of those around them and will help whenever he can. He is the first student I will ask if I need help with something. He is empathetic to others, and checks in with others when he notices that someone is struggling, including teachers.

Lili is kind, charismatic, & constantly working to make classmates and teachers alike feel like members of the LMS community. She is known to welcome new students by jumping in as a new friend and to help old classmates to succeed in their work by challenging their thinking and helping them when they hit tough spots.

Garnet is kind and thoughtful to all her classmates and makes sure they are welcome and heard when working in small groups. She is one of the first to volunteer an answer – even if she isn't sure it is the right one. That makes class feel like a safe place to be and encourages others to be vulnerable and share as well.

Mika is kind to everyone around her. She has patience when working through her classwork and works hard on her assignments. She is a student I can depend on to participate in discussions, is supportive of her peers, and offers help when needed. Regardless of how her day is going, she comes in with a positive attitude.



**Congrats
April
Students
of the
Month!**

**6 LILI
WHEATLEY**



**7 GARNET
PLACKE**



**8 MIKA
HIROSE**



Capture Your Memories in This Year's LINCOLN MIDDLE SCHOOL Yearbook

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by 5/15!**



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