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February 16, 2024

Dear Parents and Friends,

We hope that you all had a great week. We would like to share the following information with you:

**Winter Break**

Next week is Winter Break for LCS. The LCS building will be closed on February 19th and February 20th. Students will return to school on Wednesday, February 21, 2024.

**Ethel L. Ducharme Scholarship**

This scholarship is for students who graduated from the eighth grade at Lisbon Central School and will pursue undergraduate or graduate studies toward a career in medicine, including but not limited to physician, nurse, therapist, or medical researcher. For more information, [please click on this link.](#)

**Community Information**

Please [click on this link](#) for information from NFA about their Saturday Morning Children's Art (SMCA) program. Please [click on this link](#) for information about the Slater Library Open House Art Show coming up on April 6, 2024.

**Fitness Recognition**

At the end of January, [an article \(click this link for text version\)](#) was released by multiple area newspapers about the fitness scores. Lisbon was identified in the article as having the top fitness scores in the state! We would like to recognize Alyssa Fabry for all of her work in keeping our students active and helping them prepare for the fitness test. Great Job, Mrs. Fabry!

**From the Nurse's office**

Please [click on this link](#) for this week's update from the Nurse's office about physical requirements for students wishing to participate in Spring sports.

**Healthy Hint of the Week**

Promote a growth mindset. Having a [growth mindset](#) helps us to rise above negative thoughts and perceived limitations. A growth mindset allows us to see the world through a lens of growth and encourage perseverance and determination. We all can develop a growth mindset by learning to focus on the positive and view challenges as opportunities for growth, rather than threats.

That is all we have for this week's Dear Parents and Friends. Have a relaxing, safe, and enjoyable Winter Break!

Christopher & Sal