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February 28, 2025

Dear Parents and Friends,

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

February Student of the Month

Congratulations to our February Students of the Month - Theodore Mioduszewski, Isaac Urbinati, Colby Jahn, James Ibbison, Dacie Adams, Johnny Hood Jr., Austin Whitford, Zac Bertrand, and Raylan Jolly. Nice Job to all of these students for exemplifying the core values of Cougar Pride—respect, responsibility, safety, and trustworthiness.

Read Across America

This coming Sunday, March 2, 2025, is Read Across America Day (Dr. Suess's birthday). With that being said, Lisbon Central School is celebrating Read Across America all next week with a special daily Dr. Suess theme. Please join us during this special week to help excite, motivate, and celebrate a love for reading. Please [click on this link](#) for our daily themes. Thank you to Ms. Ley for helping to organize this very important celebration of reading.

March 7, 2025 - No School/Regional PD day

We would like to remind our families that there will be no school for students next Friday, March 7, 2025, due to a Regional PD day. Teachers will be reviewing the reading curriculum, working on the math curriculum, and analyzing student data. Some staff members will also be participating in First Aid/CPR training.

RIF Breakfast

During the week of March 10, 2025, LCS is celebrating National School Breakfast Week. National School Breakfast Week (NSBW) celebrates the importance of nutritious school breakfasts in fueling students for success. Reading is Fundamental (RIF) is the leading voice for children's literacy. Combining these two events, we have created an opportunity for our LCS families to have breakfast with their students and receive a free book. If you are interested in attending, please sign up by 12:00 pm, Friday, March 7, 2024, so that we have an accurate number of parents for breakfast. Please [click on this link](#) for more information.

Ethel L. Ducharme Scholarship

We are accepting applications for the 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](#). The application deadline for this scholarship is April 23, 2025.

2024-2025 Yearbooks

Please [click on this link \(updated\)](#) to order this year's yearbook. We have less than 35 copies available for purchase. Purchase may be completed online or by sending in a check or money order (no cash) made payable to the LCS Student Activity for \$25.00. If you have any questions, please contact Mr. Gracia at jgracia@lisbonschool.org.

LCS Job Opportunities

We are currently seeking one (1) long-term substitute (Gr. 3), two (2) long-term substitutes (Gr. 6), coaches for Spring sports, as well as temporary (short-term) tutors and substitute teachers to join our team. Please [click on this link](#) to view the employment application or feel free to share it with prospective candidates.

Kids Heart Challenge

In our Physical Education classes, we are helping to support the American Heart Association through the Kids Heart Challenge service-learning program. During PE class, K-8 students will learn how to have happy and healthy hearts and brains while raising lifesaving donations to help others with special hearts. Plus, your family can learn the lifesaving skill of Hands-Only CPR through Finn's Mission! You may sign up by [clicking this link](#) or by downloading the FREE AHA Schools App for [Apple](#) or [Android](#). Thank you to Mrs. Fabry for organizing this event for LCS.

Community Partners

Please [click on this link](#) for information from NFA about their next Saturday Morning Children's Art (SMCA) program session that runs from March 8 to May 17. Please [click on this link](#) for information from Slater Library about a couple of upcoming events. Please [click on this link](#) for upcoming events offered by the Griswold Recreation Department. Please [click on this link](#) for information about the 2025 Spring Break Soccer Camp at Connecticut College.

From the Nurse's office

We have seen an increase in various respiratory viruses, including the flu, pneumonia, norovirus, etc., circulating throughout our school across multiple grade levels. To help prevent transmission, please keep children home if they are feeling unwell. For the latest respiratory health guidance, visit our school website to review the current CDC recommendations. Please [click on this link](#) for an article from UNCAS Health District about recognizing symptoms of the flu and what to do if you have the flu. Thank you for your cooperation in keeping our school community safe and healthy.

Healthy Hint of the Week

[Nutritious](#) meals, sufficient sleep, and [physical activity](#) are key to academic and social success. Studies show that children who eat a nutritious [breakfast](#) function better at school. Getting enough [sleep](#) is also critical to staying healthy and thriving at school. Not getting enough sleep can affect memory, concentration, creativity, and learning. In fact, lack of sleep is linked with lower [academic performance](#), school [attendance](#), and tardiness.

That is all we have for this week's Dear Parents and Friends. Have a great weekend!

Christopher & Sal