



L.B. Clarke Middle School Chronicle

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Friday, October 17th, 2014

Visit us online at: www.trschools.k12.wi.us/schools/lbc

It's a Busy Fall Season at LBC!

Parents,
We have wrapped up the fall MAPS testing period and the results are very positive! Our building leadership team met on Wednesday to assess our progress in many different areas through the first month and a half of the school year, and compared our MAPS data to our fall results from last year. We are very excited about the results and the path we are on!

We have a few field trips coming up in the next week, so please pay attention to your child's Friday folders. The 6th grade will be going to camp at School Forest on

Tuesday. The teachers and students are very excited! The 5th grade will be going to the Capitol Civic Center to watch "We the People" On Wednesday.

Two important things take place on October 24th:

- The first Battle of the Boxtops ends
- 1st Quarter Activity Night

The school really benefits from the box tops you collect and send in, so please help your child's A/A win the challenge. Thank you for supporting L.B. Clarke!

Mr. W

Gold Canyon Candle Fundraiser



Autumn Walk
Enchanting, Woody, Musky, Notes of
Jasmine, Musk & Sandalwood.

In Friday folders this week you will find a white order form for our annual candle fundraiser sale. The L.B. Clarke PTO does just a few fundraisers each year and the candle sale provides us with a profit of 40%. Each of these quality candles costs \$20, so the PTO keeps \$8 per candle.

If each student sold just one candle this fundraiser would bring in almost \$4,500! The proceeds will be used to finish fitting the remainder of the school's classrooms with new blinds.

The sale is October 13th - November 10th!

Check Out The L.B. Clarke Webpage!



If you take the time to check out the L.B. Clarke website you'll see we've made some changes. Here's a quick summary:

- **Remind**- by signing up for Remind, you'll get text messages from LBC when we send reminders out about events at school.
- **Twitter**- I have attached my Twitter feed to the website. You can see many of the articles I share with our staff, as well as information that pertains to parents and students. I will also tweet about cool stuff going on at school. Follow me @PrincipalBatman
- **Google Calendar**- We have attached a Google calendar to the main page. You can add this to your own Google calendar as well.



Upcoming Events

October 18th

CC @ Campbellsport 9 a.m.

October 20th

8th Grade VB 3:45 p.m.

October 21st

6th Grade Trip to School Forest

October 22nd

5th Grade @ Capitol Civic Center for "We the People"

October 24th

1st Quarter Activity Night 6-8 p.m.

October 30th

6th Grade Trip to Kettle Moraine

October 31st

HALLOWEEN! Trick or Treat Safely!

November 6th

1st Quarter Mini-Course Day

November 7th

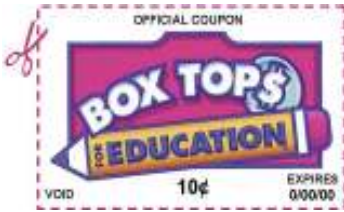
NO SCHOOL- In-service for Teachers

November 10th-14th

Parent Teacher Conference Week



1. Look for the Best in Others
2. Dream Big
3. Choose Positive Influences
4. Speak with Kindness
5. Start A Chain Reaction

**BATTLE OF THE BOX TOPS**

Please cut out box tops and send them to school with your child. The first A/A challenge ends **October 24th!**

The advisor and advisees in the top FOUR A/A's will win root beer floats!

FOLLOW LBC ON REMIND

Text @lbctr
To (321) 732-6102



or visit

remind.com/join/lbctr?utm

Middle School Students Need:

- 8-10 hours of sleep
- A good breakfast
- A designated time and place to do homework
- Read 30 min each night

PARENTS

If you haven't already,
please turn in:

- **Emergency Contact Information Forms**
- **Registration Fees**
- **Athletic Fees**
- **Health Survey**
- **Technology Use Form**

Why Resilient People Are Happier—and How to Be More Like Them By: Peter Economy

One day I walked into my house to find our cat playing gleefully with a baby lizard. He would pick up the lizard in his mouth, give it a little playful toss, and then paw at it.

I picked up the lizard gently, his cold lifeless body sagging in my hand, and put him on the outside wall. I figured he was a goner. About an hour later, I checked on the little guy expecting to see his dead remains, and to my amazement, he was gone.

What that little lizard showed to me that day was great resilience. He got caught in a tough place that forced him to take action—in this case he played dead. He remained in his I'm dead role until all fear was removed, and then he bounced right back and carried on with his lizard life.

There are people in life who show exceptional resilience, too. They have the strength and the passion to go on even in the face of tragedy. Below are eight habits of extremely resilient people.

Start with one and continue to add on as you go, but at least begin down the path of increasing your resilience. Resilient people lead happier and more successful lives—and perhaps longer, in the case of the lizard. Don't you want that, too?

1. Get the Support You Need

People with exceptional resilience typically have a big safety net—many loved ones and friends to turn to when times get tough. Having others who accept you for who you are and who are there for you during good and bad times strengthens your resilience. Don't have much family or many friends? Get out there and join a group, club, or team—start connecting and making friends.

2. Realize It's Just Part of Life

Resilience comes with knowing that life isn't perfect and that, yes, there will be drama and trauma in your life at one time or another. Your ability to view a tragedy as an isolated event instead of what your future has in store for you is what will set you up for success and greater resilience in the future.

3. Make Healthy Choices

People who are extremely resilient typically take care of themselves. They exercise daily, get the rest they need, address their own needs and feelings regularly, and make an

effort to eat healthy. If you take care of yourself—even walking 20 minutes a day can take your stress down a notch—you will be less likely to fall apart during those times in your life that are filled with stress or tragedy.

4. Remember to Laugh

Even during the worst times, exceptionally resilient people still laugh and find joy. Laughter can reduce the pain you feel, both body and mind, and help to minimize the issue at hand. Yes, the bad things will still happen, but you can lighten that load by finding your sense of humor.

5. Be Nice to Others

Exceptionally resilient people enjoy helping others. They find great joy in random acts of kindness that lift the heart of not only the receiver but also the giver. On the flip side, it is equally important to receive and appreciate kindness from others who are trying to help you during a tough time—showing gratitude is also a big part of resiliency.

6. Get the Ball Rolling

Resilient people face life's obstacles head-on. When confronted by a crisis, they immediately ask themselves, "What are my choices and solutions for this?" They collect all the information they can, come up with a plan, and then face the pain or anxiety directly with action. Even when faced with the worst of tragedies, such as a death in the family, resilient people collect, plan, and act until things are back to normal.

7. Look at the Bright Side

Resilient people have a knack for always finding the silver lining. Even though they are not immune to pain and anxiety, their eyes are wide open—they are able to see the good even during the worst times. Resilient people literally see each moment in life as another opportunity and another chance. Their glass is definitely half full.

8. Don't Make the Same Mistake Again

Resilient people learn from their mistakes instead of making the same ones over and over. They ask themselves what went wrong and come up with a strategy to prevent the mistake from happening again. They get excited about doing things in a new way or approaching things differently, and this is what helps them endure unhappy times.