



COMMITTED  
TO  
CHARACTER



## HOMECOMING 2012

The Homecoming theme for 2012 is "Let the Good Times Roll."

The entire school is invited to participate in spirit week and the homecoming games.

### SPIRIT Week

Wednesday the 18th

SUPER HERO DAY

Dress as your favorite hero

Thursday the 19th

MARDI GAUDY DAY

Dress loud and extravagant

Friday the 20th

LCS SPIRIT DAY

Show your Eagle pride

3:00-4:30

Junior Cheerleaders pictures

MP Room

4:30

JV Boys Games

Varsity Boys Game

Homecoming Court Presentation

HS Girls Game

9:30

HS Homecoming Dance

## TALON CHALLENGE

The 3rd annual Talon Challenge with Thomas Jefferson will be taking place on February 3 at LCS. 100% of the proceeds from this event benefit the V Foundation for Cancer Research, both schools have raised close to \$10,000 in the past two years! In preparation for this event, please be aware of the following opportunities to get involved:

T-shirts are for sale, [click here](#) for the order form. Orders are due by January 19. This t-shirt may be worn with uniform bottoms the entire week of January 30.

Memory cards are available in all front offices – for a suggested donation of \$1/card. Publically remember those whose lives have been touched by cancer.

LCS is competing with TJCA to see who can raise the most pints of blood, by donating through the Red Cross. Help us defeat the gryphons by donating at the MS/HS on Jan 31 or at the Lincoln campus on Feb 1. Appointments are preferred; please register for the Denver drive by e-mailing [heather.kline@lincolncharter.org](mailto:heather.kline@lincolncharter.org) or [keith.hain@lincolncharter.org](mailto:keith.hain@lincolncharter.org) for the Lincoln drive.

LCS will play Thomas Jefferson in basketball (all basketball teams, MS and HS) on February 3 at LCS. Please plan to come out and support the Eagles!

## FROM THE DESK OF PRINCIPAL GREER

Parents are welcome to visit the science fair from 8:30-11:00 am in the gym on Thursday, January 19, 2012. We have amazing projects from 5th grade and middle school students. Winners from our campus will be invited to the Denver campus to compete on Friday, January 20, 2012.

The first grade blue jeans day is moved from Thursday, January 19th to Thursday, January 26th. Tickets are still available from Mrs. Guynes at \$5 per child. Families with more than one child can buy other tickets for \$1 each. This fund raiser benefits the first grade technology centers.

A second Intent to Return form is being sent home today to families who have not yet responded. The forms are due February 8, 2012.

We could use the following items: scrap book pages, tissues, Clorox wipes, and disinfectant spray.

Volunteer needs include help with the book fair, lunches, car rider line, clothes (uniform) closet. The Book Fair will be from February 6th until the 9th. Schedules will be coming soon.

Our next PTO meeting is February 9th at 6:00 p.m.

## FAMILY HEART HOP

When: Friday, February 24, 2012

Where: LCS Lincolnton – Gym

Time: 6 – 8 pm

Tickets: Available beginning February 1st (\$5 per family)

February is the American Heart Association's Heart Month and PTO will be sponsoring a Family Heart Hop.

The Heart Hop is a gathering of friends and family that will focus on the importance of healthy eating practices and exercise --- all while having lots and lots of fun!

- DJ Johnny Colvard will be on hand spinning tunes from all dance eras
- A photographer will take a family picture or pictures of you and your friends
- Community board – come and advertise your business or a need for employment
- Heart healthy recipes and ideas will be available
- Raffle for exciting prizes
- Games for everyone to play
- Lots of contests and chances to win great prizes
- More fun to be announced – stay tuned!



## HIGH SCHOOL HAPPENINGS

Be sure to check out the Scholarship link on Mrs. Wood's page. Scholarship information is coming in daily.

ATTENTION SENIORS AND PARENTS -

Do you need assistance filling out your Free Application for Federal Student Aid (FAFSA)? Help is available! On February 18th, financial aid professionals will be available throughout North Carolina to help students and parents fill out their forms. This is a FREE service provided by the College Foundation of North Carolina (CFNC). Visit [www.cfnc.org/fafsaday](http://www.cfnc.org/fafsaday) for locations and registration details.

## SPRING SPORTS

Spring tryouts begin the week of Feb 13 – stay tuned for full details

HS Softball (girls only) – Open field workouts start Jan 19 and will run every Tuesday and Thursday after until tryouts – weather permitting. These sessions will begin immediately after school and run until 4:45pm.

MS softball – begins open fields on 1/15 from 2-4pm, and continues each Sunday until the start of tryouts

MS/HS Baseball (boys only) – Open fields TBA

HS Soccer (girls only) – Jan 9, 3:30-5, and every Monday and Wednesday following – weather permitting

MS Soccer (girls only) – Jan 9, 4-5:30, and every Monday and Wednesday following – weather permitting

HS Track (boys and girls) – every Monday/Tuesday/Thursday after school until 4:30 – weather permitting

Additional sports/team open fields/practice sessions will be announced later - stay tuned for details. Questions? Please e-mail [daniel.schmitz@lincolncharter.org](mailto:daniel.schmitz@lincolncharter.org).

## HEART HEALTHY RECIPIES

Start your morning right with these heart healthy recipes:

Fruit Smoothie – by Mrs. Greer

**\*\*Note:** Cut and freeze bananas the night before and place in a plastic storage bag

Fill blender 1/3 full with frozen strawberries

Fill blender 1/3 full with frozen bananas

Add enough apple juice for fruit to float

Blend thoroughly

Drink immediately or freeze portions in freezable containers.

Granola Bars – by Mrs. Slentz

3 cups - Oats

1 Tbsp. – Melted butter

1 Tbsp. - Ground cinnamon

1 Tbsp. - Ground flax seed

½ cup – Choc. Chips

½ cup – Dried cranberries

½ cup – Sunflower seeds

1 Small can of Sweetened Condensed Milk

**\*\*\*\*You can add any fruit or nut to the recipe you like\*\*\*\***

Mix all ingredients together in a large bowl. Pour into a greased baking dish and bake at 350 degrees for 20 minutes. Bake longer for crunchy bars.