

B L U E H A W K N E W S

SKI TRIP

Our first of two school ski trips to Lookout Pass is this Friday, January 26th. We have over 100 students, in grades 4 through 8, signed up! With that, bus seats are FULL. If you are a parent that plans to go, please consider having your student ride with you so we can make a little room on each bus. Also, please make sure your student has proper ski attire. We want to make the experience positive for all students, and it can be quite miserable on the mountain without warm gloves, snow pants, etc. We are looking forward to an awesome snow day on the mountain. THINK SNOW!!!!!!

ELEMENTARY BASKETBALL

We have started basketball for our 3rd-6th grade boys and girls on Saturdays! Practices will be Saturday mornings in January and February at the K-8 gym. Players will learn basketball skills and work into game situations. We are planning to showcase talent at halftime of upcoming high school basketball games soon. We hope to see you this **Saturday, January 27th. Girls will practice at 9:00AM and boys will practice at 10:00AM.** Thank you to those staff and parents who have volunteered, making this opportunity possible!

Popcorn Friday

Our PTO recently purchased a new, larger popcorn machine, which has greatly helped with Popcorn Fridays. They will hold their next Popcorn Friday, tomorrow, January 26th. Popcorn is served immediately following lunch. This Friday the popcorn is sponsored by Park Family Builders and popcorn is FREE to all students in grades K through 8! Election of officers was held at the January meeting. Morgan Leaf will serve as President. DeeDee Helvey was chosen as Vice-President. Krystal Park is the new Secretary and Lisa Ruen will serve as Treasurer. In other business the PTO set some dates for upcoming events such as Muffins with Moms, to be held on February 9th and Donuts with Dads to be held on March 15th. Their next meeting will be held on Wednesday, February 7th at 4:30PM in the Elementary. Everyone is welcome to attend!

REPORT CARDS

2nd Quarter ended this past Thursday. We are now more than half way through the school year. Report cards are being sent home with students today, so check those backpacks. Though we do not hold formal conferences the remainder of this school year, we do encourage you to contact your student's teacher with any questions or concerns. Teachers can be reached via email or at the end of each school day, by calling the office at 406-827-3592 x 3. Communication is a vital part of the educational process and we appreciate your interest and partnership in your student's education.

Important Happenings

- 1/25 School Spelling Bee - 2PM - Band Room
- 1/25 2nd Qtr Report Cards sent home
- 1/25 REACH - 3rd-8th Gr After School Program - 3:30-5PM
- 1/26 4th-8th Gr. 1st Ski Trip
- 1/26 Popcorn Friday - sponsored by Park Family Builders
- 1/26 FUN FRIDAY - Career Day
- 1/26 *Early out - 2:05PM*
- 1/27 3rd-6th Basketball - JH Gym - Girls 9AM Boys 10AM
- 1/29 REACH - 3rd-8th Gr After School Program - 3:30-5PM
- 1/31 REACH - 3rd-8th Gr After School Program - 3:30-5PM
- 2/1 REACH - 3rd-8th Gr After School Program - 3:30-5PM
- 2/2 FUN FRIDAY - Anything But A Backpack Day
- 2/2 *County Spelling Bee—Courtroom*
- 2/2 *Early out - 2:05PM*
- 2/3 3rd-6th Basketball - JH Gym - Girls 9AM Boys 10AM
- 2/5 REACH - 3rd-8th Gr After School Program - 3:30-5PM
- 2/5 February School Board Meeting - 6:00PM
- 2/7 100 Day
- 2/7 REACH - 3rd-8th Gr After School Program - 3:30-5PM
- 2/7 PTO Meeting - 4:30PM
- 2/8 REACH - 3rd-8th Gr After School Program - 3:30-5PM
- 2/9 FUN FRIDAY - Team Day
- 2/9 PTO Muffins with Moms - 7:30-8:00AM
- 2/9 *Early out - 2:05PM*
- 2/10 3rd-6th Basketball - JH Gym - Girls 9AM Boys 10AM
- 2/12 REACH - 3rd-8th Gr After School Program - 3:30-5PM
- 2/14 REACH - 3rd-8th Gr After School Program - 3:30-5PM
- 2/15 REACH - 3rd-8th Gr After School Program - 3:30-5PM
- 2/16 *Early out - 2:05PM*
- 2/19 REACH - 3rd-8th Gr After School Program - 3:30-5PM
- 2/21 REACH - 3rd-8th Gr After School Program - 3:30-5PM
- 2/21 4th-8th Gr. 2nd Ski Trip

Thompson Falls Elementary

Mr. Len Dorscher,
Principal

School web site:
<http://thompsonfalls.net>



ThompsonFallsSchools



When Kids Say, "I'm Stupid."

Few things can tear at our hearts more than hearing our kids say, "I'm stupid." At first glance the following parent seems to be right on track:

No, you are not stupid! Think of all the things you are good at. How about reading? You're good at that! And remember how much you improved in baseball last summer. Stupid kids don't learn how to hit curve balls like you did. And your art is wonderful. If you were dumb, would you have been able to learn how to create those drawings with such wonderful three-dimensional perspectives? I don't think so!

At second glance, we realize that this well-meaning parent is lending credibility to their child's remark by spending so much time and energy addressing it.

Listed below are other tactics that have created selfish kids rather than ones with a good sense of self:

- Constand praise
- Ensuring that they are always the center of attention
- Making sure that they never encounter any hardships
- Buying them everything they want
- Rescuing them from the consequences of their misbehavior
- Setting no limits so that they can "express their creativity"

Instead of using these tactics, consider employing a much simpler approach, one that avoids unintentionally reinforcing your youngster's self-deprecating remarks. The most effective parents smile, pat their child on the back, and give this sweet and simple response:

Aren't you glad I don't believe that!

For truly improving self-concept, there's only one approach that really works in the long term, and it's based on the age-old truism:

The best way to feel good is to do something good.

When parents place a high emphasis on good and respectful behavior, children look at themselves and think, "I act pretty darn good and responsible. I must be pretty darn good and responsible."

True self-concept is developed when children encounter struggles, are taught how to overcome those struggles, and see themselves acting in respectful and responsible ways. Stated quite simply, self-concept is an inside job. [Shaping Self-Concept](#), one of our most popular audios, teaches a very special type of love. It's the type that allows our kids to struggle, lets them work through their trials, and guides them toward independence instead of insecurity.

Each week we will share Love & Logic tips here. We also have many Love & Logic resources available for loan.

Contact our school counselor, Ms. Taylour Freed, for more info.