

Thompson Falls School District #2 shall provide equal educational opportunity and treatment for all students without regard to race, creed, color, national origin, sex, marital status, previous arrest or incarceration or non-program-related physical, sensory or mental handicaps as stated in board policy and MCA 49-2-307, 49-3-205.

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

# NO SCHOOL TOMORROW, January 19, 2024

There will be NO SCHOOL for students tomorrow, January 19th, while our staff will participate in professional development. Enjoy your day playing in the fresh snow!

## WINTER WEATHER

Wow, did we have quite the shift in winter weather last week! We missed our students on Friday, but we always consider student safety first when making the decision to call off school. When we are in session, students will not be allowed outside for recess if temperatures drop below zero with windchill. Otherwise, we expect students to be dressed appropriately for the weather. Please make sure students have warm jackets, boots, gloves, and hats during our crazy Montana winters! *If your child is in need of these items, please contact the office.*

## End of 2nd Quarter

Can you believe we have reached the halfway point of the school year? Neither can we. This week marks the end of the 2nd quarter, and you can expect report cards to go home with students on Thursday, January 25th. Also, please keep in mind, there is **NO SCHOOL** for students this Friday, January 19th.

## ELEMENTARY BASKETBALL

We are starting basketball for our 3rd-6th grade boys and girls this Saturday, January 20th! 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. **Girls will practice at 9:00AM, followed by boys at 10:00AM** Thank you to those staff and parents who have volunteered!

## PTO News & Notes

PTO needed to rescheduled their January Meeting. It will be held this coming **Wednesday, January 24th at 4:30PM** in the Elementary. Please consider joining them! All are welcome and encouraged to attend! Our next PTO Popcorn Friday has been scheduled for **Friday, January 26th** and will be sponsored by Park Family Builders. Free popcorn will be available for all students. Thank you Park Family!

## Important Happenings

- 1/18 End of 1st Semester
- 1/18 REACH - 3rd-8th Gr After School Program - 3:30-5PM
- 1/19 **NO SCHOOL - PIR**
- 1/22 REACH - 3rd-8th Gr After School Program - 3:30-5PM
- 1/24 REACH - 3rd-8th Gr After School Program - 3:30-5PM
- 1/24 PTO Meeting - 4:30PM - Elementary
- 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
- 2/6 100 Day
- 2/7 REACH - 3rd-8th Gr After School Program - 3:30-5PM
- 2/8 REACH - 3rd-8th Gr After School Program - 3:30-5PM
- 2/9 FUN FRIDAY - Team Day
- 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

## Thompson Falls Elementary

Mr. Len Dorscher,  
Principal

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



ThompsonFallsSchools



### **The Best Solution For Bullying**

Parents often ask us how they can help their kids handle bullying. We believe that the best solution for bullying is emotional strength. Because bullying doesn't stop when kids become adults, the Love and Logic approach is to give kids the emotional strength they need to address bullies throughout their lives.

Bullying hurts. It hurts our kids, and we hurt for them. We want it to stop right now. We wish we could rid the world of such hateful behavior. In some situations, intervening and protecting is the right thing to do. If our children's life and limb are in jeopardy, or if excessive bullying is causing severe anxiety, depression, or other mental health issues, then parents need to intervene.

However, what's a realistic solution for dealing with the usual bullying that kids face? Is it to spend the lion's share of our time and energy trying to create a completely bullying-free world? Would our time and other resources create a bigger impact if they were applied to helping kids develop the skills and emotional strength required to cope with bullying?

#### **The Love and Logic Approach**

What would happen if more young people knew how to peacefully strip bullies of their unhealthy power? How do we move in this direction when our kids, who we know and love, get bullied? Love and Logic teaches the following for adults who want to help kids when they are being bullied:

- Listen to the bullied child with sincere empathy
- Get the child's perspective on solutions
- Resist the urge to own the bullying
- Ask permission to share some solutions with the child
- Share some sensible experiments with the child if the child allows

#### **Who Does Bullying Affect?**

Bullying affects not only the person who is being bullied—it also affects those who bully and those who witness bullying. Kids who are bullied are more likely to experience depression, anxiety, health complaints, and decreased academic achievement. Those who bully are more likely to abuse alcohol and drugs, get into fights, and have criminal convictions as adults. Witnesses to bullying are more likely to increase tobacco, alcohol, and drugs; experience increased mental health problems; and miss or skip school.

#### **Kids who are Strong Enough to Handle a Tough World**

It all comes down to recognizing that we cannot create a world free of stress and conflict for our children. No matter how much we protect them, they will eventually face a world full of difficult, even dangerous, people—a world where rescue is not always possible. Helping them at an early age to develop the skills and emotional strength necessary to handle bullying will help them throughout their lives.

In our new book that will be released in March 2024, [\*Raising Mentally Strong Kids\*](#), Dr. Daniel Amen and I devote an entire chapter to the topic of bullying.

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

***Contact our school counselor, Ms. Tylour Freed, for more info.***