

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

FOOD DRIVE

Our annual Food Drive **ends tomorrow, December 8th**. The grade level that brings in the most food, as measured by weight, will be treated to a Root Beer Float Party compliments of Student Council. As of this afternoon, 4th grade is leading the competition, but tomorrow's additions could certainly change that. No matter which grade level brings in the most food, the Community Harvest Food Bank, and it's patrons, will benefit.

Christmas Concert

Christmas bells will be ringing and kindergarten through 6th grade students will be singing at the Elementary Christmas Concert to be held on **Monday, December 18th at 6.30PM**. The concert, under the direction of Mrs. Lisa Mickelson and Mrs. Brittany Nichols, will include both music and band students, and will be held in the Elementary Gym. *Students are being ask to arrive by 6:15PM.*

Winter Weather

Just like that, we have winter weather upon us. Weather in our area can fluctuate greatly, so we ask that all students are prepared for a variety of temperatures, snow, rain, etc. We still see students wearing shorts to school, which we greatly discourage. In addition, we are seeing students show up to school as early as 7:30. Teachers are not required to be at school until 8:00, but the cafeteria is open by 7:50. If the windchill is zero degrees or less, students will not go outside for recess or be allowed to stay outside before the bell rings to start school. Students in grades K-6 are welcome to be in the cafeteria when it is cold, then go to class as the bell sounds. The 7th and 8th grade students can do the same, but will also be allowed into the media room in the junior high when severe weather hits.

Kid's Choice Gift Shop

PTO will sponsor the Kid's Choice Gift Shop next week. The shop will be open Monday, December 11th through Friday, December 15th. The shop is designed to give children an opportunity to shop for their family. Gift item prices range from 25 cent to \$10.00, with most items in the \$1-\$5 range. If you would prefer not to send cash to school with your child, the shop has a gift card program. That program can be accessed at www.schoolshoppes.com/QR. Our PTO's Group Code is DUQ247. If you have multiple students, each one would need their own gift card. Gift cards with a remaining balance at the end of the shop can either be credited to the PTO, as a donation, (They thank you greatly!) or refunded to your student simply by letting PTO know your wishes. The shop will be open in the Gym, during the following times:

- Monday, Dec. 11th - 11:00AM-1:00PM
- Tuesday, Dec. 12th - 11:00AM-1:00PM
- Wednesday, Dec. 13th - 11:00AM-1:00PM and 3:15 - 4:30PM
- Thursday, Dec. 14th - 11:00AM-1:00PM and 3:15 - 4:30PM
- Friday, Dec. 15th - 11:00AM-1:00PM and 2:05 - 3:30PM

KINDNESS GNOMES

We have new visitors! A full entourage of gnomes have arrived at our school! They've traveled a bit to get here and arrived with a special mission to spread kindness especially in these last busy days before Christmas break. They've assigned themselves, one to a classroom, to help spread kindness. Our hope is that some of the habits they share and encourage, will remain with us after they've gone. In the words of Morgan Freeman, "How do we change the world? One random act of kindness at a time."

Important Happenings

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| 12/7 | REACH - 3rd-8th Gr After School Program - 3:30-5PM |
| 12/8 | FUN FRIDAY - Rainbow Day |
| 12/8 | <i>Early out - 2:05PM</i> |
| 12/11-12/15 | PTO - Kid's Choice Gift Shop |
| 12/11 | REACH - 3rd-8th Gr After School Program - 3:30-5PM |
| 12/12 | PTO - Kid's Choice Gift Shop |
| 12/13 | REACH - 3rd-8th Gr After School Program - 3:30-5PM |
| 12/14 | REACH - 3rd-8th Gr After School Program - 3:30-5PM |
| 12/15 | Popcorn Friday—sponsored by Be Like Bill Foundation |
| 12/15 | FUN FRIDAY - Twins Day |
| 12/15 | <i>Early out - 2:05PM</i> |
| 12/18 | NO REACH |
| 12/18 | K-6 Christmas Concert - 6:30PM - Elem Gym |
| 12/20 | Wear Your Ugly Sweater Day |
| 12/20 | Mega Bucks Drawing |
| 12/20 | Classroom Christmas Parties |
| 12/20 | NO REACH |
| 12/21-1/1 | NO SCHOOL - Christmas Break |
| 1/2 | School resumes - 8:10AM |
| 1/3 | REACH - 3rd-8th Gr After School Program - 3:30-5PM |
| 1/4 | REACH - 3rd-8th Gr After School Program - 3:30-5PM |
| 1/5 | <i>Early out - 2:05PM</i> |
| 1/8 | REACH - 3rd-8th Gr After School Program - 3:30-5PM |
| 1/10 | REACH - 3rd-8th Gr After School Program - 3:30-5PM |
| 1/11 | REACH - 3rd-8th Gr After School Program - 3:30-5PM |
| 1/12 | <i>Early out - 2:05PM</i> |
| 1/18 | <i>End of 1st Semester</i> |
| 1/17 | PTO Meeting - 4:30PM - Elementary |
| 1/19 | NO SCHOOL - PIR |
| 1/26 | 4th-8th Gr. 1st Ski Trip |
| 1/26 | <i>Early out - 2:05PM</i> |
| 2/2 | <i>Early out - 2:05PM</i> |

Thompson Falls Elementary

Mr. Len Dorscher,
Principal

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



ThompsonFallsSchools



What is Healthy Preteen and Teen Behavior?

Teens and preteens can be very challenging for parents, compounding the everyday stress that parents feel these days. If you have a preteen or teen, it's very easy to start wondering, and even worrying, about the things they do and how to respond to them. One way to help reduce this stress is to understand the difference between what is and what is not normal behavior. Here's an overview of what you can expect as normal behavior and what behaviors might warrant more concern.

Normal and Developmental Behaviors

* Act like they love things that you don't. Examples are music, values, art, clothes, etc. * Make a lot of noise with goofy singing, noises, and impulsive outbursts that seem to come from nowhere. * Are clumsy with their own bodies and things. * Are extremely fascinated with digital media. Examples include video games, social media, etc. * Become very upset sometimes when limits are set over digital media. * Are often moody. * Experiment occasionally with defiance. * Want to be independent. * Make poor decisions occasionally. * Act like they know everything.

Unhealthy and Problematic Behaviors

- * Are openly rebellious in the form of chronic disrespect, drug use, acting out sexually, etc.
- * Make a lot of noise with hurtful name calling, arguing, and outbursts that are clearly intended to hurt others.
- * Damage property or themselves intentionally.
- * Aren't interested in doing anything other than using digital media.
- * Become extremely defiant, deceptive, or even violent when limits are set over digital media.
- * Are often mean.
- * Are almost always defiant.
- * Seem to hate being around you or other adults.
- * Don't seem to understand or care about cause and effect.
- * Act selfish and inconsiderate toward the feelings of others.

Knowing what's within the wide range of "normal" behavior helps us find more humor and enjoyment during this period of our kids' lives. It also helps us recognize when we might need professional help and allows us to respond in ways that are helpful, rather than ways that damage our relationship and produce rebellion.

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.