

BLUE HAWK NEWS

Lost & Found

The changing temps result in students shedding their layers of clothing throughout the day. Those items often get left behind. Our Lost and Found is overflowing!! If your student is missing something, please encourage them to check Lost & Found and stop by before or after school and take a look!

LEGACY PICTURES

Our fall picture day is **tomorrow, Friday, September 29th**. All of our students will be photographed. If you returned a picture packet with your choices marked and funds included, those pictures will arrive here in about 3 weeks. Our new photographer, Legacy Photography, also offers an online purchasing option. Each student will be given a special paper, after they are photographed, with instructions for purchasing online. The paper will include a QR code and the student's unique ID number. Pictures taken tomorrow will be available to view and purchase beginning Sunday, October 1st. If your student misses tomorrow's Picture Day, or you are not pleased with the picture taken, retakes are scheduled for Monday, October 30th.

Welcome New Families

We want to extend a special welcome to all our new students and their families. We have an increase in enrollment this year, including approximately 55 students K-8 that are new to our school and/or community. For those families new to our school, we are excited to have you with us. We are certain you will find our students and staff to be friendly, welcoming, and accepting of all who enter our doors. Welcome to the Blue Hawk Family!!!

R.E.A.C.H. Begins

R.E.A.C.H., our after school program for 3rd through 8th grade students, begins on **Monday, October 2nd**. R.E.A.C.H. will be open from 3:30-5:00PM on most Mondays, Wednesdays and Thursdays until the end of April. A complete list of those days can be found on our website at <https://www.thompsonfalls.net/Page/2509>. R.E.A.C.H. is a FREE, safe place for students to get help with their homework, and participate in fun, enriching hands on activities. NO bus service is provided and we ask that participating students be picked up, or begin walking home, promptly at 5:00PM. Registration forms have been sent home. They are also available on our website. Participating students must have a signed form. Once a student is registered for R.E.A.C.H. they can attend any day or days they like.

"STUDENT CONNECTION" Grant

Blackfoot Communications offers support for rural students with some of the necessary items required to help them succeed at school, such as gym shoes, cold weather clothing, school supplies, socks, personal hygiene items, etc. Up to \$250 per student is available. Students must be identified by school staff. If you feel your child may qualify, please reach out to your classroom teacher, our Counselor Taylour Freed or Principal Len Dorscher. More information about the program can be found online at <http://www.blackfoot.com/education>

Important Happenings

9/29	K-8 Picture Day - by Legacy Photograph
9/29	FUN FRIDAY - Dress For Success
9/29	Early out - 2:05PM
10/2	REACH - 3rd-8th Gr After School Program - 3:30-5PM
10/2	October School Board Meeting - 6PM
10/3	5th Gr Water Festival - TF State Park
10/4	3rd Gr Ag Day - Plains Fairgrounds
10/4	REACH - 3rd-8th Gr After School Program - 3:30-5PM
10/5	REACH - 3rd-8th Gr After School Program - 3:30-5PM
10/5-10/6	Hearing Screenings
10/6	Early out - 2:05PM
10/9	REACH - 3rd-8th Gr After School Program - 3:30-5PM
10/11	REACH - 3rd-8th Gr After School Program - 3:30-5PM
10/12	REACH - 3rd-8th Gr After School Program - 3:30-5PM
10/13	Early out - 2:05PM
10/15	Elk's Hoop Shoot - 2:00PM - Elem Gym
10/16	REACH - 3rd-8th Gr After School Program - 3:30-5PM
10/18	REACH - 3rd-8th Gr After School Program - 3:30-5PM
10/19-10/20	NO SCHOOL - MEA
10/23-10/29	Red Ribbon Week Celebrated
10/23	REACH - 3rd-8th Gr After School Program - 3:30-5PM
10/24	JH/HS Fall Concert—6:30PM—HS Gym
10/25	REACH - 3rd-8th Gr After School Program - 3:30-5PM
10/26	REACH - 3rd-8th Gr After School Program - 3:30-5PM
10/27	Evacuation Drill
10/27	Early out - 2:05PM
10/30	Picture Retakes by Legacy Photography
10/30	NO REACH
10/31	End of 1st Quarter
11/1	NO REACH
11/2	NO REACH

Thompson Falls Elementary

Mr. Len Dorscher,
Principal

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



ThompsonFallsSchools



Use Thinking Words, Not Fighting Words

Parents often call us just after they have had an intense argument with their child. They are usually very upset and feel guilty about getting angry and shouting, but don't know how to turn things around with their kids.

These arguments follow a similar pattern. The child has done something inappropriate or not done something that should have been done, such as a chore. This causes frustration for the parent and their frustration bursts out in commands delivered in an angry tone of voice. This triggers a defensive response from the child, and the argument escalates into a power struggle between the adult and the child.

Love and Logic parents understand that the key to avoiding this pattern is to avoid commands, lectures, threats, and an angry tone of voice. Instead, they try to neutralize the arguing by using thinking words delivered with genuine empathy. What are thinking words? Here are some examples of situations with fighting words and their corresponding thinking words.

A child has said something unkind and in an inappropriate tone of voice to the parent:

Fighting Words: "Don't talk to me in that tone of voice!" Thinking Words: "You sound upset. I'll be glad to listen when your voice is as calm and respectful as mine."

A child didn't do a chore on time:

Fighting Words: "I want that car washed now!" Thinking Words: "I'll take you to your soccer practice as soon as the car is washed."

A child is procrastinating about homework:

Fighting Words: "Go do your homework now!" Thinking Words: "Feel free to go play with your friend when your homework is done."

Two kids are arguing and fighting:

Fighting Words: "Stop that fighting! Be nice to each other!"

Thinking Words: "You guys are welcome to come back as soon as you work that out together."

There are two key elements to effective thinking words. First, they must be based on enforceable limits. If the parent uses unenforceable limits, the child still has control and can refuse to cooperate. With enforceable limits, the adult has the control, which opens the door for the child to learn from the consequences of not cooperating.

The second element is empathy. Without empathy, even the right thinking words can result in an argument. Empathy helps the child remain calm so that thinking about the situation is possible, rather than responding defensively.

Using thinking words with genuine empathy helps parents avoid ending up in another argument that goes nowhere, and allows kids the chance to think and solve their own problems. This is the ultimate goal of Love and Logic, to help kids learn how to make responsible decisions on their own, so that they can grow up into responsible adults who make good decisions throughout their lives.

If you find yourself at your wits end in endless arguments with your kids, listen to my audio, Nobody Wins a Power Struggle. This audio can help you avoid resentment and rebellion in your relationship with your child, while continuing to provide the limits and discipline young people need.

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.