

# VOLUNTEERS

Our recent School Climate Parent Survey revealed that some parents feel volunteers are not used or are unwelcome in our school. We absolutely love having volunteers in school and welcome them often! If you wish to volunteer in a classroom, please contact your child's teacher directly. They will be able to give you information on the specific needs in their classroom. If you wish to volunteer in the school in general, please contact the school office directly. We will share your name with teachers, let them know your availability, and have them reach out to you if they are in need of volunteers. We look forward to seeing more of you in the future.

## PTO NEWS & NOTES

Our PTO discussed how The Elf Shop sales were going, as well as, tomorrow's Popcorn Friday at their meeting last night. Thanks to Double H Dirt Works, this week's sponsor of Popcorn Friday, popcorn will be free to every student. Thank you Jake & Mandy Helvey! In other business they accepted the resignation of Treasurer Lisa Ruen and Lindsay Heisler was named as replacement. The January Meeting was set for 5:00PM on Tuesday, January 14th in the Elementary. It's easy to join PTO and stay current on their events! Simply join their Remind App (TF PTO). A clickable link can be found on their page of the Elementary website at <https://tfes.thompsonfalls.net/pto>

## Cooking Class Offered

MSU Extension has announced that the FREE SNAP-Ed Instant Pot Cooking and Nutrition Classes are finally here and now accepting registration! Families qualifying for SNAP Benefits are eligible to participate. This first class series will be 6 weeks with a lesson per week. Class begins January 9th. Each week will feature cooking a healthy and budget friendly dish using the Instant Pot. If participants attend 5 of the 6 lessons, they take home their very own brand new Instant Pot! In order to allow all participants hands-on experience in class, registrations are limited, so don't wait, sign up today! More information can be found at <https://bit.ly/3czvpTp>.

## 6th Grade to Perform "Elf"

6th grade students under the direction of Ms. Jessie Lewis will present the Christmas play, "Elf". 6th grade students have transformed the classroom for the performances, which will be held at various times throughout the day on Wednesday, December 18th and Thursday, December 19th. Kindergarten through fifth grade students, as well as, sixth grade parents are invited to attend. We ask that parents please sign in at the office.

## 4th-8th Grade Skiing

Once again this year, 4th through 8th grade students will have the opportunity to participate in our ski program with two trips planned to Look Out Ski Resort. The dates have been set for Friday, January 24th and Thursday, February 20th. The trip price remains the same this year. Just \$38.00 covers the cost of a lesson, lift ticket, and ski rental equipment. While it may seem a bit early to think about this, we wanted to mention that participating in one or both of these ski trips would make a really great Christmas gift for your student.

## FOOD DRIVE CONTINUES

The K-8 Student Council Food Drive continues through **Monday, December 16th**. Sixth grade is currently leading the competition with 90 pounds. Just over 400 lbs. total have been gathered thus far. With 2 days left, can we gather 1,000 pounds? The winning grade will be announced next week. The winners will receive a root beer float party.

## Important Happenings

12/12	The Elf Shelf—open 11:00am-12:30pm
12/12	REACH (after school program for Gr 3-8) 3:30-5:00PM
12/13	Fun Friday—Movie Character Day
12/13	The Elf Shelf - CLOSED
12/13	Popcorn Friday - sponsored by Double H Dirt Works
12/13	Early out—2:05PM
12/16	Holiday Spirit—Elf Day
12/16	No REACH
12/16	K-6 Christmas Concert—6:30PM—HS Gym
12/17	Holiday Spirit—Christmas Tree Day
12/18	6th grade performance of Elf
12/18	REACH (after school program for Gr 3-8) 3:30-5:00PM
12/18	Holiday Spirit—Snowman Day
12/19	Holiday Spirit—Santa/Mrs. Santa Day
12/19	6th grade performance of Elf
12/19	REACH (after school program for Gr 3-8) 3:30-5:00PM
12/20	Fun Friday—Ugly Sweater Day
12/20	PTO MEGA Bucks Drawing
12/20	Classroom Christmas Parties—PM
12/20	Early out—2:05PM
12/23-1/3	<b>NO SCHOOL—Christmas Break</b>
1/6	School resumes—8:10AM
1/6	REACH (after school program for Gr 3-8) 3:30-5:00PM
1/8	REACH (after school program for Gr 3-8) 3:30-5:00PM
1/9	REACH (after school program for Gr 3-8) 3:30-5:00PM
1/10	Popcorn Friday - sponsored by CFValley Hospital
1/10	Early out—2:05PM
1/13	REACH (after school program for Gr 3-8) 3:30-5:00PM
1/14	PTO Meeting - 5:00PM - Elementary
1/16	End of 2nd Quarter
1/17	<b>NO SCHOOL—PIR Day</b>
1/24	1st Ski Trip—4th-8th Grade

## Thompson Falls Elementary

Mr. Len Dorscher,  
Principal

School web site:  
<https://tfes.thompsonfalls.net>



ThompsonFallsSchools



**Simple Tips to Stay Sane This Holiday Season**

Thanksgiving is over and the holiday season is in full swing now. This can be an enjoyable time as people gather for holiday parties, share meals, and celebrate the season. It can also be a stressful time. We want to give you some perspectives that might help you stay sane as schedules frantic activities start to overwhelm.

Here are some tips to help you enjoy a perfectly imperfect holiday season this year.

**Set limits with family and friends**

Some people fear setting limits with their parents, in-laws, other family members, and friends because they worry about upsetting them. The only people who get upset by loving limits are people who really need them!

Don't be afraid to say things like, "We can't wait to see you. We'll need to leave early so that we can get the kids in bed by a reasonable hour."

**Set limits with your kids**

Sometimes we avoid setting limits with our children at family get-togethers because we want to keep the peace or avoid meltdowns. Ironically, this leads to far more fits and far less harmony.

**Plan ahead by finding a quiet spot for recovery**

Particularly with small children, ask family and friends, "Is there a quiet place where my little one can go for some recovery time if they start to test limits or get overstimulated?"

I vividly remember being sent to my grandparents' bedroom as a result of being unruly during a holiday meal. I also remember lying on their bed, being upset at first and then falling fast asleep. I was worn out!

**Don't feel guilty about placing yourself in recovery**

I love my family—but I still find it helpful to find time for myself so I can regenerate and regain my ability to exercise self-control.

**Remember that this too shall pass**

Despite best-laid plans, sometimes the wheels come off and things get ugly. When this happens, it's often comforting to remember that every situation, bad or good, is merely temporary and will pass.

Thanks for reading—we wish you a perfectly imperfect holiday season!

***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.***