

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

NO SCHOOL

There will be NO SCHOOL Monday, December 23rd through Friday, January 3rd. School will resume at 8:10AM on Monday, January 6th. Breakfast and playground supervision begin at 7:50AM.

Happy Holidays

As we wind down before break, staff and students have been putting up lights, decorating doors, giving back to our community with the food drive, and just enjoying one another's company. It is at this time of year especially when we all take deep breaths and take stock of all the blessings we have in our lives. For school staff, our students are at the top of the list. We know not everyone celebrates the holidays in the same way, but we hope our extended school families are able to have restful, enjoyable family time. From our staff to you, we wish you all a Merry Christmas, Happy New Year, and all that goes along with the holidays. We look forward to seeing our kiddos back at school **January 6th!**

Food Drive

The K-8 Student Council Food Drive wrapped up this past Monday, December 16th. Grade levels had competed to see which grade level brought in the most food, measured by weight. Sixth grade collected the most, with 150 pounds. Third graders took 2nd place honors, bringing in 116 pounds of food, while fifth grade brought in 93 pounds. Nearly 700 pounds in total were gathered. Sixth grade will celebrate their victory with a root beer float party, but the real winner is the Community Harvest Food Bank. Thanks to all who contributed as we practiced two of our core values, unity and compassion!

Lost and Found

Once again our lost and found is overflowing. All items will be removed, donated, etc. over the holiday break. Please encourage your child to take a look, or stop on by to find any items you believe may be missing.

Ugly Sweater Contest

Our student council has chosen an Ugly Sweater theme for tomorrow, December 20th. To add to the festivities there will be two competitions. Each class will chose one student's ugly sweater to represent their class in the school wide competition. One student winner will be chosen. All staff member's ugly sweaters will compete in their own category and one staff winner will be chosen. Our student council will judge the competition.

Important Happenings

- 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 NO SCHOOL—Christmas Break**
- 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 FUN FRIDAY - Camo Day - wear your camo
- 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
- 1/15 REACH (after school program for Gr 3-8) 3:30-5:00PM
- 1/16 End of 2nd Quarter
- 1/16 REACH (after school program for Gr 3-8) 3:30-5:00PM
- 1/17 NO SCHOOL—PIR Day**
- 1/20 REACH (after school program for Gr 3-8) 3:30-5:00PM
- 1/22 REACH (after school program for Gr 3-8) 3:30-5:00PM
- 1/23 REACH (after school program for Gr 3-8) 3:30-5:00PM
- 1/24 1st Ski Trip—4th-8th Grade
- 1/24 *Early out—2:05PM*
- 1/27 REACH (after school program for Gr 3-8) 3:30-5:00PM
- 1/29 REACH (after school program for Gr 3-8) 3:30-5:00PM
- 1/30 REACH (after school program for Gr 3-8) 3:30-5:00PM
- 1/31 *Early out—2:05PM*
- 1/31 4th Gr. Visit to Missoula Children's Symphony
- 2/3 REACH (after school program for Gr 3-8) 3:30-5:00PM

Thompson Falls Elementary

Mr. Len Dorscher,
Principal

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



ThompsonFallsSchools



Strengthening Your Child's Heart

The holiday season is a time for giving and receiving, and many kids are greatly excited about being given-to. I like being given-to, too! It's great. I know very few people who don't enjoy receiving. The weird thing, however, is that the rush of getting stuff tends to wear off quickly. Perhaps you've noticed this with your kids. Maybe you've even noticed this with yourself.

Being on the other end, that is giving to others, also feels good. Generosity warms the giver's heart and builds "heart muscle." We all want our kids to have strong hearts, built on the steady exercise regime of giving.

Pumping weights, jogging, swimming, and other forms of exercise are not much fun when done for the first time. They make us dizzy, cause sweat to drain from our pores, and create a major soreness hangover the next day. Only when our muscles begin to strengthen do we start to enjoy these activities. Once in the habit, they become enjoyable.

The same goes for being a giver. Many kids need a large amount of gentle, yet firm, prodding to begin the process of cardiac strengthening. They also need someone to show them how it's done.

This time of year is a great time to place an exclamation point on the importance of continued generosity. Here are some ways that you can teach your kids the joy of giving:

- Allow children to grow through their mistakes
- Suggest that they buy a less fortunate child something brand new.
- Expect them to give their grandparents, other relatives, or neighbors the gift of a shoveled sidewalk, a dusted home, a spic and span garage, etc. Doing for others is extremely heart healthy.
- Volunteer as a family to feed the hungry.
- Show them how to do all these things with a joyful attitude.

All in all, the best thing we can give our kids is a giver attitude. While it takes plenty of reps, it will eventually build them into people with strong and loving hearts. We hope you have a wonderful holiday season with plenty of giving.

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.