

NO SCHOOL TOMORROW

There will be NO school for students tomorrow, **January 17th**. Staff will participate in a variety of safety and collaboration workshops. School will resume on Monday, January 20th.

1ST & 2ND GRADERS TO PERFORM

Our 1st and 2nd grade students have been invited to perform the National Anthem before the High School Varsity Basketball Games against Saint Ignatius on **Tuesday, January 28th**. 1st and 2nd grade students wishing to perform should be at the High School Gym by 5:00PM. Mrs. Lisa Mickelson will be directing the performance. Permission forms are being sent home today. If your student wishes to perform, please return the form or contact Mrs. Mickelson letting her know. Your student's name, along with the name of one attending adult, will then be added to the list of performers, which will receive free admission to the game.

Notes From Our PTO

At their meeting this week, PTO began moving forward with their plans for Muffins with Moms and Doughnuts with Dads. Muffins with Moms will be held on Wednesday, February 26th beginning at 7:30AM in the Elementary Cafeteria. All moms, and those filling that role, are invited to join their student for a muffin and a few extra minutes together at the start of the day.

PTO also discussed their next fundraiser, Box Tops. A flyer giving details about the Box Tops Campaign, and showing how easy it is to participate is coming home today. Watch for more details about their upcoming class competition soon. All proceeds from the Box Tops Campaign will be used to purchase playground equipment.

Joining PTO and staying up to date on their activities is as simple as signing into the Remind app and searching for TF PTO

FUN FRIDAYS CHOSEN

Student Council has chosen the themes for the next few FUN FRIDAYS.

January 24 - Crazy Hair Day - wear your craziest hair style

January 31 - Super Hero Day - who's your Super Hero?

February 7 - Dr Seuss Day - which Dr. Seuss character will you be?

February 14 - Fairy Tale Day - what's your favorite Fairy Tale?

BASKETBALL UPDATE

We have yet to get a commitment from parents to volunteer to help with Saturday morning basketball practices for grades 3-6. Therefore, there will be no basketball this weekend. If you wish to volunteer your time to coach on Saturday mornings, please contact the school ASAP. If we do not have a commitment from adults by next week, the program will not be continued this school year. Thank you for considering!

Important Happenings

- 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 2nd Qtr Report Cards go home
- 1/23 REACH (after school program for Gr 3-8) 3:30-5:00PM
- 1/24 FUN FRIDAY - Crazy Hair Day
- 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
- 1/28 1st/2nd Gr singing National Anthem—5PM
- 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 FUN FRIDAY - Super Hero Day
- 1/31 4th Gr. Visit to Missoula Children's Symphony
- 1/31 *Early out—2:05PM*
- 2/3 REACH (after school program for Gr 3-8) 3:30-5:00PM
- 2/4 PTO Meeting - 5:00PM - Elementary
- 2/5 REACH (after school program for Gr 3-8) 3:30-5:00PM
- 2/6 REACH (after school program for Gr 3-8) 3:30-5:00PM
- 2/7 100 Day
- 2/7 FUN FRIDAY - Dr Seuss Day
- 2/7 *Early out—2:05PM*
- 2/10 REACH (after school program for Gr 3-8) 3:30-5:00PM
- 2/12 REACH (after school program for Gr 3-8) 3:30-5:00PM
- 2/13 REACH (after school program for Gr 3-8) 3:30-5:00PM
- 2/14 Classroom Valentine Parties
- 2/14 FUN FRIDAY - Fairy Tale Day
- 2/14 Popcorn Friday - sponsored by Jenny's Travel Agency
- 2/14 *Early out—2:05PM*
- 2/17 Mid 3rd Quarter

Thompson Falls Elementary

Mr. Len Dorscher,
Principal

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



ThompsonFallsSchools



Social Media or Self Confidence? The Identity Crisis Facing Kids

The effects of social media on our youth continues to be a topic of discussion and concern. There are many ways that social media can affect a child's self-image. They are subject to unhealthy comparisons with others, unrealistic body image issues, and traumatic cyberbullying.

Many young people live with constant feelings of inferiority and discontent because their self-perceptions don't match the ideals presented in various forms of social media. Many kids reach young adulthood being extremely anxious about their ability to cope and believe:

"I'm a loser in real life! The only time I'm not is when I'm on-line."

As they grapple with the already-challenging task of understanding themselves in relation to the world, this dangerous theme pervades the lives of far too many children, teens, and young adults. When social-media identity competes with true self-image for emotional territory, kids can suffer painful conflict and develop understandable escape behaviors.

Overuse of technology

Many kids will dive deep into the murky waters of internet and video game overuse because they feel calmer, stronger, and more accepted in cyberspace than in their true relational world. The seeds of addiction are sown. Full-blown dependency looms just around the corner.

Taking away their devices addresses is just the tip of the iceberg. Although it's sometimes necessary to do this, it only scratches the surface. Helping them develop a healthy self-concept addresses the larger issue below the water line.

Denial in epic proportions

One might argue that most parents in America are in denial over the impact of technology overuse and its effects on their children's identities. Teaching me to drive, both of my parents gave great advice: "Always assume someone is in your blind spot." Applying this to parenting, it's probably wise to assume that most of us have a "blind spot" when it comes to technology and our kids.

Helicopter and Drill Sergeant parenting foster dependency

Chronic helicopter parenting creates insecure kids who doubt their ability to make good decisions and succeed in the real world—so does clinging to the drill sergeant model. Both styles are the enemy of healthy self-image development and can create damaging anxiety and despair.

Helicopter and Drill Sergeant parenting foster dependency

Chronic helicopter parenting creates insecure kids who doubt their ability to make good decisions and succeed in the real world—so does clinging to the drill sergeant model. Both styles are the enemy of healthy self-image development and can create damaging anxiety and despair.

We can't control others

At the heart of consultant parenting is the awareness that we can only increase the odds of healthy identity development. We cannot ensure it. Sometimes highly ineffective parents end up with strong kids—and highly competent parents can end up with kids who have big problems. What Love and Logic does guarantee is that we can face life knowing we've done our best.

Our audio, *Shaping Self-Concept*, contains additional insights into how consultant parents can help their kids develop a healthy self-image and avoid the social-media trap.