

# BASKETBALL to BEGIN

Hoop It Up!! We now have volunteer basketball coaches for grades 3 - 6! We are a little late in getting the Saturday program started, but there is still time for students to get in the gym and play some basketball. Mrs. Mickelson, Mrs. Lilly, and Ms. Moore are the school staff leading the program, along with a couple of parent helpers. We encourage all boys and girls in grades 3 - 6 to come learn some skills and have fun. All practices will be held in the K-8 Gym. The schedule is as follows:

Saturday, January 25	Boys 9:00	Girls 10:00
Tuesday, January 28	Games at halftime of High School games)	
Saturday, February 1	Boys 9:00	Girls 10:00
Saturday, February 8	Boys 9:00	Girls 10:00
Saturday, February 15	Boys 9:00	Girls 10:00

(Games at halftime of High School games)

Special thanks to our volunteers for making this opportunity possible!

## DON'T MISS THE PERFORMANCE

Our 1st and 2nd grade students will be singing the National Anthem before the High School Varsity Basketball Games on **Tuesday, January 28th** at 5:30PM. Watching their performance in person is ideal, but for those of you who can not make it, we are hoping to "go live" on our Facebook page ThompsonFallsSchools. As always the video version will be available for viewing afterwards.

## Valentine Deliveries

Valentine's Day is right around the corner. Florists and confectioners are gearing up for this special day. Before you order that Valentine's Day surprise for your student we wanted to share that we will not be accepting Valentine deliveries at the school this year. This has been our policy for the last few years and frankly it has made for a much smoother, more pleasant day with our students. Flowers and balloons are difficult for students to maneuver, along with treats, at the end of the day. Students who do not receive deliveries, often feel left out and saddened. If you would like your student to receive a special Valentine surprise we would encourage you to have it delivered to your home and share that special moment with them in person. We will celebrate the day with classroom parties and an exchange of valentines. We respectfully request that if your child brings valentines for one student in class they bring valentines for all students in their class. Class lists will be sent home by classroom teachers soon. Thank you for your understanding!

## SKI TRIP #1

Nearly one hundred, 4th through 8th grade, students will hit the slopes at Look Out Ski Resort tomorrow (weather permitting), for the first ski trip of the year. Students will participate in ski lessons and enjoy the day skiing, returning to the Bus Loading Zone at approximately 6:30 tomorrow evening. If you would like a more precise time for your student's return, remember to join the Remind App tonight. To join, simply download and install the Remind App, then text @ce2gek8 to 81010. You will receive notice when the bus goes through Plains, giving you advance warning of the buses arrive time back in Thompson Falls.

## Important Happenings

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
1/25	3rd-6th Gr Basketball - Boys-9AM Girls-10AM
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
2/1	3rd-6th Gr Basketball - Boys-9AM Girls-10AM
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
2/8	3rd-6th Gr Basketball - Boys-9AM Girls-10AM
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
2/15	3rd-6th Gr Basketball - Boys-9AM Girls-10AM
2/17	Mid 3rd Quarter
2/21	NO SCHOOL

## 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.

**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.

***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.***