

BLUE HAWK NEWS

HEADS EXAMINED

It's that time of year again! At least twice a year our school nurse, Rebecca Beckman, conducts head checks on kindergarten through sixth grade students. Her mission is to ensure that we are head lice free. She has been busily working her way through the grade levels. Although lice live year round, they seem to spread more quickly in the winter when hats, scarves and other head coverings are needed to keep out the cold. Just hearing the words head lice can make our scalps itch, but there are some things that we can do to help keep them at bay:

- Avoid head-to-head contact.
- Remind your student not to share personal items like combs, brushes, towels and hair accessories, or hats, coats, scarves or anything that is worn on their head. Sharing these items, makes it easy for lice to hitch a ride.
- A bit of tea tree or lavender oil added to shampoo can work as a defense as lice do not like the smell. There are shampoos on the market that have these oils already added.
- Check your student's head once a week. Simply parting the hair in several spots and examine the hair closest to the scalp. Lice often lay their eggs near the temples, behind the ears, at the crown of the head or nape of the neck. Bright lighting is helpful. Lice can move very quickly, so it is easier to see nits (eggs they have laid). Nits can look like dandruff. You can identify them by picking up a strand of hair close to the scalp and pulling your fingernail across the area where you suspect a nit. Dry scalp flakes will come off easily, but nits will stay firmly attached to the hair.
- If you find nits or lice when you search, please let Nurse Becky know. It's much easier to stop the spread, if caught early.

Mark Your Calendars

At their meeting this week, our PTO finalized plans for their upcoming Muffins with Moms event. Moms, and those filling that role, are invited to join their students for a bit of extra time together while enjoying a muffin **on Wednesday, February 26th from 7:30-8:00AM.** The date for Donuts with Dads, and those filling that role, was set for Friday, March 28th. In other business they announced the kick off of their Box Top Campaign. Information below.

BOX TOP CAMPAIGN BEGINS

Our PTO has announced their upcoming Box Top Campaign will officially begin on March 1st. Students and families are challenged raise \$200 through this campaign by June 1st. The funds will be used to purchase minor playground equipment to include basketballs, footballs, softballs, and soccer balls, etc. If the goal is reached, students will be awarded an extra recess! Box Tops have been around as a fundraising option for many years, however they have changed. Do you remember cutting the little squares off of various food items and attaching them to paper sheets to submit? Those days are history and now it is simpler and easier than ever to participate. Here's all you need to do:

1. Download the Box Tops for Education App (Using this QR code earns us a \$5 bonus, if you scan your first receipt within 14 days)
2. Buy the groceries you normally buy, where you normally shop
3. Within 14 days of shopping, open the app
4. Scan and submit your receipt
5. Any Box Tops products will be automatically identified and earnings will be credited to our account.
6. Continue to scan and submit your receipts each time you shop

Each Box Top is worth 10 cents! It can add up quickly and make a difference! The challenge has been issued! Let's go Blue Hawks!



Referral Code: MEK01S13

FUN FRIDAY

The theme of tomorrow's Fun Friday has changed. We will be celebrating 100 Day! Will you wear 100 things? Will you dress like you're 100 years old? Get creative and celebrate in your own way.

Important Happenings

- 2/6 REACH (after school program for Gr 3-8) 3:30-5:00PM
- 2/7 100 Day
- 2/7 FUN FRIDAY - 100 Day - will you wear 100 things?
- 2/7 4th Gr Winter Tracks Program
(Dress for a day outdoors)
- 2/7 Early out—2:05PM
- 2/8 3rd-6th Basketball...Boys-9AM, Girls-10AM—EL Gym
- 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 - in afternoon
- 2/14 FUN FRIDAY - Fairy Tale Day
- 2/14 Popcorn Friday - sponsored by Jenny's Travel Agency
Early out—2:05PM
- 2/15 3rd-6th Basketball...Boys-9AM, Girls-10AM—EL Gym
- 2/15 3rd-6th Basketball Games ..@ halftime of HS Games
- 2/17 Mid 3rd Quarter
- 2/19 School Spelling Bee - 2:00PM - Band Room
- 2/21 **NO SCHOOL**
- 2/24 REACH (after school program for Gr 3-8) 3:30-5:00PM
- 2/26 Muffins with Moms - 7:30AM - Elem Cafeteria
- 2/26 REACH (after school program for Gr 3-8) 3:30-5:00PM
- 2/27 REACH (after school program for Gr 3-8) 3:30-5:00PM
- 2/28 **NO SCHOOL**
- 3/3 Running Start begins
- 3/3-3/7 Read Across America Week
- 3/3 REACH (after school program for Gr 3-8) 3:30-5:00PM
- 3/4 PTO Meeting—4:30PM in the Elementary
- 3/5 REACH (after school program for Gr 3-8) 3:30-5:00PM
- 3/6 REACH (after school program for Gr 3-8) 3:30-5:00PM
- 2/14 FUN FRIDAY - Dr Seuss Day

Thompson Falls Elementary

Mr. Len Dorscher,
Principal

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



ThompsonFallsSchools



How To Handle Disappointing Report Cards and Turn Them Into Opportunities

The holidays are over, and school has started again for most students. This past week, some kids might have brought home a disappointing report card that left their parents experiencing frustration, anger, fear, guilt, and even shame.

At Love and Logic, we do not think that disappointing grades mean bad parents, a bad kid, or a bad future for that kid. Instead, they represent an opportunity for us to express our unconditional love, provide wise guidance, and use our Love and Logic skills. When these opportunities arise, remember the following:

Hand it back.

“Handing it back” means expressing empathy while reminding yourself that your child’s report card is not your report card. This might sound like, “Oh, I can’t imagine how disappointing this must be for you. I love you.”

Listen and remember that just a bit of loving silence is golden.

When we talk too much, we end up owning the problem. When we empathize, listen, and provide a pat on the back or a hug, we are less likely to make the problem worse. Allow your child to think about the issue for a day or two before beginning another discussion.

Ask, “What do you think you are going to do?”

This question is not just a question. It’s also a clear statement of your belief in your child’s ability to cope and to find solutions. It also communicates, “Your grades are your grades. I’m here to help but I can’t do this for you.”

Focus on character over grades.

Remember that we can’t make our kids into great students, but we can make our home great places to learn important values like honesty, love for others, grit, and delayed gratification.

As your kids begin this next semester, resist the temptation to allow fears and frustrations about their grades to take over. Instead, place your emphasis on character. By doing so, you dramatically increase the odds that our child will enjoy life-long success. If your kids appear to be struggling academically, my book, [*From Bad Grades to a Great Life*](#), will give you valuable insights and tools that can help you provide a solid foundation for their academic success.

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.