

MAST Assessment

Students in grades 3-8 are finishing up with their last testlet for our state testing. Just a reminder that parents are able to login and see those results through the **MAST Parent Portal**. Please keep in mind, this is not a website controlled by the school district. Parents have had success creating an account and logging in though. The Parent Portal can be found at <https://parentportal-testlet.kiteaai.org/login>

PTO CANDY SALE A BIG SUCCESS

The PTO Freeze Dried Candy Fundraiser was a big success! Over 300 bags of candy were sold. Mrs. Lilly's 3rd grade class sold the most and won the Ice Cream Party, which they will enjoy soon. The candy orders will arrive and be *ready for pickup here at the Elementary on Friday, May 23rd between 3:30 and 5:00PM.*

THANK YOU!

This past week was Staff Appreciation Week and **!!WOW!!** did the **Thompson Falls Blue Hawk PTO** make us feel appreciated! Beside showering us with special treats each day, they conducted a "Reverse Blue Hawk Buck Drawing", similar to our Mega Buck Drawing, where students are awarded 'bucks' for demonstrating our core values of Unity, Respect, Compassion, Integrity and Excellence, with each 'buck' giving them a chance to win prizes. The tables were turned and students awarded staff 'bucks', which could then be entered into the drawing for prizes. What a lot of grand and wonderful prizes there were! We would like to give a special shout out and **HUGE THANK YOU** to all those who contributed to the basket prizes that were awarded!! Farmhouse Blooms, Trout Creek Garden's and Nursery, Linda's Gifts, Clark Fork Valley Hospital, Main Street Burger, Dan Normandeau, Scotchman's Coffee, Cheri's Coffee, Beagle's Bakery & Espresso, Lindsey Heisler, Jodi Gile, Bruce Hopkins, River Front Motel, Vickie Herden, Sarah Moore, Miranda Preston, Krystal Park, and Britney Whittenburg, your generosity truly touched our hearts and brought big smiles to our faces! We appreciate all of you! We love our PTO!!!

Digital Library

Our Librarian, Mrs. Robin Miller, is excited to announce the arrival of Sora, our digital library. Sora is an award winning digital reading app for K-12 schools. Sora gives access to ebooks, as well as audiobooks, and magazines. Content can be read or listened to offline. Just like regular library books, you can place your selection on hold, if a copy isn't currently available. You never have to worry about your book being overdue, your book loans return automatically on the due date in Sora. Sora also has a competitive component. Students can earn achievements as they read. Sora can be viewed on tablets, phones, and computers. Getting started is easy. To access these free digital books, simply download the SORA app, find Thompson Falls Public Schools, and login with your student Google account, thanks to the wonders of Google Authentication. You can also visit soraapp.com, to create an account on your computer. A direct link to our school's Sora can be found on our website at <https://www.thompsonfalls.net/students-families-links/library>. Sora does not close for summer! The content is available to students year round.



Important Happenings

5/15	4th Gr Poetry Slam - 10:15-11:00AM - Band Room
5/16	Fun Friday - Neon Day
5/16	5th/6th Gr Egg Cart Races - 12:45PM
5/16	3rd Gr Field Trip - TFalls Dam
5/19	1st Gr Field Trip - Airport / Downtown Businesses
5/19	4th-8th Gr Girls Spring Volleyball -3:30-5:15PM-HS Gym
5/20	3rd Gr Field Trip - Noxon Dam
5/20	Variety Show Auditions by appt
5/20	4th-8th Gr Girls Spring Volleyball -3:30-5:15PM-HS Gym
5/21	Basketball Summer Camp forms due
5/21	Variety Show Auditions by appt
5/21	4th-8th Gr Girls Spring Volleyball -3:30-5:15PM-HS Gym
5/22	Variety Show Auditions by appt
5/22	4th-8th Gr Girls Spring Volleyball -3:30-5:15PM-HS Gym
5/23	Fun Friday - Beach Day
5/23	2nd Gr Field Trip - Harlow's Bison Ranch
5/23	PTO Candy Pickup - 3:30-5:00PM - Elementary
5/26	NO SCHOOL - Memorial Day
5/27	6th Gr Field Trip - Fort Missoula
5/28	Graduation Walk - 10:30AM - Elementary
5/29	4th Gr Field Trip - Clark Fork Fish Hatchery
5/29	5th Gr Field Trip - Conrad Mansion
5/30	Fun Friday - Blue Hawk Day
5/30	3rd Gr Virtual Field Trip - Butterfly House
5/31	High School Graduation - 3:00PM - Previs Field
6/2	2nd Gr Walking Field Trip - Old Jail Museum
6/3	8th Grade Promotion Parade—1:00PM
6/4	K-8 Variety Show— 1:00PM - Elementary Gym
6/5	K-6 Track & Field Day
6/6	End of 4th Quarter
6/6	11:00AM Dismissal

Thompson Falls Elementary

Mr. Len Dorscher,
Principal

School web site:

<https://tfes.thompsonfalls.net>



ThompsonFallsSchools



Parenting Tips for Spring Fever: Help Your Teen Stay Focused and Safe

Although “spring fever” is not recognized as a medical condition, it has generally become accepted as a real condition linked with seasonal changes. Some experts even consider it to be a type of [Seasonal Affective Disorder \(SAD\)](#). The changes in behavior and physiology associated with spring fever are caused by increased sunlight. The resulting symptoms include restlessness, mood swings, lack of focus, and a desire to be outdoors.

Helping Kids Maintain Healthy Brains

Symptoms of spring fever can be mitigated by helping our kids maintain healthy brains. In our book with Dr. Daniel Amen - [Raising Mentally Strong Kids](#), we describe three behaviors we can teach our kids to help them establish a healthy foundation for their brains:

Love their brain and body

Avoid things that hurt the brain and body

Do things that help the brain and body

You can ensure your kids maintain good focus, energy, attention, and decision-making by helping them with good food choices, physical activity, adequate sleep, stress management, and brain exercises.

Spring Fever and Teen Challenges

One of the symptoms of spring fever—the desire to be outdoors—can inspire some of the vacations and parties that come during springtime. This can be a challenge for even the most sensible teenagers. Because of this, spring fever can be life-threatening, as teens now face more serious, potentially life-threatening decisions associated with these activities than in previous generations.

Fortunately, there are some simple, time-tested ways that parents can help their teens make cool decisions as the weather gets warmer. Here are four suggestions based on Love and Logic that can help you:

Don't fall into the trap of thinking teens no longer need their parents

Because their adolescents are becoming more independent, many parents believe it's okay to leave them without supervision for hours on end. Nothing could be further from the truth. Wise parents understand this, and they recognize teens still need a watchful, yet friendly eye.

Set enforceable limits

Teens need and want limits. However, instead of telling your teens what they should do, experiment with telling them what you will do or what you will allow. For example, instead of commanding your teen to be home on time, try using an [enforceable statement](#) such as, “I share the car keys with those who come home on time.”

Hold them accountable with empathy and logical consequences

Providing consequences of anger, lectures, and threats will result in defensiveness, creating teens who think, “When I make poor decisions, it makes others really mad. I better not get caught.” If anger is replaced with a genuine dose of empathy or sadness, teens will realize that, “When I make poor decisions, it makes my life really sad. For my sake, I'd better make wise ones!”

When you are too angry or worried to think—delay the consequences

We are human, and there are times when teens can throw us completely off balance. When this happens, buy some time by saying, “I'm going to have to do something about this. But not now—later. Try not to worry.” Take some time to calm down, think rationally, and get some ideas from friends.

Additional Support for Parents

For kids of all ages, our book, [Raising Mentally Strong Kids](#), provides additional insights, tips, and guidelines for parents who want to help their kids make good decisions throughout their lives.

Each week we 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.