

EVACUATION DRILL

All Kinder through 8th grade students will be performing our annual campus evacuation and parent reunification drill **tomorrow, Friday, September 26th**. Check backpacks and Thursday folders for maps and information!

School on Monday!

The original school calendar showed this coming Monday as a PIR Day. The presenter we are planning on, is not available until October 31st and so the PIR Day has been moved to Friday, October 31st. We look forward to spending Monday, September 29th with our students for a regular day of school!

R.E.A.C.H. TO BEGIN

R.E.A.C.H., our after school program for 3rd through 8th grade students, begins on **Wednesday, October 1st**. R.E.A.C.H. is open from 3:30—5:00PM most Mondays, Wednesdays and Thursdays through the month of April. This free program provides a safe place for students to get a bit of help with their homework, and participate in fun, enriching hands on activities. Registration paperwork is coming home with 3rd through 6th grade students today. You may also register on the Elementary website at <https://tfes.thompsonfalls.net/reach> Once your student is registered, they may attend any day or days they like. It is important to note that bus service is NOT provided. Participating students are to be picked up or walk home promptly at 5:00PM. R.E.A.C.H. is coordinated by Ms. Penny Hopkins.

FUN FRIDAYS

Our new Elementary Student Council has chosen the following for our upcoming "Fun Fridays"
Sept. 26th - Sunglasses Day - wear those cool shades
Oct. 3rd - Stuffy Day - bring your favorite stuffy
Oct. 10th - Favorite Sport Day - wear gear for your favorite sport
Oct. 24th - Country/Western Day

BOX TOPS CHALLENGE

Last week, our PTO issued a new Box Top Challenge! Students and families have been challenged to raise \$150 by December, through the Box Tops Campaign. If the goal is reached, the grade level with the most Box Tops credited, will get a special treat. As of Wednesday night, a total of \$83.40 has been raised. Second grade is on top of the leaderboard, followed closely by kindergarten. Box Tops are easy to collect. Simply download the app, shop as you usually do and scan the receipts. If you have a Walmart account, linking your account with your Box Tops account makes it even easier. Purchases are automatically credited.

School Photos

School pictures were taken today. Your student is coming home with a unique QR code, which will take you directly to their picture at Legacy Photography where you will be able to purchase pictures online. The photos taken today will be viewable by tomorrow afternoon. Orders placed by October 3rd, will be shipped to the school free of charge. We will send them home with your child as soon as we receive them. Please contact the office if you need further assistance.

Important Happenings

- 9/25 School Pictures by Legacy
- 9/26 FUN FRIDAY - Sunglasses Day
- 9/26 Popcorn Friday-sponsored by Happy Trails Pre-School
- 9/26 Evacuation/Reunification Drill**
- 9/26 Early Dismissal - 2:05PM
- 10/1 3rd Gr - Ag Day - Field Trip
- 10/1 REACH (after school program for 3rd-8th) 3:15-5:00PM
- 10/2 Flu Shots given by SCHD with permission
- 10/2 REACH (after school program for 3rd-8th) 3:15-5:00PM
- 10/3 FUN FRIDAY - Stuffy Day
- 10/3 Early Dismissal - 2:05PM
- 10/6 REACH (after school program for 3rd-8th) 3:15-5:00PM
- 10/8 PTO Meeting - 5:00PM - Elementary
- 10/8-10/22 PTO Fundraiser
- 10/8 REACH (after school program for 3rd-8th) 3:15-5:00PM
- 10/9-10/10 Hearing Screenings
- 10/9 REACH (after school program for 3rd-8th) 3:15-5:00PM
- 10/10 FUN FRIDAY - Favorite Sport Day
- 10/10 Early Dismissal - 2:05PM
- 10/13 REACH (after school program for 3rd-8th) 3:15-5:00PM
- 10/15 REACH (after school program for 3rd-8th) 3:15-5:00PM
- 10/16-10/17 No School - MEA Days**
- 10/20 REACH (after school program for 3rd-8th) 3:15-5:00PM
- 10/22 REACH (after school program for 3rd-8th) 3:15-5:00PM
- 10/24 End of 1st Quarter
- 10/24 FUN FRIDAY - Country / Western Day
- 10/24 PTO Popcorn Friday-sponsored by The Good Family
- 10/24 Early Dismissal - 2:05PM
- 10/28 JH/HS Fall Concert - 6:30PM - High School
- 10/31 No School - PIR Day**
- 11/5 K-12 Parent Teacher Conferences
- 11/12 K-8 Parent Teacher Conferences

Thompson Falls Elementary

Mr. Len Dorscher,
Principal

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



Why Power Struggles Hinder Learning - and What You Can Do

Parents find themselves in power struggles over many things. It can be as simple as getting kids to take the trash out or do the dishes. However, the intensity and the stakes ramp up when power struggles erupt over homework and grades. In these interactions, the patterns are usually the same. Parents are concerned about their children's academic performance and immediately take action to address the problem.

How Power Struggles with Kids Begin

For many parents, the natural reaction is to jump into lecture, threat, and punishment mode and try to prompt them into action by saying things like:

- "What sort of college do you think you're going to get into with those grades?"
- "That's it! You're grounded until you bring up those grades!"

Sometimes approaches like these can work, but only in the short term. If your child continues to neglect schoolwork, and your usual techniques have not been successful, there's a good chance that you've definitely got a power struggle on your hands.

Why Children Resist Schoolwork

For many children, their favorite way of gaining a sense of control, or the freedom they desire, is to resist learning and achievement. The more adults in their lives try to force them into learning, the less they will make the effort to learn. One reason for this is that subconsciously kids think the only way they can gain control, and win the power struggle, is to fail. No matter how badly we want to, we can't force kids to learn.

How Can Parents Encourage Real Learning

We believe parents can overcome power struggles by focusing on character, and not the specifics like homework and grades. The first steps in ending power struggles with kids are ending the control battle and building healthy relationships with your kids. This starts by saying things like, "I can't make you learn...but I can help you learn. You're the one who needs to decide. I will love you regardless of how easy or how hard you make your own life."

In our audio ***Nobody Wins a Power Struggle: Avoiding Battles that Ruin Relationships and Lead to Rebellion***, you'll learn how to **step out of control battles** and **guide your child toward responsibility without damaging the relationship**. Remember, the underlying driver is a battle over control. Avoiding power struggles becomes possible when adults stop trying to control what kids must learn to manage for themselves.

Some kids are more defiant or strong-willed, which can lead to more intense power struggles. If you're feeling stuck in one, you can find helpful insights and tips in our blog: ***How Can We Avoid Power Struggles with Strong-Willed Kids?***

Each week we share Love & Logic tips here. We also have many Love & Logic resources available for loan.

Contact our school counselor, Ms. Jessy Lewis, for more info.