

Thompson Falls School District #2 shall provide equal educational opportunity and treatment for all students without regard to race, creed, color, national origin, sex, marital status, previous arrest or incarceration or non-program-related physical, sensory or mental handicaps as stated in board policy and MCA 49-2-307, 49-3-205.

# BLUE HAWK NEWS

## Beware of the Crud

As you all know, it is cold and flu season. Please encourage your children to wear appropriate clothing when temperatures are cold. While going outside in the cold does not cause illness, it can stress the body and make it harder for it to fight off germs. Getting adequate sleep, eating healthy foods, and drinking plenty of fluids are also important in helping children stay well. Please remind your students to cover their sneezes and coughs, avoid touching their face, and practice good hand hygiene by using hand sanitizer or washing hands with warm, soapy water for at least 20 seconds (the time it takes to sing Happy Birthday twice). Thank you for your cooperation and support in keeping everyone healthy!

## SCIENCE FAIR

Students in grades 5–8 will participate in a Science Fair, where they will research a science topic, create a project display, and present their learning. This experience supports critical thinking, problem-solving, and communication skills while encouraging curiosity and creativity in science. The students under the leadership of science teachers, Montana Franks and Rebecka Sawyer, invite families and community members to visit the Fair which will be held in the Gymnasium on **Thursday, February 26th**. The Fair will be open for viewing from **12:40PM to 1:55PM** that afternoon.

## RANDOM ACTS OF KINDNESS

**National Random Acts of Kindness Week** takes place in February and is celebrated annually. We will celebrate **February 16th–20th**. This special week encourages all of us to spread kindness and joy in our school community and beyond. Throughout the week, our staff will be watching for students who go out of their way to be a positive influence and will reward those acts of kindness. We challenge *all* students to do something kind each day. Whether it's holding the door, helping a neighbor, or making a new friend, every small act makes a big difference. At the end of the week, we will recognize select students in **grades K–8** who made a meaningful impact. We encourage all our **Blue Hawks** to spread kindness not only at school, but outside of school as well. Let's work together to make kindness contagious! Special thanks to our PTO for your sponsorship of this event.

## PTO News and Notes

PTO will hold their February meeting at **5:00PM** on **Wednesday, February 11th** in the Elementary Staff Lounge. Everyone is welcome and encouraged to attend! They will be finalizing their plans for Muffins with Moms, to be held on February 20th, as well as Popcorn Friday and their support of Random Acts of Kindness Week. They still have 2 open officer positions, Secretary and Treasurer. Do you have a few hours to spare? Contact them at [ThompsonFallsPTO@gmail.com](mailto:ThompsonFallsPTO@gmail.com) for more information.

## Important Happenings

- 2/5 REACH (after school program for 3rd-8th) 3:15-5:00PM
- 2/6 FUN FRIDAY - 100 Day Celebration
- 2/6 Early Dismissal - 2:05PM
- 2/9 REACH (after school program for 3rd-8th) 3:15-5:00PM
- 2/11 REACH (after school program for 3rd-8th) 3:15-5:00PM
- 2/11 PTO Meeting - 5:00PM
- 2/12 REACH (after school program for 3rd-8th) 3:15-5:00PM
- 2/13 Mid 3rd Quarter
- 2/13 Classroom Valentine Parties - in the afternoon
- 2/13 FUN FRIDAY - Neon Day
- 2/13 Early Dismissal - 2:05PM
- 2/16-2/20 Random Acts of Kindness Week - sponsored by PTO
- 2/16 REACH (after school program for 3rd-8th) 3:15-5:00PM
- 2/18 School Spelling Bee - 2:15 - Band Room
- 2/18 REACH (after school program for 3rd-8th) 3:15-5:00PM
- 2/19 REACH (after school program for 3rd-8th) 3:15-5:00PM
- 2/20 FUN FRIDAY - Stripes Day
- 2/20 K-8 Muffins with Moms-7:30AM - sponsored by PTO
- 2/20 PTO Popcorn Friday- sponsored by North Star Drilling
- 2/20 Early Dismissal - 2:05PM
- 2/22 Washington's Birthday
- 2/23 **NO REACH**
- 2/25 REACH (after school program for 3rd-8th) 3:15-5:00PM
- 2/26 5th-8th Gr Science Fair—12:40-1:55PM—Gym
- 2/26 REACH (after school program for 3rd-8th) 3:15-5:00PM
- 2/27 FUN FRIDAY - Blue Hawk Day
- 2/27 Early Dismissal - 2:05PM
- 2/27 County Spelling Bee—1:00PM—Courthouse
- 3/2 2nd Ski Trip for 4th-8th Gr
- 3/5-3/6 **No School**
- 3/13 **No School**
- 3/20 End of 3rd Quarter

## Thompson Falls Elementary

Mr. Len Dorscher,  
Principal

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



### **Why Talking Less Helps Kids Listen More**

Many parents devote a great deal of time and effort to lecturing their kids about good behavior, healthy eating, homework, and chores. They then become frustrated to find that their words of wisdom do not seem to have any effect, and it doesn't seem that their kids are paying attention. The key to this puzzle lies in understanding how the brain responds to lectures.

### **Why Lecturing Doesn't Work - and What to Do Instead**

One of the fundamental principles of physics is that every action has a reaction. This principle can also be applied to our lectures and the reactions that kids have to those lectures. When adults start lecturing, kids immediately react by shrinking their listening abilities. Indelibly etched into my memory is the little first-grader I lectured about his chronic hall-running. "You could slip and get brain damage," was the theme of my speech. Despite my comprehensive lecture on this subject, there was absolutely no effect on his behavior.

### **Successful Parents and Educators**

We can learn much from our mistakes as well as from those made by others. Years ago, we noticed that some adults seem to have a knack for effortlessly connecting with kids - and they do it with fewer words, not more. We realized that these successful parents and educators understood the following concept:

*The more words we use when kids are misbehaving or acting irresponsibly, the less effective we become.*

Instead of lecturing, successful parents and educators learned to ask open-ended questions.

### **The Power of Open-Ended Questions**

Open-ended questions are powerful for three reasons. First, open-ended questions show others that we want to understand their viewpoint. Second, these questions encourage people to do plenty of thinking. Even when our kids don't answer our questions verbally, their subconscious minds can't resist the urge to give them plenty of thought. Finally, it gives us the opportunity to listen, to demonstrate that we understand, and to express empathy.

When kids do the unexpected, it's easy to default to lecturing or reacting in the moment. Our audio, [\*\*Oh Great! What Do I Do Now?\*\*](#), helps parents and educators respond calmly, ask better questions, and guide kids through tough moments without power struggles.

When we lecture less and listen more, kids feel understood and become more open to learning. For practical examples of how open-ended questions build connection and cooperation, read our blog: [\*\*Are You Lecturing or Listening?\*\*](#)

***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.***