

# Calendar Change

Just a reminder that due to a calendar change, approved by our school board at the November School Board Meeting, **school will be in session next Thursday and Friday, February 26 and February 27.** If you imported the District Calendar into your smart device early in the year, and are seeing those dates as no school days, you have found our “ghost” calendar. Our website host recently instituted a new calendar format, which left behind the “ghost” calendar. The cure is to delete the old calendar from your device and install the current calendar. When you click on the RSS to install, you will see all the calendars that can be accessed from our site. We highly recommend you choose the one entitled District Wide Calendar as it shows all events throughout the District. Need help with this? Visit [www.thompsonfalls.net/adding-rss-feed](http://www.thompsonfalls.net/adding-rss-feed)

## Muffins With Moms

Calling all Kindergarten through 8th grade Moms, and those who fill that role! Beginning at **7:30AM tomorrow, Friday, February 20th**, our awesome PTO will be hosting Muffins with Moms in the Elementary Cafeteria. Come enjoy a muffin and a bit of extra time with your student tomorrow morning. Donuts with Dads, and those filling that role, is scheduled for April 17th.

## SCIENCE FAIR

Students in grades 5–8 will participate in a Science Fair on **Thursday, February 26th**. They have been researching science topics, created a project display, and will present their learning. This experience supports critical thinking, problem-solving, and communication skills while encouraging curiosity and creativity in science. The Fair will be open in the **Junior High Gym from 12:40-1:55PM**. A sneak peek of the topics and queries included: Planets, Which can support more weight: paper or plastic grocery bags? How does color affect a person’s mood? Do “triple roll” toilet paper rolls really last three times as long as regular rolls? Does bread stay fresher when it’s kept in the refrigerator or on the counter? When you pour soda out of a newly opened soda bottle, which produces more fizz: regular or diet soda? In a blind taste test, can you tell the difference between nonfat, low-fat, and whole milk? Do all chocolate candies have the same melting point? Families and community members are invited to join us as we learn these young scientists findings!

## Spelling Bee Winners

Ten students earned the right to compete in yesterday’s spelling bee! Spellers representing 4th grade were: Todd Mitchell and Elliya McGuire. 5th grade was represented by Mason Mickelson and Sutton Giegling. Emma Brotherton and Kalsin McGuire represented 6th grade. 7th graders Alec Cribbs and Miyla Heinemann, along with 8th graders Isaiah Cooke and Maddie Fausett rounded out the competitors. Competition continued for seven rounds. Todd Mitchell secured 1st place when he spelled the word ‘miniature’ correctly. Isaiah Cooke and Sutton Giegling took 2nd and 3rd place respectively. These three will represent Thompson Falls at the County Spelling Bee to be held on February 27th at the Sanders County Courthouse.

## Important Happenings

- 2/19 Grange Coloring Contest entries due
- 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
- 2/21 Winter Carnival - 11AM-3PM- TF Baseball Field
- 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
- 3/2-3/6 Read Across America Week
- 3/2 2nd Ski Trip for 4th-8th Gr
- 3/2 Baseball Sign-ups—5:00-6:30PM - Baseball Field below HS
- 3/2 School Board Meeting - 6:00PM - Board Room
- 3/3 Kindergarten Round-up—call for appointment
- 3/3 Beautification Poster Judging
- 3/4 REACH (after school program for 3rd-8th) 3:15-5:00PM
- 3/5-3/6 **No School**
- 3/8 *Daylight Savings begins - spring ahead 1 hour*
- 3/9 Running Start Kick-off - 9:05AM - flagpole
- 3/9 **NO REACH**
- 3/11 Kindergarten Round-up - call for appointment
- 3/11 REACH (after school program for 3rd-8th) 3:15-5:00PM
- 3/11 PTO Meeting - 5:00PM
- 3/12 REACH (after school program for 3rd-8th) 3:15-5:00PM
- 3/13 **No School**
- 3/16-3/21 MCT - Hercules!

## Thompson Falls Elementary

Mr. Len Dorscher,  
Principal

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



### Can Busy Parents Raise Well-Adjusted Kids?

It seems that everyone is busy—overscheduled, burned out, and exhausted. Many parents are juggling high-stress careers while trying to meet the daily demands of busy family life. It's no surprise that we often hear the question: *Is it possible to raise well-adjusted kids while managing a hectic and stressful work–family schedule?*

We firmly believe that it is possible to achieve balance in busy family lives and hope that the following ideas can help busy, stressed parents keep things in perspective.

#### **Many well-adjusted adults grew up with exceptionally busy parents.**

What mattered most wasn't the amount of time parents had, but how they handled life's realities. These parents were honest about work and financial stress while modeling hopeful, calm attitudes. Their children learned a powerful truth: they were deeply loved, even when life was busy.

#### **You are doing a good and noble thing by taking care of your family.**

We believe that parents must put the well-being of their family as one their top priorities. Indeed, providing for your family's needs is an act of love. Meeting responsibilities models perseverance and responsibility, helping children understand how the real world works and how families support one another.

#### **Remember that taking care of your family includes taking care of yourself.**

A core principle of Love and Logic is that parents take good care of themselves by setting limits without anger, lectures, or repeated warnings. When parents practice self-care and calmly set healthy limits, they handle stress more effectively and model problem-solving for their children. When parents care for themselves, they teach their children how to do the same.

Understanding the needs of busy, frazzled parents inspired us to create **7 Ways to Create a Respectful, Responsible, and Resilient Family**—an audio collection that offers practical guidance for real-world challenges, including **New Skills for Frazzled Parents, Raising ADD Kids**, and **Dealing with Difficult Teenagers**. These audio sessions are designed to help parents reduce power struggles, set healthy limits, and create calmer family interactions, even when life feels nonstop.

When parenting feels overwhelming, taking good care of yourself is not a luxury - it's essential. Simple shifts in mindset and expectations can help you stay calmer, reduce stress, and respond more thoughtfully to your kids, even in demanding seasons. Learn more in our blog: ***Mental Hygiene for Stressed Parents.***

*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.*