

# Running Start Winners

Running Start has wrapped up for another year! A total of at least 4,074 books or chapters were read during the challenge period. Fourth grade has bragging rights to the most chapters read with 1,638. Elliaya McGuire was our top reader this year, reading 819 chapters! Students submitted reading logs each time they read 21 books or 21 chapters. A winner was drawn at each grade level, from those logs, and thanks to the generosity of the Masons, they each took home an Amazon Fire Tablet. Congratulations to Wyatt Helvey (K), Teagan Wakefield (1st), Phoebe Lilly (2nd), Easton Kinkade (3rd), Addy Havens (4th), Sutton Giegling (5th) and Elliot Susic (6th)!

## PTO STAFF APPRECIATION

Next week our amazing PTO will sponsor Staff Appreciation! One of the things they have planned is Reverse Blue Hawk Bucks! The tables are turned and students will have one Blue Hawk buck to award each day to any staff member they notice demonstrating our core values of Excellence, Integrity, Respect, Compassion and Unity. Staff can then deposit their bucks in the envelope of the basket they hope to win. The drawing for prizes will be held on Friday. Baskets have been donated by several local businesses. Thank you to PTO and all those who contributed to make this such a special and fun week!

## 5th-12th Grade Band Concert

Band students in grades 5 through 12 will have the opportunity to showcase their skills when they participate in the **Band Concert** to be held in the **High School Gym** at **6:30PM** on **Wednesday, May 6th**. Both our 5th and 6th grade bands will be featured, along with Junior High and High School bands in this evening of musical entertainment. Kinder through 6th grade choir students will have a chance to demonstrate their skills at the upcoming concert, scheduled for Wednesday, May 20th.

## VARIETY SHOW AUDITIONS

The date for our annual Variety Show has been set for Friday, May 29th. Mrs. Lacey Scharfe will be directing this year's show. Do you want to be a part of the action? Auditions will be held on **Friday, May 8th** and **Tuesday, May 12th** by appointment. So get your act together and stop by the office to schedule your audition. Students auditioning should bring any props, costumes, and music they may need to the audition with them.

## 6th Grade Tdap Booster

Montana Code requires that students receive a Tdap booster (Tetanus, Diphtheria, and Pertussis vaccine) prior to entering 7th grade. As a courtesy, the Sanders County Health Department will provide that vaccine here at school on Wednesday, May 13th to 6th grade students with a signed permission form. **Permission forms must be returned by tomorrow, May 1st.** Permission forms were mailed home on Wednesday, April 15th for students whose immunization record shows they are still needing this booster. The form can also be found on the Elementary Forms page at <https://tfes.thompsonfalls.net/el-forms>

## Important Happenings

- 4/30 Final REACH (after school program) 3:15-5:00PM
- 5/1 FUN FRIDAY – Sweats and Hoodies Day
- 5/1 6th Gr Tdap Permission Forms due
- 5/1 Early Dismissal – 2:05PM
- 5/4-5/8 PTO Staff Appreciation
- 5/4 School Board Meeting – 6:00PM-Board Room
- 5/5 6th Gr Field Trip – Fort Missoula
- 5/6 5th -12th Band Concert – 6:30 - HS Gym
- 5/8 Fun Friday - 80s Day
- 5/8 K–8 Variety Show Auditions - by appt
- 5/8 Kinder - Mother's Day Tea Party-1:20PM- lunchrm
- 5/8 Early Dismissal – 2:05PM
- 5/12 K–8 Variety Show Auditions - by appt
- 5/13 6th Gr Tdap Boosters given w/signed permission
- 5/13 4th Gr Field Trip – Fish Hatchery & Frog Pond
- 5/13 PTO Meeting - 5:00PM - Elementary
- 5/14 4th Gr Poetry Slam - Band Room
- 5/15 Fun Friday – Crazy Hats and Socks Day
- 5/15 1st Gr Field Trip – TF Airport & Downtown
- 5/15 3rd Gr Field Trip – TF Dam & Power Park
- 5/15 Early Dismissal – 2:05PM
- 5/16 Child Safety Event – Ainsworth Field
- 5/20 3rd Gr Field Trip – Noxon Dam
- 5/20 K-6 Choir Concert – 6:30 – JH Gym
- 5/22 Fun Friday – Sandals, Slides, and Crocs Day
- 5/22 Early Dismissal – 2:05PM
- 5/25 NO SCHOOL – Memorial Day**
- 5/26 2nd Gr Field Trip– 3 Chiefs Cultural Center
- 5/27 Early Childhood Screening - birth to 5 - by appt
- 5/27 Graduation Walk - 10:30AM - Elem Campus
- 5/29 Fun Friday - Blue Hawk Day

## Thompson Falls Elementary

Mr. Len Dorscher,  
Principal

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



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.

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### The Moment You Feel Like Losing It... Do This

Ever have one of those moments? You've asked nicely. Then firmly. Then... not so nicely. And suddenly you hear yourself thinking: "*Why am I getting so frustrated over this?*" You're not alone.

One of the first principles of Love and Logic is simple—but not easy: **Take good care of yourself.**

Because when we're overwhelmed, tired, or running on empty... we don't lead with empathy. We snap. We lecture. We react. And as much as we hate to admit it... That's when things usually get worse.

#### A small shift that makes a big difference

Years ago, a teacher told me:

"My students don't make me lose my cool... I just forget what to do in the moment."

Sound familiar?

That's why we teach something incredibly simple. **One calming thought.** Just one. Something you can grab onto when emotions start rising. Maybe it's:

*"Anger makes it worse." "Empathy works better." "Frustration fuels the fire."*

Not magic. Just a steady anchor.

Try this tonight:

Before bed, picture a moment that usually pushes your buttons. Now imagine handling it differently.

Calm voice. Fewer words. More empathy.

It may feel a little awkward at first... But this is how we "train" ourselves for the real moment.

#### And when the moment actually hits?

That's where most of us get stuck. Because it's not the planned moments that throw us... It's the *unexpected ones*.

The eye-roll. The backtalk. The "you can't make me."

That's exactly why we created **Oh Great! What Do I Do Now?** Because in the moment, it's hard to think clearly—let alone respond calmly. This audio gives you simple, go-to responses you can rely on when your patience is wearing thin... so you don't have to figure it out on the fly.

***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.***