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Helping Your Child Settle Into the School Year

Some children settle into the routine of the school year easily. They go to bed on time with lunches packed and book bags organized. They do their homework after school and make new friends. "Whose children are these?" you may be thinking! Most children take a little time to adjust to the routine of a new school year; it is a little like an adult starting a new job. There is much to adjust to in terms of new people and routines, and it can take some time to warm up to it. Here are a few thoughts that might help...

- **Routines:** Help your child establish a consistent routine for everything that needs to get done. Consider helping them make a checklist for what they need to bring to school and use it to get their backpack and lunch packed the night before to avoid the early morning scramble.
- **Sleep:** Going to bed at the same time each night and waking up at the same time each morning and making sure your child gets enough sleep for his age is crucial to everything else that will happen in their day.
- **Don't overschedule:** School is a lot of work. For most children one or two activities a week are plenty. Having something every day can lead to stress for some. Watch your child and consider cutting back if you are seeing regular late afternoon or early evening meltdowns.
- **Homework:** Give your child a break and a snack when they come home. Let them have a little activity before starting homework. A good rule of thumb is for a child to have about 10 minutes per night per grade – i.e. 10 minutes in first grade, 20 minutes in second grade, etc. If your child is consistently spending much more than this on her homework, be in touch with the teacher. It may be that work is not being completed in class or your child is trying too hard to make the work "perfect."
- **Ask the "right" questions:** Consider the questions you ask your child about their day. "What did you do at school today?" will often earn you the answer "nothing." Try to ask specific questions to draw your child out. "Who did you sit by at lunch?" "What was your favorite part of the day?" "Did your teacher read to you today?" "What did you play at recess?" Starting with broad topics and narrowing down may get better results, too.
- **Friends:** If your child is new to school or looking to make new friends, try to organize some social activities outside of school. Having a chance to be with a new peer one on one in their home environment can give your child confidence to navigate the school social scene. **Curriculum Night** is a great time to make connections with other parents.
- **Problems:** There will be bumps in the road. If your child mentions someone being unkind, talk to her about strategies to use. At school, we use "The Wheel of Choice" which has a number of suggestions like talk it out, say stop, walk away, choose another game, etc. Reinforce that there are lots of adults at school to help and ask your child to name a few. Talk to your child in a way that indicates you have confidence in her ability to problem-solve. Do be in touch with the classroom teacher if it sounds like a problem that is too big for your child to handle on his own.

We have a special assembly for students tomorrow, Fri., Oct. 3, about allergies; this will replace our usual Friday morning assembly. See calendar at right for assembly times. Family members are welcome to join us!

Looking forward to seeing you all at Curriculum Night!

Katie May, Principal

EVENT CALENDAR

Thurs., Oct. 2

Curriculum Night

6-6:45 pm K-2 & PEACE (Classrooms)

6:45-7:15 pm Presentation (Gym)

7:15-8 pm Grades 3-5 (Classrooms)

TONIGHT!

Fri., Oct. 3

Let's Go Nuts Allergy Assembly

2:15-2:55 pm Grades K-2

3-3:40 pm Grades 3-5

(Families welcome to attend!)

Tues., Oct 7

HCC Advisory Committee Meeting

6:30-8:30 pm Garfield High School Library

Fri., Oct. 10

No School (staff development)



Sat., Oct. 18

Community Meeting with School Board

Member Dr. Stephan Blanford

10-11:30 am at the Capitol Hill Library

Thurs., Oct. 23

Coffee with Principal May

9:15 am in Library



Thurs., Oct. 23

Board Game Night

6:30-8 pm in Gym



Sat., Oct. 25

All City Tutor Training

9 am-1:30 pm at Central Library

Wed., Oct. 29

Two-Hour Early Dismissal



TUTU'S PANTRY

Sept. 29: 3rd-Grade Donations

Oct. 6: 4th-Grade Donations

Oct. 13: 5th-Grade Donations

Oct. 20: PEACE/Kindergarten Donations

Oct. 27: 1st-Grade Donations

Nov. 3: 2nd-Grade Donations

Questions? Contact Tutu's Pantry Coordinators

Kim Enochs at kimenochs@comcast.net/

206-604-1202 or Maggie Trapp at

maggietrapp@yahoo.com/206-399-8320.

Enrichment Classes Started!

Before and after-school Enrichment classes have started, and registration is now closed, but a few spots remain in **Math Games** and **Jump Rope**, and online registration is still open for **Spanish**. For more info about Math Games, see reviews at mathforlove.com or listen to instructor Dan Finkel in an interview on KUOW (bit.ly/1xDy6ML) talk about getting kids to learn (and love) math. Questions? Contact Sudeshna Sen at sudeshnanw@gmail.com.

Picking Up Kids From Enrichment Classes

If your child attends an after school Enrichment class, **please pick him/her up promptly at the end of the class.** Pick up times and locations are listed in the Enrichment catalog on the <http://tmlink.org> website. If you need immediate help, please contact Sudeshna Sen (sudeshnanw@gmail.com).

Thurgood Marshall teacher Mr. Will Paul is our on-site Enrichment Coordinator, helping kids get to classes and get picked up after classes. He will be contacted by the Enrichment instructor if parents are late for pick up.

Can You Help? Volunteer Needs This Week

Thank you to all the parents/guardians who have already signed up to volunteer this year. Here are some specific volunteer positions still in need of help:

- **PTA Classroom Reps:** Serve as the liaison between the PTA and your child's class. These teachers need a class rep: *Ms. Dugan, Ms. Humphreys, Ms. Gomez, Ms. Jensen.*
- **Vision and Hearing Screenings:** *Last Call for Volunteers!* We are still short on afternoon shift workers. Are you available to come help us from 12 to 3:30 pm on **Oct. 7** and/or **Oct. 8**? Contact Melanie Nalbandian at locrianmelanie@gmail.com if you are able to help.
- **Fall Dance Chair:** Plan and execute an all-school fall dance scheduled for Friday, Nov. 14. PTA will recruit volunteers to assist you with planning, decorating/theme, and music. **Last year's very popular DJ has already been reserved for the date!** About 10 hours of work required.
- **PTA Legislative Liaison:** Advocate for school needs by working with the Washington State and regional PTAs on legislative issues affecting education and funding. A guidebook is available from Washington State PTA. 2+ hours per month.
- **Garden Volunteer & Landscape Beautification Committee:** We are forming a new committee to help maintain and develop garden and landscape at Thurgood Marshall, as part of the effort to make our school more welcoming. Estimated volunteer hours vary and are flexible.

For a list of more volunteer opportunities, go to tmlink.org/info/volunteering or contact Volunteer Coordinator Jen Ellis at jenniferellis.206@gmail.com or (206) 276-4982.

Heard About Tutu's Pantry?

Tutu's Pantry provides food for the weekend to Thurgood Marshall families who would like some assistance. Backpacks full of food donations are sent home with students each Friday while school is in session. Any family currently enrolled in Thurgood Marshall who feels they would benefit from the program may apply. Families may opt-in or opt-out at anytime during the school year. An application form can be found here: bit.ly/TutusPantry



Non-perishable food items are collected in the big red bins inside the main school entrance. To donate, please either drop items off yourself or send them to school with your child.

This week Tutu's Pantry could really use *pasta, pasta sauce, jelly and canned vegetables.* We appreciate you thinking of Thurgood Marshall families when you shop!

HCC Advisory Committee—First Meeting

Liz Porter is the new Thurgood Marshall parent representative to the HCC Advisory Committee. (APP has changed its name to HCC, which stands for "Highly Capable Cohort.") Liz and her husband Drew have two children at Thurgood Marshall in the HCC program—a fifth-grader and a second-grader—as well as a son in the ninth grade at Garfield. A former high school teacher who now teaches at UW, Liz has a longstanding interest in education.

The faculty HCC representative is fourth-grade teacher Will Miller. This is Mr. Miller's 11th year teaching in the HCC program, and his daughter, who started in HCC in third grade, graduated from Garfield just last year.

The Committee meets monthly to advise and provide feedback to the District on matters relating to HCC programs. The first HCC Advisory Committee meeting of this school year is **Tuesday, Oct. 7, 6:30-8:30 pm** at the Garfield High School Library. All HCC Advisory Committee meetings are open to the public. Liz and Will warmly welcome input from the Thurgood Marshall community on the HCC program. Please feel free to contact them at liz_porter@mac.com or wlmiller@seattleschools.org.

"Intro to Parent Leadership" Workshop

Watch for more upcoming details about this free all-day workshop from Community & Parents for Public Schools (CPPS) about being a **leader in your child's education.** The event will be held right here at Thurgood Marshall on **Saturday, Nov. 8, 2014** from 8:30 am-3:30 pm. The workshop is sponsored by the Thurgood Marshall PTA, and breakfast, lunch & child care will be provided!

Get Your School Gear Order In!

Time for some Pup Pride! Place an order for school t-shirts and hoodies by **Friday, Oct. 17.**

Order forms are available in the school office or on www.tmlink.org.



Free Training For Tutors

The All City Tutoring Coalition offers free training to new and experienced tutors and has a free event **Saturday, Oct. 25, 9 am-1:30 pm**, at the Seattle Public Library's Central Branch at 1000 Fourth Avenue. Registration is **required.**

Some topics you could expect: *Seattle Public Schools will be presenting new elementary program Math In Focus; how will homework look different? Helping with the new math.* Back by popular demand is **Tutoring 101**, for new tutors or experienced tutors wishing to sharpen skills. Also, there are workshops for **Students as Writers** and **Reading Basics.** Space is limited so please register early at bit.ly/ZtdMQa

Meet School Board Member Stephan Blanford

Have questions about the District? School board member Stephan Blanford is hosting a community meeting **Saturday, Oct. 18** at the Capitol Hill Library. Come meet him and learn more about Seattle Schools!

For more information, see Dr. Blanford's page on the Seattle Schools website: bit.ly/1CiiCxn