

PUP PRESS



Brought to you by the Thurgood Marshall Elementary PTA

OCTOBER 1, 2015

VOLUME 9, ISSUE 3



Principal
Katie May

Regulating Emotions With RULER

RULER is a program for helping students better regulate their emotions and use strategies to handle a variety of situations. RULER stands for Recognizing, Understanding, Labeling, Expressing and Regulating emotions.

The Yale Center for Emotional Intelligence developed the RULER program, which about 20 schools in our district piloted last year. This year, at least 20 schools, including Thurgood

Marshall, adopted the program.

Phase 1

There are three phases to the RULER implementation. The first phase is to teach students and staff the tools that are the foundation of RULER: the Classroom Charter, the Mood Meter, the Meta-Moment and the Blueprint. Each classroom in our school has been working on creating Classroom Charters.

In this process, students decide how they want to feel when they are at school and what they will do to ensure everyone in the class feels that way. For example, in Ms. Carney's 1st Grade class, students decided they wanted to feel supported, so they would "cheer our friends on." They wanted to feel safe so they will "walk calmly and keep our hands to ourselves," etc. (You can see examples of the posters this class created on our Thurgood Marshall Facebook page.)

We have replicated this process with our staff. The purpose of these tools, as explained by the RULER website is to "enhance individuals' ability to understand and regulate their own emotions and to consider and empathize with how others are feeling. The Anchors also foster the kind of healthy emotional climate essential to personal growth."

Phase 2

During Phase 2, teachers are trained to integrate RULER into content areas so that "emotional intelligence is woven into the content of every class and throughout each student's school day." This is done through a Feeling Words Curriculum that is aligned with the Common Core and customized to particular grade levels.

Phase 3

Phase 3 of implementation keeps the program going by ensuring that staff is well-trained so they can train new teachers, and that teachers have the capacity to train new students.

Our staff training team includes: Katie Humphreys (PEACE Academy), Meghan Kaloper (Counselor), Bridgette Carney (1st Grade) and Jennifer Ward (Resource Room).

Thurgood Marshall has long been a Positive Discipline school – this isn't going away! Jody McVittie of Sound Discipline (our local Positive Discipline trainer) says that RULER and Positive Discipline complement and enhance each other. RULER provides a focus on teaching students the skills of self-regulation, which allow them to better access the educational (and social!) curriculum at school – an area that is not well-developed in the Positive Discipline program. We will keep you informed of our progress as we move further into our implementation. For more information, visit: <http://ei.yale.edu/ruler/ruler-overview/>

EVENT CALENDAR

Monday, Oct. 5

Enrichment classes begin (see p.2)

Friday, Oct. 9

Strike makeup day of school

Tuesday, Oct. 13

Parent Social and PTA General Meeting
6-8:30 pm, Cafeteria (Social at 6; meeting at 6:30)

Wednesday-Friday, Oct. 14-16

5th-grade class trip to Camp Orkila

Thursday, Oct. 15

Family Health and Fitness Night
5:30-7:45 pm



Reminder: Please return your first-day packets to the school

TUTU'S PANTRY

Oct. 5-9: 2nd-grade donations

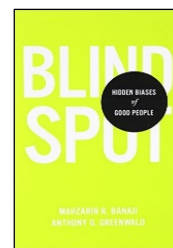
THIS WEEK'S NEED: small jars of jelly, pasta sauce and noodles.

See tmlink.org/newsandevents/calendar for more details and updates.

Questions about the PTA or want to get more involved? Email us at pta@tmlink.org.

First PTA Meeting: A School-Wide Discussion about Hidden Biases

Would you like to be a part of conversation about our hidden biases at Thurgood Marshall and beyond?



Most of us would like to believe that we treat everyone equally, but the truth is different, according to UW Professor Anthony Greenwald, guest speaker at the PTA

Meeting **Tuesday, Oct. 13, 6:30-8:30 pm.**

Greenwald, co-author of "Blindspot: Hidden Biases of Good People," will lead our discussion around his book and its ideas. More: <http://tmlink.org/?p=3000>.

Come early for a social

Join parents and teachers at 6 pm (before the meeting) for an appetizer social. **Please bring an appetizer to share.** Free child care at the YMCA will be provided for school-aged children during both events.

VOLUNTEER OPPORTUNITIES

Urgent need for health screening help on Oct. 7-8 ... and other options to make a difference at school:

Hearing & Vision Screening (Oct. 7-8): Parent Trinia Washington is coordinating volunteers for Nurse Chin and needs helpers for full-day and half-day shifts. These basic screenings seek to identify whether further hearing and/or distance-vision evaluations are needed. If that's the case, by early November Nurse Chin will send a referral form home with your child. Email: tnbpeter57@yahoo.com.

Family Health and Fitness Night (Oct. 15): Principal May seeks 10+ volunteers to assist with set-up/clean-up and activity stations. Free dinner included! Deadline for signup is 10/8. Email: kjmay1@seattleschools.org.

Shoes that Fit: Ms. MacDonald needs assistants ASAP for measuring kids' feet and, when new shoes arrive, delivering them and checking fit.

Email: msmacdonald@seattleschools.org.

Play or Tune?: Ms. French seeks a pianist (to accompany choir on Tuesdays/Thursdays before school) and ukulele tuners (2x/week; flexible scheduling). Email: klfrench@seattleschools.org.

DISTRICT NEWS

Meetings on Bell Time Changes

Seattle Public Schools is hosting meetings about possible changes to elementary, middle and high school start times. The Superintendent's Final Draft Recommendation on Bell Time Changes will be presented. Questions will be taken and feedback collected. The meeting nearest TM is tomorrow (Oct. 2), 6:30-7:30 p.m., at Washington Middle School, 2101 S. Jackson St. More information at <http://bit.ly/BellTimes>.



Learn How to Navigate SPS!

The Family Connectors University program is a 10-week series of adult workshops that is designed to empower families with information on how to navigate the school system, how to create a college-going culture at home, and how to support their child's, and other children's, academic success. Participants can earn two college credits. Sign up or learn more at <http://bit.ly/FamilyConnectorsUniversity>.

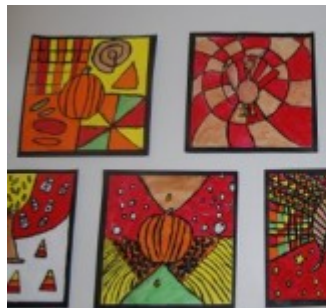
Board to Vote Next Week on Makeup Days

The School Board Oct. 7 will consider making Oct. 9, Jan. 29, Feb. 17-19 and June 24 the six strike makeup days, as proposed by administrators and the Seattle Education Association. The Mid-Winter Break in February had been scheduled to be a full week.

Athletic Shoes Required on P.E. Days

During October students will be working on the physical fitness pretest. This includes curl-ups (sit-ups), pushups, and the sit-and-reach. Please remind your child to wear athletic shoes on their P.E. day(s). P.E. Teacher Dan Shin says he is still seeing students come to gym in sandals or boots. "This is a safety issue," says Mr. Shin. "Also, it marks up the gym floor. Your assistance is greatly appreciated."

Art News From Ms. Zirngible



Greetings from the Art Room! It is so exciting to start another year of filling the hallways and display cases with beautiful art.

It won't be long before the art room is bursting at the seams with paintings, clay sculpture, and prints. Be on the lookout

for new creations from the busy and energetic Art Room!

Reminder: Advanced Learning Test Application Deadline

Parents or guardians may refer their children for testing for Advanced Learning Programs, such as the Highly Capable Cohort program at Thurgood Marshall, by filling out a *Rating Scale and Permission Form* and returning it by Oct. 8.

The District will separately contact a child's teacher to fill out a similar rating form. Eligible Thurgood Marshall students would be scheduled to take a cognitive test at the school on Saturday, Nov. 7. Full information is at <http://www.seattleschools.org/advlearning>.

Enrichment Classes Start Monday

Parents should look tomorrow for email confirmations of enrollment in Enrichment classes. Note that there will **not** be any classes on Friday, Oct. 9 (originally a day off). Also: more students are needed for the Cooking and Creative Movement classes, or they may be canceled. See the descriptions at www.tmlink.org!

Join Effort to Acquire Laptops at TM

Calling all parents with an interest in technology at Thurgood Marshall! The PTA and TM staff are working on acquiring 30 laptops for the 4th and 5th grades to enhance teaching and learning. To be involved in our new Technology Committee, or offer grant ideas, please contact Casey Sommers at pta@tmlink.org.



OCTOBER 15 FAMILY HEALTH & FITNESS NIGHT

Please return this form to your teacher
by Thursday, Oct. 8.

Student(s) Name: _____

Classroom Teacher: _____

Parent's Name: _____

Total # of attendees: _____ Phone #: _____



FREE

**Dinner, Activities,
Resources &
Prizes**

Events

**5:30 – 6:00pm
Zumba!**

**6:00 – 6:30pm
Dinner**

**6:30 – 7:30pm
Activity Stations**

**7:30 – 7:45pm
Evaluation &
Prizes**

**Thurgood Marshall
Elementary
2401 S. Irving St.
Seattle, WA**

**October 15th
5:30-7:45pm**