

PUP PRESS



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Principal
Katie May

RULER and the Mood Meter

This fall, Thurgood Marshall adopted RULER, a program that helps students recognize emotions in themselves and others, label and express emotions appropriately, and self-regulate their emotions. We rolled out the program by creating a staff charter and classroom charters with the students in every classroom. Our charters are statements of how we want to feel at school and what we will do to be sure we all feel that way.

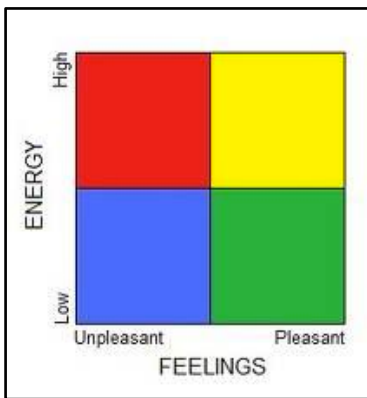
They vary somewhat from class to class, but most have elements of feeling safe, supported, and that we belong.

We are choosing to spend a significant amount of instructional time on the RULER program, because research tells us that emotions influence every part of everyday life, including:

- Attention, memory and learning
- Decision-making and judgment
- Relationship quality
- Physical and mental health
- Everyday effectiveness and performance

The more effectively students can manage their emotions, the more successful they will be in every aspect of life.

The next phase of the RULER program will introduce the Mood Meter. The Mood Meter is a tool that has four quadrants to help students measure how they are feeling in terms of pleasant vs. unpleasant, and low vs. high energy. The Mood Meter builds social-emotional awareness, sharpens vocabulary about



feelings, and at the highest level, prompts thinking about the type of environments our classrooms should be. The RULER program recognizes that emotions play a role in the classroom. To learn effectively, students need to take ownership of their feelings. Teachers need to deal with their emotions before they enter the classroom, and we all need to recognize that emotions must be considered in designing instruction. The more congruent a lesson is with the feeling underneath it, the more it will resonate with students. For

example, if we want students to know what it felt like to take part in the Boston Tea Party, what can we do to help to create that feeling for them? Connecting feelings with instruction helps students engage more deeply with the content.

The author of RULER is Mark Brackett, Director of the Yale Center for Emotional Intelligence. He is beginning a new collaboration with Facebook to launch inspirED.facebook.com. This new venture will support emotion management by connecting users to activities to support various feelings. It will be available in about a month, and have resources for educators and students (and probably for parents, too!). More about RULER at: <http://ei.yale.edu/ruler/ruler-overview/>.

EVENT CALENDAR

TONIGHT, Thursday, Nov. 12
Student Assignment Plan Public Meeting, 6:30-8 p.m., Washington Middle School. (See Page 2.)

TOMORROW, Friday, Nov. 13
Fall Dance in the Gym & Cafeteria, 6:30-8 p.m. (See details below.)
→ Volunteers needed: <http://goo.gl/dCSh7w>

Wednesday, Nov. 18
Class Photo Day, plus individual retakes

Saturday, Nov. 21
School Board Member Stephan Blanford holds a community meeting. Douglass-Truth Library, 10-11:30 a.m.

Saturday-Wednesday, Nov. 21-25
Parent-teacher conferences; check with your child's teacher if you didn't sign up
→ **No school for students, Nov. 23-25**

Monday-Friday, Nov. 30-Dec. 4
Scholastic Book Fair, Library

TUTU'S PANTRY

Nov. 16-20: Grade 3's turn to donate food.
SIGN UP for Thanksgiving Meal-in-a-Bag: A TM holiday tradition. (See Page 2.)

See www.tmlink.org for calendar updates.
Questions about the PTA: pta@tmlink.org

GET YOUR GLOW ON AND REACH FOR THE STARS AT THE PTA'S FALL DANCE

TOMORROW, Nov. 13, 6:30-8 p.m.

In the Gym & Cafeteria

★ DJ Eric is Back! ★

Potluck:

A-M families bring appetizers
& finger foods

N-Z families bring fruit or desserts

**GROOVY DANCING,
DAY-GLO GAMES, AND
GLOW-IN-THE-DARK FUN
FOR ALL AGES**

Bring donations for Tutu's Pantry!

★ Volunteers still needed: ★

<http://goo.gl/dCSh7w>

Counseling Groups Offered

I will be running small-group counseling for students who need extra support, and have surveyed 2nd- through 5th-graders about their needs. I'm reaching out to parents and families for referrals as well: if you think your student could benefit and be willing to participate, let me know and I will add him/her to my possible group list. The topics include:



Counselor's Corner
Meghan Kaloper

- **Making Friends** (learn how!)
- **Friendship Problems** (how to solve them)
- **Emotion Management** (being in control, staying calm)
- **Divorce** (how to feel OK about a divorce or separation)
- **Grief and Loss** (if you are having a hard time after the death of a person close to you)
- **Academics** (learn about organization and study skills)

Unfortunately, time prevents me from facilitating groups for all students. If you do make a referral, I will do my best to accommodate your student. Groups are generally formed based on need and top areas of concern we see at school. I am always happy to offer outside referrals for counseling groups and agencies. (Contact me at mrkaloper@seattleschools.org.)

District Briefs

Offer Input on Student Assignment Plan

Proposed revisions to the Student Assignment Plan have been reduced, with the primary changes now focusing on waitlist and tiebreaker policies. Community meetings will offer information and enable feedback:

- **TONIGHT, Thursday, Nov. 12**, 6:30-8 p.m.: Washington MS, 2101 S. Jackson St., 98144
- **Monday, Nov. 16**, 6:30-8 p.m.: Rainier Beach HS, 8815 Seward Park Ave. S., 98118

District's info page: http://bit.ly/SAP_FAQ.

Proposed Adjustments to Advanced Learning

The District is seeking to change elements of the Advanced Learning Program, including eligibility procedures, which are "in the process of being re-examined, revised and updated through the equity lens," according to an SPS website FAQ. A draft of the proposed "Superintendent Procedure 2190SP" is available under the Resources section at <http://bit.ly/SPS-Adv>.

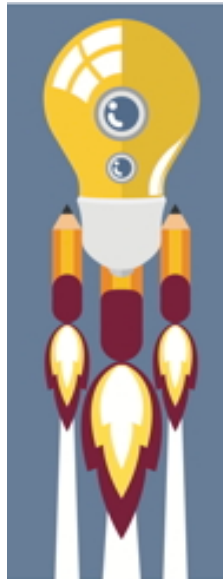
Plans for public comment have not been announced yet, but discussion is occurring on the Community Forum for HCC blog: <http://discussapp.blogspot.com/>.

Art Contest Entries Due Friday

Let Your Imagination Fly! is the theme of the 2015-16 "Reflections" arts contest sponsored by the national PTA...but **entries have to land in Ms. Zirngible's hands by tomorrow** (Nov. 13) for a chance at prizes. Categories include: dance choreography, film production, music composition, literature, photography, and visual arts. Divisions include: Primary (grades K-2), Intermediate (grades 3-5), and Special Artists.

Twelve entrants from Thurgood Marshall will move on to the next round of judging AND be displayed at Seattle Center during Winterfest (Dec. 5 – Jan. 3).

Bring the work to Room 208 (Art Room); questions to: blzirngible@seattleschools.org.



Volunteer at TM and You Might Change the World

LEGISLATIVE ADVOCACY CHAIR Inform the PTA board and TM school community about education issues at the local and state level. Email: berlee@zipcon.com.

PUP PRESS EDITOR or CO-EDITOR Help edit and/or design our school's weekly newsletter, and maybe we'll win a Pulitzer Prize! 2-6 hours per week. Contact Cliff Meyer: cliffm99@gmail.com.

Shopping Online? Make It Count for Our School

Access Amazon.com from the link on tmlink.org, and **6% of your purchase dollars** will go to the PTA. That's all you need to do!

Tutu's Pantry Holiday Spirit: Thanksgiving 'Meal-in-a-Bag'

Help Tutu's Pantry create a Thanksgiving "Meal-in-a-bag" to offer each family in need! Thurgood Marshall has an annual tradition of matching families who want to donate ingredients to the TM families who need that food to make the holiday complete.

Donors have until Wednesday, Nov. 18, to bring to the main office a bag with:

- \$20 gift card to QFC or Safeway
- 2 cans of green beans
- 1 bag of cubed bread stuffing
- 1 box of instant mashed potatoes
- 1 can of cream of mushroom soup
- 1 can of cranberry sauce
- 1 pound of yams or sweet potatoes
- 1 ready-to-bake pie crust
- 1 can of pumpkin purée
- 1 can of evaporated milk

Go to www.tmlink.org and **download the flier with full instructions for signing up to give, or to receive.** Distribution of Thanksgiving food will be on Nov. 20. Questions? Email Katie Egolf: (kathryn.egolf@gmail.com).