

# PUP PRESS

Brought to you by the Thurgood Marshall Elementary PTA

JAN. 5, 2017

VOLUME 10, ISSUE 15



Principal  
Katie May

## Many Approaches to Equity Work

Welcome back to school! I hope you had a relaxing break with your families. I really appreciated the time to reconnect with my children, read, cook and relax with family and friends. As we kick off 2017, I'd like to give you a few updates related to the equity work that is so important to us at Thurgood Marshall.

### Curriculum: Rights of Individual vs. Common Good

The week before the break, each of our grade-level teams were released for a half-day of Social Studies planning. We worked with District Social Studies coaches **Bruce Patt** and **Monica Sylver** in advance of the planning days to maximize team time. Each team created a unit built around the essential question: How do governments balance the rights of the individual with the common good? Each team created an end-of-unit summative assessment, as well as formative checkpoints to measure student progress throughout the unit. We appreciate the District's support in helping us to fund this release time.

### The Philosophers in our 5th Grade

TM was featured in a Dec. 27 Seattle Times article about the partnership between our 5th-grade team and the University of Washington's **Philosophy Department**. These bi-weekly lessons help our students to learn about social justice in a way that is age-appropriate and very meaningful to them. Read more: <http://bit.ly/TMphilosophers>.



### Key SPS Leader at Jan. 19 Action Teams Meeting

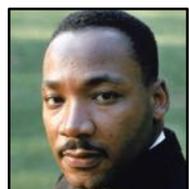
Our Equity Action Teams have three upcoming meetings. While each individual group meets more often, every six weeks or so, the teams come together to share their progress. Everyone is welcome! At our next meeting, 6-8 p.m. on Thursday, Jan. 19, we host **Wyeth Jessee**, Seattle Public Schools Chief of Student

Supports, who will talk about District plans to increase racial equity in the Highly Capable Cohort program. We will also have time to connect around our goals for equity at TM. Future meetings: 6-8 p.m. March 23 (Thursday) and May 24 (Wednesday). See further details on Page 2.



### Discuss Discipline Policies at Coffee with Principal

The next Coffee with the Principal is also on Jan. 19 (9:15-10 a.m.) and I will host **Erin Romanuk**, Program Manager for Attendance and Discipline for Seattle Public Schools. Please join us for a conversation on disciplinary policies and supportive school responses to help shape student behavior. Erin is working with a committee to refine District discipline policies and would like to hear from parents. She will also be meeting with our student focus groups to gain their perspective.



### Next Week's Assembly to Honor Dr. King

Last, but certainly not least, please join us at 9:40 a.m. on Friday, Jan. 13, for an Assembly celebrating **Dr. Martin Luther King Jr.** Reminder: there is no school on Monday, Jan. 16, in recognition of Martin Luther King Jr. Day.

## EVENT CALENDAR

Sat., Jan. 7: **Canceled:** School Board member **Stephan Blanford's** community meeting.

Thurs., Jan. 12: **Black Family Advocacy Support Group Meeting**, 6:30-8:30 p.m., Library. See Page 2.

Fri., Jan. 13: **Martin Luther King Jr. Day Assembly**, 9:40 a.m. Parents welcome!

Mon., Jan. 16: **No school** (Martin Luther King Jr. Day).

Mon., Jan. 16: **PTA Focus Day in Olympia**. Lobby legislators on education issues. Learn more at [http://www.wastatepta.org/meetings/focus\\_day/index.html](http://www.wastatepta.org/meetings/focus_day/index.html).

Thurs., Jan. 19: **Coffee with Principal May and guest Erin Romanuk, SPS Mgr. for Attendance & Discipline**, 9:15-10 a.m., Library. See info at left.

Thurs., Jan. 19: **Equity Action Teams Meeting with guest Wyeth Jessee, SPS Chief of Student Supports**, 6-8 p.m., Library. See Page 2, or visit <http://tmlink.org/info/equity-in-education-initiative/>.

Tues., Jan. 24: **PTA General Meeting**, 6-8 p.m., Library. "What are the impacts of the SPS budget crisis?" Special guest: Jolynn Berge, SPS Assistant Superintendent for Business and Finance. You do not need to be a PTA member to attend. Child care expected to be available (details to come).

→ **Full year of events in the online calendar at [www.tmlink.org](http://www.tmlink.org)** – subscribe to it today!

## TUTU'S PANTRY.

**Week of Jan. 9: Grade 1** is asked to make a special effort to donate non-perishable foods. Especially needed: pasta/sauce (smaller jars, preferably not glass) and canned veggies and proteins other than peanut butter! Bins are in the front hall. (*Donations always welcomed from all.*)

## PTA Plans Capitol Meetings with Legislators for Jan. 16

The statewide PTA is asking parents to help advocate for adequate education funding during a day of activities in Olympia on Jan. 16. The **2017 Focus Day** is a chance both to meet your legislators in person and learn how to seek change in the days after.

Register (free!) at <http://bit.ly/PTAatCapitol17> by Monday, Jan. 9, to receive a t-shirt at Focus Day and to pay/reserve a boxed lunch. (No registration after Jan. 11.) Kids are welcome! Highlights of the day include a noontime rally at which PTA members will hear from Gov. Jay Inslee and new Superintendent of Public Education Chris Reykdal.

If you are seeking a carpool, you may wish to post on the Bullpup Parents Facebook page. Questions? Contact [pta@tmlink.org](mailto:pta@tmlink.org).

## Bullpup Briefs

### **Black Family Advocacy Group to Meet Jan. 12**

The next Black Family Advocacy Support Group meeting will be 6:30-8:30 p.m., Thursday, Jan. 12, in the TM Library. We will continue prioritizing efforts to address issues/concerns raised at the first meeting.

The group works to create a safe, supportive place for parents and students to voice concerns and/or offer ideas to make the school environment more welcoming to black families. Children are welcome at the meeting. Bring your own dinner if you like; light snacks will be provided.

*This group is open to all families with a special emphasis on the education of African American and underrep-resented and marginalized students.*

### **'Brother's Keeper' Conference**

The annual "My Brother's Keeper" Conference will delve into issues and ideas for educating males of color, with a focus on strengthening student engagement. The event is 9 a.m.-3 p.m. on Saturday, Jan. 21, at Asa Mercer Middle School. Free breakfast and lunch. Sponsors include the Seattle Alliance of Black Student Educators and Seattle Public Schools. RSVP to 206-725-7138 or [sabse.09alliance.17@gmail.com](mailto:sabse.09alliance.17@gmail.com).

### **Class on Supporting Students**

Register for Seattle Public Schools' "Family Connectors University" by Monday, Jan. 9, and learn to be a better advocate for your child and educational success. This class for parents is held at Garfield High School for 10 Wednesdays, 6-8 p.m., starting Jan. 11. Small fee; scholarships available. Free K-12 tutoring onsite. More info: <http://bit.ly/FamConnectors> or 206-252-0248.

### **MLK-related Events in Seattle**

Events on Monday (Jan. 16) include the annual set of workshops and march at Garfield HS - <http://www.mlkseattle.org>. King County mounts a special event at noon on Thursday, Jan. 12, at the 5th Ave. Theatre in downtown Seattle. It will feature Innocent Classroom program founder Alexis Pate - <http://bit.ly/KCMLK17>.



Counselor's Corner  
Meghan Kaloper

## **Free Clothing Available for Children**

Need some clothing for your child? The Assistance League of Seattle's Operation School Bell offers families awesome NEW clothes (sized for each student, favorite colors included, etc.). Anyone can place an order online or by filling out a paper form (return it to me). See <http://bit.ly/FreeClothing17>. Orders are likely to be delivered within a week. Exchanges may also be made. Questions? Contact me at (206) 252-2808 or [mrkaloper@seattleschools.org](mailto:mrkaloper@seattleschools.org).

## **Equity Action Teams to Host SPS Leader, Set Activities**

Hear about progress and meet one of the School District's top leaders at the next meeting of TM's Equity Action Teams. Please come to the Library 6-8 p.m. on Thursday, Jan. 19 to help create positive change and connect with families!

The meeting will include:

**Guest Wyeth Jessee, Chief of Student Supports**, speaking on the SPS commitment to develop a plan with measurable goals to increase racial equity in HCC.

**"In Your Shoes" Activity** to build understanding and connection between people.

**Reports from each Equity Action Team.**

**Sharing Activity:** "Why are you here tonight? What would make Thurgood Marshall a more inclusive community?"

Note: This is not a potluck. Children are welcome (but no child care). More info: <http://tmlink.org/info/equity-in-education-initiative>.

**Talk: 'Detracking & De-Testing'**

Educator Carol Burris talks at "Closing the Opportunity Gap through De-tracking and De-Testing," an event 6:30-8 p.m. Jan. 11 at Garfield High School. See <http://bit.ly/BurrisGHS>.



Above, Abby Nakamoto's "Me in my Room." See all "Reflections" entries at <http://seattlereflexions.com>.

## **3 Advance in 'Reflections' Contest**

The work of three TM 5th-graders will advance to the statewide level of the PTA Reflections contest after winning the citywide round. Three other TM students received honorable mention from the Seattle Council PTSA judges. Congratulations!

### **Advancing to Statewide Round**

**Torin Hough** "I'm Slow and Steady like a Hardwood" (Gr 5; literature)

**Abby Nakamoto** "Me in My Room" (Gr 5; photography)

**Romy Vos** "Self Portrait" (Gr 5; visual arts)

### **Receiving Honors**

**KeyShawn Williams-Gibson** "Papa Was a Rolling Stone" (Gr 5; dance)

**Lourdes Fomenko** "The Nature in Danger" (Gr 2, visual art)

**Noemi Weinsheimer** "Redhead in Japan" (Gr 3, visual art)

## **Volunteers Needed: Field Trips, Breakfast, Art Walk**

**"On-call" volunteers for field trips** short of chaperones: Email Hazel Patu at [hjpatu@seattleschools.org](mailto:hjpatu@seattleschools.org). Be sure to have completed the District's volunteer registration: <http://bit.ly/SPSVolunteer>.

**Pancake Breakfast & Art Walk:** Short shifts at the event, 9-11 a.m. on Saturday, Jan. 28 (or hang art Jan. 23-27). Sign up at <http://tinyurl.com/TMpancake2017>. Really needed: coordinator for the Art Walk - contact Zakiya at [zakiyatyson@hotmail.com](mailto:zakiyatyson@hotmail.com).

## **Register for 'Girls on Run'**

Register for the March-May session at TM of "Girls on the Run" at <http://girlsrun.org/register-a-girl>.

GOTR serves girls in grades 3-5 (no running experience required) who would enjoy 10 weeks of celebrating all that makes them unique! The program is 4-5:30 p.m. Mondays and Wednesdays. Cost is sliding scale, \$185 and down. Questions? Contact Donna Dugan at [ddugan@seattleschools.org](mailto:ddugan@seattleschools.org) or see more info on the website.

# SHARING OUR STORIES IN PE

Thurgood Marshall PE Newsletter



**In this issue:**

- Benefits of PE
- PE Curriculum and Assessment
- What we are learning
- Nutrition and Fitness Information
- Quote for the month

## What we are learning?

Circuit Training Stations with an emphasis on cardio-respiratory endurance, hand eye coordination, balance, and muscular strength

Whole group games:

Rock, paper, Scissors Math—Game of strategy and math facts

Jumping Rope—Cardiorespiratory Endurance

Castleball and Knock out—Games of throwing at targets and cardiorespiratory endurance

## PE Curriculum / Assessment

### What is the Pacer (Beep) Assessment?

The PACER Fitness Test, also referred to as the Progressive Aerobic Cardiovascular Endurance Run test, is a fitness test designed to test a student's ability to stay on pace and stay in shape. In general, the PACER fitness test is used by physical education teachers to teach students how to pace themselves and build cardio-respiratory endurance. The Pacer Test is seen as being a particular effective test for younger children, because it's seen as a fun activity for them. It also helps them build up their self-esteem, because those children that finish last or are in the least shape actually finish the PACER fitness test first.

## Physical Education - Benefits for our life story!

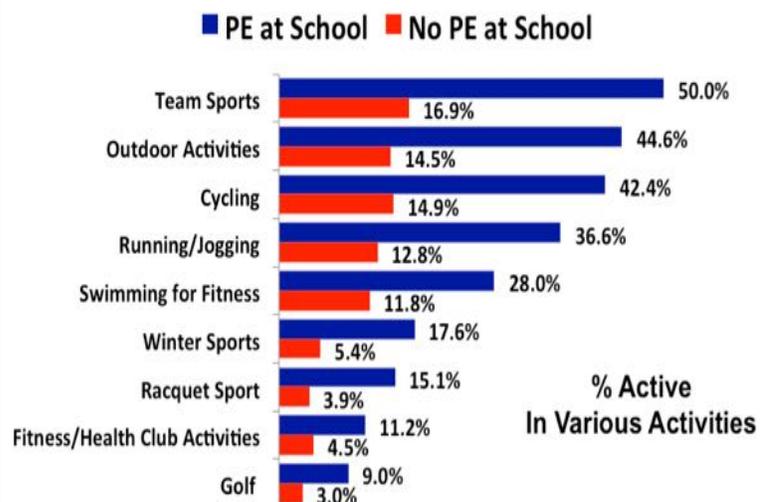
Physical education prepares children to be physically and mentally active, fit and healthy...for life. Here are some of the many benefits children receive from a quality PE program:

- Improved physical fitness
- Skill and motor skills development
- Provides regular, healthful physical activity
- Teaches self discipline
- Facilitates development of student responsibility for health and fitness
- Influence moral development, leadership, cooperate with others
- Stress reduction – an outlet for releasing tension and anxiety
- Strengthened peer relationships
- Physical education can improve self-confidence and self-esteem
- Respect - PE helps you respect your body, classmates and teammates
- Experience in setting goals

Improved academics - The big bonus benefit!

*Research by the Physical Activity Council*

## Children Who Have PE Are Dramatically More Likely To Be Active Outside of School



# **SHARING OUR STORIES IN PE**

*Thurgood Marshall PE Newsletter*



## **Nutrition and Fitness Tips**

### **Balancing Calories: Help Kids Develop Healthy Eating Habits**

One part of **balancing calories** is to eat foods that provide **adequate nutrition and an appropriate number of calories**. You can help children learn to be aware of what they eat by developing healthy eating habits, looking for ways to make favorite dishes healthier, and reducing calorie-rich temptations.

#### **Encourage healthy eating habits.**

There's no great secret to healthy eating. To help your children and family develop healthy eating habits:

- Provide **plenty of vegetables, fruits, and whole-grain** products.
- Include **low-fat or non-fat milk or dairy** products.
- Choose **lean meats, poultry, fish, lentils, and beans** for protein.
- Serve **reasonably-sized portions**.
- Encourage your family to **drink lots of water**.
- **Limit sugar-sweetened beverages**.
- **Limit consumption of sugar and saturated fat**.

**Remember that small changes every day can lead to a recipe for success!**



### **Balancing Calories: Help Kids Stay Active**

Another part of balancing calories is to engage in an appropriate amount of physical activity (at least 60 minutes of moderate intensity physical activity most days of the week, preferably daily) and avoid too much sedentary time. In addition to being fun for children and teens, regular physical activity has many health benefits, including:

- Strengthening bones
- Decreasing blood pressure
- Reducing stress and anxiety

#### **Quote of the Month:**

**TRY AND FAIL**  
*but don't*  
**FAIL TO TRY**