

PUP PRESS

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Principal
Katie May

Resolving Conflicts at School

“My parents say if someone hits me, I should hit them back!” This is a phrase that we often hear from children, especially those new to our school. It is understandable that a parent might say this – no one wants to see their child be hurt or become the victim of a bully. We have found that this does not work well in practice at school, and we are trying to teach our students a more peaceful way to resolve conflicts.

Why does “hitting back” not work?

- Hitting back does not solve a problem, it only escalates the violence. I hit you, you hit back, I kick you, etc.
- As students learn to navigate school with many other students, there will be accidental bumping. Students who are told to hit back often respond to accidental touches with pushes or hits. It can be hard for a young child to tell the difference between accident and “on purpose.” Imagine the chaos if a kindergarten line full of children responded to accidental bumps with hitting!
- Students who are told to hit back or defend themselves are much more likely to respond in a physical way rather than trying to resolve a problem with a peer or ask for help from an adult.
- Hitting (or physical violence of any kind) may lead to consequences at school, which can feel confusing for a child who is told at home to hit, but at school to solve problems with words.
- Hitting back is not how successful adults solve problems. We want to prepare our students to successfully navigate the world as adults.

“Fine,” I hear you saying, “then what do you think I should be telling my child?”

At school, we talk to students about small problems (the ones they can solve on their own) and big problems (which are scary, dangerous or could hurt someone). **Big problems**, such as hitting, should be brought to an adult who can help right away. We teach students that **small problems**, such as someone playing a game unfairly or not sharing a favored toy, should be solved by using tools such as the “Wheel of Choice.” This is displayed in each of our classrooms.

Wheel of Choice



School Counselor Meghan Kaloper and classroom teachers help students know how to use the different options. We ask students to try two choices, and then let an adult know whether they still need

guidance. Many parents find it helpful to put a copy of the Wheel of Choice on the refrigerator and to teach siblings to use it when conflicts arise!

Another tool that students learn through our RULER self-regulation curriculum is

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EVENT CALENDAR

Thurs., Oct. 5: Districtwide Racial Equity in HCC group meeting, 6-8 p.m., Library. Fall kickoff! All are welcome. See <https://hcccequity.wordpress.com>.

Tues., Oct. 10: PTA Board meeting, 6:30-8 p.m., Library. Express your opinion or learn more about the events and issues being handled by the PTA.

Wed.-Thurs., Oct. 11-12: Health Screenings. Students receive professional screening for basic health issues (during school day). Volunteers needed! See Page 2.

Thurs., Oct. 12: Family Games Night, 6-7:30 p.m., Cafeteria. NOTE LATER START TIME. Try out board games, presented by the PTA and Blue Highway Games. FREE!

Fri., Oct. 13: No school (Statewide day for professional development.)

Tues., Oct. 17: PTA General Meeting, featuring update on education funding & more. Snacks & potluck: 6-6:30 p.m.; Meeting: 6:30-8:30, Library. Child care expected to be available (with RSVP).

→ Online calendar at www.tmlink.org

TUTU'S PANTRY

Tutu's Pantry depends on donations of non-perishable items in cans and boxes.

Donation bins are in the front hall.

Week of Oct. 9: Grade 4 asked to donate!

Students: Enter your art and other creative work in the PTA Reflections contest! See www.tmlink.org for details!

Dicey Situations?

New Time for Games Night

Family Games Night is rolling back into the Cafeteria, 6-7:30 p.m. on Thursday, Oct. 12. (Previous plan was a 5:30 start.) Try out all sorts of board games, presented by the PTA and Blue Highway Games, a Queen Anne store. FREE fun for everyone!

- **Appetizer potluck!** Share your non-messy dish and socialize.
- **Door prizes!**
- **Event is FREE, but you will be able to purchase games** from Blue Highway. Orders will be delivered to your child's classroom later in the month.
- **Volunteers needed:** Fun tasks, such as learning a game and helping demo it. Sign up at <http://bit.ly/TMvolunteers>.

Volunteers Needed...

Online signup is available for all opportunities unless otherwise noted. Go to <http://bit.ly/TMvolunteers>.

Health Screening assistants (Oct. 11-12). Shifts are 9-noon and noon-3. No experience needed!

Game Night (Oct. 12). Set up room; learn a new game and help kids try it out; more. Short shifts.

Conflict Mediator Training (Oct. 17-19; 24-26). Counselor Meghan Kaloper is seeking 4-5 parent volunteers per morning to help with role-play practice. The trainings are 7:45-8:40 a.m.; choose one or more days. Contact her at mrkaloper@seattleschools.org.

Volunteer Coordinator Ann McNally, volunteering@tmlink.org, can tell you about additional opportunities.

NOTE: Each year, you must fill out a background check form to help ensure the safety of students? It's at <http://bit.ly/SPSVolunteer>.

Equity Action Teams Set Year's 1st Meeting

Meet to connect, share and plan the work of this year's Thurgood Marshall Equity Action Teams! All are welcome at the first 2017-18 meeting, Wednesday, Oct. 25, 6-8 p.m., in the Library.

Not familiar with the efforts? No problem. You'll hear a review the history and purpose of the Equity Action Teams, take part in a connection activity, together answer the question: What are the equity issues at TM?, and plan for this year's work teams.

See <http://tmlink.org/info/equity-in-education-initiative> for more info.

If you are interested in the Districtwide Racial Equity In HCC group, its first meeting of the year is 6-8 p.m. tonight (Thursday, Oct. 5) in the TM Library.



Counselor's Corner
Meghan Kaloper

Help with Heat, Clothing Needs

Need help with your heating bills? Centerstone, a nonprofit, provides financial assistance to income-eligible families in Seattle for any of the following heat sources: electricity, oil, natural gas, propane and wood. Grants are \$100-\$1,000. Information: www.center-stone.org or 206-486-6828. You can also drop by at 722 18th Ave., 98122.

I've learned that the Assistance League of Seattle's Operation School Bell is offering free clothing to any student who needs it. They brought an example bag to school and it is FULL of awesome NEW clothes (sized for each student, favorite colors included, etc.). Just fill out the form at www.bit.ly/clothinghelp or get more info at <http://bit.ly/OpSchoolBell>.

Resolving Conflict

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"The Blueprint." With it, students go through steps of thinking about how they felt in the moment of conflict and how the other person felt. This helps students build empathy for others, to take another person's perspective, and then to think about how to

Describe	What happened?	
RULER Skill	Me	Other Person
Recognize & Label	How did I feel?	How did ___ feel?
Understand	What caused my feelings?	What caused ___'s feelings?
Express & Regulate	How did I express and regulate my feelings?	How did ___ express and regulate his/her feelings?
Reflect & Plan	What could I have done to handle the situation better? What can I do now?	

solve the problem. These are important real-world skills for our children, just as they are for adults.

A final thought – rarely is there ever a time when engaging violence with violence leads to peace. We want our school to be a calm, peaceful place, because this is where our children can do their best learning. You can help support this by encouraging your child to use peaceful strategies for problem-solving.

Still Time to Apply to be a Conflict Mediator

Students in Grades 4-5 have a few more days to apply to become a Conflict Mediator or Recess Mentor! Applications are available through classroom teachers, and must be returned to Ms. Kaloper or the teacher by Monday (Oct. 9).

Students must attend a six-day training: 7:45-8:50 a.m. on Oct. 17, 18, 19, 24, 25, and 26. To learn more about what it means to be a Conflict Mediator or Recess Mentor, please visit <http://marshalles.seattleschools.org/services>.

Bullpup Briefs

Help TM Envision Service Learning Plan

Interested in service learning and want to help create a vision of it for our school? Join staff and other parents in Room 207 3:40-4:40 p.m. on Monday, Oct. 9.

'ShakeOut' Earthquake Drill on Oct. 19



The school's next emergency drill will help everyone be better prepared should an earthquake occur! Oct. 19 is The Great Washington ShakeOut, a statewide opportunity to

practice how to be safer during big quakes.

The ShakeOut has also been organized to encourage individuals and communities to review and update emergency preparedness plans and supplies, and to secure our spaces in order to prevent damage and injuries. See <http://www.shakeout.org/washington> for how to participate.

Seattle Public Schools, SPS, provides Equal Educational Opportunities and Equal Employment Opportunities and does not discriminate in any programs or activities on the basis of sex; race; creed; color; religion; ancestry; national origin; age; economic status; sexual orientation, including gender expression or identity; pregnancy; marital status; physical appearance; the presence of any sensory, mental or physical disability; honorably discharged veteran or military status; or the use of a trained dog guide or service animal. SPS also provides equal access to the Boy Scouts and other designated youth groups.

Have an article for Pup Press? Send it to Cliff Meyer at pup-press@tmlink.org. If your submission is not acknowledged within 24 hours, please call or text 206-366-5413



TM to Host 'Ugly' Author Robert Hoge

The TM Library on Oct. 19 will host Robert Hoge, author of "Ugly," a memoir about living with a disfiguring birth defect as well as a disability. Hoge

writes about overcoming bullying and thriving with disabilities, showing that what makes us 'ugly' also makes us who we are. His 9:10 a.m. presentation will be Grades 3-5 only. Parents are welcome to attend. Learn more about Hoge from a National Public Radio story:

<http://bit.ly/hoge2016>. Book order form coming home next week!



Food for Thought
Kim Echols

Time to Try out the Food!

Celebrate National School Lunch Week Oct. 9-12 with us by having a meal at TM's Cafeteria! If you have a student who has not had a school meal in a while – or ever – don't wait. Your child will love the range of choices. Parents can come, too!

Special Breakfast items next week (varies by day) include Maple Pancakes, Turkey Sausage, Oatmeal and Yogurt Parfait with Homemade Granola, plus fruit, toast, cereals and milk. (Served 8:40-8:55 a.m.)

Special Lunch features include Potato with Chili & Cheese, Cheese Lasagna Rollups, Beef and Broccoli, Veggie Burgers, fresh salads, fruit and more. (Check your child's lunchtime.)

Detailed daily menus are at <http://bit.ly/SPSlunch>. A child's breakfast is \$2, lunch \$3. Parents: \$3.25 / \$4.75. Payment can be in cash or via a PayPAMS account. Checked on your student's eligibility for free meals? See <http://bit.ly/SPSnutrition> or contact me with questions at kiechols@seattleschools.org.

School District Briefs

Free Meal & Entertainment at LGBT Dinner

Seattle Public Schools' annual lesbian, gay, bisexual, and transgender (LGBT) Families Dinner will be Thursday, Nov. 2, 6-8 p.m., at Meany Middle School on Capitol Hill.

Members of the school board will attend, and all SPS students, families and staff are welcome! Dinner and entertainment will be provided. To reserve space at this donation-supported, popular event, please RSVP with the number of people in your group to Lisa Love in the SPS Health Education Office: 206-252-0982 or love@seattleschools.org.

Garfield HS Role in HCC May Change

HCC-qualified students would no longer be guaranteed enrollment at Garfield High School, under a possible 2019-20 change to the Student Assignment Plan. The District is seeking public input, and meetings will be scheduled for later in the fall. Factors include increased enrollment across the District, the planned opening of Lincoln High School in Wallingford in 2019, and the increase in students eligible for advanced learning services. See www.seattleschools.org/advlearning or send questions to advlearn@seattleschools.org.

Preview Middle School Math-Text Finalists

The District is continuing its work to identify a new middle school math textual material for use starting in 2018-2019.

An Adoption Committee selected two finalists for extended evaluation: Glencoe Math and enVisionmath2.0. [Editors' note: that is the actual spelling.] Materials are on display this month at several middle schools: Aki Kurose, Eckstein, Madison, Whitman and South Shore K-8.

Or, review the materials electronically and offer feedback by following instructions at <http://bit.ly/SPS6-8math>. Questions? Anna Box, ambox@seattleschools.org.



The Sounds of Music...

It's been a great month in the general music classroom with Ms. French! Here are a few things that students are working on right now:

- **Kindergartners** are learning how to keep a steady beat and use a singing voice
- **First-graders** are learning to move expressively with different styles of music, and how to create their own body percussion steady beats
- **Second-graders** are learning rhythmic ostinatos with quarter and eighth notes
- **Third-graders** are learning how to play recorders and read notes on a staff
- **Fourth-graders** are working on dramatic interpretations of a traditional folk song
- **Fifth-graders** are practicing playing rhythmic ostinatos on percussion instruments to accompany pieces in various styles.

This year, in all music classes, we will be using several folk songs from around the world as a platform for practicing new skills. We use folk songs because of their lyrical depth, melodic beauty, and cultural meaning. Questions? Contact kfrench@seattleschools.org.

Wanted: Coaches, Site Leader for Girls on the Run

A TM site leader and coaches are being recruited for Girls on the Run, the nonprofit that combines running with curriculum to inspire self-respect and healthy lifestyles in pre-teen girls.

Site Liaisons act as a connector between Girls on the Run staff and the school, helping with marketing and recruitment, and supporting coaches during the season (March to May).

Volunteer Coaches lead the girls through fun and active lessons, preparing them for a non-competitive 5K event. A coach doesn't need to be a runner; be a positive, encouraging, committed woman who values girl empowerment and wants to make a difference. See more info at <http://girlsrun.org/get-involved/coach/> or contact Katie@girlsrun.org.