

# PUP PRESS



Brought to you by the Thurgood Marshall Elementary PTA

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## THE THURSDAY NOTE:



This first week of school we welcomed back 495 smiling and energized students to Thurgood Marshall Elementary; and over 100 of them are new to our school. For families of kindergartners I'd like to say the honeymoon period is ending, and students may have some meltdowns at home. We are asking these little ones to go from a carefree life to a full day of school,

with very little adjustment time. If your child is exhausted, or demonstrating behaviors you have not seen before, it is probably physical and mental exhaustion. Give your child as much down-time as possible in the evenings and on the weekends. Be sure to let the teachers know if this continues beyond a few weeks. It's tough being a full-day kindergarten student!

We typically begin each Friday morning with an all-school assembly, which often includes student performances and school announcements. Last Friday the staff introduced themselves, and I spoke about our school values: practice, risk taking, perseverance, and effort. Hard work and progress are what count! We endeavor to set an example for Thurgood Marshall students to take risks, work hard, play with others, show compassion, and set goals.

I want to remind you that students go outside for recess unless it is an absolute downpour. Make sure your students leave the house with appropriate rain gear, including a jacket, head covering, and appropriate shoes. We do not allow students to use umbrellas on the playground (to prevent accidental poking and prodding). Students need to wear sturdy shoes, not flip flops. I've seen way too many scraped legs and chins from falls on the pavement when flip flops give out.

Parents are always welcome in the lunchroom. There is no need to give notice. Just sign the visitors' log in the Main Office, put on a badge. Then join me and nearly 500 students for a unique dining experience.

Finally, thank you for helping turn Irving Street into an Eastbound one-way street during drop off and pick up times. The sanity level of all drivers remains much higher when we all follow this traffic pattern.

**IMPORTANT CORRECTIONS:** Curriculum Night will be Thursday, September 26th (previously published as Sept. 25). And Picture Day will now be Monday, October 7th (moved from Oct. 3). Order forms will be attached to an upcoming Pup Press. A volunteer for Lunchline Helper is needed from 11:45 am - 12:45 pm (not 11 am-12 pm).

**OF NOTE:** If you would you like to have your child tested for the advanced learning options in the district, please pick up the application in the Main Office. Deadline for these applications is October 3rd.

## School Shirts and Sweatshirts Available

Show your school spirit with Thurgood Marshall gear. Adult and youth sizes are available while supplies last.

Look for volunteers selling t-shirts and sweatshirts at the PTA meeting next Tuesday and at your grade-level potlucks. T-shirts cost \$10 for Youth/\$12 Adult, and sweatshirts cost \$20 Youth/\$24 Adult. Please bring exact cash or a check made out to "Thurgood Marshall PTA."

## Bookmark it!

Our newly redesigned website, [www.tmlink.org](http://www.tmlink.org), is your go-to resource for PTA information.

## CALENDAR

### ⇒ September 12th -TONIGHT!

2nd Grade Potluck  
5:30pm-7:00pm in school cafeteria

### September 17th

PTA General Meeting  
6:30-8:00pm in school library

### September 18th

K & 1st Grade Potluck  
5:30-7:00 pm in school cafeteria

### September 18-20th

5th Grade to Camp Orkila

### September 19th

3rd Grade Potluck  
5:30-7:00pm in school cafeteria

### September 24th

4th Grade Potluck  
5:30- 7:00pm in school cafeteria

### ⇒ September 26th - New Date!

Curriculum Night/Open House  
Grades K-2nd, PEACE: 6pm-7pm  
Grades 3rd-5th: 7pm-8pm

### October 2nd

5th Grade Potluck  
5:30- 7:00pm in school cafeteria

### ⇒ October 7th - New Date!

Picture Day

### November 15th

All-School Fall Dance  
Evening in school cafeteria

### November 21st

PTA General Meeting  
6:30-8:00pm in school library

### December 14th

All-School Pancake Breakfast  
& Student Art Walk  
9:00am in the school cafeteria

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## Tonight: 2nd Grade Potluck!

If you have a student in 2nd Grade please join your child's classmates, families and teachers tonight from 5:30 - 7:00 pm in the school cafeteria for a "get acquainted" potluck. This is a FAMILY event for everyone, including siblings.

Last Name:	What to bring:
A – M	Main Dish
N – R	Side or salad
S - Z	Dessert

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## Specialists to Attend PTA Meeting

Next week we're excited to welcome two of your child's specialists to the first PTA meeting of the year. Mr. Pendergrass will discuss and answer questions about the general music and instrumental music programs. Ms. Hudson will share what kids do during "library time" and how to help guide your readers' book selections. And Principal Breidenbach will update us on school news.

*When?* September 17th, 6:30-8:00 pm in the school library.

### New! Volunteer Photo ID

Our school photographer will be creating ID badges for all of our volunteers. Do you plan to volunteer regularly at school this year? Then come early to the PTA meeting next week to have your picture taken. Meet in the school library from 5:30-6:30pm next Tuesday.

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## Reflections Art Contest for Students

Feeling creative? Submit your art to Reflections, a national PTA arts recognition program. Categories for submission are dance, literature, photography, film, musical composition, and visual arts. The theme is "Believe, Dream, Inspire" and art submitted should reflect this theme. A recognition ceremony will be held in January for the 15 artists chosen to move on to the State level. Art will be displayed at Seattle Center during Winterfest. Submit artwork to Mrs. Martin's art room. Deadline is November 20.

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## Save Your Box Tops

Last year Box Tops brought in over \$600 to Thurgood Marshall. It's simple: 1) Look for the Box Top logo on products you've bought, 2) Cut out the Box Top from each package and 3) Send your Box Tops to school with your child!

We will collect Box Tops from all classrooms in mid-October. Other collections will be held throughout the year. Box Tops *do* have expiration dates, so turn them in regularly.



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## Start a Healthy Habit!

Coming back to school is always an adjustment and as research has shown, the best way to create a habit is by returning to the same behavior or activity for 21 days in a row. Consistency helps reassure youngsters that life is safe, predictable, and rewarding. With this in mind, help shore up routines at home both before and after school. Predictability will help streamline early mornings and reduce struggles over homework and bedtimes.

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## Become a Class Rep

Classroom Reps are the liaison between their class families and the PTA. This job can be done from the comfort of your home. It can be as simple as creating a class email list for the PTA. If you'd like to do more, ask your classroom teacher how you can best help.

The following classrooms are in need of a Class Rep:

- Naze (K) • Swartz (K/1) • Howard-Powell (2nd grade) • Gomez (3rd grade) • Quinlivan (4th grade) • Egelhoff (5th grade)

Contact Volunteer Coordinator Wendy Eckert at: wseckert@yahoo.com or (206) 769-8842 for details.

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## Be Aware - Students with Allergies

Several students at our school have life-threatening food allergies. These allergies include soy, eggs, dairy, nuts, peanuts, celery, kiwi, seafood, shellfish, fish, berries, seeds, and dyes. Eating foods, even in trace amounts, may cause a severe reaction (anaphylaxis) that can lead to death. The following symptoms may occur: hives, difficulty breathing, vomiting and diarrhea, swelling of the lips, mouth, and throat, itching and sneezing, loss of consciousness, and death due to shock. Even touching contaminated surfaces may cause a reaction. School staff have been trained to recognize such a reaction and to administer medication (epinephrine) in an emergency.

### You Can Help, Too!

- Never take food allergies lightly; they can be serious and life-threatening.
- Ask your child's friends what they are allergic to and help them avoid it.
- Tell your child, "Do not share food."
- Wash hands thoroughly after eating. Frequent hand washing helps protect food allergic students and reduces the spread of viruses.
- Tell your child to get help from an adult immediately if a schoolmate has a reaction.
- Ask your child to wash up if they have been particularly messy during breakfast.

**Did You Know?** There is a designated area called "Be a PAL Zone" in the lunchroom/classroom where students can eat meals that do not contain specific food items or products.

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**Have an article for PupPress?** Send it to Julia Janak at [julijanak@gmail.com](mailto:julijanak@gmail.com). If your e-mail submission is not acknowledged within 24 hours, please call or text to confirm receipt at 206-473-0980.