**THE THURSDAY NOTE:**

I hope everyone enjoyed a relaxing Thanksgiving break with plenty of gratitude for our many blessings! Thank you to all families who attended conferences last week and a big thank you to all of our teachers for their time and preparation.

This week, I attended a profound class meeting where a teacher was reading the book, “Who Moved My Cheese?” to the class. I had heard of this self-help book before, written by Spencer Johnson, but I hadn’t read it, and the children’s story was completely new to me. There are four characters: Sniff, Scurry, Hem, and Haw and they are on a journey through a complex maze. They are searching for the thing that makes them very happy - magical cheese! In the beginning, they quickly find the cheese and feel very happy. However, as with all things, over time the cheese runs low and eventually it is all gone. In the story, each character exhibits a different reaction to their changing circumstances. Change can come unexpectedly and can really throw us off our game. Sometimes we don’t feel like we have any control of the changes in our lives, but this book teaches that change is an opportunity to experience growth. Johnson reminds us that we are not bystanders to life’s changes; we can be open to new circumstances and stop feeling afraid. There is one character in particular, Hem, who is really stuck feeling angry about the cheese being gone and Hem blames someone else for taking it. Hem stays mad and stuck, while his friends get over it and go off to find even better cheese.

The students in the class loved this story and they were able to discuss which character they identified with when they experience an unexpected change. A few students even said they could identify their own patterns of being stuck and staying angry when things don’t go their way.

I truly wish this book was read to me in elementary school as I still catch myself reacting to changes in life with fear instead of letting go and embracing new opportunities. I ultimately get to the letting go part, but I am always trying to shorten the amount of time it takes to get me there.

- Christine Helm, Assistant Principal

**Join Us for Pancakes and Coffee on Dec. 14**

Our annual Pancake Breakfast will be held Sat., Dec. 14 from 9 - 11 am in the cafeteria. We’ll serve regular and gluten-free pancakes, chicken sausage, fruit, coffee, and juice.

Volunteers are still needed to help in the kitchen for the following time slots. Please contact Audrey Querns at aquerns@q.com if you can help on Dec. 14.

9:30 - 10:30 am  -  Kitchen help (flipping pancakes!)
10:30 - 11:30 am - Kitchen help

**LAST DAY - Book Fair Ends Friday, Dec. 6**

The in-school Scholastic Book Fair ends on Fri., Dec. 6 at 1 pm, but you can shop online until Dec. 17. Visit www.scholastic.com/bookfairs and click on “Find a Fair,” enter our school zip code (98144), and look for Thurgood Marshall Elementary in the list of schools. All proceeds benefit the libraries in our school and classrooms.
Have an article for Pup Press? Send it to Julia Janak at juliajanak@gmail.com. If your e-mail submission is not acknowledged within 24 hours, please call or text to confirm receipt at 206-473-0980.

**UPDATE: Annual Giving Fund**

**Winter Challenge Match**
Thank you to everyone who has donated to the Annual Giving Fund this school year! We have raised almost $55,000 with 23% of Thurgood Marshall families participating. If you haven’t made a gift this year, December is the month to donate!

This week you received a letter from the PTA with a purple donation form. If you donate before the end of December you will help us reach our $10,000 Winter Challenge Match. By giving in December you can DOUBLE YOUR DONATION thanks to a group of generous families. Please send in your purple donation card or donate online at www.tmlink.org. Thank you!

**Shopping to Support our School**

**Amazon.com**
Turn your holiday shopping into cash for Thurgood Marshall. Whenever you shop at Amazon.com, 6% of your purchase is donated to our school. You must begin shopping via the link on www.tmlink.org. Simply click on the Amazon School Rewards logo on the left-hand side.

**Emerald City Fired Arts**
Emerald City Fired Arts is a new you-paint pottery, clay art, mosaics and glass fusion studio in Mount Baker. Mention you attend or work at Thurgood Marshall and they will donate 5% back to our school. Located at 3333 Rainier Ave., S., Seattle.

**Upcoming Choir Concert Times & Set Up**
Next week Prep Choir (Grades 1-3) and Cantate Choir (Grades 4-5) will be presenting their first concerts of the year. Details below.

**Winter Concert #1**
- When: Thurs., Dec. 12, at 7 pm
- Where: Thurgood Marshall lunchroom for parents and families

**Winter Concert #2**
- When: Fri., Dec. 13, at 9:35 am
- Where: Thurgood Marshall lunchroom during assembly

**What to Wear**
Please do not wear faded or old jeans. You’ve worked hard on this music; dress up and look good because you will sound good! For the girls, a dress or blouse with skirt is preferred; nice slacks/pants with top is fine. And for the boys, a shirt with a collar (polo type shirt is ok).

**ATTENTION PARENTS:** We need help setting up chairs after school on Thurs., Dec. 12 for the evening concert. Stop by the music room that afternoon if you can help. Thank you!
- Mr. Pendergrass and Ms. Garza

**Bracelets for Mary**
When we learned my son’s fellow 5th grader, Mary McCann, was diagnosed with pediatric brain cancer, we wanted to show our support, as did many other families. We decided to create a visual representation of our support to help Mary feel our love and gather strength from her community.

The week before Thanksgiving, 4th and 5th grade students gathered during lunch/recess to make bracelets with Mary’s favorite colors - orange, yellow and blue - to show Mary that while she cannot be in school right now, she is still very much in our thoughts and at heart. Bracelets were made for Mary, and also for each other - over 300 bracelets all together! What a wonderful feeling to be part of a community of children where this kind of expression is possible. If you have a 4th or 5th grader ask about their participation in this project.

Thank you to the teachers who opened their classrooms during lunch, and the many parent volunteers. Thank you to Mary’s friends who showed up each day to teach others how to make bracelets, a true testament of dedication and friendship: Francis L., Olivia W., Lizzie H., Emily W., Elizabeth D., Cecelia S., Aurora K., Claire J., and Owen and Mairead A.

If you are interested, there is a Mary McCann Fund. Send a check to Christine Wise, the fund manager, at 933 37th Ave., Seattle, WA 98122. The McCann Family appreciates your support.
- Kelly Mulligan, 5th Grade Parent

**PE in the Winter**
We are currently working on the second round of shuttle run/beep tests, which is taken four times per school year. This is an excellent indicator of your child’s cardio-respiratory health and a way for your child to reach his/her personal best. We are also playing Pickle Ball, a cross between tennis and ping pong, which is a great way for students to work on hand-eye coordination, taking turns, and teamwork.

If your child is looking for something to do, here are some fitness activities you can do around the house. You can do these along with your child.

1) Pushups. 2) Curl-ups/sit-ups or crunches. 3) Stretching.
4) Plank: lie on tummy; do a pushup and hold at the top; now change positions and let your elbows hold you up, keeping body straight; squeeze abs; hold 10 seconds. 5) Superheroes: lie on tummy; hold arms above head; lift arms and shoulders up towards ceiling; hold 10 seconds and repeat.
- Daniel Shin, P.E. Specialist

**REMINDERS**

- Washington Middle School Open House is Dec. 5 at 6:30 pm. Tours on Dec. 10, 12, 13 from 8 - 10 am.
- Thurgood Marshall Student Council is collecting donations of sample sized soaps, shampoos, toothpaste and other hygiene products for the victims of Typhoon Haiyan. Items can be dropped off in the library.
Welcome/Introductions
PTA Co-President Sharmila Williams opened with a welcome to the attendees and a discussion of the agenda, including informal presentations from Counselor Meghan Kaloper and Assistant Principal Christine Helm.

This is Meghan's second year at TM. She graduated from SU and has spent time in other schools, as a counselor as well as a preschool teaching assistant. Meghan uses the Second Step Curriculum as well as the Positive Discipline Program. She also facilitates such programs as Conflict Mediation, Recess Mentorship and the Kindness Club. Meghan supports the kids of TM in a number of ways - individual counseling, small group counseling and classroom guidance and skill practice. Meghan has a vast support network - feel free to contact Meghan anytime. She can be found in office 120, phone number 252.2808 and email address is mrharris@seattleschools.org. Meghan is in her office Tuesday thru Thursday.

Christine Helm has been in education for 12 years. She used to be in banking and project management on the east coast. She felt that she was in the wrong profession - so she sought a job in a “helping” field. Her first day on the job as a 2nd grade in Harlem was 9/11. Thus began her diverse and interesting teaching career, focusing on grades K thru 3rd both in NY and in Seattle. She is a big fan of Readers and Writers Workshop and in general, professional development and instruction. She decided that making staff happy in a school is an incredibly important job. She has also spent time as a principal in Magnolia at Lawton Elementary and an assistant principal at Whittier in Ballard. She is very happy to be at TM. She finds it a very positive, supportive environment. She also enjoys the sense of urgency that she finds at TM. NYC helped her discover that. Christine oversees the Kindergarten through 3rd Grade staff, students and families. She values instructional leadership and emotional health - and is excited to be at Thurgood Marshall.

A special thanks to Meghan and Christine for taking time out of their evenings to speak to the parents of TM!

Regular meeting agenda resumed...
Minutes from 9/17 were approved.
Co-Presidents’ Report - Tasha Irvine
Tasha discussed the various issues of the last month such as boundary changes, completion of the student directory, the electronic Pup Press and the Fall Dance, to name a few. Some upcoming events are the Scholastic Book Fair in the first week of December, the Pancake Breakfast and a new set of enrichment classes. Guest speakers for remaining PTA meetings include Amy Lang, Stephan Blanford from SPS, and Kim Estes from Savvy Parents/Safe Kids Workshops.

Mark Lovre and Audrey Querns gave a Pancake Breakfast Report. The breakfast takes place on Saturday, December 14th. It is a very fun event. In addition to the breakfast, there will be an art walk to display the fabulous work Becky Martin has been doing with the kids.

If you are interested in helping with the book fair, the breakfast and/or the art walk, please contact Wendy Eckert at wseckert@yahoo.com.

Treasurer’s Report - Brindy Bundesmann
Brindy discussed what the PTA opportunity grants have funded thus far. At this point, 3100 of the 10k dollars has been spent on a new rug, some cursive workbooks and a fun author guest speaker, to name just a few items.

Fundraising Update - Casey Sommers
The annual fund has raised 56k thus far toward 130k goal. After Thanksgiving, a letter will go home for a December push, including a 10k challenge match. Casey is hoping to raise 130k by march 1st, when spending decisions for next year need to be made. We are at 20% participation currently - our goal is 60% participation.
APP/AC Report - Jeanne Thompson

Jeanne is the chair of the APP Advisory Committee. Some of the major points of the recent 11/20 meeting are as follows - the proposed Wing Luke/Aki Kurose pathway is off the table for now. They are going forward with Fairmont Park as the West Seattle optional school to house the BLENDED APP/Spectrum program. Fairmount Park will reopen in 2014. For additional information about changes see http://www.seattleschools.org/modules/cms/pages.phtml?pageid=294923 Jeanne isn’t convinced any other plans that were on the table originally are not going to be brought up again - it isn’t clear. The guaranteed pathway of TM to WMS to Garfield is still in effect.

Community Report - Ben Kim

Several community events took place last year - and plenty more to come this year. This is an opportunity to get to know both the TM family and the local community as well as have lots of fun while doing a good service. See Ben Kim if you have ideas for future projects or if you would like to be involved as a community project volunteer.

Principal's Report - Julie Breidenbach

Julie began by thanking Ben Kim for repainting all the parking lot zoning in front of the school. Regarding district news, Julie thinks our biggest challenge in the district is that those making the decisions are not educators. The final decisions are very different from the first proposed list, thankfully. Julie has reservations about a stand alone APP program in the north end. Julie feels strongly that programs interact. This is our second year with the new math program with an emphasis on practice standards (vs content standards) and is providing actual math skills that are necessary - such as precision when appropriate. It is about application of standards, problem solving and defending answers. Julie thinks it has been a relatively smooth year thus far. She is happy to have Christine on board. Some other great new staff members joined TM this year, such as Gomez and Egelhoff - the great teaching staff at TM supports these new teachers and helps them be strong as well. It is possible that we will need an additional portable next year if we do grow a bit more next year. Julie would like to see the General Ed program grow a bit.

Meeting adjourned at 8 pm.