SELF-REGULATION IN SCHOOL AND AT HOME

Welcome to a new year at Thurgood Marshall! I hope your vacations were restful and that you are feeling energized about returning back to the regular routines of work and school.

As you enter the school, you may notice the new bulletin board on self-regulation. What’s it all about? Self-regulation, or self-control, is the ability to control your emotions, impulses and actions. You will see images listed on the bulletin board, as a child’s ability to recognize and label emotions is an important first step in learning self-control. In fact, research tells us that the simple act of labeling an emotion may move a person from the primitive reptilian part of our brain into the thinking part of the brain known as the pre-frontal cortex. When we are working from the pre-frontal cortex, we are better able to process an event and think about appropriate responses. When a child is able to control their impulses, they are more successful in social interactions, in school, and in the future. In fact, the ability to self-regulate is a better predictor of future academic success than IQ!

At school, we build self-regulation skills through class meetings, teaching problem-solving skills and impulse control, and teaching students to label their feelings. You can support success at home by reading books that build emotional literacy with your child, teaching your child calming strategies, and validating your child’s feelings. Please see the resources below for more ideas.

Safe Driving Around School – Switching gears (no pun intended), we could all use a bit of self-regulation when it comes to driving near Thurgood Marshall. During the high traffic times at morning drop-off and afternoon pick-up, it would be helpful if we all could enter on 24th St., and then follow Irving St. along the front of the building and exit at 26th St. (treating these streets as one-way streets). It is difficult for cars to pass each other going opposite directions at these times, particularly with our 14 buses lined up outside the school. In addition, it is important to be sure we are following the markings in the parking lot, dropping children off in the far right lane closest to the YMCA. When parents drop students off in the left lane, cars often try to move around them, resulting in unsafe situations for the children who are crossing in front. Thank you for your attention to this.

Self-Regulation Resources:

- Coping Skills for Kids (Brainworks Project): www.copingskills4kids.net/Reptilian_Coping_Brain.html
- Sound Discipline—Positive Discipline Resources: www.sounddiscipline.org
- The 5 Steps of Emotional Coaching: emotioncoaching.gottman.com
- Sound Discipline: www.sounddiscipline.org
- Principal: Katie May

Enrichment Class Registration Forms Due Friday

Winter Enrichment starts the week of January 19 (some classes start this week). Registration ends this Friday, Jan. 9. This deadline is final.

Please note that the Learn to Code in Minecraft class will be held on Thursdays from 3:50-4:50 pm, starting Jan 29 (a week later than other classes). Japanese needs 5 more students to continue, or it will get canceled. Questions? Please email Sudeshna Sen at sudeshnanw@gmail.com.

An updated Enrichment catalog and registration form can be found at www.tmlink.org/newsandevents/enrichment-program

EVENT CALENDAR

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Time/Location</th>
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</thead>
<tbody>
<tr>
<td>Tues., Jan. 13</td>
<td>School Tour for Prospective Families</td>
<td>9:15-10 am (check in at Main Office)</td>
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<tr>
<td>Wed., Jan. 14</td>
<td>Two-hour Early Dismissal</td>
<td>(school ends at 1:40 pm)</td>
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<tr>
<td>Mon., Jan. 19</td>
<td>No School - Martin Luther King Jr. Day</td>
<td>PTA Focus Day in Olympia (see page 2)</td>
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<tr>
<td>Thurs., Jan. 22</td>
<td>Instrumental Music Concert</td>
<td>7 pm in Cafeteria</td>
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<tr>
<td>Sat., Jan. 24</td>
<td>Pancake Breakfast and Art Walk</td>
<td>8:30-10:30 am in Cafeteria</td>
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<tr>
<td>Thurs., Jan. 29</td>
<td>Choir Concert</td>
<td>7 pm in Cafeteria</td>
</tr>
<tr>
<td>Fri., Feb. 6</td>
<td>Thurgood Marshall Day!</td>
<td>Special Assembly, 9:35-10:25 am in Cafeteria</td>
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<tr>
<td>Fri., Feb. 13</td>
<td>Multicultural Celebration</td>
<td>5:30-7 pm in Cafeteria</td>
</tr>
<tr>
<td>Mon., Feb. 23</td>
<td>Evening Tour for Prospective Families</td>
<td>See page 2 for details.</td>
</tr>
<tr>
<td>Tues., Feb. 24</td>
<td>PTA Meeting w/guest speaker on Positive Discipline</td>
<td>6:30-8:30 pm in Library</td>
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TUTU’S PANTRY

- Jan. 12: 3rd-Grade Donations
- Jan. 20: 4th-Grade Donations
- Jan. 26: 5th-Grade Donations
- Feb. 2: PEACE/Kindergarten Donations

Questions? Contact Kim Enochs at kimenoches@comcast.net or 206-604-1202 or Maggie Trapp at maggietrapp@yahoo.com or 206-399-8320.

Want more? Visit the Thurgood Marshall PTA online at www.tmlink.org for more Pup Press, a full calendar of school events, and more.
Can You Help at the Pancake Breakfast & Art Walk?

The Pancake Breakfast and Art Walk urgently needs some helping hands before, during, and after the event. Shifts are very short: help while enjoying the festivities. Or volunteer for set up or clean up!

Please help if you can. To volunteer, sign up at the Signup Genius page (it’s easy) at www.bit.ly/TPpancake15

Questions? Email Jen Ellis at jenniferellis.206@gmail.com.

The Pancake Breakfast and Art Walk will be held on Sat., Jan. 24 from 8:30-10:30 am in the Cafeteria.

Join TM Families at State PTA Rally in Olympia Jan. 19

On Mon., Jan. 19 (MLK Day—no school), bring the kids and rally on the State Capitol steps, tour the Capitol building, and receive updates from policy-makers on key issues. Show our legislators that we care.

PTA members can make a difference by showing up. For more information, and to register for the rally, go to www.wastatepta.org/meetings/focus_day/

Send a postcard!

Complete this survey to make a postcard to be delivered to legislators: www.surveymonkey.com/s/FocusDay2015. In this survey you can also sign up to stay informed about sponsored buses and how to meet with your legislator on Focus Day.

If you and your child are interested in joining a Thurgood Marshall group at the rally, let us know at pta@tmlink.org.

Instrument and Choir Concerts This Month

'Tis indeed the season for music at Thurgood Marshall, with two student concerts in January! You and your family and friends are invited to come to one or both concerts, held in the Thurgood Marshall Cafeteria.

**Instrumental Music Concert:** Thurs., Jan. 22, 7 pm

**Choir Concert:** Thurs., Jan. 29, 7 pm

**Truck Needed to Move Refrigerator**

The PEACE Academy has received a donated refrigerator for use in one of their classrooms, and a volunteer is available to help move it, but an additional volunteer with a truck is needed to help drive it just a few blocks to the school.

If you have a truck and a little time to spare, please contact Jen Ellis at jenniferellis.206@gmail.com. Your help would be greatly appreciated!

School Tours Offered in Winter and Spring

Attention prospective Thurgood Marshall families!

Principal Katie May and the Thurgood Marshall PTA will be hosting school information sessions and tours on five days this winter and spring. No RSVP is needed, but you must check in at the Main Office upon arrival.

Existing families: please spread the word to anyone you know who has children that might attend Thurgood Marshall.

See the calendar on the first page for schedules for the next two tours, and the www.tmlink.org website for complete information.

The evening session on Feb. 23 includes an info session specially focused on the HCC (Highly Capable Cohort) program.

The schedule for the evening session is as follows:

- 5:30 pm – Highly Capable Cohort (HCC) info session
- 6:30-7 pm – Tour (class observation not available)
- 7-7:30 pm – General information session.

Note: Vietnamese interpretation available for this date if requested in advance by email to pta@tmlink.org.

Celebrate Thurgood Marshall Day!

Fri., Feb 6 is Thurgood Marshall Day. At school, we honor Thurgood Marshall with a special assembly—families welcome to attend! The assembly takes place first thing in the morning (9:35-10:25 am) in the Cafeteria.

There will also be an afternoon community celebration to be held at the Northwest African American Museum (www.naanw.org) from 4-6 pm. This event will serve as an opportunity for the neighborhood to provide feedback on the art installation to honor Thurgood Marshall that will be placed on the school campus over the summer. This project is a beneficiary of a Seattle Department of Neighborhoods grant in conjunction with Coyote Central’s Hit the Streets program.

**A little about Thurgood Marshall:**

Thurgood Marshall was the first African-American Supreme Court Justice. He served on the Supreme Court for 24 years.

**Did you know?**

- Marshall was a good student, but restless at times. As punishment for misbehaving in a high school class, he had to memorize the U.S. Constitution.
- His birth first name was Thoroughgood, but he got tired of having to write out such a long name, and shortened his name to Thurgood in the second grade!

**Bring in Your Box Tops!**

Each year Thurgood Marshall parents collect Box Tops for Education, and annually, it brings in several hundred dollars—over $5,000 since we started the program!

It’s easy to help: just send box tops to school with your student. Each teacher has a collection box in the classroom, or you can drop them off in the box in the office.

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