



PUP PRESS

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Principal
Katie May

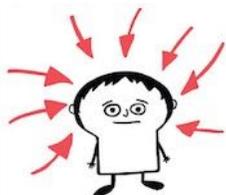
'Meta-Moment' Helps in Tough Situations

We are working on being our best selves! When you next visit our school, throughout our hallways you will see pictures of our students being their best selves. This is part of our RULER curriculum. We have begun our third unit of teaching RULER, and every classroom has introduced the "Meta-Moment."

The Meta-Moment is one of the anchors of emotional intelligence, along with the Classroom Charter and the Mood Meter.

From the Yale Center for Emotional Intelligence website (<http://www.ei.yale.edu>):

Emotions can either help or hinder relationships, and we all have moments that get the best of us. The Meta-Moment helps students and educators handle strong emotions so that they make better decisions for themselves and their community. The Meta-Moment is a brief step back from the situation when we pause and think before acting. We ask ourselves, how would my "best self" react in this situation? What strategy can I use so that my actions reflect my best self? Over time and with practice, students and educators replace ineffective responses with productive and empowering responses to challenging situations. They make better choices, build healthier relationships, and experience greater well-being.



1. Something happens

The Steps to taking a Meta-Moment are as follows:

Step 1: Something happens. (Usually something that annoys us.)

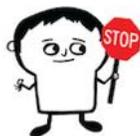
Step 2: Sense. (When we feel annoyed, we think certain things, our bodies feel different, and our faces and bodies look different.)



2. Sense

Step 3: Stop. (Pause and breathe to calm down and not hurt others' feelings.)

Step 4: See your best self. (When we are upset, we may be annoyed, which is when we often say and do things that might hurt others. We breathe to calm down first, and then we think about our "best self" – the kind of friend, brother, etc., we want to be.)



3. Stop

Step 5: Strategize. (Find a tool to help you handle your angry feelings in a positive way – take deep breaths, use positive talk, ask for help from a grown-up, etc.)

Step 6: Succeed. (Feel proud of yourself because you handled yourself in a positive way.)

The Meta-Moment is a great tool to use at home, too!

We know that when school and home are using the same



4. See your best self



5. Strategize



6. Succeed!

language, these self-regulation strategies become even more effective.

EVENT CALENDAR

TODAY & TOMORROW: FINAL session for most Thurs. & Fri. Enrichment classes.

March 21-22: FINAL session for most Mon. & Tues. Enrichment classes.

Tues., March 22, PTA Meeting: Guest speaker on "The Wild, Wild Web: Keeping Your Kids Safe in the Digital World." 6:30-8:15 p.m. (See below.)

Wed., March 23, 2-hour early dismissal (1:40)

Thurs., March 31, "Parenting with Positive Discipline," 7-9 p.m., TM Library.

Thurs., April 7, Multicultural Night, 5:30-7:30 p.m. Details soon!

April 11-15, Spring Break

SAVE THE DATE

April 29: Bingo Night, 6-7:30 p.m.

May 14: TM at Mariners game, 6:10 p.m.

May 22: TM at Storm basketball game, 4 p.m.

Details to be announced. See www.tmlink.org for event news and calendar updates.

TUTU'S PANTRY

March 21-25: Grade 5's turn to donate. **Urgent needs:** canned veggies, PB & J jars, cereal.

PTA Meeting on Tues.

Are Our Kids 'Safe' Online? Ask Expert Your Questions



Slattengren

Have questions and concerns about your children's use of technology and the Internet? Come to the PTA Meeting Tuesday (March 22) 6:30-8:15 p.m. in the TM Library.

Our special guest, Kathy

Slattengren, M. Ed., will present "Wild, Wild Web: Keeping Your Kids Safe in the Digital World." Ms. Slattengren has helped thousands of parents through her books, classes and other resources (www.pricelessparenting.com).

Join other TM parents for learning and conversation. Also hear brief updates from the PTA and Principal May, including the plan for new technology purchases.

FREE child care available at the YMCA. Limited to 30 school-aged children. Pizza dinner provided! You must RSVP to pta@tmlink.org.

Von Beck on Language Arts Curriculum Selection Panel

TM 5th-grade teacher Marcie Von Beck has been appointed to a District task force charged with recommending a new English Language Arts curriculum for Grades K-5.



The committee, comprising 41 staff, teachers, parents and community members, is to select materials to be "field-tested" in 2016-17 and adopted (after public input and Board approval) in 2017-18. For more details, see www.seattleschools.org/cms/One.aspx?pageId=8880835.

Help 'March Match-ness' Meet Goal

We've raised \$3,318 during our March Match-ness campaign, but we still have more to go to reach our goal of \$15,000. Thanks to all who have given so far. If you haven't there is still time to make an assist and take advantage of our 1-for-1 match.

The PTA spends \$300 per student annually, so that our school has a Counselor and a full-time Librarian, and so we can help take care of classroom and curricular needs left unfunded by the School District.

Give today online at www.tmlink.org, or send in a gift (through kid mail or via postal mail to Thurgood Marshall Annual Fund, 2401 S. Irving St., Seattle, WA 98144). Questions? Email giving@tmlink.org.

Bullpup Briefs

Enrichment Program Dates

Winter classes end this week or next! Look for the PTA Enrichment spring catalog the week of March 28, with classes starting the week of April 18.

Bingo Night Seeks Pianist

Bingo Night (6-8 p.m., Friday, April 29) is looking for a volunteer pianist to play along with the professional Bingo host at the beginning and between games! For the "election" theme this year, some songs could be Sousa or other patriotic music (but it's not required). Email Jorji: jorjijill@gmail.com.

Are You Buying at Amazon?

Amazon.com and other retailers (such as Office Depot & Bartell Drugs) will rebate up to 6 percent of your purchases to our school or PTA. Start your shopping on Amazon.com by clicking the link on www.tmlink.org. (Note this is different from Amazon's "Smile" program.) At Bartell, ask for a "B Caring" card. At Office Depot, just tell the cashier about your TM affiliation.

Photos Needed for Yearbook

Have great – even just good – pictures of Thurgood Marshall kids, classes, events? The 2015-16 TM Yearbook volunteers would love to use some of them. You can upload them to Dropbox at <http://lpx.me/KQ8W-65A8-MRE7/>.

Especially wanted: assemblies, field trips, playground fun, library time, kids digging into school, 5th-graders ... and anything that your kids might want to remember from this year.

Qs? Tracy, adairheeb@hotmail.com.



Math-a-palooza Fun, on March 14 (clockwise from top, from left): Soraya Counts and Ansuya Somashekar work on games; Principal May, Maya Brewster and a Pi pie; Pi heroes Kendra and Karen Pinkard.



PTA Has Great Opportunities to Help School in 2016-17

Many PTA volunteers are moving on to middle school soon, and we hope newer families will step in next year. The Thurgood Marshall PTA is a diverse community of parents who span all programs, grades and interests. It takes many volunteers to support our school, so please consider giving of yourself and time!

PTA Board positions opening up include Co-President, Communications Chair, Events Chair, Annual Giving Fund Co-Chair Promotions, Annual Giving Fund Co-Chair Accounting, and Arts Liaison. All of our current Board members are available for questions and would love to talk to you more about their position:

Co-President - Casey Sommers caseypilar@gmail.com

Communications - Cliff Meyer cliffm99@gmail.com

AGF Promotions - Jenny Ott jennyhannaott@gmail.com

AGF Accounting - Stacey Joanovic secondie@hotmail.com

Arts Liaison - Daphne Dejanikus dsdejan@hotmail.com

Events Chair - Brenda Fackler belskifackler@gmail.com

If you have skills in these areas, we'd love to have your talent on board! Also, new volunteers are needed to help with the following PTA-mangaged activities:

**Webmaster • Legislative Chair • Enrichment Assistant
Classroom Rep Coordinator • Box Top Coordinator**

To learn more about the PTA Board and other opportunities, please contact our Nominating Committee Chairpeople, Jen Ellis (jenniferellis.206@gmail.com) or Ben Kim (audiattle@yahoo.com). Thank you!

Seattle Public Schools

**NEIGHBOR TO
NEIGHBOR
COMMUNITY MEETINGS
IN PARTNERSHIP WITH
THE AFRICAN-
AMERICAN MALE
SCHOLARS THINK TANK**

The African-American Male Scholars Initiative (AAMSI) has a focus on the evolution of the district's teaching, leadership and organizational practices with regard to the success of African-American males. It is our belief through this initiative and the recommendations outlined for change, Seattle Public Schools will become a district that believes and supports the idea that all African-American males are successful. That Seattle Public schools remain committed to this initiative for the success of African-American males and that it remain consistent regardless of changes in district leadership.

BE ENGAGED, HAVE A VOICE, MAKE AN IMPACT!

**For more information,
visit:**

[http://neighbortoneighbor
.www.seattleschools.org](http://neighbortoneighbor
.www.seattleschools.org)



SEATTLE
PUBLIC
SCHOOLS

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**Please attend one of our regional community
discussions! Anyone can participate!**

- **Tuesday March 8 – 6pm – 7:30pm –Rainier Beach High School Library** (8815 S Seward Park Ave)
- **Wednesday March 23 – 6pm – 7:30pm –Mt. Zion Baptist Church Parlor** (1634 19th Ave)
- **Tuesday April 5 – 6pm – 7:30pm –Nathan Hale High School Library** (10750 30th Ave NE)
- **Wednesday April 27 – 6pm – 7:30pm –High Point Center Neighborhood House Rooms 207 A/B** (6400 Sylvan Way SW)
- **Tuesday May 3 – 6pm – 7:30pm –New Holly Neighborhood Gathering Hall** (7054 32nd Ave S)