

# PUP PRESS



Brought to you by the Thurgood Marshall Elementary PTA

DEC. 1, 2016

VOLUME 10, ISSUE 12



Principal  
Katie May

## Better Sleep=Better Outcomes for Children

The importance of sleep for a child – or for any of us! – cannot be underestimated. When students come to school well-rested, it is easier for them to attend to instruction and produce their best effort. When they haven't slept well, getting through the day becomes more of a challenge. Sleep is important to other aspects of children's health and development, too. Pediatric researchers are connecting inadequate sleep with health risks such as

diabetes, overweight, and learning and attention problems. When they get enough rest, children boost their immune systems, reducing sickness and school absences.

We often hear parents mention the difficulty of getting children into a good sleep routine. Here are some tips from *Parents Magazine*:

1. **Create a solid routine:** Keep to a consistent bedtime. Having a set routine of bath, teeth-brushing and bedtime stories helps a child know that it is time to wind down. Stick to this as much as possible on the weekend, too, to help a child fall to sleep more easily.
2. **Set the stage for sleep:** Remove from your child's room any distractions that may interfere with sleep. Make sure the room is sufficiently dark, and the temperature is not overly warm or cool. Devices or electronics are best kept in another room. There is evidence that the light generated by computer screens (including tablets and phones) lowers children's melatonin levels – the chemical that signals your body to sleep. Try to avoid screen time close to bed time.
3. **Add another bedtime story:** Read books aloud to help your child wind down for sleep. Being read to also helps children develop vocabulary and phonemic awareness – skills that will aid in their reading development.
4. **Run a sleep audit:** Pay attention to the amount of sleep your child is

*Continued on Page 2*

## EVENT CALENDAR

**TODAY & TOMORROW, Dec. 1-2: Last days of Book Fair in Library.** Shop with your children or send them with a check made out to TM PTA! Proceeds provide one-third of Library's budget. Online, too; view your options at <http://bit.ly/TMbookfair16>.



**TOMORROW, Fri., Dec. 2: Winter Enrichment registration begins, 7 a.m.** Catalog online and sent home today (Dec. 1). Discount of 90% for eligible families. See [www.tmlink.org/enrichment](http://www.tmlink.org/enrichment).

**Wed., Dec. 7: Coffee with the Principal, "Homework, Part 2," 8:30-9:15 a.m., Library. NEW EARLIER TIME!** Join Principal Katie May for coffee and conversation.

**Sun., Dec. 11: Winter Enrichment registration deadline.** Most Fall classes end week of Dec. 12.

**Thurs., Dec. 15: TMagination: Math & Engineering Night, 5:30-7 p.m.** Potluck (optional): bring pizza. Night of games for the whole family. More details to come.

→ More online at [www.tmlink.org](http://www.tmlink.org)!

## TUTU'S PANTRY.

**Week of Dec. 5: Grade 4** is asked to donate non-perishable foods. *Especially needed* are peanut butter, jelly, cereal, noodles, rice and beans. Bins are in the front hall. (Donations welcomed from all.)

## Debuting Today: PE Newsletter

Physical Education teachers Dan Shin and Christopher Brannon today present "Sharing our Stories in PE," the first in a series of newsletters about what your child is learning about nutrition, fitness and other topics covered during PE. Enjoy!

## \$20,000 Winter Challenge Match

### Give Now & your Donation is Doubled

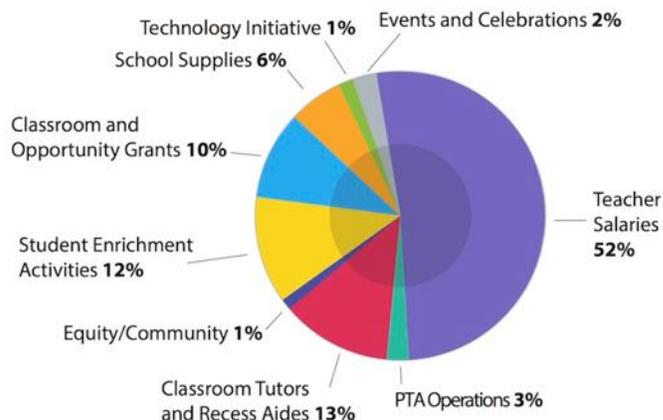
The Annual Giving Fund's Winter Challenge Match is in full swing and we need your support! Why? Because, with your donations, the PTA supports essential staff positions and programming that benefit every student at our school. Thanks to a generous group of families, every gift will be matched 1:1 (up to a total of \$20,000). Your donation will be doubled, helping address many needs. For example, contributions to the PTA pay the costs for our school to have a Counselor and a full-time Librarian.

Donate via credit card at [www.tmlink.org](http://www.tmlink.org) or mail your check to TM Annual Giving Fund, 2401 S. Irving St., Seattle, WA 98144.

Contact us at [giving@tmlink.org](mailto:giving@tmlink.org) with any questions.

– PTA Fundraising Co-Chairs Heather Bauer & Stacey Kryman

## Where your PTA Donation Dollars Go



## Bullpup Briefs

### Missed Student Photo Proof?

Want to order Picture Day photos (or the retake version) from Yuen Lui Studios? If you *don't* have the code that was on the package sent home with the "proof" of your child's portrait, call 800-347-4687 (Monday-Friday, 9-5 PST) or email [schoolservices@yuenluisstudio.com](mailto:schoolservices@yuenluisstudio.com).

Have the code? Visit [www.yuenluisstudio.com](http://www.yuenluisstudio.com) and click on the "School Portraits 2016-17" link near the page's top. Keyword is "Thurgood Marshall" (no quote marks, but keep the space after Thurgood). Then, click on the Photo Day gallery or Retake Day gallery. You'll soon find ordering instructions.

### Apply for Nutrition Task Force

The District's new Nutrition Services Policies Task Force is seeking members. Deadline to apply is tomorrow (Dec. 2); see details at <http://bit.ly/2016Nutrition>.

### Don't Forget Lost & Found

Items left in the lost and found will be donated before Winter Break! View this wardrobe in the corridor south of the Gym, and claim your missing treasures.

## New Options in Winter Enrichment Catalog

The PTA Winter Enrichment Program is offering new options, such as a 2-hour Robotics class, Flag Football and Animal Art Adventure. We'll also have the usual popular classes in art, music, sports, science, computers and martial arts! Be sure to look through the catalog as soon as possible, since courses can sell out quickly.

**Registration period:** 7 a.m., Friday, Dec. 2, through Sunday, Dec. 11.

**Most classes start** the week of Tuesday, Jan. 3 and end during the week of March 20.

**To register, start on our Enrichment page,** [www.tmlink.org/enrichment](http://www.tmlink.org/enrichment), to read pertinent updates and other information.

**If your child is eligible for free lunch, pay just 10%** for a class! Details in the catalog; no extra forms to fill out.

## Better Sleep= Better Outcomes

*Continued from Page 1*

getting, even writing it down for a week or more. Is your child waking frequently in the night? Track this, too. You may be surprised by what you find. Try getting your child to bed 30 minutes earlier for a week and assess the impact on your child's behavior.

5. **Consider a medical check-up:** If issues persist despite your efforts, or if the recommended amount of sleep doesn't prevent fatigue in your child, talk to

### how much sleep is enough for your child?

Some kids may be wired to operate on a little less sleep than others, but the National Sleep Foundation suggests these guidelines:

WHEN KIDS ARE ...	THEY NEED ...
up to 2 months	10.5 to 18 hours
3 to 12 months	9.5 to 14 hours
1 to 3 years	12 to 14 hours
3 to 5 years	11 to 13 hours
5 to 12 years	10 to 11 hours

your pediatrician. Medical conditions can interfere with children's sleep and impact their health and learning. Your doctor or other medical professional can help. More info is at [www.sleep.org](http://www.sleep.org).

## Impressive Outings for TM Chess Team

At right, Thurgood Marshall chess players celebrate their performance at the Chessmates Foundation Fall Kickoff Tournament on Nov. 19 at Broadview-Thomson K-8. From left, standing are Reece Cole (3 points earned), Kyle Cobden (3), Misho Hubka (2), Noah Lefkowicz (0.5), Vinayak Venugopal (2), Graham Cobden (4), Henry Ellis (2), Howard Cheng (2.5) and Edward Cheng (3). In front, from left, are Stell Hubka (McGilvra student), Frederick Barr (3.5) and Walter Barr (4).

Kyle, Misho, Noah, Howard and Graham (a Thurgood Marshall alumnus now in 6th grade at Washington Middle School) won **2nd place** for TM in the Grades 5-8 division. The team of Reece, Vinayak, Henry, Edward, Walter and Soren Liden (not in the photo) took **3rd place** in the Grades 2-4 group.

In the individual competition, Walter won **1st place** in the Grade 3 division and his brother, Frederick, was **2nd** among all 1st-graders. Graham took **3rd** in the Grades 5-8 section.

On Nov. 13, Edward, Howard, Reece and Darien Cole represented TM at the St. Anne Celtic Challenge tourney. Both Edward and Howard won 3 points and Darien gained 1 in the Grades 4-8 U1000 section, good for the **3rd-place** team trophy. Reece Cole, with 4 points, was **3rd** in K-3 U700 section.

With above results, Reece, Kyle, Graham, Howard, Edward,



Frederick and Walter qualified for the State Scholastic Chess Championships in Tacoma on April 29. Go Chess Bull Pups! The TM Enrichment Program's Chess Club welcomes players of every age and experience, regardless of interest in tournaments. The Winter class will again be Friday mornings. Scholarships are available; see the catalog or [www.tmlink.org](http://www.tmlink.org)!

# SHARING OUR STORIES IN PE

Thurgood Marshall PE Newsletter



## In this issue:

- Double Time! Who are your PE teachers?
- PE Curriculum and Assessment
- What we are learning
- Nutrition and Fitness Information
- Quote for the month

## What we are learning?

This year in P.E., the students will be learning skills such as racket sports-pickleball, and tennis, golf, team handball, and bicycle safety. Students will also learn about health concepts such as “energy in and energy out”. They will learn about their bones, muscles and how muscles are responsible for movement. Throughout this school year, students will work through stations, learning to work together in small groups and trying different skills, some skills for the first time.

## PE Curriculum / Assessment

We will utilize the district adopted PE curriculum *Five For Life*. *Five For Life* is a curriculum initiated by Seattle Public Schools. The curriculum focuses on the five components of fitness: Cardio-respiratory Endurance, Muscular Endurance, Muscular Strength, Flexibility, and Body Composition. In grades 3-5, students will be tested using a Washington State approved student measurement assessment program This includes the *Pacer Test* (Cardio-respiratory endurance) Push ups (muscular strength), Back-saver curl ups (muscular endurance), Sit and Reach (flexibility). **More information on assessments to come in future newsletters. All assessments are adapted for student needs and success.**

## Double time in PE! Our Story



My name is Dan Shin and I have been a P.E. Teacher for 12 years at Thurgood Marshall. Before that, I taught 4<sup>th</sup> grade also at Thurgood Marshall for one year. I began teaching P.E. to 3<sup>rd</sup>, 4<sup>th</sup>, and 5<sup>th</sup> graders in Hawaii. I enjoy teaching P.E. at Thurgood Marshall because all the great students that

I have the honor and privilege to teach. As for myself, I enjoy all sports both watching and playing them. I also love to workout in either weight training or cardio. The main sports that I love to watch are football, basketball, volleyball, and tennis. As a younger person, I used to love to surf in my hometown beaches of Ala Moana, Diamond Head, and Waikiki. Currently, I do a lot of cardio through bike riding.

My name is Chris Brannon and I am so proud to be a new member of the Thurgood Marshall community. I will be teaming up with Mr. Shin in the afternoons to provide our students more PE time this year. I am a graduate of Washington State University where I received my BA in Education, as well as a graduate of Grand Canyon University where I received my Masters in Education Administration. I have been a teacher and administrator for 12 years and I am so excited to be continuing my journey at Thurgood Marshall. Some of my hobbies are coaching basketball and soccer, hiking and spending time with family. Like Mr. Shin, I love to watch our Seahawks, Mariners, Sounders, and UW Huskies!



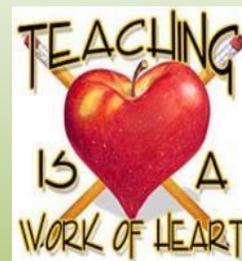
The two of us look forward to working with your child in P.E., learning about the five components of fitness, sports skills, setting up and cleaning up together, and learning to help and encourage our friends and classmates.

Together we'll have a fantastic school year!

Mr. Shin - [dcshin@seattleschools.org](mailto:dcshin@seattleschools.org)

Mr. Brannon—[crbrannon@seattleschools.org](mailto:crbrannon@seattleschools.org)

Please feel free to drop by anytime before or after school! We would welcome you during class as a volunteer or as an observer as well!



# SHARING OUR STORIES IN PE

Thurgood Marshall PE Newsletter



## Nutrition and Fitness Tips



### Make Healthy Snacks an Easy Choice

**Kids are more likely to eat what's handy.** Make healthy snacks easily available by packing them in their lunchboxes or backpacks or by having them visible and ready-to-eat at home.

**Younger kids** might enjoy helping you make a creative snack like **ants on a log** (celery topped with peanut butter and raisin "ants"), **egg boats** (hard-boiled egg wedges topped with a cheese sail), or **fruit kabobs**.

Older kids may enjoy a **fruit smoothie**, **mini-pitas with hummus dip**, or **whole-grain crackers topped with cheese and pear slices**.

If dinner is just around the corner, consider allowing a **"first course,"** such as a **small salad or side vegetable while you finish preparing the family meal**. For those nights when dinner is hours away, you could offer a more **substantial snack** such as **half a sandwich or a quesadilla made with a whole-wheat tortilla and low-fat cheese warmed in the microwave and topped with salsa**. Nothing too complicated, though.

**A good snack should take more time to eat than it does to prepare!**

On the Go? **Easy-to-pack snack options** include trail mix, nuts, low-sugar whole-grain cereal, whole-grain pretzels or crackers, fresh or dried fruit, and cut-up vegetables.

**What if your child comes home to an empty house?** Again, the best strategy is to leave something healthy front and center on the kitchen counter or in the refrigerator.

**Good choices bring great rewards! Happy snacking!**

Reviewed by: [Mary L. Gavin, MD](#)

Date reviewed: July 2015



"Quote"

*Just do the best you can. No one can do more than that.*

John Wooden

