Many Approaches to Equity Work
Welcome back to school! I hope you had a relaxing break with your families. I really appreciated the time to reconnect with my children, read, cook and relax with family and friends. As we kick off 2017, I’d like to give you a few updates related to the equity work that is so important to us at Thurgood Marshall.

Curriculum: Rights of Individual vs. Common Good
The week before the break, each of our grade-level teams were released for a half-day of Social Studies planning. We worked with District Social Studies coaches Bruce Patt and Monica Sylvester in advance of the planning days to maximize team time. Each team created a unit built around the essential question: How do governments balance the rights of the individual with the common good? Each team created an end-of-unit summative assessment, as well as formative checkpoints to measure student progress throughout the unit. We appreciate the District’s support in helping us to fund this release time.

The Philosophers in our 5th Grade
TM was featured in a Dec. 27 Seattle Times article about the partnership between our 5th-grade team and the University of Washington’s Philosophy Department. These bi-weekly lessons help our students to learn about social justice in a way that is age-appropriate and very meaningful to them. Read more: http://bit.ly/TMphilosophers.

Key SPS Leader at Jan. 19 Action Teams Meeting
Our Equity Action Teams have three upcoming meetings. While each individual group meets more often, every six weeks or so, the teams come together to share their progress. Everyone is welcome! At our next meeting, 6-8 p.m. on Thursday, Jan. 19, we host Wyeth Jesse, Seattle Public Schools Chief of Student Supports, who will talk about District plans to increase racial equity in the Highly Capable cohort program. We will also have time to connect around our goals for equity at TM. Future meetings: 6-8 p.m. March 23 (Thursday) and May 24 (Wednesday). See further details on Page 2.

Discuss Discipline Policies at Coffee with Principal
The next Coffee with the Principal is also on Jan. 19 (9:15-10 a.m.) and I will host Erin Romanuk, Program Manager for Attendance and Discipline for Seattle Public Schools. Please join us for a conversation on disciplinary policies and supportive school responses to help shape student behavior. Erin is working with a committee to refine District discipline policies and would like to hear from parents. She will also be meeting with our student focus groups to gain their perspective.

Next Week’s Assembly to Honor Dr. King
Last, but certainly not least, please join us at 9:40 a.m. on Friday, Jan. 13, for an Assembly celebrating Dr. Martin Luther King Jr. Reminder: there is no school on Monday, Jan. 16, in recognition of Martin Luther King Jr. Day.
**Black Family Advocacy Group to Meet Jan. 12**

The next Black Family Advocacy Support Group meeting will be 6:30-8:30 p.m., Thursday, Jan. 12, in the TM Library. We will continue prioritizing efforts to address issues/concerns raised at the first meeting. The group works to create a safe, supportive place for parents and students to voice concerns and/or offer ideas to make the school environment more welcoming to black families. Children are welcome at the meeting. Bring your own dinner if you like; light snacks will be provided. 

This group is open to all families with a special emphasis on the education of African American and underrepresented and marginalized students.

**‘Brother’s Keeper’ Conference**

The annual “My Brother’s Keeper” Conference will delve into issues and ideas for educating males of color, with a focus on strengthening student engagement. The event is 9 a.m.-3 p.m. on Saturday, Jan. 21, at Asa Mercer Middle School. Free breakfast and lunch. Sponsors include the Seattle Alliance of Black Student Educators and Seattle Public Schools. RSVP to 206-725-7138 or sabse.09alliance.17@gmail.com.

**Class on Supporting Students**

Register for Seattle Public Schools’ “Family Connectors University” by Monday, Jan. 9, and learn to be a better advocate for your child and educational success. This class for parents is held at Garfield High School for 10 Wednesdays, 6-8 p.m., starting Jan. 11. Small fee; scholarships available. Free K-12 tutoring onsite. More info: http://bit.ly/FamConnectors or 206-252-0248.

**MLK-related Events in Seattle**

Events on Monday (Jan. 16) include the annual set of workshops and march at Garfield HS - http://www.mlkseattle.org, King County mounts a special event at noon on Thursday, Jan. 12, at the 5th Ave. Theatre in downtown Seattle. It will feature Innocent Classroom program founder Alex Pate - http://bit.ly/KCMLK17.

**Free Clothing Available for Children**

Need some clothing for your child? The Assistance League of Seattle’s Operation School Bell offers families awesome NEW clothes (sized for each student, favorite colors included, etc). Anyone can place an order online or by filling out a paper form (return it to me). See http://bit.ly/FREEclothing17. Orders are likely to be delivered within a week. Exchanges may also be made. Questions? Contact me at (206) 252-2808 or mkaloper@seattleschools.org.

**Equity Action Teams to Host SPS Leader, Set Activities**

Hear about progress and meet one of the School District’s top leaders at the next meeting of TM’s Equity Action Teams. Please come to the Library 6-8 p.m. on Thursday, Jan. 19 to help create positive change and connect with families! The meeting will include:

Guest Wyeth Jesse, Chief of Student Supports, speaking on the SPS commitment to develop a plan with measurable goals to increase racial equity in HCC.

“In Your Shoes” Activity to build understanding and connection between people.

Reports from each Equity Action Team.

Sharing Activity: “Why are you here tonight? What would make Thurgood Marshall a more inclusive community?”

Note: This is not a potluck. Children are welcome (but no child care). More info: http://tmlink.org/info/equity-in-education-initiative.

**Talk: ‘Detracking & De-Testing’**


**Volunteers Needed: Field Trips, Breakfast, Art Walk**

“On-call” volunteers for field trips short of chaperones: Email Hazel Patu at hipatu@seattleschools.org

Be sure to have completed the District’s volunteer registration: http://bit.ly/SPSVolunteer.

**Pancake Breakfast & Art Walk**

Short shifts at the event, 9-11 a.m. on Saturday, Jan. 28 (or hang art Jan. 23-27). Sign up at http://tinyurl.com/TPpancake2017. Really needed: coordinator for the Art Walk – contact Zakiya at zakiyatson@hotmail.com.

**Register for ‘Girls on Run’**

Register for the March-May session at TM of “Girls on the Run” at http://girlsrun.org/register-a-girl.

GOTR serves girls in grades 3-5 (no running experience required) who would enjoy 10 weeks of celebrating all that makes them unique! The program is 4-5:30 p.m. Mondays and Wednesdays. Cost is sliding scale, $185 and down. Questions? Contact Donna Dugan at ddugan@seattleschools.org or see more info on the website.
In this issue:
- Benefits of PE
- PE Curriculum and Assessment
- What we are learning
- Nutrition and Fitness Information
- Quote for the month

What we are learning?

Circuit Training Stations with an emphasis on cardio-respiratory endurance, hand eye coordination, balance, and muscular strength

Whole group games:

Rock, paper, Scissors Math—Game of strategy and math facts

Jumping Rope—Cardiorespiratory Endurance

Castleball and Knock out—Games of throwing at targets and cardiorespiratory endurance

PE Curriculum / Assessment

What is the Pacer (Beep) Assessment?

The PACER Fitness Test, also referred to as the Progressive Aerobic Cardiovascular Endurance Run test, is a fitness test designed to test a student's ability to stay on pace and stay in shape. In general, the PACER fitness test is used by physical education teachers to teach students how to pace themselves and build cardiorespiratory endurance. The Pacer Test is seen as being a particular effective test for younger children, because it's seen as a fun activity for them. It also helps them build up their self-esteem, because those children that finish last or are in the least shape actually finish the PACER fitness test first.

Physical Education - Benefits for our life story!

Physical education prepares children to be physically and mentally active, fit and healthy...for life. Here are some of the many benefits children receive from a quality PE program:

- Improved physical fitness
- Skill and motor skills development
- Provides regular, healthful physical activity
- Teaches self discipline
- Facilitates development of student responsibility for health and fitness
- Influence moral development, leadership, cooperate with others
- Stress reduction – an outlet for releasing tension and anxiety
- Strengthened peer relationships

PE helps you respect your body, classmates and teammates

- Experience in setting goals
- Improved academics - The big bonus benefit!

Research by the Physical Activity Council

Children Who Have PE Are Dramatically More Likely To Be Active Outside of School

<table>
<thead>
<tr>
<th>Activity</th>
<th>PE at School</th>
<th>No PE at School</th>
<th>% Active</th>
</tr>
</thead>
<tbody>
<tr>
<td>Team Sports</td>
<td>16.9%</td>
<td>50.0%</td>
<td></td>
</tr>
<tr>
<td>Outdoor Activities</td>
<td>14.5%</td>
<td>44.6%</td>
<td></td>
</tr>
<tr>
<td>Cycling</td>
<td>14.9%</td>
<td>42.4%</td>
<td></td>
</tr>
<tr>
<td>Running/Jogging</td>
<td>12.8%</td>
<td>36.6%</td>
<td></td>
</tr>
<tr>
<td>Swimming for Fitness</td>
<td>11.8%</td>
<td>28.0%</td>
<td></td>
</tr>
<tr>
<td>Winter Sports</td>
<td>5.4%</td>
<td>17.6%</td>
<td></td>
</tr>
<tr>
<td>Racquet Sport</td>
<td>3.9%</td>
<td>15.1%</td>
<td></td>
</tr>
<tr>
<td>Fitness/Health Club Activities</td>
<td>4.5%</td>
<td>11.2%</td>
<td></td>
</tr>
<tr>
<td>Golf</td>
<td>3.0%</td>
<td>9.0%</td>
<td></td>
</tr>
</tbody>
</table>
Nutrition and Fitness Tips

Balancing Calories: Help Kids Develop Healthy Eating Habits

One part of balancing calories is to eat foods that provide adequate nutrition and an appropriate number of calories. You can help children learn to be aware of what they eat by developing healthy eating habits, looking for ways to make favorite dishes healthier, and reducing calorie-rich temptations.

Encourage healthy eating habits.
There's no great secret to healthy eating. To help your children and family develop healthy eating habits:

- Provide plenty of vegetables, fruits, and whole-grain products.
- Include low-fat or non-fat milk or dairy products.
- Choose lean meats, poultry, fish, lentils, and beans for protein.
- Serve reasonably-sized portions.
- Encourage your family to drink lots of water.
- Limit sugar-sweetened beverages.
- Limit consumption of sugar and saturated fat.

Remember that small changes every day can lead to a recipe for success!

Balancing Calories: Help Kids Stay Active

Another part of balancing calories is to engage in an appropriate amount of physical activity (at least 60 minutes of moderate intensity physical activity most days of the week, preferably daily) and avoid too much sedentary time. In addition to being fun for children and teens, regular physical activity has many health benefits, including:

- Strengthening bones
- Decreasing blood pressure
- Reducing stress and anxiety

Quote of the Month:

TRY AND FAIL but don’t FAIL TO TRY