Teens Part of Our Reading Teamwork

At Thurgood Marshall we are proud of the many ways in which teamwork makes a positive difference. That’s why we are so happy that, after several years absence, Team Read is back in our building. Team Read is a nonprofit that pairs struggling readers with teen reading coaches for one-on-one tutoring after school. The Seattle-based organization normally works only with schools where more than 50 percent of students are low income, and had been at Thurgood Marshall in years past. However, after the HCC program was located at TM in 2011, our overall demographics no longer met this threshold. This year, because of advocacy by some of our teachers, Team Read agreed to re-establish our partnership.

Team Read works with District coaches to provide the high school-age tutors with effective tools to reach hesitant readers. Teachers refer 2nd- and 3rd-graders who are reading one to two years below grade level to receive 2-4 hours a week of structured tutoring. Students work on strengthening phonics, sight words, fluency and reading comprehension.

Some of those tutors are TM “alumni,” such as Garfield High School junior Brigid Wills. “Being able to go back to my elementary school and help students has been an enlightening experience because it has shown me opportunities that I took for granted as an elementary schooler,” she says.

TM Grades 2/3 teacher Shari Howard-Powell attests to Team Read’s impact. “Having a high school student read with a younger child leads to a close bond that ultimately helps students become better readers,” says Mrs. Howard-Powell, who is Team Read Site Coordinator. “It’s so empowering to see the students smiling and enjoying reading in a one-on-one setting for at least 2 hours per week after school.”

The teenage tutors, who earn hourly wages or community service hours, are well-prepared says Mrs. Howard-Powell. “I didn’t have to do any training with them. The materials are very well organized, too.”

More information about Team Read, which also serves eight other Seattle public schools and one in the Highline District, is at www.teamread.org.
**Bullpup Briefs**

**Monday: Many Activities at School for Parents**

On Monday, we urge parents to come to TM as we recognize both National African American Parent Involvement Day and Thurgood Marshall Day with activities (listed below). More info is on the flier sent home last week or at http://bit.ly/AFAmParents17.

8:30-9:15 – Light breakfast; Principal welcome; Book Talk with Librarian Merilee Hudson about children’s literature highlighting diversity.


10:30-11:20 – Visit Gr. 4 or 5 classes to hear judge presentations and Q&A with students OR parents may visit their child’s class.


1:05-1:35 – Art Class open to parent visitors

1:40-2:10 – Music Class open to parent visitors

2:15-2:45 – PE Class open to parent visitors

2:45-3:15 – Building Tour (meet in Cafeteria)

3:15-3:45 – Presentation from Assistant Principal Sabrina Kovacs-Storlie: “Supporting School Success at Home” (in Library).

**Thank You to Breakfast & Art Walk Donors, Organizers**

The Thurgood Marshall PTA would like to thank the volunteers and sponsors who supported our Annual Pancake Breakfast and Art Walk. The Jan. 28 event drew more than 150 for a hearty meal and chance to see lots of art!

Please consider supporting the sponsors who donated food and other goods:

- Field Roast
- Leschi Market
- Costco on 4th Avenue

Extra special thanks goes to:

- Rose Zhu for coordinating the Annual Pancake Breakfast.
- Deann Partlow for her help coordinating art hanging.

**Have Photos for Yearbook?**

Take some stunning (or even just in-focus) photos of school events or field trips! Yearbook Editor Jen Hobbs (jen@tmlink.org) would love to see them.

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**‘Who Are We Again?’ Advances in Reading Challenge**

“If Who Are We Again? was our entrant in the Seattle Public Library’s 2017 Global Reading Challenge, answering all 24 questions with ease during our school’s knockout round on Feb. 2.

Team Captain Torin Hough was poised and positive. Other members of the team were Kieralyn Lu, Howard Cheng, Kamil Zerbi, ZiHeara Riley Wylie, Natalee Manivong, Virginia Buckley and team manager Mazin Quotah.

Some 70 participating TM 4th- and 5th-graders had read some or all of the 10 books selected by the Library, and prepared to answer content questions.

“Who Are We Again?” will represent Thurgood Marshall at the regional final 10:30 a.m. March 6 at the Central Library. If they win, they will continue to the All City Final. To learn more about GRC, and see all the book titles: http://bit.ly/GRC2017.

The competition was supervised by Myquine Adams, a Douglass Truth Branch librarian. Thanks to Ms. Adams and parent Natalie Zheng for volunteering!

**New HCC Student?**

**Highly Chilled Cohort, that is. TM parent Jen Ellis snapped this shot on the playground on Monday, when school was canceled.**

The District has not yet announced when the day of school will be rescheduled; normal procedure would push back the final day of school to June 26.

**A Week to Focus on Inclusion, Acts of Kindness**

Counseling Intern Lizzie Ward is helping facilitate “Start With Hello Week,” which began Tuesday (after Monday’s snow day) Start With Hello, a project of the nonprofit Sandy Hook Promise (www.sandyhookpromise.org), teaches students skills they need to reach out and include those who may be dealing with chronic social isolation. Children learn to create a culture of inclusion and connectedness in their classrooms, schools and youth organizations. Each day this week, students been focusing on a different activity aimed at building connections and reaching out to others.

Here is a brief outline of the week:

- **Mon.** Hey Day. Everyone wears name tags so we can greet each other by first names.
- **Tues.** Random Acts of Kindness Day. Students write what they did on a paper heart, and put on a Kindness Tree.
- **Wed.** Positivity Poster Making. Posters with positive ideas created, hung.
- **Thurs.** Scavenger Hunt. School-wide search to identify which people have certain likes/interests.
- **Fri.** No One Eats Alone Day. Wear green (to represent Start With Hello) and celebrate No One Eats Alone Day at lunch. [See more details on the poster below.]

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Seattle Public Schools, SPS, provides Equal Educational Opportunities and Equal Employment Opportunities and does not discriminate in any programs or activities on the basis of sex; race; creed; color; religion; ancestry; national origin; age; economic status; sexual orientation, including gender expression or identity; pregnancy; marital status; physical appearance; the presence of any sensory, mental or physical disability; honorably discharged veteran or military status; or the use of a trained dog guide or service animal. SPS also provides equal access to the Boy Scouts and other designated youth groups.

Have an article for Pup Press? Send it to Cliff Meyer at pup-press@tmlink.org. If your submission is not acknowledged within 24 hours, please call or text 206-366-5413.
**What are we learning?**

For the month of January, we worked on developing skills and practicing lead up games for Soccer. Also, we continued our goal of increasing student Cardio-Respiratory Endurance through daily fitness routines and whole group games.

Games and activities being played:

**Steal the Bacon / Soccer Style:**

Two teams, with each student given a number. Students are called out by number to play against each other with the goal of scoring a goal.

Lots of teamwork, soccer skills, and enthusiasm.

**Borrow This:**

Students are divided into 4 or 5 groups of 4 players. Each group has a collection of items (birdies, bean bags, rubber tubes, etc.). The goal of the game is to “borrow” items from other groups and collect as many items as possible in a given timeframe.

Lots of cardio, teamwork, and dodging skills.

**Soccer:**

2v2, 3v3, dribbling, passing, and ball control skills.

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**Welcome Soccer in Schools Program**

The Soccer in Schools program is offered by Seattle United and SYSA (Seattle Youth Soccer Association) for the 2016-17 school year. This is a program that brings the game of soccer to PE classes free of charge for many Seattle Public Schools. A Soccer in Schools coach will visit schools and with the help of the PE teacher(s) or staff, will help run all 3rd, 4th, and 5th grade PE classes with a soccer theme, covering the basics of the game.

Over the past couple of years of the program, the Soccer in School program has been very successful in bringing the world of Soccer to many students throughout the SPS!!

This past month, we have had the privilege of hosting the Soccer in Schools Program with Coach Carlos Enriquez. Coach Carlos is the Community Outreach Director for Seattle United. Coach Carlos coaches many youth soccer teams in and around the Seattle area, and knows many of our Thurgood Marshall students that play youth soccer. Many of our students were very excited to see and work with Coach Carlos once again this year.

We want to thank Coach Carlos for his time and leadership abilities, as he taught our students soccer skills, teamwork, and most importantly, respect and sportsmanship through the game of soccer.

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**PE Curriculum / Assessment**

**What is Daily Fitness?**

Daily Fitness is what we call our routine for warming up during each PE class. Daily Fitness consists of **push ups** to increase **muscular strength**, **curl ups** to develop **muscular endurance**, and **sit and reach** to promote **flexibility**. Daily Fitness also consists of a **timed run** to increase **cardio-respiratory endurance**. We are now up to a 4 minute timed run for most of the 3-5th grade classes!
Heart Health Tips and Information

The things that you do to keep your heart healthy will also make you less likely to develop many other types of diseases, like type 2 diabetes and cancer.” These small steps are not expensive or difficult to take, and taking them can go a long way toward helping you feel your best.

Make small choices every day to keep your heart healthy
You make many choices every day, like what color socks to wear or how to fix your hair. When it comes to making decisions that keep you healthy, it may seem difficult to choose better options when so many things seem easier or just more fun. You just need to take small steps in a healthy direction and that begins by knowing the healthy choices! Then it gets easier to make choices every day that help keep you healthy.

How do I know if my heart is healthy?

1. **Avoid smoking and using tobacco products**: Using ANY tobacco product damages nearly EVERY organ in your body and can cause heart disease and cancer.
2. **Be physically active every day**: The American Heart Association recommends that children and adolescents get at least 60 minutes of moderate to vigorous aerobic activity every day.
3. **Eat a heart-healthy diet**: Eat plenty of fruits and vegetables. Choose whole-grain foods which can be a good source of dietary fiber, limit your intake of saturated and trans fats, limit the amount of red meat you eat and choose lean meats and poultry. There are also many meat-free alternatives to get protein. Select low-fat dairy products, limit your intake of beverages and foods with added sugars. If you want to snack, go nuts! A serving size is a small handful or 1.5 ounces of whole nuts or 2 tablespoons of nut butter. Drink water instead of sugary drinks.

4. **Keep a healthy weight**: Keeping your body weight in a healthy range goes a long way toward keeping your heart healthy.

5. **Keep your blood pressure healthy**: Keeping your weight healthy, eating a heart-healthy diet with low levels of sodium and getting enough regular physical activity can help keep your blood pressure normal.

6. **Keep your total cholesterol healthy**: You want your blood to be able to go with the flow, so keep your blood cholesterol low!

7. **Keep your blood sugar healthy**: Children and teens need to watch what they eat for a lot of reasons. One of them is that a healthy diet can help prevent diabetes, a dangerous disease that increases your risk of heart disease and stroke.