

# PUP PRESS

Brought to you by the Thurgood Marshall Elementary PTA

NOV. 2, 2017

VOLUME 11, ISSUE 9



Principal  
Katie May

## Better Sleep = Better Outcomes

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 also connecting inadequate sleep with health risks such as

diabetes, being overweight, and learning and attention problems. Immune systems are strengthened by the right amount of rest, which reduces the chance children will get sick and miss school.

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

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

- 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. Sticking to this as much as possible on the weekend, too, can help a child fall to sleep more easily.
- Set the stage for sleep:** Make sure your child's room is sufficiently dark, and not too warm or cool. Remove distractions that may interfere with sleep. Devices or electronics are best stored in another room. There is evidence that the light generated by screens (including computers, tablets and phones) lowers levels of melatonin – the chemical that signals your body to sleep. Try to avoid screen time close to bedtime.
- Add bedtime stories:** Listening to books read aloud helps your child wind down for sleep as well as develop vocabulary and phonemic awareness.
- Run a sleep audit:** How much sleep is your child getting? Write it down for a week or more. Is your child waking frequently in the night? Track this, too. You may be surprised. Try a bedtime 30 minutes earlier for a week, and check for impact on your child's behavior.
- Consider a medical check-up:** If sleep issues persist, or if your child seems overly tired despite sleeping the recommended amount, talk to a pediatrician. Certain medical conditions can interfere with children's sleep and impact their health and learning. A doctor can help!

## EVENT CALENDAR

**TOMORROW, Fri., Nov. 3: Spiritwear**  
Order Deadline: [www.tmlink.org/t-shirts](http://www.tmlink.org/t-shirts).

**Sun., Nov. 5: End of Daylight Saving Time:** Set clocks earlier by 1 hour.

**Tues., Nov. 7: Class photos & retakes.**

Individual pictures will be taken on request if child missed Sept. Photo Day or disliked the original one.

**Thurs., Nov. 9: Fitness Night: Postponed** to a wintertime date to be announced.

**Fri., Nov. 10: Veterans Day: No school.**

→ Online calendar at [www.tmlink.org](http://www.tmlink.org)!



## TUTU'S PANTRY

Bring non-perishable items in cans and boxes.

**Nov. 6-9:** Grade 2 asked to donate!

## High School Crowding Issue

### HCC Pathway to Change?

Crowding at Garfield and other high schools is leading the District to consider 2019-20 changes to attendance boundaries as well as HCC options for students in Grades 9-12.

One potential impact is alteration of the guarantee that all HCC students can go to Garfield High (with an option to attend "IBX" at Ingraham High). Garfield is far over capacity, and the District has proposed creating HCC programs at additional high schools. Info is at: <http://bit.ly/SPSboundaries-hs>.

The District's Highly Capable Services Advisory Committee, which includes TM parent Scott Davis and teacher Will Miller, is strongly encouraging parents to provide feedback via email or at meetings:

**Nov. 8,** 6:30-8 pm, Cleveland HS, 5511 15th Ave S

**Nov. 9,** 6:30-8, W. Seattle HS, 3000 Calif. Ave. SW

School Board: [schoolboard@seattleschools.org](mailto:schoolboard@seattleschools.org)

Superintendent Nyland: [superintendent@seattleschools.org](mailto:superintendent@seattleschools.org)

Boundaries Task Force: [growthboundaries@seattleschools.org](mailto:growthboundaries@seattleschools.org)

The committee's position can be found on an HCC-oriented blog: <http://discussapp.blogspot.com>

– Scott Davis

## Get Involved in Special Tutu's Pantry Program for a Happy Thanksgiving

At Tutu's Pantry, the spirit of Thanksgiving involves matching families who want to donate ingredients for the traditional meal with families who need that food to make the holiday complete. A "Thanksgiving Meal-in-a-Bag" is provided to each Thurgood Marshall family already participating in Tutu's, which is the

PTA's food bank program. Families not regularly receiving food may sign up using the form attached to today's Pup Press. That form includes instructions on how to donate, too. The "Meal-in-a-Bag" will be sent home on Nov. 17. Information is also at [www.tmlink.org/2017/10/26/tutu](http://www.tmlink.org/2017/10/26/tutu).





Counselor's Corner  
Meghan Kaloper

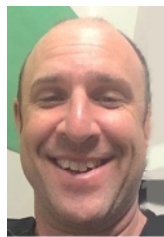
## Learning to Prevent Bullying

October was National Bullying Prevention Month, and we have been rolling out anti-bullying lessons to help our students know that disrespectful behavior at school is taken seriously. We want all our students to feel safe, included, and ready to learn.

As each year progresses we talk in more depth about what bullying is, why people are hurtful, and what we can do to help stop bullying behaviors if we see them. Students are trained to use assertive communication skills and to be strong advocates for themselves and others.

In addition to our anti-bullying lessons, our student Conflict Mediators and Recess Mentors started their jobs this week. These 45 students have been trained to help younger students solve disagreements respectfully. In addition, the Recess Mentors are outside, modeling positive play and starting fun group games with younger kiddos.

→ If you want to learn more about how to help empower your student in stopping bullying, please check out Second Step Bullying Prevention materials: <http://bit.ly/Bullying17>. You can contact me at [mrkaloper@seattleschools.org](mailto:mrkaloper@seattleschools.org).



Mr. T's Fit Bits  
Tom Townsend

## Fitness Night Postponed

### Jumping Rope; Healthy Hearts

Hello Parents! Students have been busy with various jumping activities during the 3-week Jump Rope unit, along with continuing our District-mandated fitness pretests. This week we have measured height and pushups in Grades 3-5. Grades K-2 have worked with jump ropes and games such as Dance Follow The Leader.

→ **Fitness Night will be postponed** until January/February, as it will allow for more time to plan an exciting event.

→ **The Jump for Heart campaign (fundraiser) ends on Nov. 9.** Some questions have come up about how we are partnering with the American Heart Association (AHA). PE departments in our District partner with many non-profits and businesses. For example, our District's bike unit is driven by Cascadia Bike Club, which provides bikes and safety equipment. AHA and Jump for Heart offer activities and some resources, and AHA's mission "to build healthier lives, free of cardiovascular diseases and stroke" fits well with our District standards of teaching heart health and healthy activities.

My predecessor at TM, Dan Shin, started our participation in Jump for Heart two years ago, and I elected to continue it, albeit in limited fashion. Students and families, please know that you do not need to participate in the fundraiser. Some students chose to not take the form, which is completely fine. In the final piece of the Jump for Heart campaign/unit, students next week will count their jumps and take part in discussion about heart health, which will lead us into our nutrition unit in November. Thanks so much!

## 7 Equity Action Teams to be Active in 2017-18

The Equity Action Teams met last week with over 30 parents, students, staff, and teachers attending. After an important connection activity, the group brainstormed issues and ideas around race and equity at TM, and created this year's Equity Action Teams. The seven teams are:

- **Black Family Advocacy Support Group**
- **Discipline Disproportionality Team**
- **Facilitating Conversations about Race & Equity** (adults & students)
- **Gender Issues Team**
- **Racial Equity in HCC Team** (broader team District-wide)
- **Social Studies Team**
- **Supporting our Scholars Team**

The teams will meet to plan activities and more, and all will come together to report and get feedback at the next quarterly meeting, Feb. 8. We welcome ALL to get involved! To learn find out more, contact Casey Sommers at [caseypilar@gmail.com](mailto:caseypilar@gmail.com) or visit <http://bit.ly/TMequity>.

## Black Family Advocacy Group to Meet Nov. 15

The Black Family Advocacy Support Group will meet 6-8 p.m. on Nov. 15 (revised date!) in the Library. We will review the updated brainstormed list of topics to be addressed this year and decide priorities and next steps. See you there!

### Bullpup Briefs

#### Playground Job Available

The school is seeking a Playground Supervisor for 12-3 p.m. daily. Pay is \$15/hour. Candidates should be able to engage children ages 5-11 in games such as kickball and jump rope. Classroom tutoring may also be assigned. Contact Principal Katie May at [kjmay1@seattleschools.org](mailto:kjmay1@seattleschools.org).

#### Pre-schoolers Wanted!

TM has openings in its pre-school classroom, for both the morning and afternoon half-day sessions. Students must be at least age 3. A high ratio of adults to students provides lots of support to help students progress in both academic and social-emotional areas of development. There is no fee, but transportation is not available unless the student has a qualifying specialized need. Email Teacher Natalie Hirsch if interested: [nhirsch@seattleschools.org](mailto:nhirsch@seattleschools.org).

#### Check Lost & Found before Veterans Day

The Lost and Found (windowed hallway near gym) is overflowing, and some items will be donated to charity next week unless claimed. Please remind your child to check!



#### Put Dance on your Calendar

The annual Family Dance will be Friday evening, Dec. 1. Is it on your calendar yet?



#### Owl-o-ween?

A student dressed as an owl reads about the bird during Book-o-ween on Tuesday.



# Thurgood Marshall Thanksgiving Meal Matching Program

Thanksgiving is right around the corner! We have an annual tradition at Thurgood Marshall of sharing the spirit and tradition of Thanksgiving by matching families who want to donate ingredients for the meal with families who need that food to make the holiday complete. Through generous donations, we will provide a "Thanksgiving Meal-in-a-Bag" to each Thurgood Marshall family in need.

**DONORS:** Prepare a "Thanksgiving Meal-in-a-Bag" with the following items in a doubled grocery bag:

- \$20 gift card to QFC or Safeway
- 2 cans of green beans
- 1 bag of cubed bread stuffing
- 1 box of instant mashed potatoes
- 1 can of cream of mushroom soup
- 1 can of cranberry sauce
- 1 pound of yams or sweet potatoes
- 1 ready pie crust (not refrigerated)
- 1 can of pumpkin puree
- 1 can of evaporated milk

Please email Jen Gotanda at [jgotanda@gmail.com](mailto:jgotanda@gmail.com) to confirm you will be participating, then deliver your bag to the entry hall (area with red bins) **8:40 - 9:10 a.m. Wednesday, Nov. 15**. Jen will accept bags at that time. *If you can't make it then, please bring your bag to the front office Nov. 8-15*. Tutu's Pantry volunteers will collect them from the office for distribution on Nov. 17. Thank you for your generosity!

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**RECEIVERS:** The Meal-in-a-Bag with the above supplies will be sent home with your student on Friday, **Nov. 17**. If your student is already a member of Tutu's Pantry, he or she will automatically get this meal. *If you do not receive a Tutu's backpack regularly, you can sign up to receive this special Thanksgiving donation by doing one of the following:*

1. Contact Katie Egolf ([kathryn.egolf@gmail.com](mailto:kathryn.egolf@gmail.com)) **OR**
2. Fill out the information below and drop this form at the front desk.

\_\_\_\_\_  
Student's First & Last Name

\_\_\_\_\_  
Room #

\_\_\_\_\_  
Email

\_\_\_\_\_  
Phone #

Thank You!

**Any questions?** Call or email Katie Egolf: (206) 725-8850 (home); (310) 433-0434 (mobile); [kathryn.egolf@gmail.com](mailto:kathryn.egolf@gmail.com) or Jen Gotanda at [jgotanda@gmail.com](mailto:jgotanda@gmail.com)