Help Your Child Resist Peer Pressure

Peer pressure. We’ve all felt it. As kids, adolescents, and adults. It is something we all have plenty of experience with. Peer pressure comes up a lot in our line of work. Especially when dealing with disciplinary issues.

Peers can have positive influences on your life. They can encourage you to eat healthily, exercise, and persevere.

Sometimes positive influences come in the form of admiration. Often, kids will see a talent or skill in one another that they want to achieve. These are examples of how peers can help us be our better selves.

Sometimes peers influence one another in negative ways. Recent examples at Thurgood Marshall include cutting classes, being mean to a peer, and not listening to adults.

Why do some kids succumb to peer pressure while others don’t? I have not figured that out yet, but I do know that kids often think that to be a good friend and prove loyalty, you do whatever your friend is doing. Both children and adults highly value friendship and belonging. We want to be part of a group and be liked, so much so that we leave our better judgment behind in situations where we are being negatively influenced.

It is very difficult to say “no” in a situation where everyone else is saying yes. You can help your kid(s) make good decisions:

• Ask your children to pay attention to feelings and beliefs about what is right and what is wrong.

• Identify your own feelings and talk about your own decision-making struggles so your kids see that this type of struggle is common. When kids hear their parents talking through things, it helps them realize that they too, can reason through peer pressure.

• Use role-modeling as a strategy. Ask your kids to describe a time they have experienced peer pressure. Then assign roles and go through the motions of saying yes and saying no. Have them identify potential consequences for both.

• Encourage your children to identify a friend that will help them say “no” in tough situations. Often, one person is trying to convince a group of people to do something. When children talk with friends about how and when to say no, they have a better chance of staying out of trouble.

I often tell kids sent to my office that no one can make them do anything. In other words, we can choose to go along with something … or we can choose to make our own choices. Influence is a real thing, but so is our will. When we say “yes” to others, we must make sure we aren’t saying “no” to ourselves.
A Week to Advocate for Education

You don’t have to go to Olympia to advocate for public schools! Calls, post cards and email can be effective, too.

But, how about meeting with Legislators on PTA Focus Day (Monday, Jan. 29, 9 a.m.-2 p.m.), armed with Washington State PTA materials and information. Children are encouraged to attend! Contact TM PTA Legislative Liaison Venessa Goldberg at venessah@gmail.com to learn more; visit http://bit.ly/WSPTAadvocacy for summaries of this year’s WSPTA legislative platform and more info.

So, you can’t make it to Olympia?

• Reply to a VOTER VOICE Action Alert. Sign up at https://www.votervoice.net/wapta/register.
• Leave a message on the Legislative Hotline: 1-800-562-6000.
• Pick up a WSPTA postcard in the main office and fill in your message to elected officials (return to office).
• Email your legislators your story and why you care about PTA priorities. Look up officials at http://app.leg.wa.gov/districtfinder/

Bills Seek to Improve HC Identification Practices

New bills in the State Senate and House seek to address access to Highly Capable (HC) programs. The bills prioritize equitable identification of low-income students, and would require universal testing of all students at two different grade levels: once at or before 2nd grade and once at or before 6th grade. Also, districts would be required to look at a variety of factors for eligibility, and not reject a student because of only one “bad” test score or issue.


Apply Now to Join the TM PTA Board

Make a big difference at Thurgood Marshall: Consider joining the PTA Board. Many key positions will open up next school year, including:

• Co-President
• Vice President
• Treasurer
• Enrichment Co-Chair
• Events Co-Chair
• Outreach Co-Chair
• Communications Chair
• Volunteer Co-Chair
• Fundraising Co-Chair
• Equity/Legislative Liaison

Learn about these or other volunteer roles by contacting a member of the PTA Nominating Committee: Tasha Irvine at tashasirvine@gmail.com or Casey Sommers at caseypijar@gmail.com. In many cases, you’d share responsibilities with an experienced co-chair. Job descriptions are available, and we’re happy to chat with you about your specific interests, skills and talents.

Feb. 2 Deadline for Ultimate Teams Signup

Signup for co-ed Ultimate (Frisbee) teams is continuing only through Feb. 2, so don’t delay. Forms went home last week, but are also on the Ultimate page at www.tmlink.org. TM teams will participate in a citywide league for Grades 3-5, with practices Tuesdays and Thursdays after school starting Feb. 28. Games will be on Saturdays, March 10 through mid-May.

Eat Doughnuts, Learn about Bullpup Dads Feb. 7

Are you a dad? Want to help your child succeed in school? Come to “Bullpup Dads and Doughnuts,” 8:15-9 a.m. on Wednesday, Feb. 7! Current Bullpup Dads will answer questions about what it’s like to volunteer for a day at school. This is an informal open house. Come with your child to have a treat, mingle with other dads, and sign up for a volunteer day. We look forward to having you on the team!

Equity Action Teams Meeting Set for Feb. 8

The next Equity Action Teams Meeting (6-8 p.m., Thursday, Feb. 8) will offer updates on the following groups:

• Supporting Our Scholars
• Black Family Advocacy Support Group
• Racial Equity in HCC
• Facilitating Conversations Around Race and Equity


Some Help for Parents of Kids with ‘Quirks’

Wondering whether your child’s “quirks” are actually social and emotional behavior patterns appearing in other bright kids? The Cascadia Elementary PTA is inviting TM parents to a FREE talk 7-9 p.m., Feb. 1, by Austina De Bonte. This expert explains how to recognize and work with your kid’s advanced abilities and difficult issues. The talk is not “for HCC families only”! Read the full description at http://bit.ly/2Dcp9IA.

Cascadia is at 1700 N. 90th St., Seattle, 98103. You must RSVP for paid child-care ($40 cash or check per child). Use password “Puyallup” (please do not repost online) to access the signup: http://bit.ly/2ndYpl. For scholarships, e-mail president@cascadiapta.org.

Chess Team: Masters In Medina

The TM Chess Team had fun at the Medina All-City Tournament last Saturday. The Grades 4-6 team of Walter Barr and Kelly Haberkorn (4th), Julian Ross, Edward Cheng and Eliot Kashka (5th) brought home 3rd place overall in a very competitive tournament. Edward (9th overall, Gr. 4-6), Eliot (14th overall Gr. 4-6) and Walter all brought home individual trophies. Vinayek Venugopal (3rd) took 7th overall in the Gr. 1-3 group, with Frederick Barr and Owen Maryman also competing. Selina Cheng (K) competed in her first tournament, and Howard Cheng, a TM alum, competed for Washington Middle School.

From left, Howard Cheng, Walter Barr, Frederick Barr, Selina Cheng, Edward Cheng, Eliot Kashka, Vinayek Venugopal. (Not pictured: Julian Ross, Kelly Haberkorn and Owen Maryman.)
FAMILY TALK TIME & COMPUTER LITERACY
FREE ENGLISH AND COMPUTER CLASSES

FREE CHILD ACTIVITIES
FREE COFFEE & SNACKS

ENGLISH CLASS
EVERY MONDAY AND WEDNESDAY
January 22nd - April 4th
8 AM Coffee & Snacks
8:30 AM - 10AM English Class

COMPUTERS CLASS
EVERY TUESDAY
January 23rd - April 3rd
8 AM Coffee & Snacks
8:30AM - 11AM Computer Class

Bailey Gatzert Elementary
1301 E. Yesler Way
Seattle, WA 98122

DROP-IN
NO REGISTRATION REQUIRED

For more info, contact: Colina Bruce, barlowb@seattleu.edu (206) 220-8573
To be able to apply for U.S. citizenship, you must:

- Be at least 18 years old.
- Have had your green card for 5 years (or 3 years if you are married to a U.S. citizen).

When you come to the event, you must bring:

- Your green card.
- ALL your immigration documents:
  - Proof of income: 2017 tax return, recent pay stubs, public benefits letters (SNAP, Apple Health or SSI).
  - Complete home address history, employment/school history, and travel dates outside the U.S. for the last 5 years.