RULER at Thurgood Marshall

RULER is a program for helping students better self-regulate their emotions and use strategies to help them handle a variety of situations. The acronym, RULER, stands for Recognizing, Understanding, Labeling, Expressing and Regulating emotions. The RULER program was developed by the Yale Center for Emotional Intelligence. Two years ago, about 20 schools in our district began piloting this program and last year about that same number again, including Thurgood Marshall, adopted the RULER program.

There are three phases to the RULER implementation. Phase 1 is to teach students and staff the “tools” that are the foundation of RULER including: the Classroom Charter, the Mood Meter, the Meta-Moment and the Blueprint.

In these early days, each classroom in our school has been working on creating Classroom Charters. In this process, each classroom decides how they want to feel when they are at school and what they will do to ensure everyone in the class feels that way.

For example, last year in one of our 1st Grade classes, students decided that they wanted to feel supported at school so they would “cheer our friends on”; they wanted to feel safe so they would “walk calmly and keep our hands to ourselves,” etc. We have also replicated this process with our staff.

The purpose of these tools, as explained by the RULER website is to “enhance individuals’ ability to understand and regulate their own emotions and to consider and empathize with how others are feeling. The Anchors also foster the kind of healthy emotional climate essential to personal growth.”

During Phase 2, teachers are trained to integrate RULER into content areas so that “emotional intelligence is woven into the content of every class and throughout each student’s school day.” This is done through a Feeling Words Curriculum that is aligned with the Common Core and customized to particular grade levels.

Facilitating Conversations About Race Discussion

The Facilitating Conversations About Race equity team book club/discussion group for TM parents and school staff kicks off this year with a discussion of “So You Want to Talk About Race?” by Ijeoma Oluo. EVERYONE IS WELCOME!! Even if you haven’t finished the book! Thu., October 4, 6:30-8 p.m. Thurgood Marshall Elementary Library*

Articles read previously and information about the norms we are currently using in the group are below:

- Color brave space – How to run a better equity focused meeting
- We can’t commiserate
- White supremacy wants us to be alone

We will also discuss article/book selections for the next meet up and are looking for people who want to facilitate future discussions. Questions?
Contact Dionne Malatesta, Facilitating Conversations About Race Co-Chair, dmalatesta@hotmail.com

*Childcare will not be available, but children are welcome to join us in the library.
Phase 3 of implementation is simply keeping the program going by ensuring that staff is well-trained so that they can continue to train new teachers coming in and that teachers all have the capacity to train new students coming in.

Thurgood Marshall has long been a Positive Discipline school – this isn’t going away! Jody McVittie of Sound Discipline (our local Positive Discipline trainers) says that RULER and Positive Discipline complement and enhance each other.

RULER provides a focus on teaching students the skills of self-regulation which allow them to better access the educational (and social!) curriculum at school – an area that is not well-developed in the Positive Discipline program. We will keep you informed of our progress as we move further into our implementation. For more information, visit: http://ei.yale.edu/ruler/ruler-overview/

Katie

Tutu’s Pantry list!
If your family would like to receive a Tutu’s Pantry backpack, please ask your classroom teacher or the main office for an application. Applications are in English, Spanish and Vietnamese.

Below is the list of preferred food donations.
Please donate single-family containers of the listed foods, as we don’t generally have the ability to divide bulk containers. In addition to the list below, keep your eyes and ears open for other donation changes and programs during the new school year.

If you would like to volunteer, we help shelving donated food and delivering backpacks to classrooms on Friday morning. Please email ThurgoodMarshall@tutuspantry.org.

Preferred/accepted food donations:

- Dried pasta
- Canned soup
- Dry/cold cereal
- Canned fruit in juice*
- Canned pasta (SpaghettiOs, ravioli)
- Granola bars
- Pasta sauce (jarred)*
- Applesauce*
- Instant hot cereal
- Canned meat (tuna, chicken, turkey, or sardines)
- Canned chili
- Macaroni and cheese
- Instant soup (ramen or Cup O’ Noodles)
- Refried beans
- Peanut butter*
- Smaller packages of dried fruit/raisins
- Canned meat
- Canned chili
- Macaroni and cheese
- Peanut butter*
- Smaller packages of dried fruit/raisins
- Taco shells
- Canned vegetables*
- Jam or jelly*
- Smaller packages of Goldfish or Bunny crackers
- Shelf-stable milk (Tetrapack or canned)*

(* = things we never have too much of)

Come join Seattle JazzED’s after-school program!
Aspiring musicians in grades 4th-8th are encouraged to join Seattle JazzED’s after-school Prep Ensembles at our Madison Valley location. (See attached flyer.)

No experience required!
You will learn how to play an instrument, perform, read music and set yourself up for a life of musical success. Tuitions is pay-what-you-can for any Seattle JazzED program, with free instrument loan assistance. The Prep Ensembles begin the week of October 1, 2018 and run through Thursday, May 16, 2019 with performances throughout.

You can learn to play the flute, clarinet, saxophone, trumpet, trombone, piano & singing, OR drums!
But don’t hesitate to get in touch if you have any further questions.
Email Program Manager Robert Babs at robert@seattlejazzed.org OR call us at 206.324.JAZZ (5299). For more information, https://www.seattlejazzed.org/jazzprep/.

Bullpup Briefs
TM Enrichment Program
Most classes start the week of Sep. 24 and end just before Winter Break.

Sign up for the PTA e-list!
The Thurgood Marshall PTA sends our e-list subscribers occasional messages with news and event info throughout the year! We promise not to clog your in-box. http://tmlink.org/2018/06/07/sign-up-for-pta-e-list/.

Volunteers and PTA needed!

Class Connectors
We need Class Connectors for the following teachers: Ms. Anderson, Ms. Bodden, Ms. Dugan, Ms. Gese, Ms. Haile, Ms. Hirsch, Ms. Howard-Powell, Ms. Humphreys, Ms. Huss, Mr. Miller, Ms. Shaw and Ms. Sorenson! If you’d enjoy supporting your child’s teacher by coordinating classroom volunteers, helping families to get to know each other on a more personal level by organizing social gatherings and giving back to the school by letting people know about TM events and volunteer needs, contact Andrea Fontana, Class Connector Coordinator, at awongfontana@gmail.com or 206.498.0666. Volunteer at TM! We need you!

Events Coordinator Co-Chair
Meet and get to know the TM community by teaming up with our experienced events coordinator. Support Event Leads by relaying their needs to the PTA Board and showing them where supplies are. 1-2 hours per event.

Communications Chair
Oversee our team of communications volunteers and act as the liaison between the team and the Board. The Communications Team comprises the Pup Press Editor, Bulletin Board Manager, Calendar Manager, Webmaster, Graphic Designer, and Class Connectors Coordinator. In addition to leading the team, the Communications Chair will manage the all-school email distribution list and consult on outreach for various teams such as Enrichment and Events. This is a Board position with meetings every other month.

Tutu’s Pantry Assistants
Help Tutu’s Pantry coordinators organize food and supplies in the Tutu’s Pantry, the PTA-run food bank. Volunteers tasks are shelving donations in pantry during the week, checking in backpacks when they are returned on Mondays, packing backpacks on Thursdays, bread donation pick-ups from Franz Bakery Friday mornings and delivering backpacks to be sent home with students in need. 1-2 hours a week.
FREE MUSIC CLASSES
GRADES 4-8

SEATTLE JAZZED
PREP ENSEMBLES + CHOIR

GRADES 4-8. Register now! No experience required, beginners welcome. Learn from top educators, including choir director, Seattle gospel legend Cora Jackson and percussion director, Tony Sodano from the Seattle Seahawks Blue Thunder Drumline.

Choose from flute, clarinet, saxophone, trumpet, trombone, upright bass, guitar, piano & vocals, or drums. Jazz Prep Ensemble classes begin the week of Oct 1, 2018. Kids are reading music and playing songs within weeks! Parents can look forward to performances throughout the year.

Enter code WAIVER at registration to participate for FREE. You can get a FREE instrument too. See back page for more details.

INTERESTED? Woo hoo! Choose an ensemble, then register by mail or online at seattlejazzed.org/jazzprep/

Questions? Email robert@seattlejazzed.org or give us a call at 206-324-JAZZ (5299).

Can't join right away? Ask us about second semester!
Yes! I want to register for a Seattle JazzED Prep Ensemble.

Mail to: Seattle JazzED, 3201 E Republican St, Seattle, WA 98112
Or register online at www.seattlejazzed.org/jazzprep

Jazz Prep Ensemble classes happen at the MLK F.A.M.E. Community Center (3201 E Republican St, Seattle)
See below for class schedules and sliding-scale tuition levels.
Want to join in January? Just email robert@seattlejazzed.org to be added to the list.

STUDENT NAME: ____________________________ DOB: ______________ GENDER: ________________
ADDRESS: __________________________________________ CITY: __________________ ZIP: __________
SCHOOL: __________________________________________ GRADE: __________ RACE/ETHNICITY ____________
GUARDIAN NAME (first/last): ________________________________________________________________
GUARDIAN Email: ____________________________________________ GUARDIAN Phone: ________________

Classes begin week of October 1, 2018 and run through May 16, 2019. We observe Seattle Public School holidays and vacations.

1. Select Jazz Prep Ensemble
   _____ Choir (vocals) & Piano Ensemble Mondays and Wednesdays: 5:00 PM - 6:30 PM
   _____ String Ensemble (upright bass & guitar) Mondays and Thursdays: 6:30 PM - 8:00 PM
   _____ Percussion Ensemble (drums) Mondays and Thursdays: 6:30 PM - 8:00 PM
   _____ Brass Ensemble (trumpet, trombone) Tuesdays and Thursdays: 5:00 PM - 6:30 PM
   _____ Woodwind Prep Ensemble (flute, clarinet, sax) Tuesdays and Thursdays: 5:00 PM - 6:30 PM

2. Select instrument plan. Please skip if you’re signing up for Choir & Piano Ensemble.
   _____ I already own or can rent my instrument
   _____ I would like to learn more about getting a free or subsidized instrument loan from Seattle JazzED

   _____ $235 per month ($19.50 per hour of instruction)
   _____ $135 per month
   _____ $50 per month
   _____ $25 per month
   _____ $0 per month, full tuition waiver - *FREE OPTION*
   _____ $____ per month. For this option, please write in the amount you would like to pay per month.

4. Select payment method. (Please skip if you selected full tuition waiver.)
   _____ Please charge the credit card number below according to the payment plan checked above
   _____ I will pay by check – mail to Seattle JazzED, 3201 E Republican St, Seattle WA 98112
   _____ Contact me to set up payment

Credit Card Information - VISA or MasterCard only
Credit card will be charged based on tuition plan selected above. Your payment info will be stored securely in our online registration system and this page will be destroyed.
Card #: ____________________________ Exp. Date: ________ Security-Code __________

Remember to contact us if you have any questions! 206-324-JAZZ (5299) or robert@seattlejazzed.org