Better Sleep = Better Outcomes for Children

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 developing diabetes, becoming overweight, and learning and attention problems. Getting enough rest boosts children’s immune systems, reducing the chance of them getting sick and missing time from school.

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

1. 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.
2. Set the stage for sleep: Remove distractions from your child’s room that may interfere with sleep. Make sure the room is sufficiently dark and the temperature is not overly warm or cool. Devices or electronics are best kept stored in another room. There is evidence that the light generated by computer screens (including tablets and phones) lowers children's melatonin levels – the chemical that signals your body to sleep. Try to avoid screen time close to bed time.
3. Add another bedtime story: Listening to books being read to them is a great way to help your child wind down for sleep. Being read to also helps children develop vocabulary and phonemic awareness – skills that will aid in their reading development. Continued on Page 2

Conversations about Race, TONIGHT! 6:30-8:00 p.m., TM Library

The Conversations About Race Equity Team community discussion group for TM and school staff meets Thu., Nov. 1, 6:30-8:00 p.m., TM Library. EVERYONE WELCOME! This month we are watching short videos for discussion:

- Jay Smooth: How I Learned to Stop Worrying and Love Discussing Race: http://illdoctrine.com/my_tedx_talk_how_i_stopped_wor/

Here’s information about the norms we are currently using in the group: https://fakequity.com/2017/05/26/color-brave-space-how-to-run-a-better-equity-focused-meeting/. We’ll also discuss article/book selection for the next meet up and are looking for people who want to facilitate future discussions.

Contact Dionne Malatesta dmalatesta@hotmail.com with questions.

*Toddler care will not be available, but children are welcome to join us in the Library.

EVENT CALENDAR

TONIGHT: Thu., Nov. 1, Conversations about Race, 6:30-8:00 p.m., TM Library, see info below.

Mon.-Tue., Nov. 5-6, Health screening event, all day. VOLUNTEERS NEEDED! See page 2.

Wed., Nov. 7, Equity Action Teams Kickoff Meeting, 6-8:00 p.m., TM Library, see page 2 for more info.

Thu., Nov. 8, LGBTQ Families Dinner, 6-8:00 p.m., Meany Middle School

Fri., Nov. 9, Mad Hatter Dance Party, 6:30-8:00 p.m. TM Cafeteria. See below.

Mon., Nov. 12, Veterans Day, NO SCHOOL

Full year of events online calendar at www.tmlink.org!

Got news? Contact Pup Press Editor, Tracy Bonaccorso (tracybonaccorso31@gmail.com) or text 206.240.6318

TUTU’S PANTRY

Tutu’s Pantry serves 20-30 TM families weekly with a supply of free weekend food. If your family would like to benefit, please fill out the form available in the office or www.tmlink.org and return to your child’s teacher or the office.


Make your purchases count with Amazon Smile!

Amazon is giving charities 5% of purchases when you buy through Amazon Smile through Nov. 2.

When you purchase through the tmlink.org affiliate link on the right side of the landing page, the TM PTA gets even more!

New online resource: Books about race and racism

There’s a new resource for parents and teachers on our website – books about race and racism. Click the link to be directed to the list: http://marshallesslackteams.org/cms/On e.aspx?portalId=10223&pageId=5647926

Thank you to Gitane Versakos and Michael Zetterberg for their work in compiling the list!
4. Run a sleep audit: Pay attention to the amount of sleep your child is getting, even writing it down for a week or more. Is your child waking frequently in the night? Track this, too. You may be surprised by what you find. Try getting your child to bed thirty minutes earlier for a week and see what impact that has on your child’s behavior.

5. Consider a medical check-up: If sleep issues persist despite your efforts, or if your child continues to seem overly tired despite getting the recommended amount of sleep, talk to your child’s pediatrician. Certain medical conditions can interfere with children’s sleep and impact their health and learning. Your doctor can help you determine if this is a concern for your child.

Katie May column – continued from Page 1

Katie

**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:

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<tr>
<th>WHEN KIDS ARE ...</th>
<th>THEY NEED ...</th>
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<tr>
<td>up to 2 months</td>
<td>10.5 to 18 hours</td>
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<tr>
<td>3 to 12 months</td>
<td>9.5 to 14 hours</td>
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<td>1 to 3 years</td>
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<td>5 to 12 years</td>
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Mad Hatter Dance! Fri., Nov. 9, 6:30-8:00 p.m. (NEXT WEEK!)

This year’s annual PTA dance event is the Mad Hatter Family Dance Party! Celebrate your Unbirthday with us on Fri., Nov. 9, 6:30-8:00, in the TM Cafeteria.

Don your silly or festive favorite headwear, and join DJ Eric for dancing, fun activities and snap a memory at the selfie station.

Please bring light potluck snacks and treats to share, and a small donation to Tutu’s pantry if you can. PTA will throw in some pizza! This is a family event, NO drop-offs!

Many hands make light work and your help makes these events awesome! Signup to volunteer (pretty please!) at: [https://tinyurl.com/MadHatterDance](https://tinyurl.com/MadHatterDance).

Equity Action Teams Kickoff Meeting, Wed. Nov. 7, 6-8:00 p.m., TM Library

Join TM families to connect, learn more about and participate in community efforts to address issues of race and equity at the school.

We will hear from Principal May and the Leadership Team and brainstorm concrete ways to work toward the shared goal of “creating ongoing opportunities for conversation about race, equity and inclusion among adults and children.”

Please join us to learn, share, and plan the work of the Action Teams: Black Family Advocacy and Support Group, Conversations about Race Community Discussion Group, Gender Equity, Fostering Student Community, Supporting Our Scholars and Racial Equity in HCC (a district group).

New families welcome! Childcare not available but children can join us in the library. Bring a light snack to share if you can. Future meeting dates: Jan. 13 and Apr. 17, 2019

Questions? Email [equityactiontm@gmail.com](mailto:equalityactiontm@gmail.com).

Bullpup Briefs

Sign up for the PTA e-list!


 ||= Volunteer/ PTA opportunities!

 ||= HEALTH SCREENING EVENT: Mon.-Tue., Nov. 5-6. Looking for 25-30 more volunteers to help our school nurse with screenings to make sure kids are able to see and hear their teachers well. This is a great way to meet many TM kids and parents! Full day commitments preferred, but morning or afternoon shifts also welcome. No experience needed – training is provided. Sign up at [https://tinyurl.com/tmhealthday](https://tinyurl.com/tmhealthday).

 ||= MAD HATTER DANCE PARTY VOLUNTEERS NEEDED! Many hands make light work and your help makes these events awesome! Signup to volunteer (pretty please!) at: [https://tinyurl.com/MadHatterDance](https://tinyurl.com/MadHatterDance).

Your PTA has big plans for your student this year!

We need your help to achieve our fundraising goal. Please consider donating to the TM PTA. Your donation directly supports your child and their classroom by funding:

- Social-emotional growth and development for Ms. Melissa Matsui, school counselor (your PTA funds 100% of her salary)
- Mr. Michael Zetterberg, our full-time librarian (your PTA funds support 50% of this position)
- Dedicated recess aide and classroom tutors
- Special performances at school assemblies
- Dynamic classroom libraries and supplies for our teachers

Click the Donate link at [tmlink.org](https://tmlink.org) or send a check payable to Thurgood Marshall PTA via your student.
VOLUNTEERS NEEDED!

HEALTH SCREENING EVENT

WHEN?
Monday, Nov. 5 and Tuesday, Nov. 6, 2018
9:15 a.m. to 12 p.m. and/or 12:30 to 3:30 p.m.

WHERE?
Thurgood Marshall Elementary Library

WHO?
25-30 more volunteers needed for this all-school event!

WHAT?
Vision and hearing screenings. No experience needed – training is provided.

WHY?
Help us ensure our students can hear and see their teachers well. This is a great event to meet a lot of TM students and parents!

Sign up today at https://tinyurl.com/tmhealthday or contact Chantel at volunteering@tmlink.org!
MAD HATTER FAMILY DANCE PARTY!

Fri. Nov. 9th 6:30 - 8:00pm
Thurgood Marshall Cafeteria

DJ Eric, Fun Activities, Selfie Booth and lots of dancing!

Potluck: bring snacks and treats. PTA will provide pizza! Bring a donation for Tutu's Pantry.

Family event - no drop-offs please.

Sign up to volunteer:
https://tinyurl.com/MadHatterDance