Self-regulation and Community Night

Self-regulation, or self-control, is the ability to control your emotions, impulses and actions. A child’s ability to recognize and label emotions is an important first step in learning self-control. In fact, research tells us that the simple act of labeling an emotion may move a person from the primitive reptilian part of our brain into the thinking part of the brain known as the pre-frontal cortex. When we are working from the pre-frontal cortex, we are better able to process an event and think about appropriate responses. When a child is able to control their impulses, they are more successful in social interactions, in school, and in the future. In fact, the ability to self-regulate is a better predictor of future academic success than I.Q.!

At school, we build self-regulation skills through class meetings, teaching problem solving skills and impulse control, and teaching students to label their feelings. Our RULER Curriculum is all about teaching students to label emotions and to take a “Meta-Moment” when needed. You can support success at home by reading books that build emotional literacy with your child, teaching your child calming strategies, and validating your child’s feelings. Please see the resources below for more ideas.

This year for Community Night, we chose a theme related to self-regulation. Each classroom read the book Ishi by Akiko Yabuki. This book is about a rock who describe how he helps himself to feel better when he is having a negative emotion. Classes then completed a project about strategies they could use when things don’t go their way. By now, you have received an assignment where your family can share the strategies you use at home to manage emotions. We appreciate you working with us to support self-regulation at home and school. Continued on page 2.

Reminder to support the Thurgood Marshall Annual Giving Fund!

We need your help to meet our $160,000 PTA budget goal so we can provide:

- Social-emotional growth and development from Ms. Melissa Matsui. Funded 100%
- Dedicated recess aide and classroom tutors
- Special performances at school assemblies
- Grants for classroom supplies and libraries, curricular needs and school-wide projects

There are many easy ways to support Thurgood Marshall.

- Complete the green card sent in the mail and return to your child’s teacher or drop in the mail
- Give by credit card at http://www.tmlink.org (note 2.2% processing fee)
- Check your employer for employee matching programs making your gift go farther
- NEW — we are now able to accept gifts of stock! Contact giving@tmlink.org for details
- Call your legislator and ask them to fund education so we don't have to: 1.800.562.6000
Stay connected with everything at Thurgood Marshall—visit www.tmlink.org today!

Katie May continued from page 1.

Another popular part of Community Night is the Potluck Dinner. If you are able, bring a dish to share that is meaningful to your family. I will be bringing “Mississippi Mud” – a brownie recipe that my mom made for every potluck I can remember throughout my childhood! The schedule for Community Night is classroom visits: 6-6:45 p.m., then the Potluck Dinner 6:45-7:30 p.m.

I look forward to seeing you tonight!

Katie

Resources:
http://www.ishitherock.com
Coping Skills for Kids from the Brainworks Project: http://www.copingskills4kids.net/Reptilian_Coping_Brain.html
Sound Discipline Positive Discipline Resources http://www.sounddiscipline.org/
The 5 Steps of Emotional Coaching: http://emotioncoaching.gottman.com/

Spring Break is next week, April 8-12 ...

MORE VOLUNTEER OPPORTUNITIES

MIX IT UP! We are ready to Mix-it-Up again and need a volunteer(s) to help coordinate our next lunch. 1-2 lead volunteer(s) needed to coordinate a date with Ms. May and Ms. Matsui and coordinate communication about the event/potential activities to teachers, students and parents. Resources for activities and communication are available. Anticipated time commitment 1-2 hours, can be done outside of school hours. If interested or have questions, contact volunteering@tmlink.org.

EVENT COORDINATOR AND PUP PRESS EDITOR: New event coordinator (or co-coordinators) and Pup Press Editor needed to take over these vital jobs for the 2019/20 school year. Sign up now and spend a few months learning from our experienced volunteers before their children move on to middle school! If interested in learning more, please contact Chantel at volunteering@tmlink.org.

MORE POSITION POSTINGS FOR 2019/20 ARE COMING SOON! Stay tuned in future issues of Pup Press and the TM Parent Facebook Group for more job descriptions!

All volunteer opportunities: http://tmlink.org/info/volunteering/

BULLPUP BRIEFS

UPCOMING WORKSHOP THROUGH SOUND DISCIPLINE
Teaching Parenting the Positive Discipline Way, Seattle – Jul. 8, 9 and 10
• Mon. evening class, Jul. 8, 7:00-9:00 p.m.
• Tue. workshop, Jul. 9, 9:00 a.m. to 5:00 p.m.
• Wed. workshop, Jul 10, 9:00 a.m. to 5:00 p.m.
Get location, more information and register here. Registration deadline: July 1.