SAFE DRIVING AND SELF-REGULATION

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.

Safe Driving Around School – Switching gears (no pun intended), we could all use a bit of self-regulation when it comes to driving near Thurgood Marshall. We have more busses than any elementary school in the district,

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ATTENTIONS 5TH GRADE FAMILIES!

A Community Engagement event will take place soon at Washington Middle School. This will be an opportunity to learn more about proposed changes to the academic program at WMS which will effect students entering 6th grade next year. I have heard families raising questions about what this might look like and this is a great opportunity to get your questions answered.

Sincerely,
Katie May, Principal
Are you interested in contributing to our Arts program? Katie May is looking for a parent volunteer to join our new Art Team!

Do you have grant writing experience? Looking for help with a potential grant writing project to update school playground equipment.

Please contact Chantel at volunteering@tmlink.org for info.

VOLUNTEERS NEEDED FOR UPCOMING EVENTS:

REFLECTIONS ART COMPETITION:
Help organize our annual student art competition, working closely with previous organizer. Please contact Chantel at volunteering@tmlink.org if you are interested.

STUDENT HEALTH SCREENINGS:
Monday, October 21 and Tuesday, October 22, Assist the school nurse with vision and hearing screenings. No experience needed! Sign up at https://tinyurl.com/tmhealth19

REQUEST FOR HEALTH ROOM:
Our nurses often help children change out of soiled clothes at school, and they are currently needing donations of: Used or new pants/leggings/sweats of all sizes, socks, shoes, & underwear. Also, string cheese, apple juice boxes, and cereal bars.

VOLUNTEER OPPORTUNITIES

SAFE DRIVING AND SELF-REGULATION CONT’D

many cabs which drop off students, and we also have parents driving from far and near which leads to a lot of traffic congestion around our school. During the high traffic times at morning drop-off and afternoon pick-up, it is safest for everyone to enter on 24th, then follow Irving Street along the front of the building and exit at 26th (treating these streets as one-way streets).

When parent drop students off in the left lane cars often try to move around them, resulting in unsafe situations for the children who are crossing in front. Carpool drop-off in this area should happen quickly to keep traffic flowing through the parking lot. Please be sure not to stop in the crosswalk for any reason. Thank you for your attention to these details.

RESOURCES:

• 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/


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WE STILL NEED CLASS CONNECTORS FOR THESE TEACHERS:

Anderson, Glass, Gese, Laughlin, Whitney, Bodden, Egelhoff, Sorenson, Hirsch, Dugan, MacLennon, Shaw, Teeters

Classroom Connectors will serve as a connector for classroom families and teachers, for both social interaction and classroom function. There is a potential for a variety of duties that will vary based on classroom teacher preferences, as well as an occasional role in helping the PTA communicate important information about events, etc.

Please email Kayreen206@gmail.com if you are interested.

It is difficult for cars to pass each other going opposite directions at these times, particularly when all our busses lined up outside the school. In addition, it is important to be sure we are following the markings in the parking lot, dropping children off in the far right lane closest to the old YMCA Building.
Please help us fill our pantry shelves by participating in the Fall Food Drive!

5th Graders: Jams/Jellies/Preserves, preferably in plastic jars
4th Graders: SpaghettiOs or Vegetarian chili
3rd Graders: Boxed macaroni & cheese
2nd Graders: Hearty soups
1st Graders: Canned fruit or apple sauce
Kindergarteners: Instant oatmeal

These are the items we need the most, but we are happy to accept other items. Please, no dried beans, no pork.

FALL DANCE EVENT: FRI., NOV. 8
We need your help to make this year's fall dance amazing!

• We need volunteers to be this year's MC/DJ! This can be a position shared by several people. The MC/DJ will keep the crowd engaged and play music selected by students!

• Lighting for the dance floor:
Do you have dance floor equipment (floor lights, disco ball, etc) you are willing to loan us to add a festive feel to the dance floor?

• Raffle items needed!
Donate raffle prizes for kids and adults (suggestions: small toys/books, silly hats, movie tickets, gift cards, fall themed items)

• Do you love to decorate?
Sign up at volunteering@tmlink.org for our set up/tear down crew and other jobs!

The Black Family Advocacy Support Group (BFASG) will hold its first meeting of the year on Wednesday, October 16th from 6:30pm-8pm in the school library.

The agenda for the meeting:
• Welcome New Families
• Determine Group Priorities for the 2019-2020 school Year
• Review upcoming events

You are welcome to bring food to share with the group.
Tuesday, October 22
6:30 p.m. – 8 p.m. in the Library

Feature topic:

Racial Equity in our Community
with Kyana Wheeler, M.Ed., MPA

Please join racial equity and organizational change specialist, Kyana Wheeler, as she helps our school community invest in a more equitable future.

What does it take to build an inclusive school and community for TM? How do we make sure all of our students and families are seen, valued, and heard? What role do you play?

Attendees’ answers to these and other climate questions will inform the framework and a path towards a more equitable school community.

All are welcome to this event! (No requirement to be a PTA member.)

Hosted by Thurgood Marshall PTA and Equity Action Teams and funded with your contributions to the Thurgood Marshall PTA

FREE Childcare with PIZZA for children ages 5-12 whose parents are at the meeting.

You MUST reserve your child’s place in advance – contact Ben at benjampeterson@seattleymca.org
Calling all families from John Muir, Bailey Gatzert, and Thurgood Marshall!

"A VISION FOR SUCCESS" COMMUNITY FORUM

Seattle Public Schools has an opportunity to partner with TAF (Technology Access Foundation) to create an academic environment that promotes the highest level of learning and teacher development for all students at Washington Middle School.

Come and learn how the partnership will work.

During the forum, you can:
- Understand the STEMbyTAF model
- Ask questions and give feedback
- Learn how you can participate in the planning

Snacks and child activities will be provided
Translation services available in Somali, Spanish, Chinese, Cantonese, Vietnamese, Amharic & Oromo.

Oct. 19, 2019
10 am - 12 pm
Washington MS Library
2101 S Jackson St
Seattle, WA 98144