



Public Charter High School

Warrior Weekly

February 23, 2024

Subject: Important Update: Adjustments to School Calendar Due to January Snow Days

Happy Friday, Warrior Family,

I hope this message finds you well and safe. As you are aware, the unexpected snowfall in January led to the closure of our school for several days to ensure the safety and well-being of our students, staff, and families. We understand that these closures impact our academic calendar and, more importantly, our students' learning experiences.

After carefully reviewing our academic calendar, we have adjusted to compensate for the lost instructional time. These changes will allow us to maintain the integrity of our educational programs while respecting our families' needs and plans.

The following are the adjustments to our school calendar. We will convert two previously scheduled Professional Development Days into school days. These days are March 15 and May 10. We have also adjusted the dismissal time of a few other days to allow our team to meet and plan for the end of the year. Please mark these changes in your calendar, as attendance is expected.

- **March 13th Full day:** It was previously an early dismissal day.
- **March 14th Open House will move to Virtual Community Meeting:** The Open House scheduled for the evening of March 14th will now be a Virtual Community Meeting. During that time, we will share updates about summer programming, spring assessments (CAPE, SAT, AP), and other events. Instead, we will focus on reaching out to families of students who are in danger of failing. These communications will take place over the next few weeks to ensure personalized attention and support.
- **March 15th School and Early Release:** March 15th will now be a school day with an Early Release schedule.

- **May 10th Situational Learning Day:** May 10th will be designated a Situational Learning School day. More details about this day's activities and learning objectives will be shared closer to the date.

We understand that these changes may require adjustments to your family's plans, and we sincerely appreciate your understanding and flexibility. Our primary goal is to ensure that our students receive the quality education they deserve, even in the face of unforeseen closures.

Please rest assured that these decisions were made with the utmost consideration for the educational needs of our students and the logistical realities faced by our families. We remain committed to providing our students with a supportive, high-quality learning environment.

Should you have any questions or concerns about these adjustments, please do not hesitate to email me at rweeden@tmapchs.org. We are here to assist and support you through these changes.

Thank you for your ongoing support and cooperation.

Raymond Weeden
Executive Director

Wellness Team

The Winter Blues

What are the winter blues??? Many people find themselves feeling sad, lack motivation, and sleep excessively in the winter months. You might feel "blue" around the winter holidays or get into a slump. Some people have more serious mood changes year after year, lasting throughout the fall and winter when there's less natural sunlight. "Winter blues" is a general term also known as seasonal depression, which is fairly common. It usually improves on its own, but if you notice the symptoms continuing, reach out to your doctor or school for resources.

Here are some ways that you can cope with the blues:

1. **DO SOME PHYSICAL ACTIVITY!** Physical activity releases endorphins that have been shown to boost mood, decrease the symptoms of depression, and reduce stress.
2. **CALL ON YOUR SUPPORT SYSTEM!** Friends & Family, Teachers, School Counselors, any trusted adult Staff

3. **GO OUTSIDE!** Getting outside needs to be a priority during the winter months.
4. **EAT HEALTHY!** Eating a heart healthy diet can help decrease the winter blues.
5. **KEEP A SET SCHEDULE!** Getting enough sleep and maintaining a consistent sleep schedule can help you combat the winter blues. Most people need about 8 hours of sleep each night.

Ms. Whieldon	Clinical Social Worker/Mental Health Coordinator,	swhieldon@tmapchs.org
Ms. Hayden	Clinical Counselor	yhayden@tmapchs.org

What's Happening @ TMA



These coats are available to our Thurgood Marshall Academy community. That means our student's siblings and other family members are also welcome to these coats. I have youth sizes 14-16 and 18 for girls and boys. Please don't be shy. We have plenty of coats.

If these pick up times don't work for you just let me know and we can make other arrangements.

Zabrina Ames
Family and Community Engagement Coordinator

THURGOOD MARSHALL
ACADEMY

BASKETBALL CLINIC/TOURNAMENT

BOYS AND GIRLS

Middle School
Boys:
6th-8th Grade
Sunday, March 3rd
11am-1pm

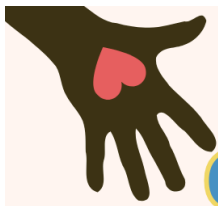
Middle School Girls:
6th-8th Grade
Saturday, March 2nd
3pm-5pm



Scan to Register

2427 MARTIN LUTHER KING AVE WASHINGTON, DC 20020

FOR MORE INFORMATION: CONTACT NEBIY ESAYAS (TMA ATHLETIC DIRECTOR)
NUMBER: 717-439-1723
EMAIL: NESAYAS@TMAPCHS.ORG



Because We Care Community Health Fair

NATIONAL NUTRITION MONTH

TOPICS INCLUDE:

Balanced Diet

Food Safety

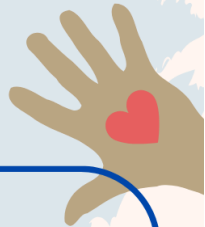
Food Insecurity



Food Preparation

Live Cooking Demo

Fitness



OPEN TO ALL WARD 8 RESIDENTS

Saturday
03/23/24

The Salvation Army Solomon G. Brown Corps
Community Center
2300 Martin Luther King, Jr. Avenue, SE

10 AM to
2 PM

Free Food Baskets
for the first 100 registrants!

Door Prizes!

Lunch provided!
Lots of fun!

REGISTRANTS SHOULD PLAN TO STAY FOR THE DURATION OF THE FAIR

Scan here to Register



You can also register by
texting **W8 HEALTH FAIR** to
202.804.8240

UNIVERSITY OF THE
DISTRICT OF COLUMBIA
COLLEGE OF AGRICULTURE, URBAN SUSTAINABILITY
AND ENVIRONMENTAL SCIENCES



Washington
Solomon G Brown Corps

NUTRITIOUS FOOD PROVIDED
IN PARTNERSHIP WITH THE



USDA
Supplemental
Nutrition
Assistance
Program



Important Calendar Dates

- February 29, 2024 - Celebrating Our Roots
- March 4 - March 7 - Middle States Accreditation Visit
- March 2 - March 3 - Admission Meet & Greet (new families)
 - March 12 - March 15 Junior College Trip
 - March 14 - Open House Virtual Meeting
- March 22 - TMA Happy Yappy Hour (current families)
 - March 28 - SAT & ANET Testing
 - March 29 - End of Quarter 3

[Remember to use the calendar to support your family's plan to help prevent students from missing school as much as possible.](#)

The TMA Calendar is linked here!

**Thurgood Marshall Academy Public Charter High School
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