



Public Charter High School

# Warrior Weekly

March 1, 2024



Dear TMA Families,

I hope this message finds you and your loved ones in good health and high spirits. As we celebrate Women's History Month, we extend our heartfelt appreciation to each of the women in our community for their invaluable support and dedication to our students, their education, and our community.

Today, TMA wants to acknowledge and thank you for the incredible commitment, care, and excellence you bring into the lives of our students. Your unwavering support and encouragement are pivotal in nurturing and guiding our young minds, inspiring them daily. Your efforts reflect the strength, wisdom, and compassion that have been hallmarks of influential women throughout history, including those who played significant roles in the life of Thurgood Marshall himself. Figures such as his mother, Norma Marshall, his wives Norma Arica and Vivian "Buster" Burey Marshall, colleagues like Constance Baker Motley, and legal pioneers such as Charlotte E. Ray were instrumental in his journey. Similarly, you are shaping our students to become the leaders and changemakers of tomorrow, continuing this legacy of empowerment and achievement.

Your dedication profoundly resonates with the legacy of Thurgood Marshall, reminding us all of the power and impact of supportive communities in shaping the future. Like the influential figures in Marshall's life, you play a crucial role in forging a path of excellence, justice, and integrity for our students. You are not just family members but pillars of support and beacons of hope, significantly contributing to their growth and success. We are profoundly grateful for all that you do, often beyond the call of duty, to ensure the continued legacy of Thurgood Marshall and to create a new legacy of empowerment and success for all our students.

Raymond Weeden, Executive Director

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## Wellness Team



# How to Deep Breathe with your teen

SIT COMFORTABLY WITH YOUR BACK STRAIGHT. PUT ONE HAND ON YOUR CHEST AND THE OTHER ON YOUR STOMACH.

BREATHE IN THROUGH YOUR NOSE. THE HAND ON YOUR STOMACH SHOULD RISE. THE HAND ON YOUR CHEST SHOULD MOVE VERY LITTLE.

EXHALE THROUGH YOUR MOUTH, PUSHING OUT AS MUCH AIR AS YOU CAN WHILE CONTRACTING YOUR ABDOMINAL MUSCLES.

CONTINUE TO BREATHE IN THROUGH YOUR NOSE AND OUT THROUGH YOUR MOUTH.

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## What's Happening @ TMA



We have extended the pickup through March. These coats are available to our Thurgood Marshall Academy community. That means our student's siblings and other family members are welcome to these coats. I have youth sizes 14-16 and size 18 for girls and boys.

Zabrina Ames  
Family and Community Engagement Coordinator

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## Community Service/X2VOL Instructions

Established in 1992, The District of Columbia's Community Service Requirement aims to equip students with the necessary skills and abilities for career and educational advancement as well as motivate students to take an active role as leaders in their communities. DC Municipal Regulations require at least 100 hours of volunteer community service to be completed at 501(c)(3) organizations, schools, federal or local agencies, or other organizations if it is non-paying voluntary service for the benefit of the community in order for students to graduate.

## Updated Community Service Regulations for Class of 2023 and Beyond

OSSE has released official [community service high school graduation requirements](#) for DCPS, which gradually reintroduces community service hours over the next 4 years. These regulations take effect in the 2022-23 school year.

X2Vol is a web-based application that tracks community service hours. Please click the link [X2VOL Login Instruction - First Time Users](#) to get started.

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Dear TMA Families,

We're reaching out to invite you to volunteer at our Student-Led Pantry event on Saturday, March 16th. This pantry happens every 3rd Saturday of the month. This initiative, born from the compassionate hearts of a group of seniors during the pandemic, has become a vital resource for our community, thanks to partnerships with Martha's Table, the Salvation Army, and generous donations from various organizations.

In addition to lending a helping hand, this event presents a wonderful opportunity for us as parents/caregivers to come together, share stories, and get to know each other better. By volunteering side by side, we can strengthen bonds, forge new friendships, and continue the legacy of service and compassion that our students have started. [Pantry Sign-up Here](#)

We invite you to join us on March 16th, not only to support the pantry but also to be part of a vibrant and caring community. Please let us know if you can make it, and feel free to bring along your student.

Looking forward to seeing you there!

Warm regards,

Zabrina Ames, Family and Community Engagement Coordinator

## In Our Community

# Martha's Table

## GLOBAL PASSPORT PROGRAM

### Atlanta



ON BOTH SIDES OF THE STREET  
INDICATES FOR THE EXPOSURE TO  
AND RIGHT OF BUSINESS  
LIKE A MIGHTY STREAM

#### WHAT DO YOU GET?

- 🍎 National trip to Atlanta, Georgia | April 15th-19th
- 🍎 Visits to MLK Birth Home, Morehouse and Spellman Colleges, Georgia Aquarium and more!
- 🍎 All expenses paid trip & daily travel stipend.

#### ELIGIBILITY

- 🍎 Age 14 - 19
- 🍎 Live in Zip Codes 20020 or 20032
- 🍎 Must complete application with:
  - Letter of recommendation
  - Applicant's choice of 1 page essay or 3 minute video.

#### LEARN MORE & APPLY

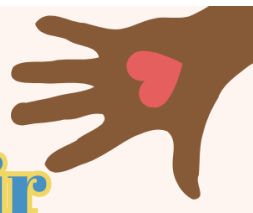
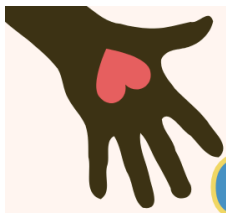
Preference Deadline: March 4th  
Regular Deadline: March 15th



🍎 [linktr.ee/mtyouthdevelopment](https://linktr.ee/mtyouthdevelopment)

Questions? Contact:  
[globalpassport@marthastable.org](mailto:globalpassport@marthastable.org)

 marthastable  MarthasTableOrg  [www.marthastable.org](http://www.marthastable.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



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## Important Calendar Dates

- March 4 - March 7 - Middle States Accreditation Visit
  - March 12 - March 15 Junior College Trip
    - March 15 - Early Dismissal
  - March 14 - Open House Virtual Meeting

[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!](#)**

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