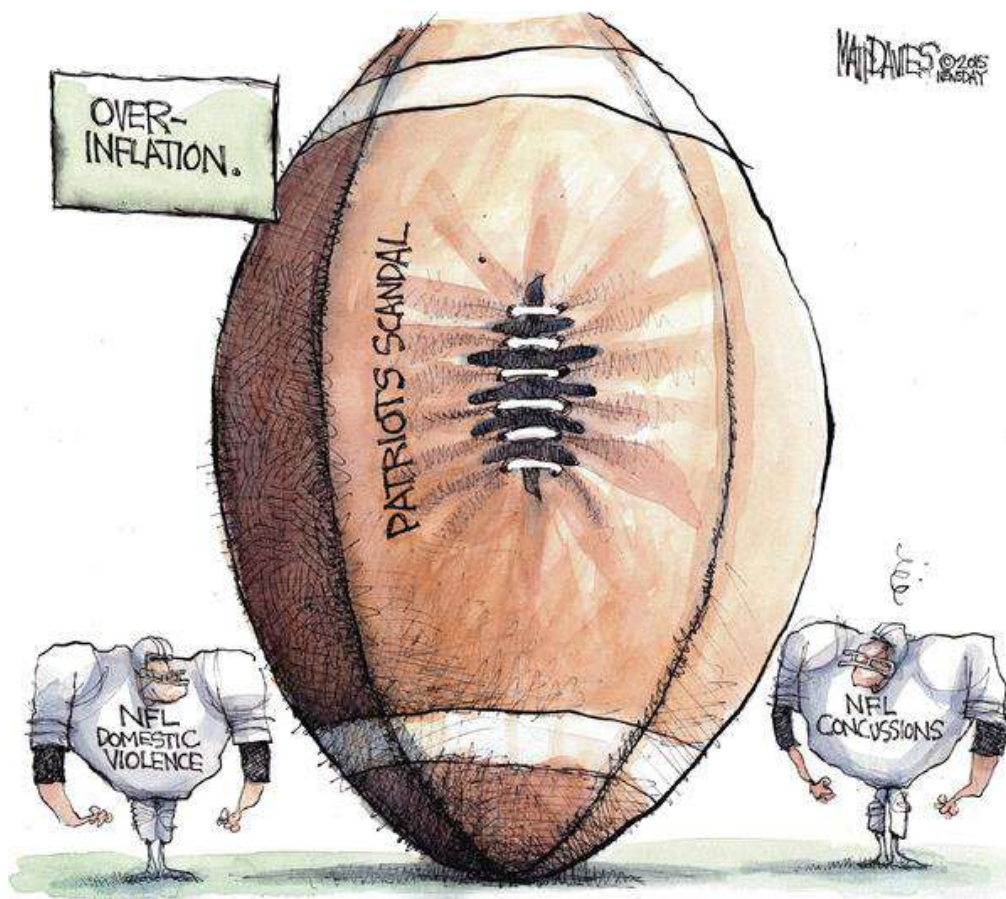


TPS SUPERINTENDENT BULLETIN



UPDATE FOR THE WEEK OF: January 26, 2015

[THS](#)
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SUPERINTENDENT' NOTES FOR THE WEEK

Two budget sessions were held this week, as well as a wonderful event welcoming me as the Superintendent of Schools. It was great to see all who could come out, and a special thanks to:

- Kathy Adams, Music teacher at BGP: and 2nd graders from Mrs. D'Agata's class who sang "This Land is My Land"
- Megan Kirwin, music/band teacher at THS who had her Jazz Quintet perform (Mr. Raccagni, Ms. Haigis, Mr. Mahoney, Mr. Gottier, and Mr. Murphy)

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- Laurel Leibowitz, FRC Director at BGP: and the students from the FRC who created the large banner, and the many cards and pictures that adorned the tables
- Mrs. Markow, TMS: who had 3 or 4 of her 6th grade Student Gov't students opened doors and greet guests.
- Food service for doing such a great job!

COMING UP:

- **Board of Education Budget Session February 4, 2015 in the Tolland High School Library – come and join us in this working budget session. Express your concerns and ideas, and help us finalize the budget proposal that will go to the town.**
- **Breakfast with the Superintendent, coming February 18th, from 9:00 – 10:00 AM. Come share you questions, comments, and conversation! See you at 51 Tolland Green (BOE / Central Office building on the Tolland Green).**

INFO TO KNOW:

- The Tolland Family Resource Center is now registering for all programs for the 2015-2016 school year including before and afterschool care at Birch Grove Primary and Tolland Intermediate School and our preschool programs. We are holding an Open House to introduce our Enrichment Preschool Program for 3-5 year olds this Wednesday, February 4, 6:00-7:00 PM at Birch Grove Primary. Our Parenting Class based on Bill Corbett's book, Love, Limits and Lessons begins this Wednesday February 4, 5:45-7:30 PM. The cost is \$50 for 6-8 weeks of class, pizza and salad dinner and childcare with advance registration. (Scholarships are available.) We still have room in our playgroups too! Baby and Me Yoga begins this week, Thursday 9:00-9:30 AM at Birch Grove Primary. Further information can be found on our webpages: www.myteacherpages.com/webpages/tollandfrc or by calling Laurel Leibowitz (860)870-6750.

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ARTICLES OF INTREST

Nearly half of U.S. children have experienced trauma, according to a study by scientists at the Johns Hopkins Bloomberg School of Public Health. Researchers examined data from more than 95,000 children from birth to age 17 and found that 48 percent had encountered at least one of nine types of adverse experiences, including physical or emotional abuse or neglect, deprivation, substance abuse problems or exposure to violence. One in five had two or more such experiences. These children were more than twice as likely to have chronic health conditions and were more than two-and-a-half times more likely to have repeated a grade in school. The researchers also found that children who learned resiliency skills — such as the capacity to stay calm and in control when faced with a challenge — had mitigated negative effects, including being much more likely to be engaged in school (*Health Affairs*, December).

Attending religious services with a parent in late childhood may foster greater psychological well-being as children age, finds research conducted at Ball State University. Scientists examined data on 5,739 adolescents over age 15 and found that even though attending services with parents did not always reflect a youth's own religious beliefs, it was

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associated with adolescents feeling greater connectedness to both their parents and the larger religious community (*Journal of Family Psychology*, December).

Threatening to punish kids for lying doesn't work, according to a study with 372 children ages 4 to 8. Before leaving each child alone in a room for one minute, McGill University researchers told the children that there was a toy on a table behind them but they should not look at it during their absence. When the researchers returned, they asked the child whether he or she had peeked at the toy. Footage from a hidden camera showed that nearly 68 percent of the children had peeked, and about 67 percent of the peekers lied about it. As their age increased, they were both more likely to tell lies and more adept at maintaining their lies. The researchers also found that children were more likely to lie if they were afraid of being punished (*Journal of Experimental Child Psychology*, February).

Entitlement, in small doses, may boost creativity, according to Vanderbilt University researchers. The scientists stimulated entitlement in half of the study participants through a short exercise in which the participants were encouraged to write sentences about why they deserved various positive outcomes. Participants then took part in creativity tasks, including imagining different uses for a paper clip, drawing a space alien and participating in a word association exercise. Findings showed that participants who were given a boost in feelings of entitlement outdid the non-entitled on every test and by significant margins (*Journal of Experimental Social Psychology*, January).

Checking email less frequently reduces stress, according to psychologists at the University of British Columbia. They instructed half of the study's 124 adults, including students, financial analysts and medical professionals, to limit checking their email to three times daily for a week, while telling the other half to check email as often as they did before the study. Then the researchers reversed the instructions for the two groups during a subsequent week. The researchers found that participants felt less stressed when they checked their email less often (*Computers in Human Behavior*, February).

Gifted men and women define success differently, according to a study by Vanderbilt University scientists. They followed more than 1,600 mathematically talented adolescents for 40 years and found that women earned less money, were less present in science, technology, engineering and mathematics fields and worked fewer hours than their male counterparts, yet they expressed a high level of personal satisfaction and sense of achievement, defining success more broadly than men to include family and community service. (*Psychological Science*, December).

Teens who have been prescribed anti-anxiety or sleep medications may be 12 times more likely to abuse those drugs than teens who have never received a prescription, according to research conducted at the University of Michigan. Looking at data over three years from more than 2,700 high school and middle school students, researchers found that almost 9 percent of the students had been prescribed a potentially addictive benzodiazepine for treating anxiety or sleep problems at some time in their lives. Just over 3 percent of students had a current prescription during the study, and those students were 10 times more likely than students who never had a prescription to obtain anti-anxiety or sleep medications for nonmedical reasons, such as experimenting or getting high. Students who were prescribed anti-anxiety medications before the three-year study but no longer had a prescription were 12 times more likely to use someone else's anti-anxiety medication than students who had never received a prescription. Researchers also found that white students were twice as likely as black students to use the medications without a prescription (*Psychology of Addictive Behaviors*, online Nov. 24).

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Tolland High School Weekly Bulletin *1-30-15*

Tolland Triumphs Over Hunger

The ***Tolland Triumphs Over Hunger*** project is our large scale community service event. The idea for this charity meal packing event was brought forward by two Tolland DECA students: **Jordan Lyonnais** and **Kayleigh McManaman**. They pitched this idea as a DECA community service event and it was soon approved and championed by Mrs. Bridge and Ms. Fox.

The DECA students chose the charity organization Feeding Children Everywhere based on their familiarity with the event, as well as the fact that 100% of the money raised goes directly to purchasing supplies and materials and setting up the food and work stations for the event.

After meeting with the Northeast Director for Feeding Children Everywhere (FCE), it was decided on a meal packing date of March 12th, 2015. The whole school will participate in a 30-minute informational assembly about hunger followed by a 30-minute packing session. The event committee has also planned to include members of the community by inviting senior citizens to attend and work alongside the high school students and staff.

Our goal is to raise \$10,000 to package 40,000 meals. The majority of these meals will first be delivered to local food shelters and then be distributed to further locales in need. A deadline for donations has been set as March 1st, 2015. Donations can be made online, through corporate sponsorship, and at school collection sites. Five DECA seniors **Jordan Lyonnais**, **Kayleigh McManaman**, **Corey Jenkins**, **Stavros Evripidou**, and **Emily Warrington** went to the FCE Northeast Headquarters in Windsor to create and film a video explaining the goals, dates, and methods of collection which was shown and enthusiastically received by the entire school community on the first day of the semester. They will also visit local businesses to offer corporate sponsorship of an assembly line in exchange for a \$400 donation.

- **Purpose**

A community service event that empowers students, staff, and community members as they participate together to affect the lives of others through 40,000 meals.

- **Dates**

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- January 23rd: First Collection Date
- March 1st: Donation Deadline
- March 12th: Meal Packing Date
- **Goal**
 - Raise \$10,000 to feed 40,000 children
- **Event Organizers**
 - **Jordan Lyonnais, Kayleigh McManaman** (DECA students)
 - Lynne Bridge (DECA Advisor)
 - Dominique Fox (THS Principal)

GIRLS INDOOR TRACK

The girls track team competed at the Yale Interscholastic Track and Field Classic on January 16 and 17. This is one of the largest indoor competitions on the East Coast with 11 states represented. Tolland made its presence known, especially in two events. The distance medley relay team, consisting of **Courtney Akerley, Julia Sprout, Kelsey Swanson** and **Caitlin Swanson**, finished 3rd overall. Their performance (12:14) has them ranked as the fourth best time in the United States. **Caitlin Swanson** returned to the track Saturday morning to run the 3000 m and her time of 10:13 has her ranked eighth in the United States. Overall, it was a great experience and the girls are looking forward to the championship season which begins January 31st at the CCC championship.

IMPORTANT DATES

February 2 – Community Advisory Council 7:30 a.m. THS Conference Room
 February 9 – Booster Club Meeting 7:00 p.m. THS Conference Room
 February 12 – Open House 6:30 p.m. to 7:30 p.m.
 February 16 & 17 – No School – Winter Break
 February 23 – Spring Sports Online Registration and Physical Forms Due

COMMUNITY ADVISORY COUNCIL

The next Community Advisory Council meeting is scheduled for Monday, February 2nd at 7:30 a.m. in the THS main office conference room. If you are interested in attending, please email Dominique Fox at dfox@tolland.k12.ct.us.

Tolland High School is fortunate to have a dedicated and enthusiastic group of parents and local community members who support our school and many of the programs within it. In light of that,

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we are committed to increasing parent and community engagement in our school. A few years ago, a Community Advisory Council was established as a means to encourage parents and community members to become active partners in educating our children. Through this council, both groups of stakeholders are able to maintain an organized voice at Tolland High School, become involved in the decision making processes and procedures, where appropriate, voice their concerns, communicate their needs, and ask questions. To date, it has provided a forum for parents to discuss school-related issues such as leveling, grade weighting, teen drug and alcohol use, and safety concerns, among others.

BOOSTER CLUB

The next meeting is scheduled for February 9th at 7:00 p.m. in the THS main office conference room.

Please join us to learn about what we do and how you can help in raising funds for our students at THS.

We are looking for a treasurer and a new president for next year.

SPORTS PHYSICALS

This is just a reminder that anyone playing a spring sport at Tolland High School must register online at **www.familyid.com/tolland-public-schools** or by going to the athletics page on the Tolland High School website and clicking on "Athletic Participation Registration and Forms." Additionally, all updated physical forms must be turned in to the THS nurse.

PLEASE NOTE: The deadline to register online for spring sports and to turn in necessary medical documents to the nurse is **Monday, February 23.**

Anyone with questions regarding the registration process can email Athletic Director Patrick Cox at pcox@tolland.k12.ct.us

HELP WANTED

Food & Nutrition Services is looking for substitute workers. Work only while your student is in school. Apply now for positions for the school year. Opportunities to move into permanent, part-time positions are available. Please contact Mary Layman at 860-870-6853 or m Layman@tolland.k12.ct.us.

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