

TPS SUPERINTENDENT BULLETIN



UPDATE FOR THE WEEK OF: 1/12/2015

SUPERINTENDENT NOTE FOR THE WEEK

Please let me know how I might make this newsletter valuable for you. I am thinking of combining all digital backpacks into this newsletter so instead of receiving multiple e-mails from each school (if you have children in different schools) you will receive this one. I am hoping to use this newsletter to provide you interesting and timely information about the schools, the town, education, parenting, and the community.

This week I visited each of the schools not only to see the children and the educators in action, but to also check on the status of our heating systems and the facilities. Visiting the schools and seeing our children and our professionals in action is among one of my favorite things to do. At some point during the year, I hope to invite community members to come with me as I visit. I am hoping to make that opportunity a quarterly event: *A Walk With Superintendent Willett* perhaps where you and I can visit the classrooms, and see the great things happening, together.

The Bus Company (First Student), the Public Works Department, and the school staff did an amazing job making school happen despite the weather this past week. My thanks to all. Thank you also to the community members who took time to provide me feedback regarding the weather.

I wish you well in the coming week! See you around Tolland!

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COMING UP:

- *Please come on January 15th, 7:30 PM in the Tolland High School Library for the first 2015 COMMUNITY BUDGET WORKSHOP:*

What is a Community Budget Workshop? A Community Budget Workshop is where I (the Superintendent), the School Administration, and the BOE welcomes and encourages *citizen input* as it continues through the process of developing the education budget for the 2015-16 school year. During these workshops, discussions will include: goals, priorities, and opportunities for cost savings as it pertains to the budget details. Additional information may be requested as needed. This is an opportunity to impact the Superintendent's Budget Request. Please mark these dates on your calendar, and please come out!

- **Timeline for Preparation of 2015-2016 Budget**

1/15/15	Community Budget Workshop	Superintendent/School Admins/BOE
1/20/15	Community Budget Workshop	Superintendent/School Admins/BOE
1/21/15	Community Budget Workshop	Superintendent/School Admins/BOE
1/28/15	Board of Education Budget Review Session	Superintendent/Business Manager
1/28/15	Presentation to BOE of Superintendent's proposed Fiscal Year 2015 – 2016 Budget to Board of Education Board of Education Budget Review Session	Superintendent/Business Manager
1/29/15	Board of Education Budget Review Session	Superintendent/Business Manager
2/04/15	Board of Education Budget Review Session	Superintendent/Business Manager
2/11/15	Regular BOE meeting Adoption of Board of Education Budget	BOE
2/17/15	Superintendent submits Board of Education Budget to Town Manager (by February 21, per Town Charter)	Superintendent
3/3/15	Manager convenes joint meeting between Council and Board of Education	Town/BOE

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(by April 11 per Charter requirement)

Council Room – 7:00 p.m.

5/5/15

Budget Referendum

Town

Weather News

- *Light wintery mix coming in Monday(1/12) morning. These situations sometimes result in a delay, but temperatures are comparatively on the higher side (27 - 33) and town crews will be working hard as usual, so those will factor in.*

Breakfast with the Superintendent

- January 21st is the first Breakfast with the Superintendent @ 9:00 to 10:00 AM at the Board of Education office (51 Tolland Green, Tolland). It is the old “bank” building. Please come and bring your ideas, questions, and conversation! I will provide coffee and donuts. Childcare can be provided upon request (860-870-6850 extension 1).

Welcome Reception for me, I'd love to see you there:

- The Tolland Board of Education invites the community to a meet and greet event with Dr. Willett, our new Superintendent of schools. **Thursday, January 29, 2015 6:00 – 7:30 pm in the Tolland High School Cafeteria:** Coffee, tea and light refreshments will be served. All are welcome!

COMMUNITY LEARNING WORKSHOP

- Mark your calendars for **March 30th**, at Tolland Middle School, our first Community Learning Workshop 5:45 PM - 8:45 PM.
 - This evening will start at 5:45 with refreshments, with programs starting at 6:00 PM, and will include presentations from Tolland Teachers on programs in the school (like Writer's Workshop), the Family Resource Center, Tolland Resident Troopers, Social Services, Tolland Business owners, and more.
 - There will be a "Q&A" Room with refreshments manned by school administrators and other community members where you can come between sessions and ask questions about the schools, the town, and the community
 - **If you would like to contribute a presentation, we are looking for 45 minute presentations from any interested party. Please contact me (Superintendent Willett) at 860-870-6850 extension 1.**

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INFO TO KNOW:

- *Free Child Safety Seat Inspections Scheduled for Sunday*

On Sunday, January 11, 2015 The Tolland Fire Department, Inc. will offer free Child Safety Seat Inspections from Noon until 2:00 p.m. at the fire station located at the corner of Rhodes Road and Merrow Road in Tolland.

Trained TFD volunteers and representatives of the national organization 'Safe Kids' will conduct the free on-site child auto safety seat inspections and provide help installing seats if necessary. The inspections will be done at Tolland Fire Department Station #240, 3 Rhodes Road, next to the Tolland Fire Training Center and across the street from Meeting House Commons.

The inspection process generally takes less than 30 minutes. Residents should bring the child who uses the seat and the vehicle in which it is installed with them to the inspection.

If you have questions please call "Kids in Safety Seats" at 860-714-5477

ARTICLES OF INTEREST

- **Childhood psychological abuse may be as harmful as sexual or physical abuse**, according to a study led by a psychologist at The Trauma Center at Justice Resource Institute in Brookline, Massachusetts. Researchers analyzed data from 5,616 youths who had lifetime histories of at least one of three types of abuse: psychological maltreatment, physical abuse or sexual abuse. Children who had experienced psychological abuse — such as bullying, severe insults, overwhelming demands and isolation — suffered from anxiety, depression, low self-esteem, symptoms of post-traumatic stress and suicidality at the same or greater rates than children who were physically or sexually abused. The researchers also found that among the three types of abuse, psychological maltreatment was most strongly associated with depression, general anxiety disorder, social anxiety disorder, attachment problems and substance abuse (*Psychological Trauma: Theory, Research, Practice, and Policy, Special Issue*).
- **Mental rest and reflection appear to boost learning**, finds a study conducted at the University of Texas at Austin. Researchers gave 35 adults two tasks in which they were asked to memorize photo pairs. Between the tasks, the participants rested and were told they could think about anything they chose. Brain scans found that the

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participants who used the time to reflect on what they had learned in the tasks did better on later tests (*Proceedings of the National Academy of Sciences*, Nov. 4).

- **Sadness lasts longer than other emotions**, finds a study conducted at the University of Leuven in Belgium. Researchers asked 233 high school students to recollect recent emotional episodes, report how long they lasted and answer questions about how they dealt with the emotions. Out of 27 emotions, the researchers found that sadness lasted the longest — up to 240 times longer than emotions lasting the shortest time, including shame, surprise, fear, disgust, boredom, irritation, being touched or feeling relief. The researchers also discovered that the shorter-lasting emotions were typically elicited by events that had relatively low importance attached to them, whereas long-lasting emotions tended to be caused by events that were very important and had a strong impact on the students (*Motivation and Emotion*, October).
- **A mother's educational attainment and age at her child's birth may be linked to the child's academic success**, according to a study by University of Michigan psychologists. Researchers examined math and reading scores from nearly 15,000 children who were first assessed upon entering kindergarten and then followed for at least nine years. They found that children born to mothers age 19 and older are more likely to enter kindergarten with higher levels of achievement, and that they continued to excel in math and reading through eighth grade, compared with children of mothers age 18 and younger (*Journal of Research on Adolescence*, online Nov. 7).
- Differentiation - an article teachers are reading right now:
<http://www.edweek.org/ew/articles/2015/01/07/differentiation-doesnt-work.html>

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- [Interesting](#) information about Stress and Students in college (chart below)
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Students under pressure

College and university mental health trends by school year among students already receiving services at counseling centers

<i>Percentage of students</i>	2010-11	2011-12	2012-13*
Attended counseling for mental health concerns	45.2%	47.6%	48.7%
Taken a medication for mental health concerns	31.0%	31.8%	32.9%
Been hospitalized for mental health concerns	7.0%	7.8%	10.3%
Purposely injured yourself without suicidal intent (e.g., cutting, hitting, burning, hair pulling, etc.)	21.8%	22.5%	23.2%
Seriously considered attempting suicide	23.8%	25.5%	30.3%
Made a suicide attempt	7.9%	8.0%	8.8%
Considered seriously hurting another person	7.8%	7.9%	11.2%
Intentionally caused serious injury to another person	2.4%	2.2%	3.3%

Source: Center for Collegiate Mental Health

*In 2012-13 the answer format was changed for all items except prior counseling/medication. This change may have partially accounted for some of the increases, but because rates changed differentially, it's clearly more than that. For a more detailed explanation of changes, see the Center for Collegiate Mental Health 2013 Annual Report.