

# TPS SUPERINTENDENT BULLETIN



*UPDATE FOR March 30, 2015*

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JUMP TO SCHOOL UPDATES:

[Birch Grove](#)  
[TIS](#)  
[TMS](#)  
[THS](#)

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**SUPERINTENDENT' NOTES FOR THE WEEK**

- Click here -> [PROPOSED 2015 – 2016 School Calendar](#) - Please take a look at this calendar and let us know what you think!

- ***THE COMMUNITY LEARNING WORKSHOP IS HAPPENING TONIGHT – MONDAY!***

- Workshops are for **March 30th: 6:30 PM - 7:30 PM @ Tolland Middle School - Coffee, cookies, and other items available in the cafeteria @ 6 PM.** TO REGISTER PLEASE GO TO: [http://www.tolland.k12.ct.us/DistrictOffices/superintendent/superintendent\\_willett\\_s\\_page/community\\_learning\\_workshop/](http://www.tolland.k12.ct.us/DistrictOffices/superintendent/superintendent_willett_s_page/community_learning_workshop/)

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- We chose the winners for the t-shirt contest. There were 8 board members and 27 entries so it took us over an hour to choose. (2 from BGP, 10 from TIS, and 15 from TMS). They were all very good so it was hard! This is the 15th Anniversary and we wanted it to be GREAT! We chose Eric Rieth from 8th grade. Art below (From TMS) He wins the prize of being on the 500+ shirts designed and worn around town by many! The 2nd place winner was from TIS, Caroline Marcroft/3rd grade. She wins a free race entry. The 3rd place winner was from BGP, Reid Babcock/1st grade. She wins a free race entry. We intend to celebrate all artists by displaying and honoring all art entries. We are still working out plan how to (such as display on the Cider Mill race facebook page, display at Library, and or at the race itself).



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- Congratulations Noah Perryman Tolland Intermediate School fourth grader Noah Perryman was chosen as Tolland County winner for the Connecticut Fire Prevention Poster Contest. Noah will soon be honored for his accomplishment, at a luncheon held in Cromwell. Students and their families, from across Connecticut, will be honored for being county winners. Congratulations Noah!



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## INFO TO KNOW:

- CHECK OUT THESE COOL *SUMMER* INSTITUTES FOR KIDS: CREC Summer Institutes, 2015  
[http://www.tolland.k12.ct.us/UserFiles/Servers/Server\\_891568/File/CREC%20Summer%20Institutes.pdf](http://www.tolland.k12.ct.us/UserFiles/Servers/Server_891568/File/CREC%20Summer%20Institutes.pdf)

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- The Tolland Family Resource Center is a resource for all families in Tolland and surrounding communities. We are registering NOW for the 2015-2016 school year. We offer before and after school care for K-6 graders at Birch Grove and TIS. We are registering for our preschool programs for 2-5 year olds.
  - Preschool Enrichment 3-5 year olds 2-5 days a week M-F 9:00-1:30 PM
  - Grow with Me for two and Three year olds and their special adult (Dad, Mom, Grandparent or Nanny) Wednesday 9:00-10:30 AM
  - Traditional Three Year Old Preschool T/Th 9:00-11:30 AM
  - Traditional Four Year Old Preschool M/W/F 12:30-3:00PM
- THINK VACATION/ THINK SUMMER!! We are registering for April Vacation care and Summer Camp! Kindergarten Mini-camp for those students entering kindergarten in the fall and Hawk Camp for those students entering grades 1-6.  
Registration forms are available on line and at Birch Grove FRC [www.myteacherpages.com/webpages/tollandFRC](http://www.myteacherpages.com/webpages/tollandFRC)
- Special Events: Guest Speaker: April 7, 6:30-8:00 PM  
Cindy Rzasa Bess PH.D Developmental Psychologist, Educational consultant and Speaker. Join Cindy, for an evening of laughs and discussion. Parenting Young Children: Setting the Tone for Success. FREE Optional donation of cards, games or puzzles for families in need. Call to register (860)870-6750. Childcare \$5 per child with advanced registration. Birch Grove School

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## ARTICLES OF INTEREST

- **Parents who prioritize their children's well-being over their own may be happier than less child-centric parents**, finds research conducted with 322 parents by psychologists at Vrije Universiteit Amsterdam and the University of British Columbia. In the first of two studies, scientists asked parents recruited online to complete a child-centrism scale to measure their parenting style and a survey measuring the happiness and meaning in life that they experienced from having children. The researchers found that more child-centric parents were significantly more likely to report higher happiness and a sense of purpose in life derived from having children. In the second study, participants retold their previous day's activities, reporting how they felt during each activity. The researchers found that more child-centric parents had greater positive feelings, fewer negative feelings and experienced more meaning in life during child-care activities (*Social Psychological and Personality Science*, November).
- **Irregular bedtimes may lead to behavioral problems in children**, according to a study conducted at University College London. Researchers analyzed bedtime and behavioral data from 10,000 children in the United Kingdom, collected when the children were 3, 5 and 7 from their mothers and teachers. They found a clear, clinically and statistically significant link between bedtimes and behavior, noting that irregular bedtimes affected children's behavior by disrupting circadian rhythms, leading to sleep deprivation that affects the developing brain. As the children without regular bedtimes progressed through childhood, they scored increasingly worse on tests of hyperactivity, conduct problems, problems with peers and emotional difficulties. Children who switched to more regular bedtimes showed clear improvements in their behaviors (*Pediatrics*, November).
- **Eating disorders affect male as well as female teens**, suggests a study led by Boston Children's Hospital scientists. The researchers reviewed survey responses collected every 12 to 36 months over 10 years from more than 5,500 U.S. teenage males. They found that nearly 18 percent reported being extremely concerned about their weight and physique, and nearly 3 percent met full or partial criteria for binge-eating disorder. Nearly one-third reported infrequent binge eating, purging or overeating (*JAMA Pediatrics*, online Nov. 4).
- **Mindfulness training appears to improve attention skills and lower anti-social behavior among incarcerated youth**, according to a study led by New York University researchers. The scientists randomly assigned 267 incarcerated males, ages 16 to 18, to one of two groups: an intervention group that received cognitive-behavioral/mindfulness training or a control group receiving an evidence-based intervention focused on attitudes and beliefs about substance use and violence. While the attention-related task performance for most of the participants declined due to the stress of being incarcerated, the mindfulness group showed significantly less of a decline compared with the control group, the research found. In addition, the teens who practiced mindfulness outside of the intervention sessions showed no decline at all in attention and cognitive control (*Frontiers in Psychology*, online Oct. 8).
- **Learning a new skill may beat puzzles for boosting older adults' memory**, finds a study led by a University of Texas at Dallas psychologist. The scientists divided the study's 221 older adults into three groups: One learned a new

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skill, such as photography, quilting or both; another took part in mentally stimulating activities, such as listening to classical music or completing crossword puzzles; and the third engaged in social activities, such as taking field trips with other adults. Each group took part in their activity for 15 hours a week for three months. The researchers found that participants who learned something new showed more improvement in their memory skills compared with the other groups (*Psychological Science*, in press).

- **People with autism have distinctive personality tendencies compared with those without the disorder**, suggests research conducted at the University of California, Davis. Scientists compared self-reported personality traits of 37 adults with autism spectrum disorder (ASD) and 42 typically developed adults, and self- and parent-reported personality traits of 50 children with ASD and 50 typically developing children. They found that both adults and children with ASD are more neurotic and less agreeable, less conscientious, less extraverted and less open to new experiences than those without the disorder. The results also indicate that individuals with ASD have a significant level of understanding of their own personalities (*Journal of Personality and Social Psychology*, in press).
- **People with autism spectrum disorder perform better on certain detail-oriented tasks than those without the disorder**, finds research led by Carnegie Mellon University scientists. The researchers evaluated 13 study participants with ASD as they took part in a luggage-screening task, where they were asked to identify bags with suspicious objects in them and reject bags without suspicious objects. Compared with 13 participants without the disorder, those with ASD were faster at eliminating non-suspicious bags, and their efficiency at this task improved through the study's 320 trials. The control participants' performance stayed the same or worsened throughout the study, which the authors suggest may be due to a loss of focus (*Journal of Autism and Developmental Disorders*, October).
- **Eye contact during early infancy may be a key to identifying autism early**, according to a study led by Emory University researchers. The scientists followed infants from birth to age 3, using eye-tracking equipment to measure the children's eye movements as they watched videos of their caregivers, testing the children 10 different times between 2 months and 24 months of age. The researchers found that infants later diagnosed with autism focused on their caregiver's eyes only about half as long as their typically developing peers. This drop in eye-looking began between 2 and 6 months of age and continued throughout the study (*Nature*, online Nov. 6).
- **Playing video games may be good for your brain**, finds a study led by scientists at the Max Planck Institute for Human Development. The researchers asked 23 adults with a median age of 25 to play "Super Mario 64" for 30 minutes a day for two months. A control group did not play video games at all. Examining the brains of the two groups via MRI before and after the trial, the researchers found that the gaming group showed a rise in gray matter in the right hippocampus, right prefrontal cortex and the cerebellum — areas of the brain responsible for spatial navigation, memory formation, strategic planning and fine motor skills in the hands (*Molecular Psychiatry*, online Oct. 29).
- **Our ability to resist cheating or lying appears to decline over the course of a day**, according to research led by a Harvard University scientist. In one study, researchers asked college-age participants to look at various patterns of dots on a computer and identify whether more dots were displayed on the left or right side of the screen. The participants received money based on which side of the screen they determined had more dots — and were paid 10 times the amount for selecting the right over the left. The researchers found that participants tested between 8 a.m. and noon were less likely to cheat — selecting the right side, even if there were unmistakably more dots on the left — than participants tested from noon to 6 p.m. (*Psychological Science*, online Oct. 28).
- **Sunlight may lower the prevalence of attention-deficit hyperactivity disorder**, finds a study led by a psychologist at Utrecht University in the Netherlands. The researchers mapped the number of ADHD diagnoses across the United States and in nine other countries and compared those rates with the intensity of sunlight those regions receive year-round. Regions with the most sun, such as Arizona, California and Colorado, had rates of ADHD diagnoses that were about half as high as regions that received the least sunlight, such as much of the northeastern United States (*Biological Psychiatry*, Oct. 15).
- **People seem more attractive in a group than they do when they're alone**, according to research led by University of California, San Diego, psychologists. In five experiments with 130 undergraduates, the scientists showed

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participants pictures of 100 people — half in a group portrait with two other people and the other half cropped to show the person alone. The participants rated both female and male subjects as more attractive in the group shot than when alone. In several other experiments, the scientists found that the pictures didn't need to be from a cohesive group portrait to obtain this effect. When participants were asked to rate the attractiveness of one person out of a collage of four, nine and 16 pictures, the "group" picture was still rated higher than when that individual's picture was presented alone (*Psychological Science*, online Oct. 25).

- **Moderate exercise appears to prevent episodes of depression in the long term**, suggests a meta-analysis of 30 studies conducted over 26 years. University of Toronto researchers found that even low levels of physical activity — such as walking or gardening for 20 to 30 minutes a day — can ward off depression in people of all age groups (*American Journal of Preventive Medicine*, November).
- **Speaking a second language may delay the onset of dementia**, finds research conducted at Nizam's Institute of Medical Sciences in India. In a review of case records of 648 people, controlling for education, gender, occupation and other factors, the researchers found that people who spoke two languages developed dementia an average of 4.5 years later than those who spoke only one language (*Neurology*, online Nov. 6).
- **A good night's rest may clean up the brain**, suggests a University of Rochester-led study. Scientists injected the brains of mice with beta-amyloid, a substance that builds up in people who develop Alzheimer's disease, and followed the substance's movement. The researchers found that the beta-amyloid was removed faster from the mice's brains when they were sleeping. The researchers also found that brain cells tend to shrink during sleep, which widens the space between cells and allows toxins to pass through more easily (*Science*, Oct. 18).
- **Children are more likely to believe an adult with an attractive face than an adult with an unattractive one**, suggests research by psychologists at Clark and Harvard universities. The researchers showed images of six novel objects to 32 children ages 4 to 5 and asked the children to name them. Whether or not the child answered correctly after seeing each object, the researcher then suggested the child ask one of two people what the object was. The researchers then showed the child a photo of a highly attractive woman and one of a highly unattractive woman. The child was then shown what each person in the photo said the object was and asked who they thought was right. The researchers found that more children, especially girls, selected the attractive face initially and both boys and girls were more likely to believe the answer given by the more attractive face (*British Journal of Developmental Psychology*, online Oct. 25).

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## *Tolland High School Weekly Bulletin* *3-27-15*

### **Bucks Finish Strong**

The top seed E.O. Smith/Tolland Bucks hockey defeated #2 seed Masuk High School of Monroe in the Connecticut Interscholastic Athletic Conference Division III state championship game on Saturday, March 21 by a score of 5-2. Senior **Peter Mayer** led the way with four goals and **Nick Mayer** chipped in with a goal and two assists as well. Senior **Josh Barnes** also added two assists and **Matt Schoen** played incredible in net with 32 saves. Matt's stellar performance in net through the state tournament continued as he did not allow an even strength goal. The team was led by Tolland seniors **Sean Benjamin (C)**, **Stavros Evripidou (C)**, **Peter Mayer (C)**, **Matt Schoen (C)**, **Josh Barnes**, **Cam Burns**, **Dillon Perras**, and **Wayne Perras**. Other Tolland players include junior Kyle Penney, sophomores Logan Barnes, Joel Johnson, Justin Gallicchio, Nick Mayer, Walter Vannoy, freshman Jake Ciraco, and managers Casey Sowle, Rachel Stackpole, and Lauren Zabilansky.

Bucks Nation fans were out in full force as they packed Yale's Ingalls Rink. The team ended their incredible season with a 23-3 record. Congratulations to all the Bucks, their parents, and the Bucks Nation fans as well!!!!



*The Bucks outside Yale's Ingalls Rink after their 5-2 state final win.*



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*Senior Co-Captains Josh Barnes and Stavros Evripidou show they are #1!!*



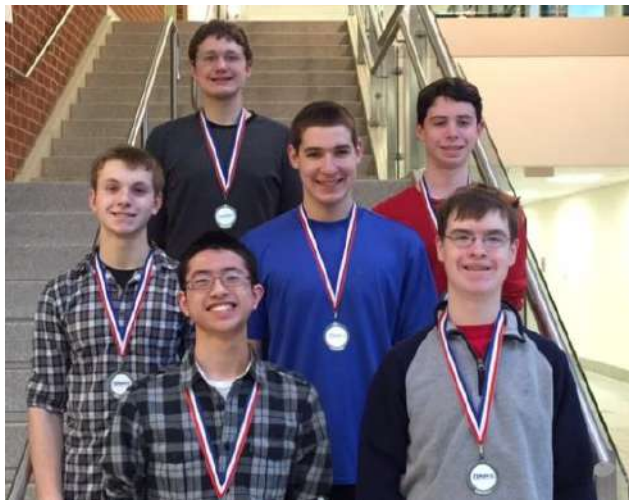
*Winning Goaltender Matt Schoen*

## TEAM+S

TESTS OF ENGINEERING APTITUDE, MATHEMATICS AND SCIENCE

On March 16, the six member team of Captains Leonard Chiang and Eric Goetz, Nick Furey, Joey Garabedian, Mike Oswald, and Jacob Wasserstein ventured south to the University of New Haven to take part in the annual TEAMS competition known as the Tests of Engineering Aptitude, Math and Science sponsored by the Technology Student Association.

This nationwide test of mathematical, technological and scientific aptitude and understanding challenges the most able students with real world problems from a variety of disciplines. Ending a drought of several years, this year's team overcame a disadvantage of two individuals to come away with a 2<sup>nd</sup> place finish in their division despite facing off against teams composed of eight scholars each. Congratulations to Leonard, Eric, Nick, Joey, Mike, and Jacob for a marvelous job of representing THS!



*Pictured from left to right in front row (from left to right): Captains Leonard Chiang and Eric Goetz; Second Row: Joey Garabedian and Nick Furey; Third Row: Michael Oswald and Jacob Wasserstein*

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## IMPORTANT DATES

March 27 – Mr. THS – THS Auditorium 7 p.m.

March 28 – Project Graduation Bottle Drive

April 3 – No School

April 6 – End of 3<sup>rd</sup> Quarter

April 13 – April 17 – School Closed

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## PROJECT GRADUATION BOTTLE DRIVE

**Saturday, March 28<sup>th</sup> – Birch Grove Primary School**

**Volunteers needed:** 8:15 a.m. to 3:00 p.m.

**Collection of Bottles/Cans - Open** 9:00 a.m. to 1:00 p.m.

No set shifts – Volunteers needed to work a 2 hour shift or ALL DAY from 8:15 a.m. to 3:00 p.m. A pizza lunch will be provided. Bring a friend and spend a few hours helping Project Graduation sort bottles and cans. No experience needed. A great way for students to earn those community service hours needed for school or church.

**THS Seniors: Each time you volunteer for any project graduation event (bottle drives, football games @ Rentschler, basketball @ Gampel), your name will be entered into a drawing for a cash prize to be awarded at the senior assembly in June. If you volunteer once, your name goes in once, if you volunteer 3 times, it goes in 3 times. The more you volunteer, the better your odds!**

Please email Mrs. Lotreck at [tpg.bottledrive@gmail.com](mailto:tpg.bottledrive@gmail.com) if you can help!

**Thank you for supporting Tolland Project Graduation!**

## INTRUMENTAL MUSIC AUDITIONS

Any student interested in auditioning for Instrumental Music should see Mrs. Kirwin to sign up for an audition time. Auditions will be on April 7th and 8th.

## CUPCAKE WARS

Cupcake Wars is just around the corner! Team sign-ups will start on Monday during all lunches. Get your team together and bake something awesome! Any questions, please see Mr. Cichocki or Mrs. Goldman.

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## **KIND CAMPAIGN CLUB CHEMO CARE KITS**

The Kind Campaign Club will be collecting supplies to make chemo care kits to bring to St. Francis Hospital. Lists will be posted around the school of needed supplies. If you wish to donate, please bring them to Mr. Hoyt's classroom (room 127) by March 31st.

## **RAGE ROBOTICS**

THS Rage Robotics team 113 will attend Regionals at Hartford Public High School on March 28-29. NE Championships are on April 9-11 at Worcester Polytech.

## **BOOSTER CLUB**

The next meeting is scheduled for April 20<sup>th</sup> 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.