

TIS Digital Backpack January 29, 2024



Photo courtesy of M. Lachut

FROM THE PRINCIPAL'S OFFICE:

Student-Teacher HAWK Nest Meeting

On Wednesday, January 24th we held our monthly HAWKS Nest advisor/advisee meetings. The purpose of HAWK Nests is to come together as a school community in a group to build healthy relationships and teach social & emotional skills.

The topic of the January HAWK Nest meeting was Growth Mindset. Advisors defined growth mindset as a belief that even if you struggle with something, your ability isn't set in stone. You believe that with hard work and determination, your skills can grow over time. A growth mindset can really help you in school, too, because we are constantly growing and changing when we learn. We are constantly trying, failing, and having to try again and that's a good thing! Be sure to ask your child about growth mindset.

Team Sports Day

In honor of the Super Bowl, the Tolland Intermediate School Unified Arts Department sponsored our annual Sports Team Day on February 9. For Sports Team Day, all students and staff were encouraged to wear the colors of their favorite sports team.

School Cell Phone Policy

We've recently experienced some minor issues with student cell phones usage in school. Below is the school policy regarding cell phones in school. The policy is consistent with that of Tolland Middle School.

All electronic devices are to be turned off and stored away for the duration of the school day (8:30 a.m. – 3:45 p.m.). This includes, but is not limited to cell phones, music players, video systems, and video game systems. Cell phones and cell phone cameras

that are misused anywhere on school grounds and/or on any school field trip or function will result in disciplinary action.

T.I.S. CALENDAR

FEBRUARY

2 FAMILY INTERACTIVE STEAM NIGHT, 6:00 – 7:30, Birch Grove Primary School (see flyer)

7 EARLY RELEASE

9 Sports Team Day; Grade 4 Dance sponsored by the PTO (see flyer)

19-21 FEBRUARY BREAK

27-28 Grade 3 to Wadsworth Museum (more info to follow)

NEW ITEMS THIS WEEK:

News from Student Services



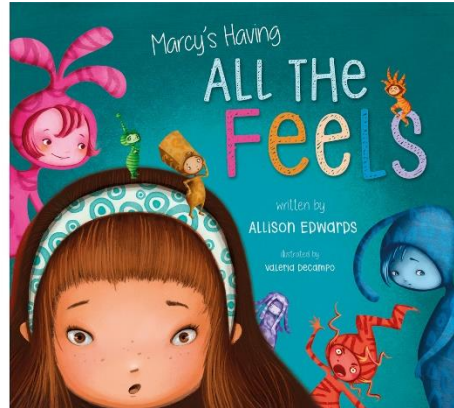
REACH

Relationships
Emotions
Academic
Career
Help

REACH classes with Mrs. Bishopric, School Counselor, promote knowledge, attitudes, and skills through instruction in three content areas: academic achievement, career development, and personal/social growth. This year, I meet with all students approximately once per month in the specials rotation to deliver the lessons.

Third Grade

In December, third grade students started working on what to do if they encounter a conflict with a friend. We learned the sentence starters, “I feel... when... could you please...”. When we have a problem with a classmate or a peer, it’s important to tell that person how you feel and what you need from them next time! For example, let’s say you are working hard on an art project, and decide to use the restroom. You come back to the classroom and find that all your art supplies are missing from your desk! You see a classmate using them. Using our sentence starters, we might say something like, “I feel annoyed when you take things off my desk without asking. Could you please ask me first if you want to borrow something?” We then played a fun game of musical chairs, where the last person standing had to finish the sentence starter using a given scenario. We had so much fun during this game dancing along to Taylor Swift’s Shake it Off while learning something new!



In January, third grade students continued learning about feelings through the read-aloud story, Marcy's Having all the Feels, written by Allison Edwards. In the book, we meet a friend named Marcy who has different feelings showing up throughout her day, depending on what happens to her. All she really wants to feel is Happy, but Marcy learns that in order for “Happy” to stick around, she also has to sometimes feel those other tough feelings too. All our feelings are there to teach us something, and even those tough feelings don't last forever. Students then had a chance to share a time when they felt happy, sad, and angry through drawings. We then had a chance to rate the strength of those feelings on a scale of 1 through 10.

Fourth Grade

In fourth grade, students began learning about anxiety. Anxiety is a feeling that many of us have from time to time, where it feels like we can't stop our worries from coming at us so quickly. We might feel anxiety as a stomachache or a headache, or we might get jittery or have a racing heartbeat. Students watched a video that explained how anxiety is actually there to help protect us from danger! For example, let's say you were walking in the woods and saw a bear. If you had no fear or worry about the bear, you might try to go pet the bear and get seriously hurt. Instead, our internal instincts send us some alarm bells to remind us to be afraid, so that we can stay safe. Sometimes those alarm bells go off too often, when there really is no true safety concern, and that's what we would call anxiety.



Through December and January, fourth grade students have been competing in a friendly game show about the topic of Anxiety! Students are working in teams to complete various challenges and earn a particular number of points. For example, students might have to work together to Act Out five ways to manage worries, or they might have to draw something that makes them feel worried sometimes. We even got to create our own fun team names; from “The Nutcrackers” all the way to “Team Pizza!!” We have been having a blast working as a team and learning strategies to manage our worries.



Fifth Grade

In fifth grade in December, students have been learning all about stress. Stress is that feeling we get when we are overwhelmed, exhausted, and can't find the time to do everything we need to get done. It's also something we feel when we might have something on our mind, such as friendship troubles, school work, or a family situation. Students then had a chance to explore their level of stress in different areas of their lives. We completed a “scoot” activity, where students had to visit different cards posted throughout the classroom, and answer a question about whether that topic causes them stress. Then, they were able to count their totals to find out the areas where they feel the most stress. The areas we explored were, home, school, health, money, safety, and relationships (friendships, etc.). Students loved moving around the class and talking to one another that the different sources of stress in their lives.





In January, fifth grade students continued our work on learning about stress by exploring six different strategies to manage our stress! We learned about deep breathing, talking to a trusted person, exercise, visualization, positive self-talk, and progressive muscle relaxation. Students worked in pairs to practice each strategy and answered some discussion questions about them. For example, for positive self-talk, students had to create three of their own positive self-talk statements they can use when they are feeling stressed. In addition, when exploring talking to a trusted person, students had to write the names of five different people to whom they feel comfortable talking when they have stress! It was a fun, self-directed day and students learned some strategies that can be helpful to manage stress.

ITEMS FROM LAST WEEK'S DIGITAL BACKPACK

January Reading Thoughts from the TIS Reading Department

Teacher Tricks to Improve Reading Comprehension at Home



By M. Lee

Updated on May 15, 2014

You may not have signed up for recess duty or chalk stains on your pants, but if you'd like to improve your child's reading comprehension skills, you should start thinking like a teacher—and using some of the same tools teachers use in the classroom. Teacher-trainer and expert on young adult literacy Hal W. Lanse says "parents *must* educate themselves about the strategies teachers use, because the preparation for reading needs to begin long before formal instruction commences."

Many effective comprehension teaching strategies come naturally to parents. Lanse explains that a simple encouragement like "Norah, tell Dad what we did in the park this afternoon," for example, builds "an early understanding of how narratives work." But other instructional techniques aren't as intuitive. Here are three classroom tricks to use at home.

Set Kids Up for Reading Success

If you were going to build a house, you wouldn't just grab a pile of bricks and go at it. You'd learn about the tools and materials you'd need for the job, go over the architectural plans you'd be using, and hopefully take a basic course in construction techniques! In other words, you'd gather all the information and training you needed before you ever picked up a hammer. The same principle applies to reading. Teachers call it "front-loading," and it means preparing kids for reading by giving them tools that apply to a specific text.

Before reading a book of ancient Greek myths, for instance, first talk to your child about what myths are. Describe how ancient cultures used mythology to explain natural phenomena. Spend

some time on the Internet, looking up the names and characteristics of the major gods and goddesses in the Greek pantheon. If you've bought your child a book about insects, look through the text for unfamiliar words like "antennae" and "wing case" and explain them before you read. Don't forget to activate knowledge your child already has, too. Talk about the insects that live in your backyard. Take a walk outside to observe them. Though it may seem like a lot of work, these preparatory steps can really pay off in deeper comprehension later on.

Think Like a Reader, Talk Like a Reader

Just reading to or with your children isn't enough. Teachers are experts at "think-alouds:" verbal explanations of the ideas, images, connections, and questions that go through their minds as they read. This might sound daunting, but it's easy to do once you get into the habit of paying attention to your own thought processes. Here's what a think-aloud might sound like:

It says here Luisa's face is turning red. That could mean she's feeling embarrassed or angry. I need to read ahead to find out. Ah! Here it says "Luisa wanted to disappear whenever her mom told the story about her getting lost at the zoo." That tells me why Luisa's face went red. It also tells me a bit about her mom—she might not realize how Luisa feels.

Lanse agrees. "Good readers," he says, "create a running video in their heads of the stories they're reading. Parents should take turns with their children describing the images they have in their heads as they read a story... the big secret to good reading comprehension is *talk, talk, talk.*"

Turn Your Child Into the Teacher

The classroom technique known as "reciprocal teaching" sounds complex but isn't. The idea behind this strategy is for adults and children reading together to take turns playing the role of the teacher. As you read with your child, take turns summarizing, coming up with questions, clarifying confusing ideas, and predicting what will happen next. This is a sophisticated teaching principle that's really fun to execute: children love being put in the driver's seat and getting to say things like "Okay, Mom, summarize what happened on this page!"

Captain Underpants=Comprehension Success

Lanse has one last tip for parents. "The biggest problem in the struggle to read well," he says, is "boring materials. Boys are the most resistant readers and we must put books in their hands that they like: scary stories, science fiction, sports books, gross-out humor. Yes, I'm saying you should buy your sons Captain Underpants!"

GRADE 3 HAVING FUN AT RECESS:







Spring 2024



**TOLLAND
LACROSSE**

**Registration
Now Open!**

www.tollandlacrosseclub.org





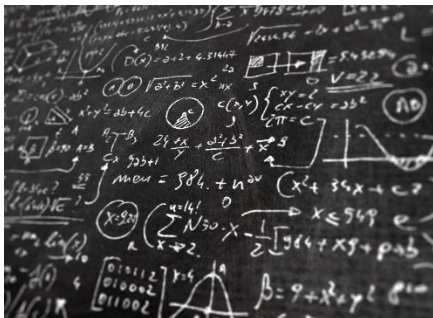
FAMILY INTERACTIVE STEAM NIGHT

Friday, February 2, 2024

6:00 – 7:30

Birch Grove Primary School

Come explore STEAM Activities with the Tolland Family Resource Center. You will be able to create art and experiment with hands-on activities. Please register by Friday, January 26, 2024. Spots are limited.



SNOW DATE: Friday, February 9, 2024



Scan or click the QR code to register for this free event. Open to children in preschool through 5th grade and their families.

FOR 5TH GRADE STUDENTS: THE 5TH GRADE DANCE
WAS POSTPONED DUE TO WEATHER CONCERNS.
LOOK FOR AN UPDATED FLYER HERE WHEN
RESCHEDULED

FOR 4TH GRADE STUDENTS:



TEPTO PRESENTS...



The 4th Grade

**HOLLYWOOD
GLAM DANCE**

Friday, February 9, 2024
6-8pm
TIS Cafeteria

Tickets: \$10 at the door includes admission, water,
snack, and a favor!

Students must be accompanied by a favorite adult for the duration of the event.

For specific questions please email dcancellieri79@gmail.com

Tolland Public Schools K-8 Curriculum Night

Save The Date!

**Tuesday
March 26, 2024
5-8PM**

Back by popular demand! Join TPS staff for an evening of fun activities for the whole family, highlighting the amazing things happening in our classrooms every day! This year we are hoping to expand our night to include grades K-8. We hope you can join us!

Pizza will be provided for everyone that attends.



FROM OUR SCHOOL NURSE:

Appropriate Outerwear and Appropriate Footwear

Two reminders for your student. Please remind them to know their scheduled day for gym class. They should be wearing appropriate athletic footwear to participate in required gym activities. Should you have any questions please reach out to kdowning@tolland.k12.ct.us OR you may contact the nurse. If your student does not know their gym day, have them check their class schedule. If they do not usually wear athletic shoes, a good option would be for them to have a labeled pair they keep in their locker.

Winter weather and outdoor recess. Your student should plan to have appropriate outerwear for cooler temperatures. If the weather is 20 degrees F and calm, recess is most likely outdoors. Days where there is snow on the ground and the temperature is warm enough; outdoor play will likely occur. Please help your student plan to bring, or wear, the appropriate outdoor gear for their comfort level. Boots are needed to play in the snow.



TEPTO

TOLLAND ELEMENTARY PARENT TEACHER ORGANIZATION

JOIN US FOR OUR MONTHLY MEETINGS!

Wednesday September 6: Birch Grove Primary Library

Wednesday October 4: Tolland Intermediate School Library

Wednesday November 1: BGP Library

Tuesday December 5 : TIS Library

Wednesday February 7: BGP Library

Wednesday March 6: TIS Library

Wednesday April 3: BGP Library

Wednesday May 1: TIS Library

Wednesday June 5: BGP Library *



7 :00 pm

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All meetings begin at 7:00 PM

Questions? TEPTO Contact Information:

Diana Gascon, President
dcancellier79@gmail.com

Becky Moore, VP
rlmoore313@gmail.com





THE TEPTO YEAR AT A GLANCE



SEPTEMBER

- JOIN US! BG LIBRARY: SEPT. 6 @ 7PM
- LYMAN PIE ORDERS
- KASTLE ORDERS
- CIDER MILL ROAD RACE
- VISIT THE SPIRIT WEAR STORE- ONGOING ALL YEAR

OCTOBER

- JOIN US! TIS LIBRARY: OCT. 4 @ 7PM
- STAFF APPRECIATION
- VISIT THE SPIRIT WEAR STORE- ONGOING ALL YEAR

NOVEMBER

- JOIN US! BG LIBRARY: NOV. 1 @ 7PM
- LYMAN PIE PICK UPS
- KASTLE ORDERS SHIP TO HOME
- TIS BOOK FAIR
- ART TO REMEMBER ORDERS
- VISIT THE SPIRIT WEAR STORE- ONGOING ALL YEAR

DECEMBER

- JOIN US! TIS LIBRARY: DEC. 6 @ 7PM
- FROSTY FEST
- BIRCH GROVE BOOK FAIR
- ART TO REMEMBER DELIVERY
- VISIT THE SPIRIT WEAR STORE- ONGOING ALL YEAR

JANUARY

- NO MEETING THIS MONTH!
- KINDNESS SIGN CAMPAIGN
- ORDERS AND PICK UP
- 5TH GRADE DANCE
- VISIT THE SPIRIT WEAR STORE- ONGOING ALL YEAR

FEBRUARY

- JOIN US! BG LIBRARY: FEB. 7 @ 7PM
- STAFF APPRECIATION
- KINDNESS SIGN DISPLAYS
- BUTTER BRAID ORDERS
- 4TH GRADE DANCE
- VISIT THE SPIRIT WEAR STORE- ONGOING ALL YEAR

MARCH

- JOIN US! TIS LIBRARY: MAR. 6 @ 7PM
- TIS BOOK FAIR
- BUTTER BRAID PICK UP
- VISIT THE SPIRIT WEAR STORE- ONGOING ALL YEAR

APRIL

- JOIN US! BG LIBRARY: APR. 3 @ 7PM
- VISIT THE SPIRIT WEAR STORE- ONGOING ALL YEAR

MAY

- JOIN US! TIS LIBRARY: MAY 1 @ 7PM
- BIRCH GROVE BOOK FAIR
- SPRING SOCIAL AND ART SHOW
- STAFF APPRECIATION
- VISIT THE SPIRIT WEAR STORE- ONGOING ALL YEAR

JUNE

- JOIN US! BG LIBRARY: JUNE 5 @ 7PM** (SUBJECT TO CHANGE)
- SCHOOL SUPPLY ORDERS

JULY



AUGUST

- SCHOOL SUPPLY ORDERS ARRIVE- FREE SHIP TO HOME!
- GEARING UP FOR THE NEW YEAR!



JOIN THE

-CREW-

After School

SPOTS STILL AVAILABLE!



TOLLAND RECREATION PRESENTS "the CREW After School" Program

CELEBRATING RECREATION, EDUCATION AND WELL-BEING



- After School Care for TIS Students
- Monday-Friday open until 6:00 P.M.
- Includes Early Release Days!
- We focus on homework & reading each day as well as recreational games & activities

For more information call 860-871-3610 or visit www.tollandct.myrec.com

\$250.00/per month

- 50% ARPA Fund DISCOUNT

ONLY \$125/Month!

C
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K-12 Student Accident Insurance

Enroll Online



www.studentinsurance-kk.com

Worried about paying for your child's medical care if an accident should happen? K&K's student accident insurance can help.

K-12 Accident Plans available through your school:

- *At-School Accident Only*
- *24-Hour Accident Only*
- *Extended Dental*
- *Football*

How to Enroll Online

Enrolling online is easy and should take only a few minutes. Go to www.studentinsurance-kk.com and click the "Enroll Now" button.

1. Start by telling us the name of the school district and state where your child attends school.
2. We'll request each student's name and grade level.
3. You'll see the available plans and their rates. Select your coverage and continue to the next step.
4. We'll request information about you, like your name and email address.
5. Next, you'll enter information about the child or children to be covered.
6. Enter your credit card or eCheck payment information.
7. Finally, print out a copy of the confirmation for your records.

For further details of the coverage including costs, benefits, exclusions, any reductions or limitations and the terms under which the policy may be continued in force, please refer to www.studentinsurance-kk.com. Student is able to purchase the coverage only if his/her school district is a policyholder with the insurance company.

¿Le preocupa tener que pagar la atención médica de su hijo si ocurre un accidente? El seguro contra accidentes para estudiantes de K&K puede ayudarlo.

Planes de cobertura en caso de accidente para K-12 disponibles a través de su escuela:

- *Sólo accidentes en la escuela*
- *Sólo accidentes, 24 horas*
- *Dental extendido*
- *Fútbol*

Cómo inscribirse en línea

Inscribirse en línea es fácil y sólo le tomará unos pocos minutos. Visite www.studentinsurance-kk.com y haga clic en el botón "Enroll Now" ("Inscribirse ahora").

1. Comience por decirnos el nombre del distrito escolar y el estado en el que su hijo(a) va a la escuela.
2. Solicitaremos el nombre y el grado de cada uno de los estudiantes.
3. Verá los planes disponibles y sus tarifas. Seleccione su cobertura y continúe con el siguiente paso.
4. Le solicitaremos información sobre usted, como su nombre y dirección de correo electrónico.
5. Después, ingresará la información acerca del niño o niños que recibirá(n) cobertura.
6. Ingrese la información de pago de su tarjeta de crédito o eCheck.
7. Finalmente, imprima una copia de la confirmación para sus registros.

Para obtener más detalles sobre la cobertura, incluidos costos, beneficios, exclusiones y reducciones o limitaciones y los términos en virtud de los cuales esta póliza podría continuar en vigencia, consulte www.studentinsurance-kk.com. Los estudiantes pueden comprar la cobertura únicamente si su distrito escolar es titular de una póliza con la compañía de seguros.



School Meals 2023-2024:

All students are eligible for a free breakfast each day. Students who qualify for free or **reduced-price meals** will also be eligible to receive one free lunch daily. **ALL OTHER LUNCHES WILL BE CHARGED AT THE CURRENT LUNCH PRICE PER SCHOOL.**

Payment for these lunches is the responsibility of the parent or guardian. The district participates in the National School Lunch Program and Breakfast Program which offers students nutritionally balanced meals daily. The lunch period is 30 minutes. Proper manners are always expected in the cafeteria. Free and reduced price meals are available based on financial need. Information on this program may be obtained from the main office or Abby Kassman-Harned, the Food Service Director, at aharned@tolland.k12.ct.us or 870-6854.

We use a Point-of-Sale System that allows you to put money into an account for your child to purchase meals.

Scanning – All students will be scanned unless the parent or guardian opts out of this biometric identification procedure. When your child comes through the service line, he/she will scan his/her finger as a means of identification.

Payments – The cost of lunch at Birch Grove and Tolland Intermediate school is \$3.15. One school breakfast is free for all students. One milk is provided for each lunch and breakfast. Ala carte milk is \$0.75. You may sign up for [“My School Account”](#) and make your payments online. Your child may give payment along with a form to his/her classroom teacher to send to the office, or he/she may bring payment directly to the cashier in the cafeteria at mealtime. Your payment may take us a few days to process. It is important to keep a positive balance in your students’ accounts. If you have any questions or concerns, you may contact us at 860-870-6854 or aharned@tolland.k12.ct.us



The End

