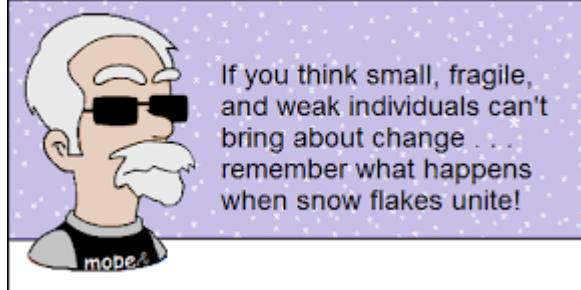


# TPS SUPERINTENDENT BULLETIN

**hope&humor** jameswatkins.com



If you think small, fragile,  
and weak individuals can't  
bring about change . . .  
remember what happens  
when snow flakes unite!

**UPDATE FOR 2/15/2016**

**JUMP TO SCHOOL UPDATES:**

Please CLICK BELOW to get the **DIGITAL BACKPACK** information for the listed school:

[BG](#)  
[TIS](#)  
[TMS](#)  
[THS](#)

**SUPERINTENDENT NOTES FOR THE WEEK**

This month I have included a link for Dr. Stephen L. Chew's How to Study Videos. He is a Cognitive Psychologist from Samford University, in Alabama. Although geared to students who are preparing for college, it has useful content for all students. Take a look here: [Dr. Stephen Chew – How to Study Videos](#)

Feeling tired? Seems like we all are, but particularly the children:

<http://www.apa.org/monitor/2016/02/sleep-deprived.aspx> - it will be one of my objectives in the coming few years to analyze our schedules, and see what we might be able to do to help.

And in some other research, I know I can be hard on my kids about studying, and sometimes math in particular (for a reason I cannot explain). I stumbled across this interesting article/blurb: **Parents' unrealistic aspirations can harm a child's performance in math classes**, according to research led by a University of Reading psychologist. The research team analyzed data from 3,530 students in grades five to 10 and their parents in Bavaria, Germany. The study found that children of parents who had high but realistic expectations for performance in mathematics did well, but when parents' aspirations exceeded reasonable expectations, the children's achievement was lower. The researchers found similar results in a two-year study with more than 12,000 U.S. students and their parents (*Journal of Personality and Social Psychology*, online Nov. 16).

Finally, we have always had a sense that who are kids are “with” can influence some of their behavior, turns out there is some research to support it: **Adolescents become less similar to their friends with regard to alcohol abuse and more similar to romantic partners after they start new romantic relationships**, finds research by Florida Atlantic University

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psychologists. More than 1,200 participants ages 12 to 19 completed a questionnaire about their alcohol use. Findings showed that friends with romantic partners were less similar on rates of alcohol abuse than friends without romantic partners. Researchers then did follow-up analyses on a subsample of nearly 650 participants who reported their friendships had been stable for two years. The findings suggest that associations between friend reports of alcohol abuse declined after adolescents became involved in romantic relationships, at which point they became more similar to their romantic partners than to their friends (*Developmental Psychology*, online Nov. 23).

By the way, this is very interesting, but we probably can't accept this: [Most Interesting Excuse Note Ever](#) ☺

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Please note the upcoming dates for **Breakfast with the Superintendent are: March 7, April 4, May 2, and June 6 from 10AM to 11AM @ 51 Tolland Green (the Central Office)**. Come and bring your questions, comments, and conversation. Breakfast items are provided, childcare is provided with advanced notice. I look forward to seeing you there!

ALSO, for anyone who cannot make it during the day, try **April 5, 2016 - 6:30 PM – Pizza with the Superintendent**-Please RSVP to Jen Palumbo at [jpalumbo@tolland.k12.ct.us](mailto:jpalumbo@tolland.k12.ct.us)!

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Please also take note of these Superintendent Community Workshops on **Assessment**. These will build off the previous Workshop on Assessments in Tolland held this year. You do not have to have attended the first to attend these. They will be held March 22, 2016 and May 9, 2016 held at the Central Office, 51 Tolland Green, starting at 7 PM. Please RSVP to Jen Palumbo @ [jpalumbo@tolland.k12.ct.us](mailto:jpalumbo@tolland.k12.ct.us).

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## **ATHLETIC PROGRAM DEADLINES – SPRING SPORTS**

This is a reminder that the deadline to register your child and to turn in up to date physical forms for spring sports at Tolland Middle School and Tolland High School is **Monday, February 29, 2016**.

To register your child and find the proper medical forms please visit the athletics page of THS or TMS websites and click the "Athletic Participation and Forms" tab. Upon successful submission of your registration you will receive a confirmation email from FamilyID notifying you that your child has been registered.

To turn in updated physical forms to the nursed office at each school you have several options. You may attach a PDF version of the completed form when you register your child online. You can deliver a hard copy to the school's main office. You may also fax or email the forms directly to the respective school.

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Please note that the registration database will not be accessible after February 29th and late registrations will not be accepted.

Should you have any questions about the registration process please call me at (860) 870-6827,

Respectfully,

Patrick Cox

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## Athletic Openings



We are seeking both a Head High School Girls Soccer and Head High School Boys Soccer Coach for the Tolland Public Schools Athletic Program

The position requires Connecticut State Coaching Certification

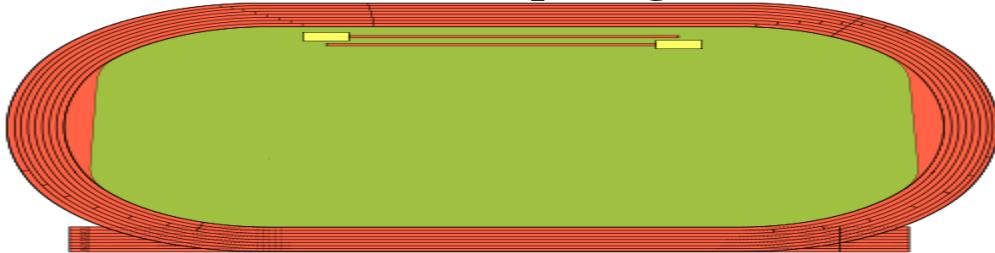
Current CPR and First Aid Courses

For more information and to apply visit our website at

<http://www.applitrack.com/tolland/onlineapp/default.aspx>

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## Athletic Openings



We are seeking a Middle School level Head Track Coach for the Tolland Public Schools Athletic Program

The position requires Connecticut State Coaching Certification

Current CPR and First Aid Courses

For more information and to apply visit our website at

<http://www.applitrack.com/tolland/onlineapp/default.aspx>

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## Potential Links of Interest

[Most Interesting Excuse Note Ever](#)

[Dr. Stephen Chew – How to Study Videos](#)