UPDATE FOR 9/12/2016

JUMP TO SCHOOL UPDATES:
Please CLICK BELOW to get the DIGITAL BACKPACK information for the listed school:
BG
TIS
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THS
Items of potential Interest this week (APA):

**Baby Talk**

Babies find it easier to learn the names of objects when those names include repeating syllables, suggests a study in *Language Learning and Development*. Researchers showed 24 babies pictures of two novel toys. One toy was described with a nonsense name with repeating syllables (like "nee-nee") and one with a name with non-repeating syllables (like "bolay"). Later, the babies were more likely to associate the correct name with the toy when it was a repeating-syllable name. The researchers say that this may be why many "baby talk" words and phrases include repeated syllables, like "choo-choo" and "night-night."

**Boys at risk**

Teen boys who attempt suicide face more risk factors for heart disease in their twenties, according to a study in *Health Psychology*. The researchers found that among 8,000 young adults, young men who had attempted suicide as teens had significantly higher blood pressure and more systemic low-grade inflammation than those who had not. Young women did not follow this pattern, but the researchers did find that young adult women who had been close with someone else who attempted suicide as a teen were more likely to be overweight or obese and to have high blood pressure as young adults.

**Generational barriers**

A language barrier between immigrant parents and their children may contribute to teens' behavior problems, suggests a study in the *Journal of Research on Adolescence*. Researchers observed interactions between 674 pairs of young teens and mothers, all of Mexican origin, and then measured self-control and aggression in the teens. They found that positive discipline and warm parenting increased self-control and decreased aggression in the children, but only when the mother and teen were proficient in a common language. The researchers suggest that this is because the language barrier makes it more difficult to have complex conversations about, for example, parents' rules or teenagers' concerns.

**Commuting woes**

Children whose fathers commute a long distance to work face more emotional and social problems, suggests research in the *Journal of Family and Economic Issues*. The analysis of data from a nationally representative sample of German workers found that 5- and 6-year-old children with fathers who commuted more than 24 miles each way had lower levels of prosocial behaviors than other children their age, and that those whose fathers commuted more than 37 miles each way had more problems with peers, even after adjusting for parents' work hours, education and other factors. The researchers hypothesize that parental stress and fatigue may explain the link.
Recovery from depression
About two in five adults with major depression recover complete mental health, defined as almost daily happiness or life satisfaction; positive social and psychological well-being; and freedom from depression, anxiety and suicidal thoughts for one full year, according to a study in Psychiatry Research. The researchers examined a nationally representative sample of 2,500 Canadians who had experienced major depression. They found that the length of the depressive episode did not correlate with recovery, but that people with good social support and good physical health were more likely to recover.

An integrated look at pediatric sleep
Three journals published coordinated special issues in June focusing on improving sleep in children with chronic illnesses and developmental disorders. APA's Clinical Practice in Pediatric Psychology, the Journal of Pediatric Psychology from Div. 54 (Society of Pediatric Psychology) and the Journal of Developmental and Behavioral Pediatrics from the Society for Developmental and Behavioral Pediatrics teamed up to highlight new research on sleep in children with autism, ADHD, chronic pain, diabetes and other conditions.

"For researchers, the quality of the studies across these three journals shows the benefits of longitudinal study designs, the importance of including objective and subjective measures of sleep, and the value of including sleep as a variable of interest," Lisa J. Meltzer, PhD, of National Jewish Health in Denver, wrote in the introduction to the CPPP special issue. "In addition, for clinicians, it is my hope that the diversity of papers included in the three journals will serve as inspiration and motivation to integrate sleep into their clinical practices, whether through a simple screening, a detailed intervention, or somewhere in between."

Autism therapy
Telehealth training could help parents provide therapy to their children with autism, suggests a pilot study published in the Journal of Autism and Developmental Disorders. Twenty-eight parents completed a 12-week, self-directed online course on an autism intervention, and half of the participants also received two 30-minute coaching sessions a week with a therapist, via video-conferencing. Parents in both groups learned to use the intervention technique, though those with coaching made greater gains. Children in both groups improved their language skills, and children in the therapist-assisted group also improved in social skills.

Teens and marijuana
Adolescents' use of marijuana and rate of marijuana use disorders fell from 2002 to 2013 in the United States, according to research in Child and Adolescent Psychiatry. Researchers analyzed data from 216,000 teens collected as part of the National Survey on Drug Use and Health. In 2002, 16 percent reported using marijuana during the previous year; in 2013 it had dropped to 14 percent. In 2002, 4 percent of teens reported marijuana-use disorders such as becoming dependent on the drug; in 2013, it was 3 percent.

Alcohol and stress
Drinking during adolescence could increase vulnerability to stress later in life, suggests a rat study in Brain Research. The researchers gave rats alcohol every other day starting in early- to mid-adolescence. In adulthood, those same rats showed a maladaptive stress response: Rats, like humans, should release a large amount of stress hormone when they are first exposed to a stressor but have a smaller response to the same stressor over time as they adapt to it. But the alcohol-exposed rats continued to show a large hormone response to a chronic stressor, suggesting that teen alcohol use could have lifelong effects.
I know this is a busy time, so I will provide a more detailed “welcome back” message in my bulletin for next week. If you have any questions as school gets underway, please do not hesitate to contact me.

Mark them in your calendar!

**Breakfast with the Superintendent 2016-2017:**
October 3, November 7, December 12, February 6, March 6, April 3, May 1, and June 5. Breakfast is at 9:00 am at the Board of Education Office. Come

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<th>BUDGET WORKSHOPS</th>
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<td>October 5, 2016</td>
<td>October 19, 2016 – 7:00 pm-Standardized Assessment and the Tolland Public Schools</td>
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<td>November 16, 2016</td>
<td>December 7, 2016 – <a href="#">Internet Safety Presentation</a> Tolland High School Auditorium – 7:00 – 8:30 pm</td>
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<td>January 9, 2017</td>
<td>February 8, 2017 – 7:00 pm-Topic and Location- TBD</td>
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<td>January 18, 2017</td>
<td>April 5, 2017 – 7:00 pm-Topic and Location TBD</td>
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<td>February 15, 2017</td>
<td>June 7, 2017 –7:00 pm-Topic and Location TBD</td>
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TOLLAND HIGH SCHOOL OPEN HOUSE
September 13, 2016 – 6:30 pm
February 9, 2017 – 6:30 pm

TOLLAND MIDDLE SCHOOL CURRICULUM NIGHT
September 8, 2016 - Grade 6 – 6:30 pm
September 15, 2016 – Grade 7 and Grade 8 – 6:30 pm

TOLLAND INTERMEDIATE SCHOOL CURRICULUM NIGHT
September 14, 2016-Grade 3-6:30 pm
September 20, 2016 – Grade 4 – 6:30 pm
September 21, 2016 – Grade 5 – 6:30 pm

BIRCH GROVE PRIMARY SCHOOL CURRICULUM NIGHT
September 22, 2016 – Kindergarten – 6:30 pm
September 28, 2016 – Grade 2 – 6:30 pm
September 29, 2016 – Grade 1 – 6:30 pm

News from the Cafeteria

Healthy Snacks are offered at TIS
A limited number of Snacks are available for purchase during each lunch wave. Tolland Public Schools participates in Healthy Food Certification and all of our Snacks meet the Connecticut Nutrition Standards!

Items may include:
- small bags of baked chips, whole grain rich pretzels or popcorn
- 100% frozen juice treats
- whole grain rich cookies and dessert items
- whole grain rich cereal bars
- small ice cream treats

If you have questions, please contact Abby Kassman-Harned, Director of Food Service aharned@tolland.k12.ct.us or 860-870-6853 ext. 109
Important message regarding Supplemental Nutrition Assistance Program

USDA requires that all parents be notified of the availability of the Supplemental Nutrition Assistance Program within school districts. End Hunger CT! has teamed up with local schools to provide families with information about SNAP, the Supplemental Nutrition Assistance Program. SNAP is a federally funded program that was created to assist individuals and families to supplement their food budget. One of the many benefits of SNAP is that participation in the program automatically makes your child or children eligible for FREE SCHOOL MEALS. End Hunger CT! has SNAP call center associates available to pre-screen you for eligibility and complete your application. Many families are surprised that they qualify for this benefit. The screening and application process is quick, easy, and confidential. Contact EHC! today @ 866-974-SNAP (7627) and speak with one of our call center associates (English or Spanish speaking available) or visit their website and use their online pre-screening tool at www.ctsnap.org.

INFORMATION ON THE SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM (SNAP)

A MESSAGE FROM FAMILY RESOURCE CENTER

The Tolland Family Resource Center is ready to help you and your children grow together. We offer home visiting through our Parents as Teacher's Program, playgroups, Spanish classes, preschool, before and after school care, ESL for adults, parenting classes and daycare provider training. For more information visit our website www.myteacherpages/webpages/tollandfrc.

Thank you so much!

Laurel Leibowitz
Tolland Family Resource Center Coordinator
Birch Grove Primary School
247 Rhodes Rd.
Tolland, CT 06084
(860) 870-6750 X 30215
CHECK US OUT ON FACEBOOK AT:

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Or
Superint. Willett

LINKS AND OTHER ARTICLES OF POTENTIAL INTEREST

Stem Scouts Flyer
Stem Scouts Information Packet
Stem Scouts Curriculum Guide
Volunteers Needed-Cider Mill 5K
Cider Mill Family Fun Run 5K Application
Tolland Education Foundation Bowling Event
REPORT: American Students Are Still Segregated by Income, Race
Where Sixth-Graders Run Their Own City
Celebrate Tolland – September 17, 2016