

TIS Digital Backpack October 31, 2022



FROM THE PRINCIPAL'S OFFICE:

Feel Your Best Self

At TIS we have begun implementing a program called Feel Your Best Self. Feel Your Best Self was developed by a team from the University of Connecticut. According to the FYBS website, FYBS is designed for elementary-aged kids as an educational toolkit for learning strategies to calm yourself, catch your feelings, and connect with others. The FYBS strategies offer fun and easy ways to help kids (and grown-ups) experience lifts in emotions, feeling, or mood. Using FYBS, kids explore different strategies to find those that work best to help them navigate different situations to feel their best! The team is led by Dr. Sandra Chafouleas Co-Director, UConn Collaboratory on School and Child Health (CSCH) and Emily Wicks, of the University of Connecticut Ballard School of Puppetry. At TIS Feel Your Best Self consists of monthly lessons that link with our monthly HAWK Nest advisor/Advisee meetings. Concepts introduced through Feel Your Best Self are referred to in natural contexts that arise during the school day.

For more information on Feel Your Best Self simply visit the following website:
<https://feelyourbestself.collaboration.uconn.edu/>

PTO Staff Appreciation

Thank you to our wonderful PTO for the delightful treats they provided for our Staff Appreciation Day! Every year the PTO outdoes itself!



Hawk Food Drive

Hawks Against Hunger: A Food Drive to benefit the Tolland Food Pantry

The Tolland Intermediate School Hawk Ambassadors would like to thank everyone who participated in the food drive! It was a great success. We collected over 40 boxes of food for the Tolland Food Pantry.



Parent/Guardian Teacher Conferences

Parent/Guardian Teacher conferences will be held on November 3rd and 4th. The November 3rd conferences will be held from 1:20 - 3:45. This is an early release day for students (12:40). The November 4th conferences will be held from 8:30 - 3:35. There is no school for students on this date. This year our conferences will be held virtually or in-person.

Parents/guardians should have already received an email enabling them to sign up for a conference. Parents/guardians have the ability to sign up for a conference with their child's classroom teacher, a UA teacher, a member of our intervention or special services team. Due to the large number of conference slots required, all conferences will be limited to 15-minute slots. This week a list of Google Meet Links will go out. A link to the sign-up sheet and the Google Meet links sheet (if conferencing virtually) are posted on the front page of the TIS webpage.



TIS CALENDAR

November

- 1-4 Book Fair (see following pages for details)
- 3 Early Dismissal for Parent-Teacher Conferences
- 4 NO SCHOOL for students – Parent-Teacher Conferences
- 18 Hat Day
- 23-25 NO SCHOOL



Spirit Day



Hat Day
November 18th



T.I.S. is having its Scholastic Fall Book Fair!

Save the Date!

Monday, October 31st - 9am - 3pm

Tuesday, November 1st - 9am - 4pm

Weds, November 2nd - 9am - 6pm

Thursday, November 3rd - 9am - 4pm*

Friday, November 4th - 9am - 4pm*

****We will be open during Parent-Teacher Conferences***



DONATIONS WELCOME!

**BRAND NEW KIDS' ITEMS:
HATS, MITTENS, SCARVES, SOCKS**

♥ DONATE BY FRIDAY, DECEMBER 9th ♥

SPONSORED BY 'FROM THE HEART'

ITEMS FROM LAST WEEK'S DIGITAL BACKPACK:



Tolland Girls Travel Basketball

Ben Wry: Director:
860-502-5460

benjaminwry@gmail.com
TollandTravelBasketball.com



Introduction:

Tolland Travel Basketball is an organization that provides increased opportunities and training for girls to become competitive basketball players. Girls will gain a foundation of skills and understanding of the game so they can continue playing in high school and beyond.

Commitment:

The player's experience will depend on the level of commitment they give to practices and games. Please do your best to attend as often as possible in order to have prepared and competitive teams.

- ★ November-February (some teams make the playoffs extending into March)
- ★ practice 2 times a week for around 75 mins each practice
 - All practices will take place at a Tolland School
- ★ 1-2 games on the weekend (mostly 1)
 - Most games are within a 20-minute drive. The farthest is 40.
- ★ Preseason tournament in November

Ages/Teams:

Girls in grade level 5-8: Advanced 4th graders can also tryout. Every season, the number of teams that Tolland fields depend on the number of girls that sign up. Typically, each grade level has one team; however, there have been many years in which two grade levels combine for one team. It is also possible that one grade level has multiple teams.

Selectivity/Cuts:

As mentioned above, every season is different. Coaches will evaluate players each fall, make thoughtful decisions, and have conversations with each family regarding the outcomes/decisions made.

Cost:

Each year, the cost varies (typically between \$200-300) depending on the needs of that team (i.e. jerseys, team warm up sweatshirts, etc.). We typically buy jerseys/gear in 2 year cycles so that what you buy is used for two years, and then another set is bought 2 years later (5th & 7th grade being the most typical purchase cycles). Fees also cover our cost for referees, gym rentals, league fees, and team equipment. Please bring a check, made out to Tolland Travel Basketball, on the first day of tryouts. If your child is not selected, your check will be returned or destroyed.

Tryouts:

Will be held during the first week of November. To register, please complete this [Form](#) or visit <http://www.tollandtravelbasketball.com>



Tolland Girls Travel Basketball

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When?

Grades 5 & 6- Wednesday November 2nd & Thursday November 3rd 6-7 pm

Grades 7 & 8- Wednesday November 2nd & Thursday November 3rd 7-8:30 pm

Where?

Tolland Intermediate School

What To Bring:

Basketball, Water, Athletic Clothes, etc.

Miscellaneous:

All tryouts are "closed" to parents, guardians, siblings, etc. Only Players & Coaches will be allowed in the gym.

[Click Here to Register](#)

[Click Here More Information About Tolland Travel Basketball](#)

[Click Here For Sponsorship Opportunities](#)

If any of the links above do not work, they can all be accessed at

<http://www.tollandtravelbasketball.com>



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LITTLE BY LITTLE WE CAN MAKE A BIG DIFFERENCE.

The Box Tops mobile app uses state-of-the-art technology to scan your store receipt, find participating products and instantly add Box Tops to your school's earnings online.

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FOR THE
LABEL:



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SCAN YOUR RECEIPT

Use the app to snap a photo of your receipt within 14 days of purchase.



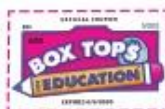
EARN CASH FOR YOUR SCHOOL

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THE BOX TOPS APP AT [BTFE.COM](https://www.btfef.com)

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The End

