

Celebrating Excellence

Torrington Public Schools



SPRING 2020

Family, School, Community

Message From The Superintendent:

In acclimating to the “new normal” and remote learning, we want to focus on all the wonderful activities that have taken place over the past year. This publication was prepared prior to recent events, but we thought it may give families a reprieve from current events and offer a glimmer of hope for a better time ahead.

Over the summer, we were excited to welcome our students back to school. However, many teachers worked hard all summer to prepare for the new school year. Teachers enhanced our curriculum and attended several professional development sessions. Our athletes were also busy during the summer heat as they were already preparing for our fall seasons. As a result, we had a very smooth start to the school year.

At the high school, we have more course offerings than ever before, including engineering, soldering, sports medicine, coding and drone classes. The high school has over 35 clubs that capture the interests of our students. All of this year's 9th graders are involved in a club. Our music program continues to shine. Once again, the THS Marching Band has won top honors at the Bristol Mum Festival. Ninth graders were welcomed to the high school with a special orientation in August to help them become familiar with the campus, class locations and schedules as well as the high school routine. Last May, a NEASC (New England Association of Schools and Colleges) Accreditation Team visited the high school for several days, meeting with staff and students. The NEASC was very impressed with the sense of community and kindness the students displayed to each other and the staff as well as the commitment they had to performing community service. Additionally, the Team also became aware of the dedication our community has to our students. Our students are very fortunate to live and learn in Torrington!

The middle school offers enrichment classes as well as support for students who are struggling academically. In addition to the core academic areas, the middle school continues to provide hands on technology classes that expose students to a variety of careers and interests as they move into the high school: coding, wood working and structural design. In November, eighth graders visited the high school to experience a “day in the life of a high school student”. During the visit, students commented on the interactive lessons and welcoming environment.

Our elementary schools are in the second year of the sister school model, K-3 and 4/5: Tarringford (K-3) and Forbes (4-5) is one sister school and Vogel-Wetmore (K-3) and Southwest (4-5) is our other sister school. The sister schools collaborate on events and activities to help bring our families together. In keeping with the motto of “respect, responsibility and safety”, our elementary schools continue to focus on care for self and others as well as providing the foundation for our future generation of Torrington Raiders!

We miss our students, families, and staff and look forward to returning to school when possible. Even through distance learning, we will remain connected. We will get through this challenging time and become an even stronger school community. As always, we will continue to celebrate the excellence of Torrington Public Schools each and every day.



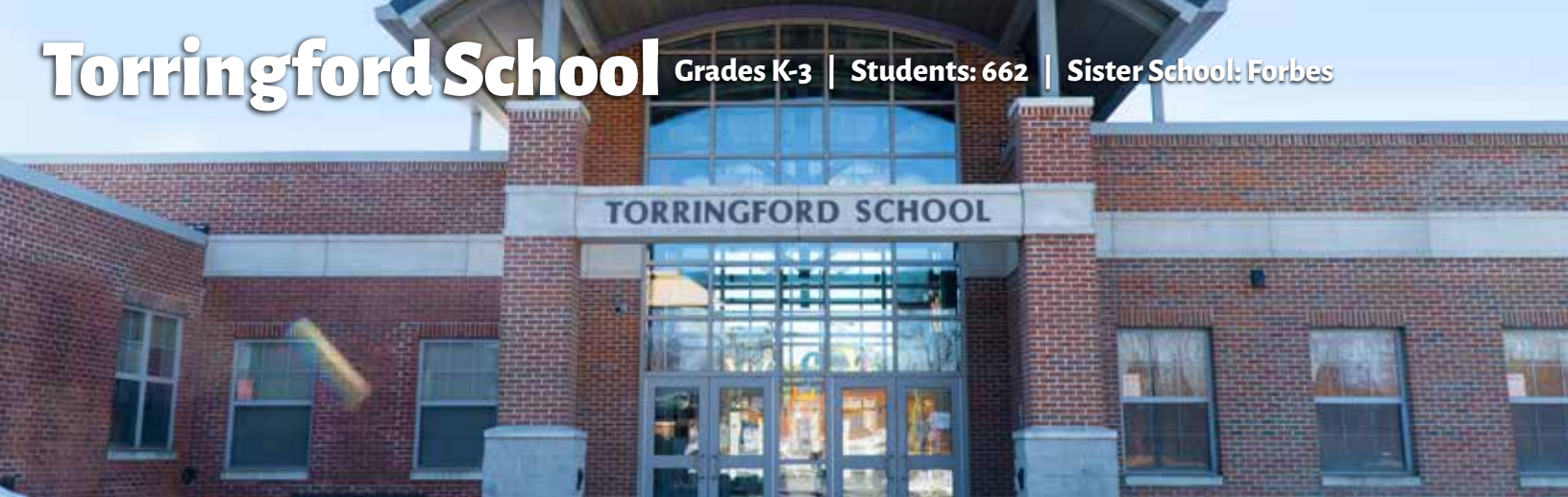
Susan M. Lubomski,
Superintendent

Torrington School District Teacher of the Year

Tara D’Lorio

Tara is an incredibly efficient, hard-working, creative, caring individual. As a special education teacher, Tara displays dedication and commitment to the complete education of all the students in her classes and on her caseload. She takes a genuine interest in her students’ lives. She is always concerned with their well-being both inside and outside of school, often using her own resources and time to ensure that students are properly prepared for school. Students thrive in her class. This is due not only to her knowledge but also the use of a variety of highly engaging instructional strategies. Her students love her because they know she genuinely cares about them. This is a teacher who’s been known to sneak into the back alley of graduation ceremonies to give hugs, calm nerves, and straighten caps and gowns. A teacher who helps students with special needs dominate the dance floor at social events. Tara helps her students learn, but more importantly she helps them grow. Tara never shies away from a challenge. She always feels like there’s more she can do. We had no Unified Sports team so she helped to create one. She’s been known to play Santa Claus for many an underprivileged child. She is present at every school event. She manages to make time for everyone, always. Despite her young son’s serious medical condition, Tara manages to give 200% of herself to her work every day and still be the best mom possible to her two sons. Tara reaches the unreachable; she motivates the unmotivated. There are no reluctant learners around her. She puts students, friends, and family before herself as an absolute rule. Her presence immediately calms students and gives them hope. Tara is the kind of teacher we all strive to be every day.





TORRINGTON SCHOOL

800 Charles Street • Torrington, CT 06790 | 860-489-2300 | Principal: Kelly Galullo



From Principal Galullo:

What's New at Torrington?

This year, Torrington has added a few new things to make the school more engaging and welcoming for our students and families. Second grade teacher Brandy Grant wrote a grant to help us obtain three new television monitors for our school. We use the monitors to share updates, celebrations, stats, and photos of our students. The information scrolls in the main entrance, the pick-up entry, and the cafeteria. If you come by the school to play, you may also notice our freshly painted blacktop. Lowes Store donated the supplies for staff and parents to paint games and activities on the blacktop for recess. We have added 4-square, basketball lines, hopscotch, mirror-me, a sensory path, alphabet trail, and more! The colorful space looks so inviting while allowing kids to be creative and active during play. Our Wellness Committee wrote a Fit Together grant last year to receive an indoor sensory hallway as well. The path provides a movement break for all students to refresh, get the wiggles out, and return to learning. Torrington won a contest to receive a full year's subscription to Pebble-Go, a research database specifically designed for students K-3rd grade. With that we have received free training for teachers on how to utilize this resource to engage our students.

In addition to the new resources, Torrington now has a new schedule to support student growth. We have added a What I Need Now (WINN) block to each day. This time allows for students

to receive small group instruction based on their individual needs. In addition, we have weekly grade level meetings to analyze data and collaborate to effectively meet the needs of our learners.

Who's New at Torrington School?

This year Torrington welcomes Georgia Austin as our new Assistant Principal. Mrs. Austin was formerly a K-3 teacher, and most recently a numeracy coach in Simsbury. She brings a wealth of knowledge and experience to our community. We are also very fortunate to have four Interventionists this year. Kyle O'Toole and Karen Osborne are joined by Diana Mazzacane and Kerry Sponzo. These new positions allow us to provide targeted intervention to more students. The interventionists analyze school-wide data and meet with teachers to develop targeted learning goals for students. We are excited to have Lisa Valenzisi as our new Student Services Supervisor. We share her with Forbes Elementary School. She is helping us move towards our goal of building student independence.

What's Happening at Torrington?

- ▶ Torrington Tigers celebrated 100 positive office referrals with a hallway dance party.
- ▶ PTO hosted Bedtime Stories with Grandparents.
- ▶ Classrooms created Storybook Pumpkins to highlight great stories from our bookfair. Pumpkins were donated by Ruwett Farms. PTO hosted our Berry Scary Acres Fall Festival at Ruwett Farms in October.



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- ▶ On November 1st, 3rd grade students went to Institute of Native American Studies in Washington, CT
- ▶ All students with perfect attendance each trimester will be entered into a raffle to win a Kindle. The Kindles were donated by Horace Mann.
- ▶ On November 8th Torrington celebrated our Veterans with a ceremony in the gymnasium. The event includes the THS colour guard, breakfast donated by Torrington Dunkin Donuts, a slide show of photos, songs and speeches performed by the students, and carnations donated by Lily & Vine.

Fund For Teachers: A Learning Experience Unlike Any Other

On August 2, 2019, 2 elementary school teachers from Torrington Public Schools boarded a plane headed to Copenhagen, Denmark. Their Fund for Teachers proposal was to grow their knowledge and skills around reading acquisition by learning from other professionals from around the world. Sandy Mangan and Brandy Zima attended The 21st European Conference on Literacy. The conference highlighted the importance of literacy and meeting the developmental needs of our youngest learners. The country of Denmark gave a glimpse into the importance of family involvement in the early reading process and how the partnership between parents and schools is essential.

After Denmark, The Reading Institute at Columbia Teachers College in New York City was the next stop. The focus was reading and writing. They learned from some of the leading professionals in the literacy field how to teach our youngest learners to lead small groups, understand the connection between reading and writing, integrating phonics instruction into reading and writing, and the importance of small group instruction for all students. They have been implementing their new learning in their classrooms since they returned.

Torrington Dance Team

Mrs. Erica McMurdy our Physical Education Teacher offers a 3rd grade dance team club. This club practices once a week. They recently performed at the St. Jude's Telethon at Torrington High School.

Attendance H.E.R.O.'s

Torrington celebrates students coming to school. Attendance HEROs are students who are: Here, Everyday, Ready to Learn, On time. Students are recognized monthly for this honor. Each trimester we draw 2 names from our perfect attendance list to be awarded a Kindle Fire Tablet sponsored by Horace Mann.



Torrington Dance



Torrington H.E.R.O.'s



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68 Church Street · Torrington, CT 06790 | 860-489-2570 | Principal: Peter Michelson



From Principal Michelson:

Vogel-Wetmore School is thriving! It has been a busy year at Vogel-Wetmore with a lot of exciting new initiatives and an intense focus on improved learning strategies. At the beginning of the school year Principal Michelson and Assistant Principal Deacon defined the

following goals, which are aligned to the district's focus areas:

- ▶ We will lead with relationships to sustain a positive school climate focused on community building and working restoratively.
- ▶ We will develop a common vision, mission, and set of core beliefs that reflect who we are as a school community.
- ▶ We will raise the quality and effectiveness of instructional practices to increase student achievement.
- ▶ We will partner with families and community supports to reduce chronic absenteeism.

We have been hard at work meeting these goals. Throughout the remainder of this article, you will read about some of the exciting ways in which we are working toward our goals.

W.I.N.N.

As previously mentioned, a school goal is to raise the quality and effectiveness of instructional practices to increase student achievement. At Vogel-Wetmore School, we recognize that all

students learn at their own unique rate. Therefore, we differentiate instruction to meet their individual needs. One way in which we are working toward this goal is by providing a 30-minute block to students called What I Need Now. Students have come to affectionately refer to this time as WINN.

To address students' individual needs, teachers have designed and provided targeted instruction in academic and social emotional learning areas. For a cycle of six to eight weeks, students are assigned to an area in which they may need extra help or enrichment. WINN groups include phonological awareness, oral language development, number sense, and friendship/conflict resolution. Students are selected for these interventions based on performance data.

Currently, our third grade teachers are providing a different approach during the WINN block. Since mid-February, our third graders have been immersed in exploring the Smarter Balanced Assessment in preparation for the spring administration in which they will partake. This is the first time in their careers as students that third graders will take the state mandated summative assessment. Third grade teachers worked closely with Mr. Deacon to develop a plan to help students feel more comfortable taking this assessment by providing them with examples of test questions and by exploring the test's format.

Winter Snowman Games

Upon returning from winter break, the school assembly committee held a very successful whole school assembly. We came



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together to enjoy the fun of winter. Students and staff participated in games including a snowball toss, turn a teacher into a snowman, and sled relay races. We even had a professional baseball player stop by to read us one of his favorite winter stories, Snowmen at Night! The smiles on the students' faces and the laughter heard in the gymnasium reminded us that the joys of childhood are at the heart of what we do!

Clubs

As part of our school's efforts to lead with relationships in order to sustain a positive climate, the advisory team has been working arduously to develop and execute clubs this school year. We are excited to say that a plan was developed, and students are now participating in clubs! Once a week for thirty minutes, all students participate in a club of their choice with a staff member. Staff members have pulled together their many talents to offer clubs like crafts, kickball, crochet, dance, and broadcasting. Students are loving their experiences!

To highlight a few clubs - In Kindness Rock Creation club, students are making rocks with powerful and supportive statements to place around the perimeter of our school. In the Decorating Vogel-Wetmore School, students are hanging representations of eagles in the hallways. In the Environment/ Recycling club, students are advocating for digital backpacks in which all paper communications to families are now posted on the school's website.

Clubs have truly enhanced the learning experiences of all students and has enriched their lives.

Superhero Dance

Vogel-Wetmore School's PTO sponsored the Superhero Dance in February. Families and staff came together for a night of fun! Students danced in our gymnasium along to songs provided by a local DJ, and they participated in a raffle to win some great prizes like tickets to KidsPlay and lunch with Mr. Deacon. There was a great turn out at the dance, and the PTO raised money to support enriching experiences for students.

Dr. Seuss Week

During the first week of March, students at Vogel-Wetmore School engaged in activities to celebrate Dr. Seuss's birthday. In addition to reading many of Dr. Seuss's classics, students wore crazy socks to school one day, came to school on a different day with wacky hair, and participated in a whole school Read-A-Thon. On Friday, students rotated classrooms to make Oobleck, to design a hat for Cat in the Hat, and dress like the Lorax. That afternoon, the Vogel-Wetmore community came together at an assembly to honor Dr. Seuss with a reading of one of his books as well as other fun activities.

School Improvement

This school year, Mr. Deacon is leading a group of teachers, paraprofessionals, parents, and community members in school improvement work. In particular, the group is developing a set of core beliefs that define what is important to the Vogel-Wetmore School's community, they are revising the school's mission, and they are writing a vision for where the school hopes to be in five to ten years. Having a set of core beliefs, a mission, and a vision are critical components of establishing who we are as an organization and where we want to go. Soon, drafts of the core beliefs, mission, and vision will be shared with staff members and other key constituents to gather their input. Once finalized, the core beliefs, mission, and vision will be made available to the entire school community, including families.



Vogel-Wetmore School became Gotham City for our Superhero Dance!



One of our clubs painted Kindness Rocks

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500 Migeon Avenue · Torrington, CT 06790 | 860-489-2500 | Principal: Joanne R. Creedon



From Principal Creedon:

February at Forbes School was a busy month – although short in days, it's jam-packed with activities and special events. We launched the month with Jump Rope for Heart/ Kids Heart Challenge Week. In addition to a week-long focus on physical fitness with students raising money for

the American Heart Association, every morning our student announcers shared a heart-healthy fact. We are striving to instill in all the knowledge and habits that will promote life-long wellness.

Black History Month was incorporated into our work in a variety of ways including a presentation on Smithsonian National Museum of African American History & Culture by community members Conrad Sienkiewicz and Our Culture Is Beautiful co-founder Angaza Mwando at our February Staff Meeting, a daily question about the contributions of African-Americans, and integrating Black History in our Language Arts unit on biography.

Read Aloud Day is always a special day in our schools, and Forbes was fortunate to welcome 20 guest readers from the community who shared their love of literature with us. An additional benefit of Read Aloud Day is that it also provides our students with a rich opportunity to learn about the professions and passions of a wide variety of community members. We are always seeking opportunities for our students to open their minds to the myriad of career opportunities that await them. Please contact us if you would like to share your career path or special hobbies or interests with us!

Parents/Guardians as true partners in student learning is a goal at Forbes with events such as Math Night and Literacy Night, as well as meetings and conferences. Teachers are also working to make the new standards and approaches to teaching math more comprehensible to all via parent-student-teacher Unit Review Nights, and some teachers have created brief videos explaining the strategies taught in the current unit of study.

Fourth grade classes traveled to the New England Air Museum. We are fortunate that this grant-funded trip continues to provide our students with a unique learning experience on the forces of motion, flight, and so much more.



Fifth grader Landon Cascoigne & Mom, and Fifth Grader Leah Sterling & Dad on Veteran's Day

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Forbes Flyers perform for Veterans



THS Color Guard



Veterans during the introduction ceremony

In both Humanities and STEM classes, students are learning how to support a claim. For example, in one Humanities class, students participated in a debate. The topic was “Should chocolate milk be allowed in schools?” Students had to choose a side, find evidence to support their claim, and then debate those from the opposing position. In STEM, students ran a number of tests on a variety of rocks. The goal was to figure out which rocks were meteorites. Once they completed the tests, they made a claim as to which rocks were meteorites and used evidence and reasoning to back up their claim. Being able to support an opinion with evidence and then to effectively present that argument is an essential skill for academic success as well as a lifelong skill -- in all career paths, and to be able to contribute to the community as an informed and responsible citizen.

Torrington Police Department officers are once again providing our 5th graders with D.A.R.E. lessons: “D.A.R.E. envisions a world in which students everywhere are empowered to respect others and choose to lead lives free from violence, substance use, and other dangerous behaviors.” This is surely the goal we have for all our students. On the day the officers are here, they also spend time getting to know the students and building relationships in the cafeteria and on the playground.

Community-building continues to be one of our major goals in this, the 2nd year of the new configuration as a grade 4 and grade 5 school. With the addition of PreK this past year, and new staff, new students and new families, Forbes makes a concerted effort

to reach out to families and make our students feel they are part of a class community and school community. Monthly assemblies provide us with opportunities to recognize positive behaviors, Citizens of the Month, perfect attendance, a learning project or two that students want to share, as well as have some fun together. At the last assembly the Forbes Dance team performed as did our home-grown musical group of staff members Ray Bator, guitar and vocals; George Mastrogiannis percussion; Joe Gioia, guitar; Connie Perna, fiddle -- The Talons!

Congratulations! 5th graders Johanna Stolfi and Joseph Quito were honored at the CAS Elementary Arts Celebration at The Aqua Turf Club. These students have demonstrated outstanding work and effort in the performing and visual arts and make positive contributions to our school community every day!

Each year, one student from each of our schools is recognized at the CAPSS/LCSA (CT Association of Public School Superintendents/ Litchfield County Superintendents Association) Dinner. Criteria for selection: Students should exemplify good citizenship and work ethic, academic achievement, and school pride. Forbes Staff selected 5th grader Amelia Hinman for this recognition.

March is Music In Our School Month and Forbes is proud of our vibrant music program, dedicated music teachers, and young musicians who participate in band, orchestra and chorus. #MIOSM and #MusicChangesLives



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340 Litchfield Street · Torrington, CT 06790 | 860-489-2311 | Principal: Dr. Mary Ann Buchanan



From Principal Buchanan:

Southwest School continues our theme: Care for Self, Care for Others and we work in concert with our newly established district-wide expectations that “We are Respectful; We are Responsible; and We are Safe.” As we started our school year, time was used to teach our district-wide expectations. It is important for all to understand what our expectations look like, sound like and feel like in our classrooms, on our buses, in our hallways & stairwells, bathrooms, cafeteria and during recess. Our teachers taught the expectations for digital citizenship. Our Southwest family believes that how we treat each other is important. Each one of us has the ability to be kind and we need to spread that contagious spirit of kindness. We are seeing wonderful examples of our students demonstrating caring acts every day. As children who are spontaneous, navigating these expectations may be challenging at times. It is important to remember that we will continue to teach, reinforce, and guide students into making good decisions. Students need to learn to be accountable to themselves and to others. As families, please continue to encourage your children to show their best selves to their peers, their teachers, and to themselves.

Attendance is vital to a successful, enriched learning experience. We are excited that we will be recognizing students with 100% attendance each month. One hundred percent attendance is defined as being present 100% of the time, no tardies, no dismissals, no absences. An excused absence, tardy or dismissal

will not count towards 100% attendance. Families are encouraged to schedule appointments outside of school hours whenever possible. Parents are reminded to submit written documentation for each absence. Written notification is required even when a parent calls to notify the school of an absence

Students with perfect attendance for each trimester will be entered into a drawing to win a Kindle through the kindness of Horace Mann. Thirty-six percent of our students demonstrated Perfect Attendance for the month of September.

We are very fortunate to have three highly qualified instructors as our academic interventionists. Mrs. Vitali, Mrs. Nadolny, and Mrs. Reynolds work collaboratively with our classroom teachers to supplement instruction in math and literacy. In math, Mrs. Vitali and Mrs. Nadolny are working with fourth graders on multiplication strategies. This month they are using base ten pieces and sketches to make area models for multiplying 2-digit numbers. With fifth grade, they are using a clock model and money model to add and subtract fractions with unlike denominators. Manipulatives such fraction circles, pieces and strips are always available to help students gain better understanding.

In literacy, Mrs. Nadolny and Mrs. Reynolds are teaching students strategies to decode multi-syllabic words. They are working to improve fluency, build comprehension and expand vocabulary. They incorporate hands-on activities, games and high-interest books to motivate students and help them succeed!



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Our Grade 4 students in STEM classes are learning to understand the place value beyond ones, tens and hundreds. They are learning how to sketch arrays and area models to solve two-digit multiplication problems. The students extended their knowledge of ratio tables by working with partners to complete ratio strips. In science, students are learning about the ways that rocks can be broken down and carried away and the impact this has on the life cycle of a mountain. A few investigations such as Wind vs. Desert have been done to help students understand these processes. The students especially enjoyed the Sugar Cube Shake activity which helped to show what can happen to rocks over time.

Our Grade 4 Humanities students have been reading and discussing incredible fiction stories. Teachers have been working with their classes to assess their comprehension and understanding of the lessons in the stories. Students have improved their skills in presenting evidence from the text verbally and in writing. They have also started narrative writing with personal stories. Students can describe their thinking and include dialogue and figurative language to help the reader understand the experience. Editing lessons will continue throughout the year.

Grade 5 STEM students are learning the beginning of a fraction investigation in their math classes. Students are noticing how different fractions can be related to clocks and to money, and how they can use what they know about money and time to solve fraction addition and subtraction problems. They also have been investigating where fractions belong on a number line. Students had a fraction mixer where they compared fractions to determine whose was larger or smaller. In Mrs. Wollschlager's class, students then took their fractions outside and created a human number line! There was much discussion about what strategies they could use to find out where each of their fractions belonged. Next, students will be exploring the concept of equivalent fractions.

Work in science classes has centered around noticing and explaining the predictable patterns of day and night, seasons, lengths of shadows, and phases of the moon. Students are finding ways to use models to explain how the tilt of the Earth and its orbit around the Sun create our seasons. They have investigated how their shadows change with the time of day and the position of the Sun during different seasons.

Students recent design challenge was a Puffmobile. Using 4 Lifesavers, 3 straws, 2 paper clips, and 1 piece of paper, students built a car that was powered by their breath alone. They counted how many puffs it took to move their car 6 feet. Then they went back to the drawing board and redesigned their car to see if they could improve its performance. There were many creative designs.

In our Humanities Grade 5 classes, students are completing their second Book Club novels. The students have worked in deepening their understanding of these books by studying characters, analyzing themes, and discussing their reading in groups.

In the area of writing, the students are finishing up the unit on personal narratives. They have worked hard on improving these small moment stories and in Mrs. Palladino's class, students were proud to share their published pieces. Their next unit will focus on opinion writing.

Our study of American History in Social Studies has focused on colonial America. The students have learned about the history and everyday life of this time period. They have studied the New England colonies and the Middle colonies. They will soon be focusing on the Southern colonies.



Left Top & Bottom: Grade 4 students getting introduced to our instruments.

Right Top: Students being creative in our MakerSpace room

Right Bottom: Students in Mrs. Giampaolo's science classes have been studying ecosystems, in particular the way food chains are impacted by the environment. One of their projects was to perform a reader's theater play adapted from "The Energy Pyramid and Nutrient Cycle Skit" by Lauri Dahlin. The class had a LOT of fun creating characters to depict producers, consumers, and even decomposers (ask us about frass—yuck!).

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Torrington Middle School

Grades 6-8 | Students: 1,100



200 Middle School Drive · Torrington, CT 06790 | 860-496-4050 | Interim Principal: Rhonda Jackson



From Interim Principal Jackson:

Our dedicated staff, teachers, and administrative team continue to work with our families to strengthen our school to community connections. Torrington Middle School focuses on helping our students stay active and be physically fit. To achieve this goal, teachers, staff members, administrators, students, families, and community members came together during the hot summer months to build several components to the school's fitness trail. As a result of this collective effort, Torrington Middle School's campus now contains five different fitness stations. Our Physical Education Department plans on inviting students during their class time to use the newly installed equipment. Due to our school community's efforts to install the equipment, local donors awarded a significant grant award to Torrington Middle School to further develop the Fitness Trail. This summer, our Fitness Trail Committee will use the newly awarded funds to add up to ten new fitness stations around the school's campus to further provide opportunities to stay physical fit. Special thanks to the Torrington Fit Together Initiative for their help and support in making the Fitness Trail dream become a reality. The Fitness Trail will help to enhance not only our Physical Education curriculum, but also our TMS Sports Program, including our Unified Sports Program.

This year, we welcomed two new additions to the Torrington Middle School Administrative team: Ms. Kelly Sousa and Mr. Gavin Craig. Ms. Sousa, our newest Vice Principal, comes to TMS with a vast background in classroom instruction, using data to

inform instructional decisions, and providing interventions to help students learn. Mr. Craig is serving as the TMS Supervisor of Student Services whose main role is to work with families and teachers to develop and implement Individual Education Plans that help provide students the opportunity to receive school related services in the Least Restrictive Environment. They are joining the existing assistant principals of Ms. Leanne Maguire and Ms. Hilary Sterling. Together they make us "Torrington Proud!"

Throughout the year, the middle school has focused on working towards achieving three school goals. First, fostering a school environment where staff helps to develop our adolescents into productive and independent citizens. By fostering our students' independence, we are preparing our students to be successful in the 21st century world. Second, TMS is focusing on improving student attendance during the course of the school year. Research shows that students who have excessive absences interrupt the learning process which can have a negative impact on student success. TMS faculty and staff believe that every child matters every single day. Third, TMS staff is learning new techniques to engage students. Teachers have learned new instructional techniques regarding providing support for struggling students as well as challenging our highest achieving students. The staff has acquired multiple strategies to meet the individual learning needs of each student.

At Torrington Middle School, we continue to progress toward meeting the academic and social emotional needs of our students.



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Torrington High School

Grades 9-12 | Students: 820



50 Major Besse Drive · Torrington, CT 06790 | 860-489-2294 | Interim Principal: Robin Ledversis



From Interim Principal Ledversis:

What a busy year we've had at Torrington High School! Our students, staff, families, and the community have partnered to do some pretty incredible things. From community service - such as raising money for Parkinson's, St. Jude's Children's Hospital, Breast Cancer research - to celebrating diversity, hosting activities for elementary school students, challenging censorship, and pursuing rigorous academics, our students are showing their Raider Pride and making us proud every day. We love our hometown high school and we feel that building a positive school climate and classroom environment is all about building effective relationships. This belief is at the core of everything that we do at THS.

Here are just a few examples of our incredible Raider Pride that we are so proud of! For the 10th year in a row, the Community Kitchen of Torrington sponsored the Empty Bowls Event. This community fundraiser, part of an international program to fight hunger, has involved an increasing number of school and community members to raise funds for the Community Kitchen. Our students helped by serving, making ceramic bowls, and volunteering at the event which helped make the night a tremendous success. Over \$10,000 was raised with our support. The FIRST Robotics Competition Team at THS has earned a grant from Northwestern Community College to cover some of the cost for the team's inaugural year.

New technology teacher Greta Lauro is advising the team and just finished their first competition in this international high school STEM based robotics competition. Our PAVE students are busy running the Raider Shack and doing various jobs around the school. You can buy snacks, school supplies, or Raider gear to show your Raider pride. In our new Introduction to Engineering class, students are learning about the multitude of opportunities that an engineering degree can make available to them. "The goal is for students who are interested in studying engineering in college to learn about the wide variety of engineering disciplines and the



Choir Leader Connor Sullivan

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many career possibilities that a bachelor's in engineering can open up to them." Said teacher Dave Ressel, a former ocean and facilities engineer with the U.S Coast Guard.

The Torrington High School Band "The Pride of Torrington" won 1st Place Best Appearing High School Band at the Bristol Mums Parade and North Adams MA Fall Foliage Parade. Senior Mazda Delgado performed at Carnegie Hall, having been chosen for the 2020 High School Honors Performance Series. Mazda was selected through an extremely competitive application process including students from 11 different countries. The Future Business Leaders of America Club (FBLA) is coordinating this year's Job Shadow Day, open to THS 11th and 12th graders. More than eighty of our students will be out in the community learning about various careers.

The Guidance Department has been busy and doing fantastic things for our students and families. For example, the Torrington High School College Fair took place in October. Run by the Guidance Department, the fair brought in over 200 students and parents from 6 different districts. 50 colleges and programs sent representatives to meet with those attending to discuss admissions and offerings. Ninety-five of our students have enrolled and are taking over 200 Early College Experience (ECE) classes. Torrington High School offers more ECE classes than any other school in our county! Our School Counselors offer weekly workshops for seniors and their parents to assist with their college and post grad career planning. Through our partnership with the Police Activities League (PAL), we have taken many of our students to various colleges in the area. College acceptances are coming, and our students are being accepted to many prestigious universities, including Yale, UCONN, Barnard College, Colby, University of Hartford and the University of Maryland. This just a sampling of all of the great things happening in our Guidance Department.

We look forward to welcoming our next freshmen class and we will continue to strive for excellence at Torrington High School. We are incredibly proud of the dedication and achievements of our faculty and students. Thank you for believing in us and Torrington High School.



Distracted driving event in the Connie Donahue Gymnasium



Barnes & Noble Book Drive



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▲ VAC Basketball the day after Thanksgiving



▲ VAC Volleyball, a family reunion

The Torrington Varsity Alumni Club.

Student/athletes who attend THS have a terrific organization behind them from the moment they start playing sports at the high school. It's a club that celebrates the excellence of our student/athletes in the purest sense as they look to reward both academic and athletic accomplishments those individuals have accumulated. Each August, the VAC gathers with past recipients and current honorees, along with family and friends to celebrate young men and woman who are about to go out and make their way in the world.

It was, as you will see in the section below, created by legendary Raiders coach Connie Donahue and was nurtured and grown by a dedicated Board of Directors led by two equally legendary gentlemen, Andy Pace and Frankie Russo. The two men were the heart and soul of the VAC and put in countless hours on behalf of the student/athletes of Torrington High School.

If you are lucky enough to be a recipient of one of the \$1,000 scholarships presented to multiple Raiders each year, consider yourself amongst the greats.

The VAC now sponsors multiple events for alumni to come back and participate in, including the VAC gathering the day after Thanksgiving that features Soccer, Basketball, Volleyball and added this year, a Flag Football Tournament on that Saturday.

It's a great way to catch up with old teammates and support an organization that is closing in fast on a century of giving.

VAC Goals

- ▶ To grant scholarship(s) to deserving THS athletes that earn letters for participating in a varsity sport.
- ▶ To maintain a closer relationship between the Alumni and the current THS athletic activities.
- ▶ To better athletics, athletic facilities and promote recreation in Torrington.
- ▶ To keep an organized body of alumni, male and female, who have earned a Varsity Letter for participating in a sport at THS and associates who are interested in aiding sports and recreation in Torrington.

Most are aware of the Varsity Alumni Club through the annual scholarships which are awarded each year to six to eight deserving THS student athletes. The first Varsity Alumni Scholarship was awarded in 1948 in the amount of \$100.00. Since that time over \$365,000.00 has been awarded to graduating Seniors who have participated in sports at THS.



▲ The VAC has been supporting student athletes since 1945

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1929 Football Club Winner, Jacob Coleman



DAR Good Citizenship Scholarship Winner, Mariah Doyle

Alumni

Torrington senior Jacob Coleman was awarded the 1929 Football Club Award for his outstanding contributions in multiple disciplines during the 2019 season. The award, named after the undefeated 1929 State Champion football team, has been given to the top senior each year since 1939 when the club was formed.

Coleman helped lead the Raiders to a 6-4 record and his grit, determination and dedication represented everything good about the program led by head coach Gaitan Rodriguez.

The '29 Club trophy is given to an individual who is viewed by his coaches and his peers to be one who possess the following traits. Be in good academic standing and performance with an interest in continuing his education and potential football career at the college level. Exhibit excellent leadership qualities, a strong work ethic, self-discipline and a positive attitude towards scholastics, athletics and his fellow teammates.

The '29 Club award is synonymous with the qualities of a champion and is given each year in an effort to preserve the memory of our 1929 "Grid-Iron Brothers" whom have helped

establish a legacy of excellence for all THS football teams and players to come.

Torrington High School senior Mariah Doyle received the prestigious DAR (National Society Daughters of the American Revolution) Award.

What is the DAR Good Citizen Scholarship? "It is a scholarship that is awarded to seniors in high school who participate in community service, in and out of school," Doyle said. "I found out about it when I was told that I had been recommended for the award by Torrington High School staff. I was required to write an essay for the scholarship."

"I chose to write about The Care Closet which is a resource at THS that I helped to establish," Doyle continued. "As well as some of my other volunteer work which includes helping with Special Olympics and being a member of Mayor's Committee on Youth, our student council and National Honor Society. The Care Closet is a resource for students living in unstable housing, and it provides basic necessities for them such as clothing and person hygiene products."

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Northwest CT Healthy Eating & Active Living Initiative

Fall Mini Grants Awarded

The Fit Together NWCT Steering Committee awarded five mini grants to Northwest CT organizations to support projects that align with Fit Together NWCT's mission and strategies. We are pleased to announce the following recipients:

- **Forbes School: Running Program**
- **Torrington Middle School: Fitness Trail Phase 2**
- **Oliver Wolcott Technical High School: Water Challenge**
- **NWCT YMCA Childcare: Y We MOVE**
- **Winsted Senior center: No Senior Left Behind Fitness Classes**

Fit Together 5210 News



Bunny Bread (aka Carrot Bread)

The whole family will hop right up to sample this healthy treat — a delicious carrot bread recipe made with half whole-wheat flour.

INGREDIENTS:

- | | |
|---|--|
| ½ cup all-purpose flour | ½ Cup canola oil |
| ½ cup whole-wheat pastry flour or whole-wheat flour | ½ Cup packed brown sugar |
| ¼ teaspoon salt | ½ Cup granulated sugar |
| ¼ teaspoon baking soda | 1 teaspoon vanilla extract |
| ¼ teaspoon baking powder | ⅓ Cup raisins soaked in warm water and drained |
| 1 teaspoon cinnamon | 1 cup grated carrots |
| 1 egg | |

1. Grease and flour a loaf pan and Preheat oven to 325°F
2. In a medium bowl, whisk together the all-purpose flour, whole-wheat flour, salt, baking soda, baking powder and cinnamon.
3. In a large bowl, beat together egg, oil, brown sugar, granulated sugar and vanilla extract.
4. Add dry ingredients to wet ingredients and beat until combined. Stir in carrots and raisins.
5. Pour batter into prepared pan.
6. Bake 50 to 60 minutes, until a cake tester comes out clean.
7. Remove from oven and cool in pan on wire rack for 10 minutes.

NUTRITION INFORMATION:

Serving Size: 1 Slice | Serves 16

Calories: 120; Total Fat: 5g; Saturated Fat: 0.5g; Cholesterol: 15mg; Sodium: 75mg; Total Carbohydrate: 18g; Dietary Fiber: 1g; Sugars 11g; Protein: 1.5g



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