

Celebrating Excellence

Having Fun & Staying Strong in the Final Mile
Torrington Public Schools



WINTER 2022

Family, School, Community

Message From The Superintendent:

In spite of the challenges of the last 20 months, we were able to move forward this year and welcome our students back to school in person in the fall. It was great to see everyone's smiling faces. Many teachers and students worked hard all summer to prepare for the new year. We had more summer school enrichment opportunities and learning experiences than ever before. Teachers enhanced our curriculum and taught summer school. Our athletes were able to practice and compete for a full season. Throughout the district, all of our schools had a very smooth start to the school year.

At the high school, we continue to develop the Career and College Pathways offering more course variety than ever before, including sports medicine, robotics, graphic design and weightlifting & yoga classes. 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. Throughout the year, students have enjoyed being back together in their classes, participating in clubs and afterschool activities, and competing in sports activities.

This year, the middle school is expanding their unified arts courses: digital art, video production, and tech classes. There are also course offerings for high school credit in algebra, journalism and integrated science for those students who qualify. All eighth graders will visit the high school in person and virtually. This helps students become exposed to and become more prepared for their high school experience.

In the meantime, we continue to plan for our new middle and high school building project, which will be started next year.

Our elementary sister school model has become stronger than ever: Tarringford (K-3) and Forbes (4-5); Vogel-Wetmore (K-3) and Southwest (4-5). The K-5 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 develop our students academically and socially-emotionally, providing the foundation for our future generation of Torrington Raiders!

We are committed to celebrating the excellence of Torrington Public School



Susan M. Lubomski

Susan M. Lubomski,
Superintendent

Torrington School District Teacher of the Year

Jim Pepper

Jim Pepper was selected by fellow colleagues as the Torrington School district Teacher of the Year for 2021.

“This is very humbling for me at this time. I would like to recognize people who have made this possible: God and my faith, my family-Claire-THS SW, Lance- who teaches and coaches at Bristol Central, and Luke-THS TE, my parents, Mayor Carbone, Superintendent Sue Lumboski, Assistant Superintendent Sue Ferguson, Maureen Mazzatto, Andrew Deacon, the Torrington Board of Education, State Representatives.....and my TMS family. You all have made me who I am today.

I was notified in June of this award and needed to keep this a secret from those in the community. First, I would like to apologize for lying to all of you who kept asking me if I knew who was selected as the Torrington TOY.

You all know who you are! I will be represented by the law firm of Pepper, Fritch, and Canciani- who all have had multiple family members work in Torrington Public Schools! Here are few facts about me from over the years and my journey to my place today:

1. There was a Father’s Day article in the paper entitled : He’s Nobody’s Father. The article went to a second page -see “He’s nobody”.

2. I was known as the Jeff Gillooly of the PE dept. For all the young people reading this article google search Tanya Harding/ Nancy Kerrigan. They were both high level competitors and Tonya Harding hired a person to injure fellow figure skater Nancy Kerrigan A couple of PE teachers had a hip replaced and heart issues. As a result, people became very aware of how close I would stand near them! After these two events, I was able to begin my career in Torrington.

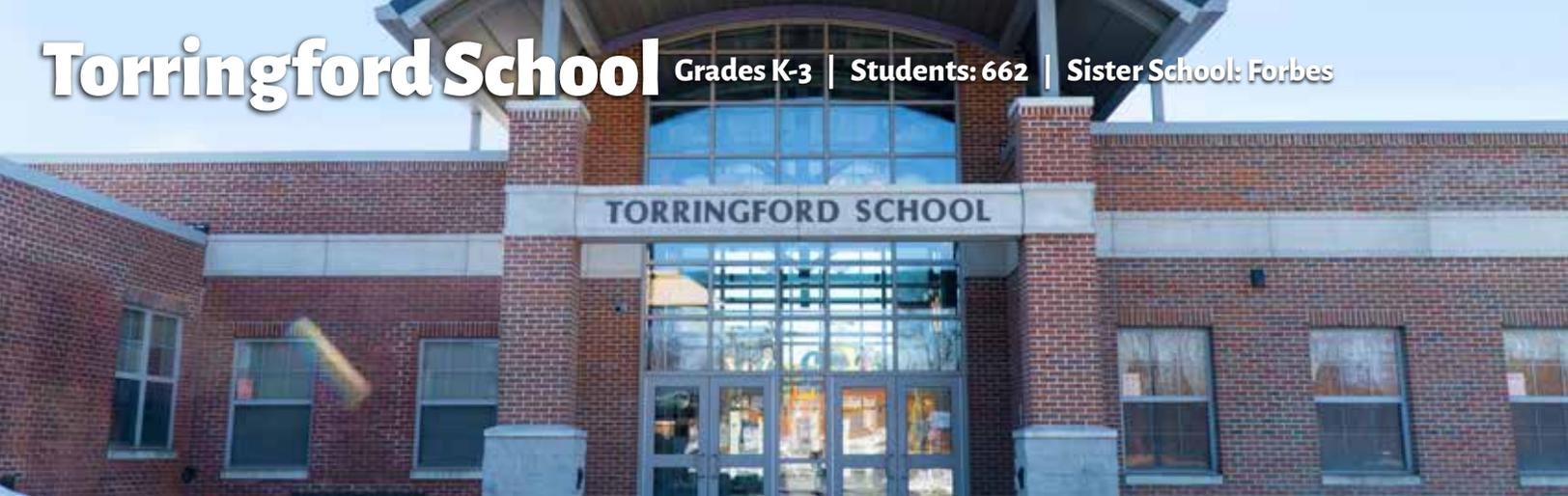
3. A quote from my son Luke from the Litchfield County Sports- “Not only did I have to contend with the changing of classes, making new friends, and my routine of medications and appointments, but I had to deal with the embarrassment of my father being the legendary physical education teacher he thought he was.”

As a youngster, I enjoyed spending time with my grandmother, who turned 101 years old on August 16th! She grew up on a farm,



and life was not always easy for her. I will never forget one of her most valuable lessons: “To look at all challenges as opportunities rather than obstacles”. When you approach a challenge as an opportunity, you think, “How can I overcome this?” John Wooden, a real overcomer, wisely stated, “Don’t let what you cannot do interfere with what you can do.” 2020-21 was an undeniably difficult year for us all. We were faced with challenges we never could have imagined we would encounter- like Google classroom! Thank you to my sons for being patient with dad asking the same questions over and over again! We can all agree that the byproducts of the pandemic became evident upon the reintegration of students and staff into the schools. The TMS staff worked to make connections and support each other throughout the year.

In the 1939 Film, The Wizard of OZ each character was searching for an element that was missing from their own lives. Dorothy- Desired to go Home The Lion -Desired Courage The Tinman -Desired a Heart The Scarecrow-Desired a Brain These are the very same things we all need as we open this school year. - A desire to have a home in our lives- get connected- to your staff and students. Take time to create this bond. - A desire to have a Heart/Passion for why we do what we do each day.



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



From Principal Galullo & Mrs. Austin:

Dear Torrington Families, We hope the transition back to school has been smooth for your family. Torrington School has been buzzing with positive energy! The students are already making new friends, learning new skills and getting acclimated to the structure and routines of their new classrooms.

This month, our school wide theme is "Our school is a welcoming place where every student feels like he or she belongs." In our morning announcements and at our Virtual Welcome school assembly, we're reminding students to welcome others and act and speak in safe, respectful, and responsible ways.

Support your child at home in welcoming others and acting and speaking in safe, respectful, and responsible ways.

As a caregiver you are your student's first and most important teacher. When caregivers and families are involved in their student's education, the students do better and have better feelings about going to school.

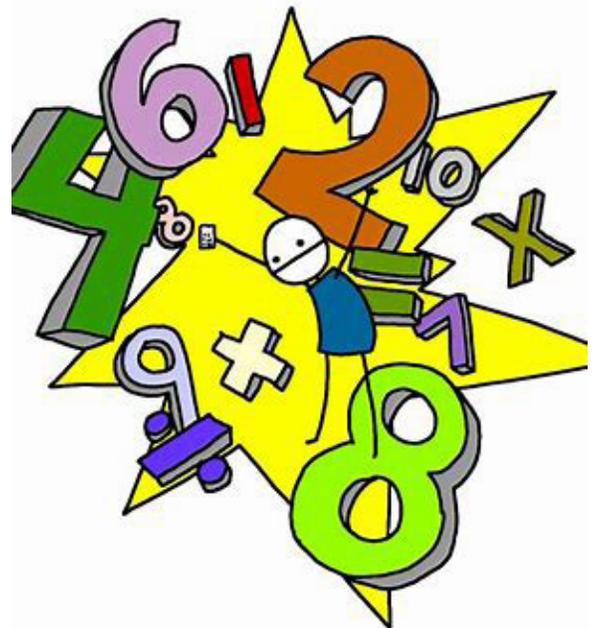
There are many ways that you can support your student's learning at home and throughout the school year. Here are some ideas to get you started:

1. **Develop a partnership with your student's teacher.**
2. **Support your student academically.**
3. **Get involved with your student's school.**
4. **Support your student's learning at home.**

Together we can ensure that your student has a positive school experience. We are here to support the success of your student and instill a love of learning.

We are continually looking for ways to strengthen our partnership with families. One of our focus areas this year is on providing consistent and meaningful communication to all families. In addition to the monthly newsletters, we will continue to host Principal Coffee Hours to answer questions and share information regarding a variety of topics.

Please don't hesitate to reach out to us if you have any questions or concerns.



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Mrs. Prichard's Class!



Mrs. Poklemba's Class!



Look What's Happening in Grade 1

First graders have been working very hard to learn what it looks like to be responsible, respectful and safe at Tarringford. They have been learning the routines of each day and getting to know the names of their new classmates.

First graders know that in order to be good listeners they need to have...

- **EYES** watching
- **EARS** listening
- **VOICES** quiet
- and **BODIES** still...

They are becoming familiar with math tools they will be using throughout the year during math workstations and building stamina as readers and writers.

Mrs. Brunetti & Ms. Schmidt's Class!



Look What's Happening in Grade 2

Second Graders are jumping back into the swing of full in-person learning with hands-on Math workplace stations and are so excited to be able to learn with their classmates as we explore these math activities.

We are learning what reading and writing will look like this year in our Reader's and Writer's Workshop. Ask us how to choose a "just right" book or what we should always do at the beginning of our writing time. We are enjoying working with partners again in reading and writing as well. Our partners can help us with tricky words, help us retell the story, help us to form predictions, and plan our own stories in writing. We are stronger together!

Being back all together means interacting with many different people throughout our day. Our Second Step lessons are helping us learn to understand how those around us are feeling and respond appropriately.

We have also been very excited to check out and bring home books from the library and to have our gym back!

Look What's Happening in Grade 3

Students in 3rd grade are starting this year reviewing the addition and subtraction strategies that they learned in 2nd grade. It is important that 3rd graders become proficient in their math facts to support the higher level thinking that comes with multi-digit problem solving and multiplication and division!

Students in Mrs. Brunetti's and Ms. Schmidt's class are playing "Blast Off to Space"! This workplace game provides students with an opportunity to practice their subtraction facts while exploring probability and problem solving skill



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



From Principal Michelson:

The most exciting and wonderful day of an educator's year is the first day of school. It brings with it a clean slate for all and an opportunity to put our best foot forward as we begin a new journey in learning. At Vogel-Wetmore School, our journey this year began with 100s of students whose families were able to be invited into the building for the first time. With COVID restrictions, we were unable to have our traditional Meet and Greets and Open Houses. This year we were excited to have many of those events return, even under some restrictions. Having families in the building and meeting families in person is such an important part of what we do. We could not be more excited to have our hallways buzzing with excitement again.

Perhaps the most exciting of these days was our Kindergarten Orientation. This was a day we invited families to come and hear from our administrators and teachers about what to expect as a kindergartener and as a Vogel-Wetmore Eagle. Students ended the event with a first ride on the bus. This helps them to be more comfortable when the real rides begin, and it also creates a wonderful opportunity for taking a first day of school photo.

Our whole school open house is a small version of our Welcome Back Night. These two events take place right before school begins as a chance to meet your new teacher and to drop off school supplies before the first day. This year we added in ice pops for all of the children and an open playtime on our playground. Our full Welcome Back Night took place near the end of the month. This

night is more formal and allows families a little more time to talk with classroom teachers, as well as any of the other teachers that students see throughout their week. This night is a favorite for administrators because we get a chance to greet every family that comes into the building and answer any questions that they have.

This year was the first one in a long time that we were not able to get monarch eggs to watch grow, as we learned about life cycles. There was a shortage of eggs in the area, and it made for disappointed teachers and students. Or so we thought... One day in September, we started to notice milkweed plants growing in our garden. This led to a little bit of excitement because we know that milkweeds are the only food source for some monarch butterflies, and they sometimes attract them. Sure enough, a few weeks later an egg was spotted on one of the leaves. We kept a close eye on our lone egg and then the caterpillar that emerged until one day we found that it was missing. We were disappointed but knew that we had been lucky to have an egg to begin with. A few days later, one of our most observant teachers noticed that high up on the building was a monarch chrysalis stuck to the bricks. We labeled it with chalk and kept an eye on it waiting for the most exciting day in the monarch's life cycle. On October 7th, our spontaneous Vogel-Wetmore butterfly emerged, spread its wings and headed off on its long journey to a warmer climate for the winter. We are thrilled to have been able to witness this, and we have photos to remember the day.

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WETMORE



SCHOOL



500 Migeon Avenue · Torrington, CT 06790 | 860-489-2500 | Principal: Michael Clyne



From Principal Michael Clyne:

Dear Forbes Family,

It is with great pride and excitement that I write this letter of introduction to you as the newly appointed Principal of Forbes School. I am honored to have the opportunity to serve this community and be connected to such wonderful people. I am excited to support Forbes and work with you as a partner in education to ensure your child's success.

Along with the teachers and staff, I will work hard to continue the legacy of success established from Forbes by building strong relationships with parents, students, and community partners. We know that the last year and a half has created challenges academically, socially, and emotionally for everyone. Here at Forbes, I can promise you that we are going to work diligently to help each child where they are and develop all their skills so that they are ready for what is ahead of them. As a parent, I have two children that are completely different. I know that what works for one, doesn't always work the same for the other. Here at Forbes this year we promise to be a partner in your child's education and ensure that all children are best prepared for their futures.

Forbes was originally built in 1893 and we are excited to begin what promises to be the best year ever. This year is going to be amazing as we continue to provide academic experiences for our students that challenge each child and help them make real-world connections with more complex material. As a parent, teacher and principal, I believe that learning should be fun. Our classrooms are a wonderful place where each child will have the ability to maximize their potential each day. This environment allows us to meet each child's needs and create a warm and supportive structure to do so. My door is always open and I welcome your input.

I look forward to collaborating with you as a team to help each student at Forbes meet their goals and have a successful school year!



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



From Principal Buchanan:

Having the energy of our Southwest students in our classrooms brings us great joy! To be teaching and learning in person, establishing new friendships, and creating fun activities for student as they adjust to being back in school has been our priority. Our school theme continues to be

"Care for Self; Care for Others." As a school and family partnership, we all want what is best for our students to live strong healthy lives. In our first month of school, our children already celebrated their first Spirit Week of the year. Our themes were: Moustache Monday; Tie Dye Tuesday; Watcha Wearing Wednesday (show school colors); Tropical Thursday and Freedom Friday (wear red, white & blue.) It was fun to see the students and staff enjoy dressing for each themed day. We also had our first assembly of the year. Due to COVID mitigation strategies we implement, our assembly was per grade level and we're all looking forward to when we can have school-wide assemblies again. As a group working together, our students created an indoor "rainstorm" using their hands. The children are also learning more about our expectations of being Respectful, Responsible and Safe. Each week, the homeroom that receives the most recognitions for demonstrating our school theme and expectations earns the Dragon Trophy as their class mascot for the following week. We're looking forward to seeing the positive impact our students have with each other. We will continue to stay well and take care of each other.

Fondly,
Dr. Buchanan

Amanda Warchol (Left)



Alisha Picz (Right)

**Southwest School 2022
Teacher of the Year and Paraeducator of the Year**

It is with great happiness that I share with you the 2022 Southwest Teacher of the Year and 2022 Southwest Paraeducator of the Year! These amazing ladies were chosen by their peers for this honor. They both consistently demonstrate outstanding passion and commitment in serving our students. Miss Warchol, teaches with her heart and leads our Voices program with fortitude. Her knowledge and leadership are well respected throughout the Torrington Public Schools community. Mrs. Picz, demonstrates her love for our students by caring for each student as if they were her own children. These two women are a fine representation of our Southwest School staff and we are incredibly fortunate to have a such a caring and dedicated team. Congratulations Miss Warchol and Mrs. Picz!

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Grade 4 Outdoor Math Lesson

Several of our grade 4 classes had the opportunity to go outside for a multi-sensory rounding lesson! We constructed a giant number line with sidewalk chalk, and students helped label the tens from 0 to 100 on the first day. On the second day, we labeled hundreds from 0 to 1,000. Students were given an index card with a number written on it and asked to stand on the number line between the two tens (or hundreds) the number was in between. For instance, if students were given the number 67, they would stand between 60 and 70 on the number line. Students were then asked to determine which ten (or hundred) the number was closer to. Students were asked to explain how they figured it out. The act of physically moving their bodies on the number line helped solidify students' understanding of place value and rounding!



Library Media Center – New look!

Staff members volunteered their time throughout the spring and summer decorating the entry way into our Library Media Center. Thank you Lindsay Roumelis, Vilma Mathiesen, and Heather Stewart for making the beautiful stained glass entry way so inviting. If you look close enough you can even see our dragon logo immersed throughout the display.



In Memoriam

Many people in Torrington can recall the 95 year-old Navy veteran who sat across the street from our school proudly waving the American flag to everyone who passed by. We fondly knew him as "Uncle John." John Mastrocola was the uncle of our previous principal, Judy Theeb. Uncle John attended school events throughout the years. In April 2021 Uncle John passed away. As part of our Memorial Day recognitions in May, in Uncle John's memory, we planted a viburnum. It has white fragrant blossoms of flowers in the spring, and the foliage turns red in the fall - two of the three colors of the American flag. The memorial plaque reads : "Our Neighbor & Friend.....John Mastrocola.....U.S. Navy – World War IINEVER SURRENDER"



Torrington Middle School

Grades 6-8 | Students: 1,100



200 Middle School Drive · Torrington, CT 06790 | 860-496-4050 | Principal: Brian Scott



From Principal Scott:

We at Torrington Middle School are very excited for the 2021-2022 school year. We are renewing our emphasis on improvement and hope to continue to work collaboratively with our families and community on this journey. We hope to build upon the commitment and level of caring that the community shares for each other.

At Torrington Middle School, students are the focus of our work and we are excited to be able to expand the opportunities offered in our WINN (What I need now) blocks. We have new courses in technology, expanded programming in both art and World Language as well as maintaining our offerings for supportive classes and high school credit classes. We are also excited to see our music and drama programs back and better than ever.

We will continue to celebrate the good things our students do here at Torrington Middle School as we help students find ways to work through problems and challenges. We are in year two of our "Happy Fridays" program. Each week, every grade level house selects a student to be celebrated on "Happy Friday". These students receive a phone call, telling their families their accomplishments and actions of recognition, they are celebrated on our social media page, and receive a cool Viking Pride Prize!! These celebrations continue to be as enjoyable for our administration as they are for our families. In addition to our "Happy Fridays", look for other activities to help keep those positive experiences going strong.

Middle school is a time for students to work on important skills they will need to be successful in the future and to explore their areas of interest. We have begun study skills classes for our sixth grade students to help them develop these skills. This class should help students develop essential skills such as note taking, how to prepare for assessments, and how to tackle long-term projects. Students will also be participating in a Personal Interest Project that will give them a structured platform to explore those things that are of interest to them.

Torrington Middle School is also very excited to start year two with our outstanding PTO. PTO is an important component of any school community and gives parents a voice in creating positive opportunities for our students. Last year our PTO organized a very successful BINGO night. Look forward to more fun and partnership as we get this year started.

Torrington Middle School is extremely proud of our students and how they have dealt with the many obstacles they have faced over the past two years. This year we hope to be able to return to many of the activities, instructional practices, and events of the past. We continue to refine our schedule to meet the needs of our students' needs and work collaboratively with our families and communities to provide a meaningful educational experience to our students.



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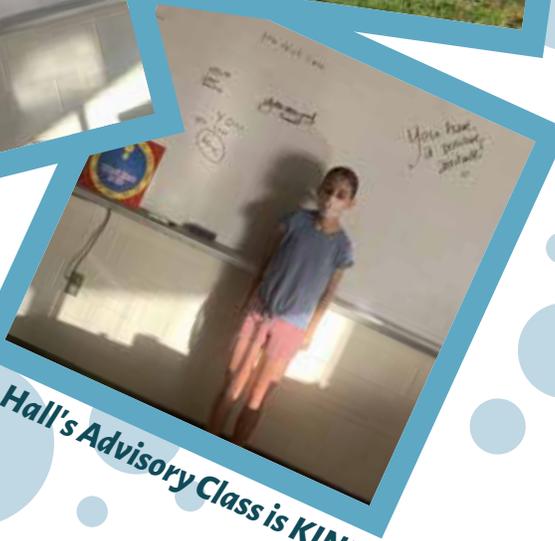
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Torrington High School

Grades 9-12 | Students: 820



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



From Principal Ledversis:

It has been a very positive and busy opening to the 2021-22 school year at Torrington High School! We are all thrilled to have the students back for in person learning. Our students, staff, families, and community have partnered to do some pretty incredible things: welcoming over seventy new students, challenging censorship through engaging in Banned Books Week, celebrating empathy and unity on the 20th anniversary of 9/11, through a field trip experience with many community partners. The project was developed and initiated by the After School Arts Program (ASAP) who partnered with the Torrington Public Library, Five Points Gallery, and speakers who shared about their connection to 9/11. Also, our JROTC staff and students held a beautiful Tribute to 9/11 Ceremony on campus for our school community. The band is back after the time off from COVID and playing at our home football games. What a treat for all of us! The fall sports teams are working hard and enjoying great success. There is no stopping our Raider Pride!

Our students also take pride in engaging and pursuing rigorous academics and participated in extracurricular activities that include over 40 clubs. Torrington High School offers more ECE classes than any other school in our county! These classes give our students opportunities to earn college credit right here at THS. 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.

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 on October 7th. Run by the Guidance Department, the fair brought in over students and parents from six

different districts. Approximately 40 colleges and programs sent representatives to meet with those attending to discuss admissions and offerings.

We look forward to a fantastic year with our students and we will continue to strive for excellence at Torrington High School. Please continue to partner with us to help ensure success for all of our students. We also encourage you to visit the Torrington High School website and follow our social media pages on Facebook and Instagram. You will find announcements, information, and celebrations. We are incredibly proud of the dedication and achievements of our faculty and students. Thank you for believing in us and Torrington High School.



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Alumni



Brett Longobucco

My high school career at THS was one of the most formative times of my life. From the great teachers, admin, and resources, to my peers and creating some of my lifelong closest friendships, I feel everyone I encountered helped shape me, in one way or another, into the individual I am today. With athletics playing a huge part of my life, my experience with the THS

soccer program was also one I will remember forever. From great coaches to the memories of the countless laughs and hours working towards a common goal with a group of individuals I considered brothers, was a blessing. THS gave me the tools and opportunities to step out of my comfort zone, not be afraid to fail, and to progress onto the next chapters of my life, knowing I was well prepared. With a strong family support system all either living in or around town at the time, I felt I was ready to take on anything. I ended up attending Endicott College, where I was a four-year soccer player, and graduated with an Exercise Science degree. Following graduation, I attended the University of Miami for a master's degree in kinesiology and strength and conditioning for two years and was a graduate assistant coach within their athletic department during that time, working primarily with basketball and soccer. I was fortunate enough to receive a job offer straight after graduation and have been working full time in collegiate athletics ever since, as a strength and conditioning coach. My current role is Head Strength Coach at NYU, where I oversee and implement the yearlong training for the twenty-four varsity athletic programs at the University, as well as oversee a staff of roughly eight total individuals within the sports medicine department. No matter where I go or what I accomplish in life, I will always look back at my chapter at THS, and growing up in Torrington in general, and know I would not be where I am, or who I am, without those people, memories, and experiences I was exposed to.



Sarah Barrios

Year Graduated: 2012

Current Residence: Los Angeles, California

Career: Singer

When did your music career kick off? I think it's an ever-growing process. I've loved music ever since I was little, which is why I was in band from fourth grade throughout my senior year. I started taking music really seriously around

age 19, playing a lot of open mic nights and shows around the east coast so I could try to build an audience! I moved to Los Angeles in August of 2017, and I think that's when I really started focusing on goals and what I wanted to achieve!

Talk about your memories of the Torrington High School music department. What did you play? Favorite moments? THS symphonic and marching band were my highlights of high school. I played the flute for all four years, and I would do it all over again if I could. Mr. Spletstoeser created such a sense of family and community that you just felt safe to be 100% yourself and honestly, coming in as a freshman with no friends, it was relieving to have a place where I could just be me. We did so many parades, so many marching band practices. There were heartbreaks and people falling in love, friendships being made, all centered around a love for music. It was life changing.

What message would you send to current and future THS students about what it takes to fulfill your dreams? Mr. Spletstoeser always used to say, "If you're going to play it wrong, play it loud and wrong" and that's stuck with me to this day. It reminds me that, we're all human and nothing is going to be perfect, we'll make mistakes, but be confident in what you do no matter what. Do it with all your heart and soul and you will succeed. I also think making music all the time is important. Practice doesn't make perfect, but it does make progress and the first step to achieving a dream is to start trying.

Goals for the future? I really want to go on a headline tour. After meeting so many people on this one, it's really made me miss performing and connecting with others. I'm also working on releasing some new music and music videos and hope to have a new line of merch out as well. Honestly, I have a laundry list of goals, but these are my focus right now.

Where and when are you touring? I'm currently on tour with Christian French! We've been on tour for the last month and a half, and we're coming up on our last week of shows! We'll be in Dallas, TX on Oct. 19th, Phoenix, AZ Oct. 22nd and Santa Ana, CA Oct. 23rd! I'm hoping to do some more touring afterwards, so fingers crossed!

Music Department Head Wayne Spletstoeser on Sarah Barrios In high school, Sarah was immersed in music. From playing flute in Band to singing in Chamber Choir her talent and passion for music were present in everything she did. Music was always her passion and little did we know at the time we had a future superstar in the making. Fast Forward to the present and Sarah is truly making her mark in music. Her story is one that every student in Torrington needs to hear. Find your passion, work hard and never give up. Sarah Barrios is truly The Pride of Torrington.



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The Maple Shack

Could you tell me about the origins of the project? The people in my life constantly serve as the inspiration to try new things. It isn't so much about the activity as it is the time spent with loved ones. Several years ago, my wife Emily (also a teacher), asked for a maple sugaring tree tap kit and a couple buckets for the holidays. Fast forward two months, and there we were as a family of six (we have four young kids), trudging through knee deep snow drilling holes in what we hoped were maple trees. My kids couldn't stop asking questions. They wanted to know as much as they could about the process. I was immediately intrigued by how inspired they were and by the educational opportunities the activity presented to us all. As we spent the next month unwrapping the science of making maple syrup, I knew this was something I wanted to share with the community at THS.

Who came up with it? My colleagues in the Technology Education Department were really instrumental in the early stages of the project. At first, we were just aiming to purchase a little sap evaporator on wheels so we could roll it inside every night after boiling. We then discussed the possibility of using a pop-up-tent to cover the equipment and keep it outside. It wasn't long before we adopted the "go big or go home" philosophy. Last spring our administrative team approved a professional development opportunity and off I went up to New Hampshire and Vermont to meet with professionals in the Maple Sugaring Industry. By the end of the day, I had the vision and the tangible plans for a fully functioning maple sugar shack.

How is it financed? When we began to research the possibility of funding a full-size sugar house we were met with an abundance of obstacles. Through the persistence of Amy Ferrar (Dept Coordinator), Andrew Marchand (Dept. Administrator), Tara Curry (Admin Assistant), and staff at our Central Office the entire project was approved and financed by the federal government through the Perkins Supplemental Grant. This was no easy task. It required hours of phone calls, messaging and creative thinking. It truly was a team effort. I am blessed to have colleagues who believe in one another.

Community contributions? At this point, generous contributions have come from several families of the students in our Construction Class. Additionally, Gengras Subaru has also donated money to cover the cost of two canopies that will help keep our students out of the elements as they are waiting to visit the sugar shack. In time, I would like to explore opportunities to partner with the community and local businesses to help fund other parts of the project. For example, we are exploring the benefits of painting and/or staining the sugar house to preserve the wood. We would like to adorn the surrounding area with outdoor furniture, and we

are always accepting building materials to house our solar panels and sap tanks. If members of the community would like to help meet our needs, I would encourage them to reach out to me directly via email at jsheikh@torrington.org.

You started when school got back. How was it received by the students? When the Construction Class attended school on the very first day, they were met with the task of moving 8000lbs of building materials into our wood shop. For a few days, all we did was move and stack lumber. The mundane task of transporting wood from the parking lot to our shop was met with nothing but enthusiasm. I think the students were really excited to be able to take a step away from their computers and the standard classroom experience. These early days taught sixteen students the value of communication and teamwork, while serving as the platform for the students to bond as a team.

How do you get the work done with busy schedules? We have been working tirelessly on the Sugar Shack since the beginning of the year. The weather has cooperated, so we have been able to do most of the work during our regularly scheduled class time. It should be noted that a number of students have also volunteered hours of building time on the weekends and after school... evidence that we have really awesome kids doing awesome things.

Overall goal of the project? The overall goal of the project is to make syrup and eat pancakes. If we end up inspiring kids to make connections between the classroom and the "real world" then that is just the icing on the cake. In reality, the expectation is that a multitude of disciplines take advantage of this new learning space. I can assure that there are lessons in Engineering, Botany, Taxonomy, Physics, Business/Marketing, Photography, Graphic Arts, Metal Fabrication, Construction Technology, Foods and Nutrition, History, and Forestry, just to name a few. The platform to ask questions, problem solve, test hypotheses, collect data, arrive at conclusions, and develop 21st Century Learning skills is apparent.

Completion date? We are aiming for a ribbon cutting ceremony within the next couple weeks (Mid Nov '21). As far as "completing" the project, we have a way to go. Although the sugar house itself is nearing completion, we still have to move in the evaporating equipment and engineer a solar system to power the house with electricity.

When will we see syrup? This is the question I get asked five times a day. In theory, we could get the operation up and running this upcoming sugaring season (Feb '22). In reality, you are just going to have to wait and see.

The 2021 Torrington Kids Marathon

October 24, 2021

On a cold but sunny Sunday morning, an amazing event took place at Torrington High School

Students from our four grammar schools, Forbes, Vogel-Wetmore, Southwest and Torringtonford were guided by an amazing group of mentors who helped them complete The Final Mile.

Kids Marathon helps our youngsters understand the value of physical fitness and nutrition as they look to build themselves toward being the best versions of themselves they can be.

The following mentors are commended for their exceptional energy, passion and commitment to this Torrington event.

Cara Baker, Brook Neller, Matt Adams, Fhasal Alam, Cris Alamo, Sydney Azeez, Nick Bauer, Trey Bayette, Lila Boulli, Marissa Burger, Alex Bush, Sofia Calabrese, Justin Chau, Ollie Dubois

Bryce Gallant, Lex Green, Matt Haratyk, Patrick Hinman, Mikey Iszczak, Mohammad Kabir, Ruby Leonard, Bobo Lwin, Hannah Llewellyn, Trevor Llewellyn, Brendan McGowen, Faith McKenzie, Vidhi Patel, Kector Pimental, Shanley Richardson, Scott Rapuano, Jacob Robles, David Rood, Alyssa Sabia, Josh Ulloa, Fernando Urrutia, Ashley Valdez, Logan Wilson, Emily Zarcone, Adrian Zarillo

Look for information in February of 2022 about the next Kids' Marathon Final Mile, which will be held on Sunday, June 5, 2022. Training for the 26.2 mile build up starts in March!



Fit Together



HEALTHY HABITS

What's New with Fit Together 5210

See what your community's healthy habits collaboration has been up to for the past few months.

Fall Mini Grant Awardees

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

- **Future Foundations- Infant Gross Motor Outside Area Improvements**
- **Goshen Center School-Hands Free Water Bottle Filling Station**
- **Pearson School- Sensory Hallways**
- **Torrington School- Gaga Pits**
- **Vogel Wetmore- School Garden improvements and Hydroponic Garden Tower**
- **Winchester Cub Scouts- Supporting Healthy Activities**

Next Grant Cycle Spring 2022- due date May 15

Foodie YouTube- You are what you eat- turn up the heat!

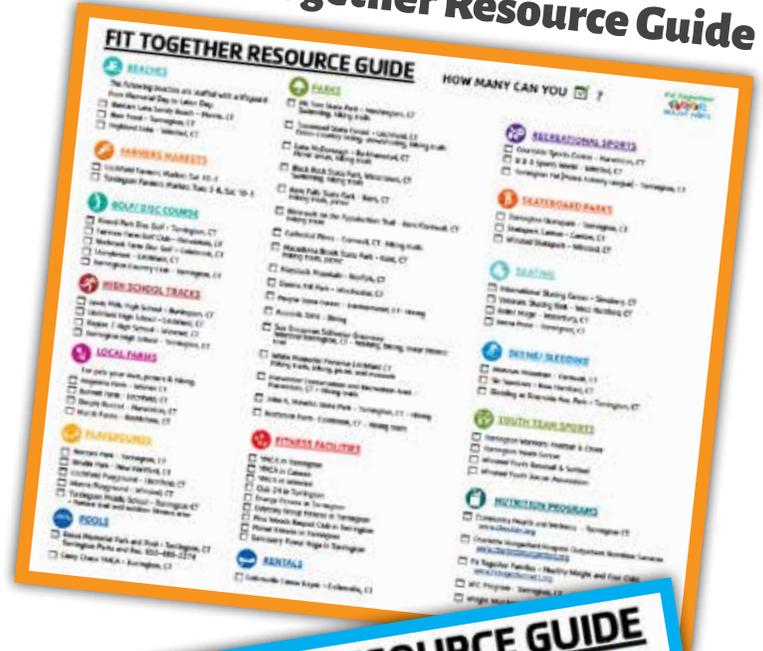
Fit Together's executive director Carla Angevine MS RDN, teamed up the YMCA Youth Service Bureau and the BeREADY Project for a healthy cooking demo series- Foodie YouTube.

This community collaboration came from the idea that many of the school lunches offered to families throughout the summer and food pantry items are not always completely consumed. The team came up with easy ways to repurpose the food items into complete healthy budget friendly tasty meals that an entire family can enjoy.

Check out the Episode 1: "Sloppy Judies"- remake of everyone's favorite Sloppy Joes



New Fit Together Resource Guide



TMS Fitness Elements

Ten additional grant funded fitness elements have successfully been installed at Torrington Middle School (TMS) completing phase three of a multi-year effort. This world class Fitness Trail was possible due to the generosity of the following funders: \$50,000 from the Robert Rosenheim Foundation, \$5,000 from Wal Mart and \$1,500 from Fit Together of Northwest CT and Mulch from Supreme Industries.

“The Robert Rosenheim Foundation is very happy to support the Community Fitness Trail. We are excited about the benefit this resource will provide to Litchfield County youth and their families,” noted Diane Libby, board member of the Robert Rosenheim Foundation.

The ten fitness elements include one Travel Wall, Traverse Wall (Pro), Fitness Overhead Ladder, two Up & Overs (Pro), Vault Walls and three High Jump Stations. These new additions, compliment the five previously installed elements including Pull up and Push up Stations, a Hurdle, Parallel Bars and a Trapeze Rack. Phase two will include: a Boulder Traverse, Fitness Overhead Ladder, an (2) Up and Over, (2) Vault, Traverse Wall, (3) High Jump Station. “It’s a great opportunity for kids to explore fitness in a new and challenging way,” said Jim Pepper, TMS Gym Teacher and District Teacher of the Year.

The course focuses on core fitness, aerobic exercise, and balance/flexibility in order to achieve a higher level of fitness. Over 75% of healthcare costs are related to chronic diseases that are directly impacted by physical activity, nutrition, tobacco use, and other modifiable risk factors. Research demonstrates that



just 1 hour of physical activity each day can help reduce the risk of heart disease, help manage weight, and lower cholesterol, blood pressure, decrease risk of type 2 diabetes, and improve mental health conditions such as anxiety and depression. The Community Fitness Trail Team, coordinated by Fit Together, has been hard at work over the past several years to bring this dream of a healthier student population and community to life. “This continues Fit Together’s goal of community transformation in making the Torrington community the healthiest in the state. We are so excited to join the Torrington community in using this equipment for fun, fitness, team building and confidence building,” said Dr. Curi, steering committee member of Fit Together.