

TRUMBULL PUBLIC SCHOOLS  
TRUMBULL, CONNECTICUT  
Regular Meeting – January 8, 2019  
Long Hill Administration Building  
Lorraine R. Smith Assembly Room

The Trumbull Board of Education convened in the Auditorium in the Long Hill Administration Building for a Regular Meeting.

Members present:

L. Chory, Chairman  
L. Timpanelli, Vice Chair  
J. Norcel, Secretary  
K. Fearon  
M. Petitti  
M. Ward

Members absent:

J. Donofrio

Agenda Item I—Call to Order

The meeting was called to order at 7:00 p.m.

Agenda Item II—Preliminary Business

- A. Pledge of Allegiance - The Public Session began with a salute to the Flag.
- B. Correspondence – The Board received an invitation to the Engineering Showcase on January 14, 2019 at Frenchtown. The Citarella family asked the BOE to consider adding a third math level at the middle school.
- C. Public Comments – There were no public comments this evening.
- D. Board Chairman Report – Mrs. Chory reported on events at Trumbull Public Schools:
- December 4 and December 7 – Middlebrooks and Frenchtown Breakfast Program kickoff
  - December 13 - Board of Finance bonding vote
  - December 19 - THS Holiday Choir Concert
  - January 8, 2019 - CABE District 6 Legislative Breakfast
- E. Superintendent Report – Dr. Cialfi reported on the following:
- The PTSA meeting to be held on January 14, 2019 in the Long Hill Assembly Room at 7:00 p.m. includes an opportunity to hear from Dr. David Bernstein.
  - Grab & Go Breakfast was launched at Frenchtown and Middlebrooks Schools on January 7, 2019.
  - SAT Math and English prep courses are being offered to grade 11 students through our Continuing Ed Department. Classes begin on February 4, 2019.
  - The Finance Committee of the Town Council addressed the BOE 2019-2020 Capital Improvement Plan at the January meeting and the BOE request was approved at \$1,280,000.
  - On January 16, 2019; a delegation from high performing schools in China will visit several Trumbull schools to observe great teaching and learning in action.

- F. Teacher Board Representative Report - Mrs. Kathy Rubano reported that Janet Cunningham, a Hillcrest science teacher was awarded a graduate level scholarship this past summer to study geology; seventh grade science teachers, Lauren Paklaian and Marisa Ferrigno, attended the Connecticut Science Teacher Association Conference held in Southbury, Connecticut and thanked the BOE for their support of professional development; several math teachers recently attended conferences that focused on new ideas to improve instruction and student understanding at the elementary level; Dr. Lisa Acerbo, English teacher at THS just published her sixth book titled *Remote* and THS students are busy prepping for midterms.

### Agenda Item III—Reports/Action Items

- A. Approval/THS Model United Nations (U.N.) Trip to Boston, Massachusetts  
Advisor Mr. Jack LaBarca proposed the trip for members of the Trumbull High School Model U.N. to participate in the United Nations Conference held at the Westin Copley Place in Boston, Massachusetts. Students participating in this trip will leave on Friday, March 22, 2019 and return on Sunday, March 24, 2019 requiring one day of missed school.

It was moved (Fearon) and seconded (Timpanelli) to approve the THS Model U.N. trip to Boston, Massachusetts as presented. Vote: Unanimous in favor.

- B. Approval/THS Trillium Yearbook Trip to New York City  
Advisors Mr. Jordan Miller and Ms. Andrea Lorenz presented the proposed trip for members of the Trumbull High School Trillium Yearbook staff to participate in the workshop conference held at the Columbia Journalism School in New York City. Students participating in this trip will leave on Wednesday, March 20, 2019 and return on Friday, March 22, 2019 requiring two days of missed school.

It was moved (Norcel) and seconded (Timpanelli) to approve the THS Trillium Yearbook trip to New York City as presented. Vote: Unanimous in favor.

- C. Approval/THS Music Department Trip to Hartford, Connecticut  
Advisor Mr. Peter Horton presented the proposed trip for THS Music Department students to travel to Hartford, Connecticut to participate in the All-State Music Festival. The Connecticut Music Association will sponsor the annual All-State Music Festival which will run from April 11 through April 13, 2019 at the Connecticut Convention Center in Hartford. Throughout the three days some of the finest high school musicians from the state will come together to form the All-State Chorus, Orchestra, Band and Jazz Band under the direction of world renowned conductors.

It was moved (Ward) and seconded (Fearon) to approve the THS Music Department trip to Hartford, Connecticut as presented. Vote: Unanimous in favor.

- D. Approval/Minutes – Budget Sessions 12/6/2018, 12/11/2018  
It was moved (Norcel) and seconded (Petitti) to approve the minutes of the December 6, 2018 and December 11, 2018 Board of Education meetings as presented. Vote: Unanimous in favor.

- E. Personnel Report  
Dr. Cialfi reported no changes since the last meeting.

F. Social and Emotional Learning

Dr. Cialfi gave a presentation on Social and Emotional Learning which is structured with the tenets of PBIS (Positive Behavior Interventions and Supports). Six directly related components are connections to school; master schedules; emotional intelligence; academic standards; restorative practices; and social, emotional curricula. The “District Goal” over the past three years includes a foundational principle to all learning: strong systems of support for social and emotional development will be a significant factor in positioning all students for success. Implementation practices are driven by each of the Safe School Committees; the Safe School Climate Specialists (each Principal); and the Districtwide Safe School Climate Coordinator (PPS Director). Several staff members spoke to the Board of the importance of social and emotional learning and reported on support services and strategies in place to help students understand and manage their emotions.

G. Policy Committee Report – Mrs. Norcel

Policies, Second Readings – Dr. Budd

1. Drug and Alcohol Testing and Required Training for School Bus Drivers, Policy Code 4212.42
2. Administration of Medication by School Personnel, Policy Code 5141.21

It was moved (Norcel) and seconded (Timpanelli) to approve the two Policies as presented. Vote: Unanimous in favor.

3. Security Checks, Policy Code 4212.5

It was moved (Fearon) and seconded (Timpanelli) to approve the Security Checks Policy as presented. Vote: Unanimous in favor.

4. Use of Physical Force: Seclusion and Restraint, & Exclusionary Timeout, Policy Code 5144.1

It was moved (Norcel) and seconded (Timpanelli) to approve the Use of Physical Force Policy as presented. Vote: Unanimous in favor.

5. Eligibility to Attend Trumbull Public Schools, Policy Code 5111

It was moved (Timpanelli) and seconded (Norcel) to approve the Eligibility to Attend Trumbull Public Schools Policy as presented. Vote: Unanimous in favor.

6. Trumbull High School Graduation Requirements, Policy Code ~~5123.1~~ 6146

It was moved (Timpanelli) and seconded (Fearon) to approve the Trumbull High School Graduation Requirements Policy as presented. Vote: Unanimous in favor.

H. Curriculum Committee Report – Mrs. Petitti

Approval/New Course Proposals – Dr. Budd

1. Business Finance
2. Small Engine Principles
3. Automotive Systems

#### 4. Visual Design

It was moved (Petitti) and seconded (Timpanelli) to approve the four new course proposals as presented. Vote: Unanimous in favor.

#### 5. Honors Justice and Law: Civil Law

#### 6. Honors Justice and Law: Criminal Law

It was moved (Petitti) and seconded (Timpanelli) to approve the two new course proposals as presented. Vote: Unanimous in favor.

#### I. 2019-2020 Budget Discussion – Dr. Cialfi

The 2019-2020 budget was presented and discussed at the December 6 and 11, 2018 Board of Education meetings. The Board further reviewed and discussed the budget this evening.

#### Adjournment

Board Members gave unanimous consent to adjourn the Public Session at 8:58 p.m.

# SOCIAL & EMOTIONAL LEARNING



# PBIS

## *Positive Behavior Interventions and Supports*

A framework for supporting students' social, emotional, and behavioral self-management skills

- Social Competencies
- Emotional Competencies
- Cognitive-Behavioral Competences

## **Social Competencies**

- Listening, engagement, and response skills
- Communication and collaboration skills
- Social problem-solving and group process skills

## **Emotional Competencies**

- Emotional self-awareness, control, and coping skills
- Awareness and understanding of others' emotions and emotional behavior
- Positive self-concept, self-esteem, and self-statement skills

## **Cognitive-Behavioral Competencies**

- Self-Scripting, self-monitoring, self-evaluation, self-correction, and self-reinforcement skills
- Social, interactional, and interpersonal skills
- Classroom and building routine skills



Michael Rizzo Alex Tinker Isaac Berkowitz

Weight training can be done in a lot of places. It can be done in peoples houses, schools, and gyms. People can lift weights pretty much anytime they want. Some people have personal gyms at their house, others go to gyms that they pay for through a membership, and some can go to their school gym during certain times.



Cost is sometimes what makes people turn away from weight training. Getting started can be \$10 per month with an annual fee that it takes to join a gym. Another option is a one time investment into a home gym which can cost between a few hundred to a few thousand dollars depending on the equipment chosen.

# Weight Training



Total # of memberships at fitness centers and health clubs in the U.S. (in millions)

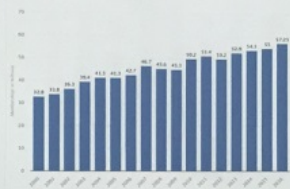
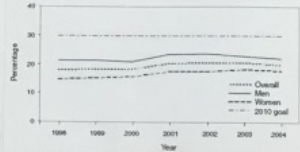


FIGURE Age-adjusted prevalence\* of strength training two or more times per week, by sex and survey year — National Health Interview Survey, United States, 1999–2004



\*Weighted percentages have been age adjusted to the 2000 U.S. standard population.

Some fitness and health benefits of weight training are maintaining flexibility and balance, improved muscle strength and tone, weight management, increased stamina, prevention or control of some chronic conditions, increased bone density, and an increase in self-esteem.



Weight training involves health related components of fitness like body composition, muscular strength, muscular endurance, flexibility, and cardiovascular endurance. It also involves performance related components of fitness like power, balance, and motor skills.

In order to weight train, you will need a set of weights to start. As you progress, you will use heavier weights and other equipment such as racks or machines. However, most people get a gym membership because it costs much less for the average weightlifter.



Weight training is a type of strength training for developing the strength and size of skeletal muscles. It utilizes the force of gravity in the form of weighted bars, dumbbells or weight stacks in order to oppose the force generated by muscle through concentric or eccentric contraction. It uses weights for resistance. Weight training provides a stress to the muscles that causes them to adapt and get stronger.