



A new day is a new opportunity to make something happen!

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***“All our dreams can come true - if we have the courage to pursue them.” - Walt Disney***

### **3 Phrases That Can Demotivate Students in Math Class by Rachel Fuhrman**

**Next Issue January 22nd!**



### **CT Association of Public School Superintendent Awards**

Last week we were able to award the Hebron CAPSS Awards to our students in-person. Please join us in congratulating Reagan Stanford and William Pape on their selection as our award recipients. While we were able to celebrate these remarkable students at our December Board of Education meeting, it was great to be able to congratulate them in-person last week!



**Professional Development Corner** Check out this episode of Ted Talks Daily, [How Your Emotions Change the Shape of Your Heart](#). "A record of our emotional life is written on our hearts," says cardiologist and author Sandeep Jauhar. In a stunning talk, he explores the mysterious ways our emotions impact the health of our hearts -- causing them to change shape in response to grief or fear, to literally break in response to emotional heartbreak -- and calls for a shift in how we care for our most vital organ.



**How can we help you? Please use this reference guide for contacting our Central Office Team for support.**

Do you have a resource, quote, or article to share? Please email them to me at [tbaird@hebron.k12.ct.us](mailto:tbaird@hebron.k12.ct.us).