



Ellington Unplugged

Unplug to Connect: A Healthy Balanced Life

Dr. Scott V. Nicol, Superintendent of Schools

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[Ellington Unplugged](#) is a series of concepts for the Ellington Family - students, staff, family members, and the community to consider that may enrich one's life. As aligned with the [Seeds of Civility](#), to unplug is to practice moderation, exercise conscious choice, and help achieve life balance.

Students who find their personal life balance as supported and guided by their parents tend to perform well in school, have positive relationships with peers and adults and truly pursue happiness as they define it.

This is why the Ellington Family will continue to partner with parents as they raise their children grounded in their beliefs. The school district is not a substitute for parents and therefore will not create conditions that promote dependency on the system.

Imagine how a high school student may spend their weekend - it may begin with a steady diet of energy drinks, processed foods, no sleep, and little time spent outside. How about several hours playing video games, watching movies, or scrolling through the endless unfiltered internet? This constant stream of virtual violence and over-sexualization warps their reality and relationships. This student may also begin to self-medicate with marijuana or alcohol. Toss in the addition of the mainstream media rife with divisiveness and fear-mongering and it should not be a surprise to anyone on Monday morning when the student heads to school with feelings of anxiety, insecurity, and a generally apathetic approach to learning and socializing.

Of course, this is not every Ellington student, not nearly. Yet, in some variation, these unhealthy societal ills do create conditions that even our most healthy of students (K-12) with supportive parents, grapple with daily.

To be sure, no longer will the Ellington Family be a victim of the plugged-in compliance culture created by society. Students of all ages, and other members of the Ellington Family, will have the opportunity to choose healthy alternatives.

In short, the Ellington Family will create our own conditions with options for optimal learning and living. Take a few moments to check out [Ellington Unplugged](#) and this [WFSB back-to-school interview](#) with EHS alumnus Caitlin Francis and local celebrity Scot Haney. More to come as we begin the journey of taking back our collective Ellington Family power by 'unplugging' in the manner we see fit.

New Members of the Ellington Family: 2023-2024

With the first day of school on Thursday, August 31st, we welcome our newly hired Ellington Public Schools Director of Finance and Operations, Alisha Carpino. Ms. Carpino is replacing Brian Greenleaf who after seven years in Ellington has accepted the position of Chief Financial Officer for the CREC schools.

[Press Release - Ms. Alisha Carpino, Director of Finance and Operations](#)

This year EPS is welcoming seventeen new teachers. They range from being highly experienced to just starting out in their careers, yet they are all on a mission to enrich the lives of Ellington children.

We also welcome all of our new paraprofessionals and other support staff throughout the school district. Their service is invaluable.

[Biographies of Newly Hired Teachers](#)

As we lift each other up, with sincere peace and love to you all, may the 2023-2024 school year be filled with ‘unplugged’ common sense, transparency and trust.