



# Ellington Public Schools

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Dear Ellington Family -

## **Launching Ellington Unplugged – Summer 2023!**

Ellington Unplugged is a series of concepts for the Ellington Family – students, staff, family members, and community to consider that may enrich one's life. To unplug is to practice moderation, exercise conscious choice, and help achieve life balance.

'Unplugged' concepts may drive school policy, curriculum, and student activities. Yet, in a *family-first* town such as Ellington, these concepts have the potential to bring families closer together allowing us to connect by unplugging.

### [ELLINGTON UNPLUGGED – Unplug to Connect: A Healthy Balanced Life](#)

Special thanks goes to parents (*Monique Lussier, Karl Stocker, Tom McBreen*), teachers and administrators (*Kirsten Labranche, Mike Nash, Matt Lane, Linda Robinson, and Kerri Carlson*) for their contributions to the Ellington Unplugged document.

### **A Summer 2023 Family Opportunity**

The third tenet of Ellington Unplugged is *Cook From Scratch* which states, "Spend time cooking a meal with fresh food, free of chemicals. Enjoy eating together with family or friends free from distractions."

Members of the Ellington Board of Education and administrative team contributed to a 'Cook From Scratch' cookbook. Recipes range from breakfast to dessert and everything in between. Consider preparing one of these sentimental recipes while spending quality time with your family or friends.

### [COOK FROM SCRATCH: An Ellington Unplugged Initiative](#)

Special thanks goes to Tracey Deptula, Assistant to the Superintendent, for her efforts on the cookbook. That being said when you try a recipe, please send a photo or video to [tdeptula@ellingtonschools.net](mailto:tdeptula@ellingtonschools.net) or tag the Ellington Board of Education [@boe.ellington](#) on Instagram.

From all of us at the Ellington Board of Education – enjoy the summer!

Dr. Scott Nicol  
Superintendent of Schools