



Chris Poulos (Honduras)

Connecticut House of Representatives District 81
(Southington)

Election Date: Nov 3, 2026

Campaign website:

<https://www.poulosforsouthington.com/>

Rep. Chris Poulos is a lifelong Southington resident who has dedicated his career to serving his community and the people of Connecticut. He brings a practical, common-sense approach to public service, focused on delivering results and putting people first.

Rep. Poulos currently serves as Assistant Majority Leader in the Connecticut House of Representatives. He is Vice Chair of the Select Committee on Special Education and serves as a ranking member of the Education, Public Safety, and Veterans' Affairs Committees. Known for his collaborative leadership style, he works across party lines to advance thoughtful, moderate solutions rooted in civility, negotiation, and compromise.

Since taking office in 2023, Rep. Poulos has delivered meaningful results for Southington and the state, including:

- Securing \$5 million to expand and enhance the Southington Public Library
- Securing over \$1 million for the dredging of Sloper Pond and the expansion of the camp office and infirmary
- Supporting a bipartisan budget that delivered the largest income tax in state history
- Voting to preserve fiscal guardrails that control spending, reduce debt, and strengthen the state's rainy day fund
- Sponsoring and helping lead passage of historic funding to expand and strengthen special education services
- Expanding tax exemptions for retirees and benefits for veterans

In addition to his legislative work, Chris is a dedicated educator. He teaches Spanish and serves as Instructional Leader for the Humanities at Joel Barlow High School in Redding. A National Board Certified Teacher, he was named Connecticut's 2007 State Teacher of the Year and inducted into the National Teachers Hall of Fame in 2022. He previously served as a Teacher-Leader in Residence at the Connecticut State Department of Education, working diligently with policymakers while continuing to teach in the classroom.

Chris has participated in numerous education fellowships, including the inaugural Teacher-Leader Fellowship at the Aspen Institute, and has served on multiple nonprofit boards focused on education. In these roles, he helped expand organizational capacity, strengthen outcomes, raise funds, and build partnerships with government, philanthropic, and corporate leaders.

Earlier in his career, he served in the United States Peace Corps from 1997 to 1999 in Honduras.

A 1993 graduate and Class President of Southington High School, Chris holds a Sixth Year Degree in Educational Leadership from the University of Connecticut, a Master's degree in Spanish Education from Teachers College, Columbia University, and a Bachelor of Arts in Leadership Studies from the University of Richmond.

Chris resides in Plantsville with his wife, Helen, and two children, Molly and Andrew.