



Troy Newsletter

October 30, 2023

Notes from the Principal, Mrs. Roux ...

Well, last week was a bit unsettling in light of sad/scary events in our state. These situations are never easy to navigate and take an emotional toll on everyone; however, I want to acknowledge and applaud the staff for how well they handled the situation here at school. For those families who chose to send your children to school, please know that teachers and staff worked together to provide as much normalcy as possible, while also being sensitive to the needs of some students who shared questions or concerns. I am very proud of all staff members for their professionalism and commitment to providing a safe and productive learning environment.

I'd like to send out a huge thank you to all families who attended Parent/Teacher conferences last week. These conferences are a critical part of ensuring that your child has a positive educational experience this year. **If you were unable to attend, please reach out to your child's teacher(s) and they will happily accommodate a way to connect with you for these important conversations.**

Additionally, I'd like to thank our amazing Troy PTO (and any staff that supported), for hosting the book fair this past week! We really appreciate the time and effort that goes into making events like this possible!

One final reminder about Halloween: some classrooms will likely be planning small activities and some of the schools will be hosting school wide themes such as dress like your favorite book character, school spirit day, or something similar. Please just keep in mind that for any dress up type activities, students are not allowed to wear just regular Halloween costumes that are not connected to these themes, and no dress up that includes weapons, blood or anything related to violence will be allowed. Thank you so much for your cooperation.

Reminders this week include:

- At this time, we are still asking that students be dropped off at the main entrance where a staff member will greet them and escort them inside.
- Daily dismissal time will begin with parent pick ups at 3:00, followed by bus dismissals beginning at approximately 3:15. Parents are asked to pull up to the entrance and your child will be brought out to meet your car.

Please do not hesitate to reach out to me if you have questions, concerns, or need support for your child or your family. Have a great week!

(email: lroux@rsu3.org school phone: 948-2280 home phone: 568-3980 cell: 323-0990)

Notes from the Office:

Our office has recently received the 2023 Neighbor for Neighbor Holiday Assistance applications from WCAP. If your family is in need of holiday food baskets and/or gifts, please call the Office and an envelope will be sent home with your student. The application due dates are as follows: For Thanksgiving is November 1st and Christmas is December 1st.

Please see below for Halloween Safety Tips if you will be participating in Trick-or-Treating!

Important Upcoming Dates.....

11/10 - Veteran's Day - No School

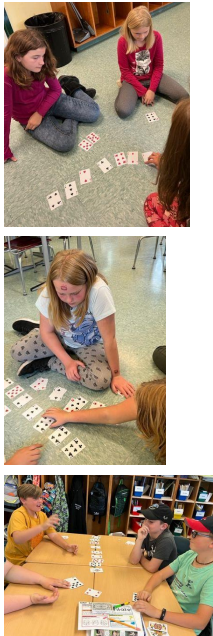
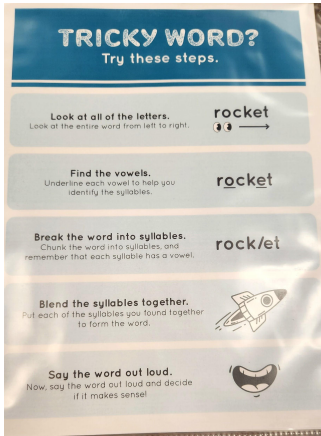
11/13 - School Board Mtg at **Monroe School**

11/22-24 - Thanksgiving Break

Happy Halloween!



Check out what's happening at Troy School ... Week of: 10/23

<p>2/3</p>	<p>This week in 3/4 learned the new phonics pattern oo. We learned about the midwest in social studies. Students read about the animals, attractions, and states that are in this region. In Math we played a review game on Friday of the concepts we learned so far.</p>
<p>4/5</p> 	<p>I appreciated everyone who made it in for conferences this week! It was a great meeting with you to share all the amazing things your child has already done this year and what we are working on.</p> <p>We have been continuing on with our story Shakespeare's Secret in reading. Just as Hero starts to find a clue about the diamond, it seems to get a little further away from her finding it. Your child has been getting better at responding to questions about the story! It's fun to hear all their thoughts about what they think will happen.</p> <p>We're continuing on with place value knowledge in math. They are all showing good growth and we'll be moving to addition and subtraction soon!</p> <p><u>From the Students:</u></p> <p>MATH IS WHAT IS THE BEST, ESPECIALLY PLACE VALUE. I THINK WE NEED TO KEEP WORKING ABOUT IT MORE, TOO. BY DAYNAH</p> <p>In writing, we are writing about monsters. We have been working on them for a couple of days and it is fun! (Ask us about our monsters!) By Jaxon</p>
<p>Intervention</p>	 <p>Here are some steps for helping students decode a multi-syllable word. Most words have a vowel in each syllable, but there are some exceptions as we know with the English language. It is important to encourage your child to look closely at the letters in the word first.</p>

Music	This week in music, K-2 students continued work on ukuleles. We also learned The Little Bell of Westminster. 3-5 students continued working on their songs.
Agriculture	We had a moooving agriculture class this week as students met Recking Ball, the Adopt-a-Cow we will be following throughout the school year. Recking Ball is an adorable Holstein calf living at Brigeen Farms in Turner, ME. We also took advantage of great weather by planting our garlic. Finally, Mrs. Spinning's class used leaf identification resources to identify the specific types of maple trees we tap for sugaring.

How can caregivers support attendance?

- Set a regular routine for your child's bedtime and morning wake-up
- Prepare the night before for the next day's activities:
 - Pack backpacks
 - Lay out clothes
 - Make lunch

HALLOWEEN SAFETY TIPS FOR PARENTS AND CHILDREN

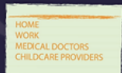
It's not surprising that Halloween is a favorite for parents and children! Kids love to dress up, go trick-or-treating, and eat candy. But, Halloween night can also be dangerous. Make sure to follow these safety tips to ensure a safe and fun evening!

WALKING SAFETY

- Obey traffic signals, walk on sidewalks, and cross at crosswalks.
- Young children under the age of 12 should always have an adult present.
- If your child is old enough to trick-or-treat with friends, make sure everyone stays together and knows what time to come home.
- Children should never enter a strange car or home.



Parents: **PUT** your phone away. If you're distracted, you and your child could unknowingly walk into traffic.



INCLUDE a communications card with contact and medical information in your child's costume.



MAKE sure children memorize their home phone number and address in case of an emergency.



- Choose brightly-lit walking paths that you're familiar with. If necessary, make practice runs ahead of Halloween night.
- If you're crossing a parking lot, walk slowly and listen for cars that are backing out of parking spaces.
- Be aware of your surroundings.

- See something, say something: If you notice any suspicious individuals or behaviors, don't hesitate to call 9-1-1.



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HOME SAFETY

ONLY trick-or-treat at houses with brightly-lit porches.



MAKE sure your front porch is well-lit and free of clutter and sharp objects.



CHOOSE LED candles. Open flames can cause fires, especially when children are excitedly running around.



Young children **MAY BE FRIGHTENED** by Halloween night. Before heading out, talk to them in advance about costumes and make-believe.



NEVER let young children carve pumpkins.



KEEP your furry friends indoors.

DRIVING SAFETY

DRIVE extra slow around neighborhoods with children present.

KEEP an eye out for distracted walkers that might dart out into the street.

If you're pulling out of a parking space, **LOOK** behind you, **CHECK** your blind spots, and roll down the windows to **LISTEN** for children.



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COSTUME SAFETY



APPLY non-toxic face paint instead of a face mask.



AVOID swords and canes with sharp edges.



CHOOSE a safe, flame-retardant costume.



HAVE children carry glow sticks or flashlights so they can see the road ahead.

MAKE sure your child's costume fits properly. Loose clothing can be a tripping hazard. It can also catch fire, or unintentionally cause strangulation.



MAKE SURE children carry a bright-colored trick-or-treating bag.



DRESS children in weather-appropriate layers.



If your child's costume is dark, **ADD** reflective tape or bright-colored materials.

CANDY SAFETY



PARENTS: thoroughly examine all candy before children indulge.

TELL children not to share candy with friends that have food allergies.



TEACH children to ration candy to avoid tummy aches.



MAKE sure children know not to accept any baked goods.



Large candies are a choking hazard. **KEEP** them away from young children.





Is my child too sick for school?

Each day many parents are faced with a decision: should they keep their sick children at home or send them to school? Often the way a child looks and acts can make the decision an obvious one. In accordance with Maine Department of Health and Human Services guidelines, a child should not attend school if he/she exhibits one or more of the following symptoms or infections:

Keep your child home if he/she has any of the following symptoms:

- **Fever** (Greater than 100° F)- the student may return when fever-free for **24 hours WITHOUT the use of fever reducing medication.**
- **Cough:** A child with an uncontrolled cough should stay home until they are coughing with less frequency.
- **Diarrhea/Vomiting:** A child with diarrhea and/or vomiting should stay at home and return to school only after being symptom free for 24 hours.
- **Rash-** Any new onset of rash if accompanied by fever; may return after rash resolves or diagnosis is made and clearance given
- **Skin Lesions (sores)** – A student should not be at school with any sores with drainage that cannot be contained within a bandage
- **Strep Throat/Impetigo and other bacterial infections requiring antibiotics-** A student with strep throat must remain home until they have been on their antibiotics for a full 24 hours.
- **Colds-** A child with thick yellow-greenish mucous accompanied by fever, vomiting, diarrhea, or constant nasal discharge should remain home. Very few younger children can effectively blow their noses and wash their hands afterward. A child with the above symptoms will quickly spread the illness to other children.
- **Other-** Any symptoms or complaints that prevent the student from active participation in usual school activities

If your student tests positive for COVID-19, they must isolate at home for 5 days. After 5 days they may return with symptom improvement, masking days 6 through 10. More information can be found here: <https://www.cdc.gov/coronavirus/2019-ncov/your-health/isolation>.

Home is the best place for a child who is ill. Students with these symptoms cannot comfortably participate in school activities and unnecessarily expose others to their illnesses.



Check out these **FREE** Digital Literacy classes



Coming soon to RSU 3 Adult Ed!

Windows 10 PC Basics

Oct. 3rd at 4pm

Understanding WordPress

Oct. 5th at 2pm

Using Gmail Effectively

Oct. 31 at 2:30pm

Understanding WordPress

Nov. 2nd at 6pm

Applying for the Affordable
Connectivity Program

Nov. 14 at 6pm

Learning about Devices

Dec. 5 at 3pm

Internet Safety

Dec. 7 at 3pm

Video Conferencing with
Healthcare Providers,
Family, & Friends

Dec. 11 at 3pm

**Don't see what
you want?
Just ask!**

College Success Series

Presented by RSU #3 Adult & Community Education and
Dori L. Leadbetter of The Maine Educational Opportunity
Center (MEOC)



PAYING FOR COLLEGE **FAFSA WORKSHOP**

Wednesday October 11 3:00 - 5:00 pm



APPLYING FOR COLLEGE **APPLICATION WORKSHOP**

Wednesday November 8 3:00 - 5:00 pm



FREE MONEY FOR COLLEGE **SCHOLARSHIP WORKSHOP**

Wednesday December 6 3:00 - 5:00 pm

How to Register

This is a free service but you must register with both Adult Ed & MEOC.

Adult Education registration: In person or online at rsu3.maineadulted.org

Students that have not already submitted a MEOC application to receive free MEOC services,
please complete the MEOC online application from your cell phone or computer using this
weblink:

https://trio.maine.edu/meoc/meoc_application.php

**DISCLAIMER: For all students under the age of 18: A parent/legal guardian signature is
required on the MEOC application and students must attend the workshop with at least one of
their parents/legal guardians.**





Thursday, November 9th, 2023

IN PERSON OR LIVE ZOOM

5:30-7pm

FREE **VETERANS LAW** CLASS

"Who doesn't know a veteran" or "THE VA" ?

One phrase rings true, the other spurs thoughts of frustration, bureaucratic double-speak; and confusion.

However, some attorneys, like Mailloux and Marden's Tyler Hadyniak (Mount View Class of 2011), are experts in navigating the VA benefits system and helping veterans get disability benefits for medical conditions they think are related to service.

Tyler's legal career began in veterans law, and he is the only veterans disability law attorney in Waldo and Knox Counties.

This course will be a basic, introductory guide to veterans benefits law. There is no charge to attend but registration is required.

Tyler will walk participants through the VA benefits process, and explain what an applicant needs to prove and how to do it. By the end of the class, participants will be able to explain to veterans, their friends, and family, what is required to get compensation through the VA.

