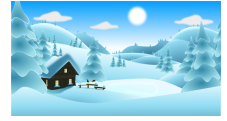




# Troy Newsletter

November 27, 2023



## **Notes from the Principal, Mrs. Roux ...**

Welcome back from the break. I hope everyone had a nice Thanksgiving. It was a much needed little break for students and staff, but we are back and ready to make the next few weeks before the winter break as productive as possible with a few fun activities mixed in. Be sure to pay close attention to the important upcoming dates and reminders that will be sent out about special events this week and through December. We look forward to opportunities to invite families into school. We are also excited to be preparing the first report cards of the year that will be sent home during the week of December 4.

As we move toward the colder months and the holiday season, please do not hesitate to reach out to the school if you have any needs that we can support with. We want to make sure that all students have what they need for the winter whether it be warm winter clothing or items for the holidays.

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](mailto: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.

Be sure to wear your favorite holiday pjs when you join us for our upcoming holiday brunch - see details below.



## **Important Upcoming Dates.....**

Week of 12/4 - Report Cards come home

12/8 - Holiday Brunch

12/21 - Holiday Variety Show

12/22 - Early Release Day

12/25 - 1/1 - Winter Break



I'd like to try adding in a new resource to the weekly newsletter. Each week I will provide some helpful hints to support parents from the website "parents.com" This site offers family friendly tips and strategies for supporting healthy growth in children which will also support their continued success in school.

## **7 One-Liners to Use When Disciplining Kids** By [Parents Editors](#) Updated on January 19, 2022

Disciplining children is hard—and knowing what to say is even harder. But these simple one-liners convey powerful parenting messages in nine words or less.

### **"I Know; It's Hard."**

Validation can help your child move through difficult feelings instead of getting stuck, says Dr. Ershler.

### **"Walk, Please!"**

. "When you say 'Don't run!' or 'Quit arguing,' not only does your child have to stop the action, they also have to search their repertoire of responses for what to do next," says Dr. Ershler. But "Walk, please!" simply tells her what to do next.

### **"Try Again."**

Kids can be more cooperative if they feel they have some control over a situation, so saying something like this or "Let's have a redo" gives them a chance to choose to behave differently without piling on the guilt.

### **"What Did I Say?" or "Can you tell me what I said?"**

How you say this one is super important because if you're not careful it can sound scoldish. And if your emotions become heightened, so will your child's. But genuinely asking him to tell you what you said is a good way to remind him of what he's supposed to be doing.

### **"I Love You Too Much to Argue."**

My own "keep-it-simple" eureka moment actually came the day I heard these seven words.

### **"I Can't Understand You When You Use That Voice."**

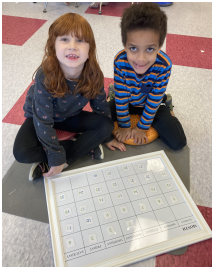
This is a blessed alternative to "Stop whining!" Once your child speaks to you more normally, you can then praise her and explain why she made a good choice, says Dr. Ershler.

### **"How Do We Ask?"**

Getting kids to remember their manners is an ongoing battle, but instead of nagging—which can trigger a rebellious response—help your child remind himself of the rules with a calm question.

## Check out what's happening at Troy School ... Week of:

K/1



This week students learned more about the seasons, and practiced matching months of the year to the seasons they belong. They had practice building their own calendar, using our current month of November as a model.

In Reading, students looked closely at illustrations to help them understand what characters were feeling. We used some of Mo Willems' books, which feature two very expressive animals to guide us with this work. They understood that speech bubbles help readers know exactly what characters say.

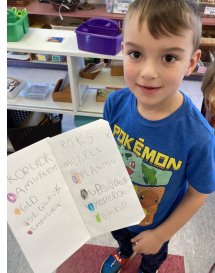
In math, students practiced using vocabulary such as "addend", "sum" and "equation" as they played dice and card games. The class continues to show great enthusiasm for exploring, building, comparing and adding big numbers!

Favorite Books of the Week:

I Love My New Toy by Mo Willems

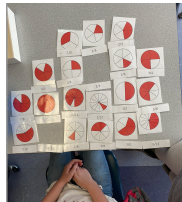
Visiting Aunt Sylvia's: A Maine Adventure by Heater Austin

I'm a Turkey by Jim Arnosky



2/3

This week 2nd & 3rd graders worked on their state research projects in social studies. In math students are continuing to explore choice activities during independent work time.



4/5

Most of us finished up with addition and subtraction this week in math. We will be moving on to multiplication next week!

In reading, we will be focusing on nonfiction text after break. We're excited to explore all the features of nonfiction.

	<p>Remember, it's colder weather now and students need to come prepared for outside recess with coats, hats, mittens, and maybe even boots.</p> <p>From the Students:</p> <p>THIS WEEK IN SOCIAL STUDIES, WE LEARNED ABOUT FERDINAND MAGELLAN. HE WAS A GOOD NAVIGATOR. HE FOUND WHERE INDIA REALLY WAS. ANOTHER EXPLORER NAMED HERNANDO DE SOTO GOT A LOT OF LAND FOR SPAIN. HE CAME TO AMERICA AND WENT UP THE MISSISSIPPI RIVER. HE GOT SICK AND PEOPLE THOUGHT THAT HE WAS A GOD SO HIS CREW SANK HIM. BY AVA</p> <p>We finished up on Shakespeare's Secret. Where it ended, Hero, Danny, and Mrs. Roth were having a party. Then, they put the necklace together. By Bennett</p> <p>This week in writing, we wrote our stories. We wrote a sloth story, skeleton story, and so much more. By Kenzie</p> <p>We finished Shakespeare's Secret in reading. I liked it a lot. It was fun and we found out that Danny is Mrs. Roth's grandson and that Anna was Danny's mom. By Calvin</p>
PE	<p>Another fantastic week at Troy - the effort, the positive attitude and enthusiasm from the big kids to the littles - I'm so impressed and can't wait to see what they do next semester - make sure to read the report cards with the children please and thks for everything. TB</p>
Library	<p>We are working in all grades on responsible behavior with library books, returning them when we are done, and choosing books and stories that are right for us! Every student is doing such a great job this year being as responsible as possible. We will continue working on this through the rest of the year, in addition to our read alouds!</p>
Agriculture	<p>Before Thanksgiving Break, our K-1 learners investigated the life cycle of a plant. We observed the bean seeds we planted and they had grown roots and stems! We also found the first leaves tucked inside the cotyledon! Our older students enjoyed a Nature Gratitude Scavenger Hunt. We found many things to be thankful for in our beautiful schoolyard!</p>
SEL	<p>This week we talked about the meaning of giving thanks and made thank you cards to loved ones</p>



Just for fun, all are encouraged to wear holiday PJs - students, staff and families too!

You are Invited to Join Us

# Festive Holiday BRUNCH



Troy Elementary School

We are excited to invite families into our cafeteria to enjoy a Festive Holiday Brunch with your child. On **December 8th** lunch will be **served at 11am**. Cost for lunch is **\$5.00** for adults and **\$3.00** for non-student children payable by cash or check. Children that are enrolled in school eat for free. Please RSVP to reserve a spot for your family no later than **Wednesday, December 1st**.

**CINNAMON GLAZED FRENCH TOAST,**  
*Menu:* SAUSAGE, HASH BROWN, FRESH FRUIT &  
VEGGIE BAR, DESSERT

**Please return form no later than December 1st!**

Reservation Form for Holiday Brunch

Student(s) Name:

Number of Adults	Number of non-student Children

Cash Included

Check Included

Total Amount Included



### 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](http://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](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.**

