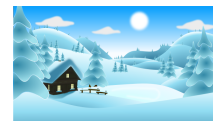




Troy Newsletter

December 4, 2023



Notes from the Principal, Mrs. Roux ...

Happy snow day! Though we don't hope for many of these days, we are likely to end up with a few. Families should receive calls and/or texts/emails with the message that school is canceled or delayed. This information will also be posted on multiple news stations and other resources. If you find that you are not receiving the district call/text/email, please reach out to the school secretary and she can help you with this process.

Report cards will be coming home later this week. Please make it a point to review these with your child and check his/her understanding of progress so far. Report cards are a great tool for parents to get an overview of your child's current skill levels - strengths and areas of need, as well as a tool for talking with students to make sure they also understand their learning needs and goals. If you have questions about the information provided, please don't hesitate to reach out to your child's teacher and he/she will be happy to go over these with you.

We look forward to seeing families at upcoming events, such as the holiday brunch and the holiday variety show.

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:

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 to support parents. Each week I will provide some helpful hints (excerpts 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.

Emotionally healthy kids are able to cope effectively with life challenges and kids who have developed their emotional regulation skills generally have easier and better relationships. Emotional regulation has been associated with many positive outcomes. Here are a few characteristics of emotionally healthy kids.

1 | Emotionally healthy kids are aware of their emotions An emotionally healthy kid is one who has learnt to identify his or her emotions. He is able to tell the different emotions apart and identify what he's feeling. **Teaching kids to identify their emotions** using age-appropriate strategies is the first step in helping them develop their emotional intelligence.

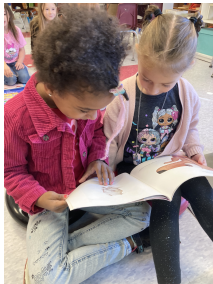
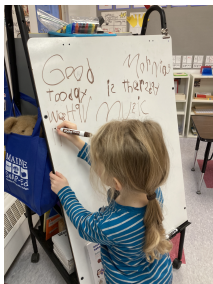

2 | Emotionally healthy kids are aware of others' emotions Everywhere we go, everywhere we look, we will find emotions. An emotionally healthy kid is able to identify other people's emotions. In other words, she can accurately describe other people's feelings by looking at them or by the tone of their voice. Opportunities to teach kids to identify others' emotions abound. For instance, helping kids accurately describe the emotions displayed in a book they are reading can help them become more aware of others' emotions.

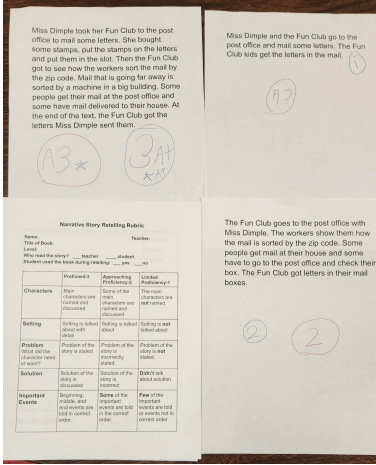

3 | Emotionally healthy kids are empathetic Freud thought that kids were way too egocentric to care about other's feelings. He has repeatedly been proven wrong. As early as age two, kids are capable of displaying empathy-related behavior. For instance, they can show concern or give hugs to people who look distressed. **When we help our kids cultivate empathy**, we also help them develop their emotion regulation skills.

4 | Emotionally healthy kids know what triggers their emotions Although we're all born with a few emotions already pre-wired into our brains, many other emotions are learned from our experiences and our social and cultural contexts. A kid's display of strong emotions reflects his or her emotional reaction to a specific situation. For instance, a kid thrown into the deep end of the pool to teach him how to swim might feel anxious or scared every Friday if he has swimming on Fridays. Depending on the situation, this anxiety can also trigger other emotions such as shame. An emotionally-healthy kid knows what triggers his emotions and is thus better able to identify appropriate ways to deal with emotion-provoking situations. For example, he knows which situations to walk away from and which situations he needs to learn to cope with.

5 | Emotionally healthy kids develop techniques to help them deal with strong emotions The ultimate goal of helping **kids develop emotion regulation skills** is to help them learn to manage their emotions by themselves. We can't always be there to help our kids deal with their emotions, which is why it's important to provide them with an appropriate framework in which they can learn to deal with their emotions by themselves. An emotionally healthy kid knows how to identify the symptoms of strong emotions – sweaty palms, rapid heart beat – and what to do to calm down – go to a quiet space, ride a bike, color a mandala. In other words, an emotionally healthy kid doesn't need you to be there to react appropriately to his or her emotions.

Check out what's happening at Troy School ... Week of 11/27

<p>K/1</p>  	<p>Students continue to be on the look out for secret stories in the words around them! They have found them on cereal and cracker boxes as well as in names of stores and on road signs! They are using these skills to read and write.</p> <p>Many have been interested in writing their own shopping list, morning message, notes to each other and books for our class library - all using the spelling patterns they've learned! WOW!</p> <p>They were excited to have Miss Georgia back this week to learn more about using their five senses as they explore new foods.</p> 
<p>2/3</p>	<p>This week 2nd and 3rd graders have been working on their narrative writing. We played a relay race with balloons. Then they practice writing what happened. Using beginning, middle, end. Using transition words in their story. In math third graders are finishing up their work on division. 2nd graders are continuing their work with double digit addition.</p>
<p>4/5</p>	<p>We started multiplication this week. We have learned some games and strategies to help us solve multiplication facts. I am encouraging students to practice multiplication facts at home. They can make their own flashcards or just have a family member quiz them.</p> <p>Remember, it's colder weather now and students need to come prepared for outside recess with coats, hats, mittens, and maybe even boots. We'll soon have snow and will need snowpants. Please let us know if you need help with supplies.</p> <p>IN SCIENCE, WE LEARNED ABOUT ROCKS. WE SORTED THEM OUT IN DIFFERENT GROUPS LIKE THE COLOR, SIZE, OR TEXTURE. WE LOOKED AT THEM WITH A MAGNIFYING GLASS AT THE ROCKS. BY ANNA</p> <p>This week, we were reading Animal Ears. They told us lots of information. There were side bars, photographs, headings, and more. By Allyson</p> <p>This week in reading, we read about Animal Ears. Did you know that the Tasmanian Devils ears turn bright red when upset? The Opika's tongue is so</p>

	<p>long it can lick the inside and out of its ears clean. The jackrabbit's ears have veins that keep it cold/hot. By Abby</p> <p>In math, we did the three minute test (mad minutes). We also did the vocabulary words for multiplication. We did math games (with decks of card. Ask us how to play so we can play with you at home!)</p> <p>By Jaxon</p>
Intervention	<div></div> <p>This small group enjoyed reading the book <i>The Fun Club Goes to the Post Office</i>. After reading and learning about what happens to a letter when mailed, they wrote letters to each other and we mailed them. They also used a retelling rubric to score three different retellings of the book. The retelling that included characters' names, setting with detail, problem and solution, and beginning, middle, and end events scored a 3-Proficient.</p>
SEL	<p>This week we dove back into our chats about impulse. Grades 2-5 made strategy cards to help with those impulses. K and 1 practiced some impulse with a group coloring practice.</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

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.**

