



Troy Newsletter

March 11, 2024



Notes from the Principal, Ms. Dupuy ...

I hope you had a wonderful weekend and enjoyed the extra daylight that comes with the spring time change!

As you're aware, Daylight Saving Time began this past weekend, and we "sprang forward" by setting our clocks one hour ahead. I trust that this adjustment went smoothly for your family and that you're settling into the new schedule. I have included a few tips to help with the transition:

- Limiting screen time before bed.
- Having set nighttime routines.
- Getting enough exercise during the day can help kids sleep better, too.
- Spending some time outside and being exposed to natural light during the day can help reset your child's internal clock after a time change.

With the arrival of spring, we're looking forward to embracing the longer days and warmer weather here at school. This season brings a renewed sense of energy and excitement, and we have some exciting activities and learning opportunities planned for our students in the coming weeks.

Reminders this week include:

- With this Spring weather comes mud! Sometimes our students' get a little wet. You may want to consider sending a dry set of clothes for students to keep at school or in their backpacks so they can change into something dry.
- 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: jdupuy@rsu3.org school phone: 948-2280 cell: 249-1061)

Notes from the Office:

Check out our Hannaford Helps Flyer below to help our school raise money!!

Important Upcoming Dates.....

3/11 - School Board Meeting at MVHS 6:30

3/15 - Teacher Inservice Day - No School for Students

K/1

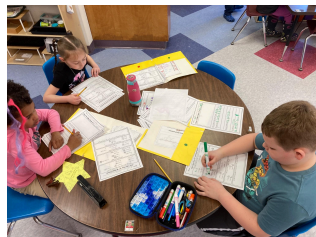
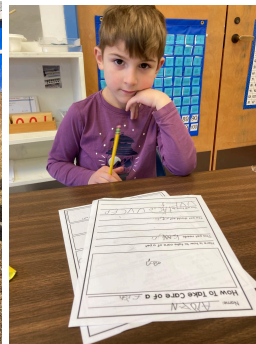
We were SO grateful to get outside this week!

While students played outside in the sunshine they worked on important life-skills such as: turn taking, sharing toys and communicating with others using a calm and clear voice. They not only had great practice with interpersonal skills, they also were demonstrating lots of creativity! The games played were thoughtful, inclusive and used lots of imagination!

Back in the classroom, students went to work on their writing skills, with a focus on Nonfiction writing. Students chose an animal to write about and identified important information to share. Some chose to include physical features, diet and movement, while others chose to list equipment needed to care for the animal as a pet. They are working on using appropriate spacing between words and using punctuation between sentences.

Favorite books of the week:

- Julius, Baby of the World by Kevin Henkes



2/3

This week we learned about sea turtles. Students practice note taking as I read aloud a nonfiction text. After they took those notes and worked on writing an informational story. Some students even published their work on their laptops after. In reading we are working on nonfiction text features. Such As headings, bold words, graphs, and a glossary.

4/5	<p>Students have been working hard at their opinion writing prompts on whether they would like longer recess and or not. They are coming up with lots of good facts to support their thinking. We're moving right along in our division unit. Students are learning different strategies to use while dividing. Talk to us about what ones are working the best so far!</p> <p>In reading, we've been reading the book The Unteachables. Ask us about the characters. They are all very unique and yet somehow are making each other better!</p>
Agriculture	<p>We tapped our maple trees! We have nine taps on six different maple trees around our school. We'll collect the sap for two weeks, then plan to boil it down at our annual Maple Syrup Day on March 19th. Many thanks to Mr. Shawn, the teachers, and students for helping make this project happen! Classrooms also started Lion's Mane Mushrooms in kits donated by Johnny's Selected Seeds. Thank you, Johnny's!</p>
SEL	<p>This week, all classes learned about letting things go when we get frustrated. We talked about how we can still care about what is bothersome, but not let it affect our entire day.</p>

FREE

COVID TEST KITS

Expiration date has been extended to
9/30/24

Parents may pick them up
in the school office

**Bake Sale,
Raffle,
Children's
Activities and
more!**

TROY PTO

Spring

CRAFT FAIR

**SATURDAY, APRIL 6TH 2024
10 AM - 4 PM**

**TROY CENTRAL SCHOOL
733 BANGOR ROAD
TROY, ME 04997**

**help raise money
for Troy Central
School
PTO**

BUILD HEALTHY HABITS

**HEALTHY HABITS +
REGULAR SLEEP = A
LEARNER READY TO LEAP!**



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Go to hannaford.com/helpsschools.

RECYCLE ON JUNE 1, 2024

Department of Agriculture, Conservation
and Forestry have a suggestion or two!

@Maine Department of Agriculture,
Conservation and Forestry

Find the Ski & Snowshoe Trailers at Maine State Parks!

10 AM—3PM on all dates listed

January

- 5-14* Camden Hills State Park,
Camden, (207) 236-0849
Winter Family Fun Day on Jan. 13
- 13 & 14 Mount Blue State Park,
Weld, (207) 585-2261
- 19, 20, 21* Aroostook State Park,
Presque Isle, (207) 768-8341
- 20 & 21 Wolfe's Neck Woods
State Park, Freeport,
(207) 865-4465
- 27 & 28 Sebago Lake State Park,
Casco, (207) 693-6231

March

- 2 & 3 Mount Blue State Park,
Weld, (207) 585-2261
- 2-10* Cobscook Bay State Park,
Edmunds Twp., (207) 726-4412
- 9 & 10 Sebago Lake State Park
Casco, (207) 693-6231
- 16-31* Lily Bay State Park,
Greenville, (207) 695-2700

* Please call ahead to confirm.

FREE equipment
use with Park
Admission

February

- 1-13* Holbrook Island Sanctuary,
Brooksville, (207) 326-4012
Winter Family Fun Day on February 10 too!
- 3 & 4 Mount Blue State Park,
Weld, (207) 585-2261
Winter Family Fun Day on February 3 too!
- 10 & 11 Bradbury Mt. State Park,
Pownal, (207) 688-4712
Winter Family Fun Day on February 10 too!
- 17 Reid State Park,
Georgetown, (207) 371-2303
Winter Family Fun Day on February 17 too!
- 17-24* Lake St. George State Park,
Liberty, (207) 589-4255
Winter Fun & Ice Fishing Derby on Feb. 17 too!
- 18 Bradbury Mountain State Park,
Pownal, (207) 688-4712
- 24 & 25 Range Pond State Park,
Poland, (207) 998-4104
Winter Family Fun Day on
Feb. 24 too!

ski graphic
designed by freepik

TAKE IT
OUTSIDE!

www.ParksAndLands.com

2024





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.