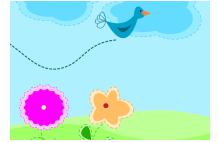


Troy Newsletter

March 18, 2024



Notes from the Principal, Ms. Dupuy ...

As we say farewell to winter and embrace the coming of spring, I'm happy to share some exciting updates and events happening in our school community.

Firstly, we wanted to inform you that report cards will be sent home with your child on Friday, March 22nd. If you have any questions or concerns regarding your child's progress, achievements, or anything else related to their education, please don't hesitate to reach out to their teacher.

Additionally, we're delighted to remind you about our upcoming sap boil on Thursday March 21st. This promises to be an educational and enjoyable experience for our students as they learn about the maple syrup-making process and immerse themselves in the wonders of nature. We are so lucky to have Mrs. Johnston here at Troy School each week helping us learn about the resources around us. We are also grateful for the staff at Monroe who have been helping with the sap collection over the last few 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.....




3/19 - Sap Boil

3/22 - Report Cards Coming Home

4/6 - Spring Craft Fair

4/8 - School Board Meeting at MVHS 6:30

Check out what's happening at Troy School ... Week Of: 3/11

2/3	<p>This week students started opinion writing. We also collected sap from the trees around the school. Next week they will help the garden teacher boil it into sap. In math we are reviewing multiplication.</p>
Intervention	<p>Many students were practicing spelling power words in various multi sensory ways to make their learning stick. Sand and chalkboards with wet sponges were the favorites. Power Words are words commonly used in text and that children see often and use in their writing. These words make up 50% of all the words that children will likely encounter while reading.</p>   
Music	<p>All students continue to practice solfege singing, reading rhythms, and repertoire for the spring concert. 3-5th graders are now working in natural minor as well as major and K-2 continue focusing on major. 3-5th graders are working on interpretive listening keeping in mind feeling, expression and historic context. This week we listened to Beethoven's Pathetique Sonata and students were able to identify what feelings were intended, and how it was expressed. Students also learned about Beethoven's growing deafness as he was writing</p>

the piece and how that informs the feelingful intent. K-2 students are learning how the organ works and what sounds it is able to make.

▶ Ashkenazy: Beethoven - Sonata 8 Opus 13 (Pathétique)

▶ How does a pipe organ actually work? | Anna Lapwood | Classic FM

Agriculture



We're gearing up for our annual Maple Syrup Day! We've been collecting sap every day and it's adding up! We will be boiling on the 19th! Many thanks to our amazing Mr. Shawn for his generosity in using his evaporator and other equipment, and for all his time with this project!



We also hosted two foresters to learn about measuring large trees. We were curious if our large red maple tree is large enough to make the Big Tree Registry for the state of Maine. With the foresters' help, we took accurate measurements. We'll find out soon whether we have the largest red maple in the state! A big thank you to foresters, Jared Gregory and Allyssa Gregory, for teaching us so much about trees!



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**

Essentials of College Planning Sessions

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



PAYING FOR COLLEGE

Filing your FAFSA

APPLYING FOR COLLEGE

Filling out College Applications



FREE MONEY FOR COLLEGE

Finding and applying for Scholarships

Wed, Mar 20 4pm-6pm

Wed, Apr 24 4pm-6pm

Wed, May 29 4pm-6pm

How to Register

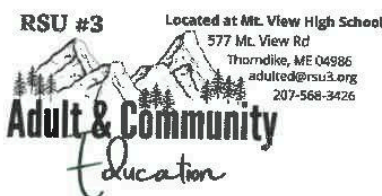
This is a free service but you must register with both Adult Ed & MEOC.

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, March 21, 2024

IN PERSON OR LIVE ZOOM

5:30-7:00 pm

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. Please
contact RSU#3 Adult Ed at 568-3426.

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.

RSU #3 Adult & Community

Education



Located at Mt. View High School
577 Mt. View Rd
Thorndike, ME 04986

adulted@rsu3.org
207-568-3426



"It's Not If You Need An Estate Plan, It's When



Instructor: Randolph A. Mailloux, Esq.

This FREE class is a basic overview of estate planning, including discussion of essential documents and strategies. After attending this two night course students will be able to make informed decisions to prepare for the orderly transfer and protection of assets.

Wednesday, April 3rd & 10th

5:30-7:30pm

Register for FREE today!

www.rsu3.maineadulted.org or scan the code below with the camera of your mobile device.



RSU #3

Located at Mt. View High School

577 Mt. View Rd

Thorndike, ME 04986

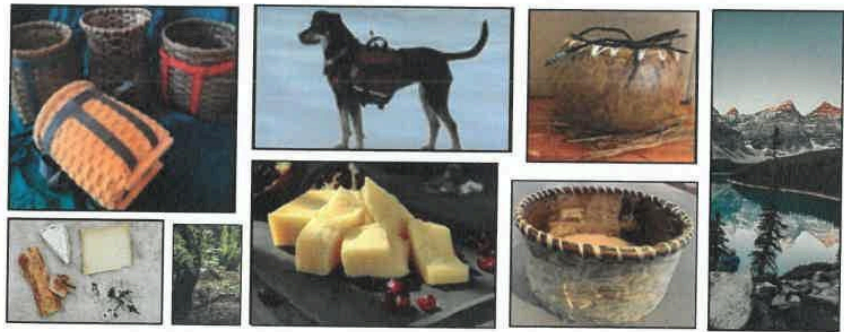
rsu3.maineadulted.org

adulted@rsu3.org

207-568-3426



Maine Adult Education



Cheese, Yogurt, Ice Cream ... OH MY! March 28 5:00-8:00pm \$55.00

Get ready to sink your teeth in some tasty treats. This is a 3-hour course where we will learn how to make soft cheese, yogurt, and my favorite...ice cream. We will go over the tools and materials needed, ingredients, recipes, and the step-by-step process. Get ready to taste our lovely homemade treats.

Gourd Bowl with Pine Rim April 23 5:00-8:00pm \$55.00

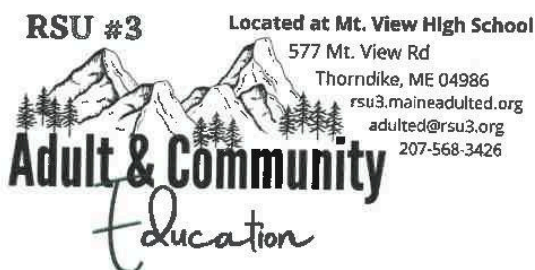
Make a gourd basket. Perfect for a gift or to keep for yourself. Gourds will be pre-cut. Students will need to clean gourds, sand, and drill holes. Then we will sew white pine needles to the rim. We will be able to pick from a number of stains to finish the gourds. Gourds are around 4-5" in diameter. During this class, we will also go over the basics of making pine needle baskets. This is another great class to learn a skill for life.

Dog and Cat First Aid May 16th 5:00-8:30pm \$60.00

This training is to teach participants how to be prepared for emergencies that involve a cat or dog. The training will combine videos, lectures, interactive discussion, and hands-on practical's. By the end of training participants will be able to do or understand the following: What goes into a pet first aid kit, What is the normal physical condition, behaviors and habits of your pet, Identify a normal heart rate, breathing rate and temperature, How to safely approach an ill or injured cat or dog, How to capture and restrain a cat and muzzle a dog, Demonstrate how to perform bandaging for soft tissue injuries, Care for fractures including head and neck injuries, Learn how to care for an animal with heat/cold related emergencies, Check for breathing and cardiac emergencies and Understand how to give rescue breathing and perform CPR for a dog or cat. Must be 18.

Birch Bark Basket June 4th 5:00 pm-8:00 \$50.00

Make your own birch bark basket. Learn how to identify trees, collect the bark from down trees, how to process the bark, and finally how to make a basket. Course fee will cover all material and instruction.



These classes are brought to you by Jessica Steele of Wood Thrush Wilderness LLC. Jessica is a former director of the Outdoor Adventure Center at Unity College. Her credentials include: B.A. Ecopsychology and Outdoor Education from Prescott College, AZ., M.Ed. Adventure Education Plymouth State University, NH., Registered Maine Recreational Guide, National Registered EMT, SOLO Wilderness First Aid and Wilderness First Responder Instructor, American Red Cross First Aid & CPR Instructor and Lifeguard, American Canoe Association Level 1 & 2 Instructor, and a Leave No Trace Master Educator. Each class has a Min of 8 and Max of 12 students.

BUILD HEALTHY HABITS

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



WWW.COOUNTMEINMAINE.ORG

#EVERYDAYCOUNTS



RAISING FUNDS FOR A BRIGHTER FUTURE.



SHOP



CHECK OUT



DEPOSIT



helps schools

Together, we're greater than groceries.



SHOP

Look for the shelf tag on more than 1,500 participating products that will help earn money for your school.



CHECK OUT

Get 3 School Dollars for every 4 participating products you purchase.



DONATE TO YOUR SCHOOL

Deposit your School Dollars in the collection tower to donate to all participating schools, or scan the QR code below to donate directly to any participating school of your choice.



hannafordhelpsschools.com

The top 200 schools that earn the most will receive a **\$1,000 BONUS!**

Now through June 1, 2024, choose from over 1,500 participating products to join in

RAISING \$1 MILLION

for our local schools.

Looking for more information about Hannaford Helps Schools?

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.