



Tiger News

Troy Elementary School, 44 School St. Troy, NH
03465



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Tuesday, September 13
Workshop Day - NO SCHOOL

Thursday, September 29
Walk to School Day

Tuesday, October 4
Picture Day

Greetings,

The summer has gone by quickly, and we are very excited to welcome you and your children back to school. Our staff has been working diligently all summer long to make sure that Troy School is at its absolute best for all of our students. For those of you that are new to Troy School, I want you to know that you are coming to an absolutely wonderful school!

Our teachers and staff are caring, innovative, and strive to provide your child with the best education ever! We are a collaborative and driven group of educators who work collaboratively to have students reach their highest potential.

We look forward to working together with you to ensure that our students have a fun and engaging educational experience. I firmly believe that building strong relationships between home and school is the most important factor for student success. The partnerships between home and school not only increase student progress, but strengthen our entire community.

I am honored to serve our children, staff, families and community at Troy Elementary School. It is a privilege to be a part of this community where parents, teachers, and students care for one another and build positive and lasting relationships supporting our students academically, socially, and emotionally.

Best,

Kevin W. Stone, Ed. D., Principal



The S'more the Merrier **By Ms. Markowski**

The fifth and sixth graders started the first week of school by working on team building activities together. For five days we played games and worked on activities that helped us get to know each other and how to communicate with each other to solve challenges. We also learned how to work together to be great school community members.

On Thursday and Friday last week Mrs. Schroeder's and Mrs. Alberta's classes joined in on the fun to round out the week with the whole top floor working and playing together. The weather was smiling upon us as we played games such as Four Corner Capture the Flag; Mosquitoes, Bears, and Salmon; and Blob Tag.

We wrapped up the week by celebrating with s'mores in the field and a writing prompt that asked the kids "How is a s'more like team building?" Some of the answers the students gave were:

- They're three delicious things working together to make something amazing.
- The marshmallow is teamwork, the graham crackers are confidence and trust, and the chocolate is friendship.
- Think of the ingredients as friends. They have to work together to create the yummy flavor.

We had a great first week and look forward to spending more time together as a top floor to continue to build community within our school. Thank you to all the staff that helped make our first week of school a success!



NEWS FROM MRS. RAFAIL: Thank you to the many students who spent time reading over the summer! To celebrate those students who participated in the Summer Reading Challenge, Mrs. Rafail will host an ice cream party at school. This party will take place Wednesday afternoon and all of the students who completed the summer reading challenge will be invited to attend.

By spending time reading at home, students can become strong readers and writers in school. Independent reading as well as reading together as a family is hugely impactful on a student's abilities. If you would like to borrow books for at-home reading please contact Mrs. Rafail at brafail@mrsd.org.

THE ENERGY BUS

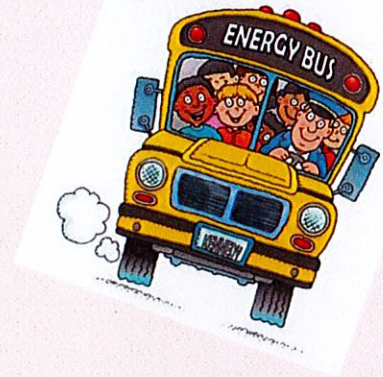
This year Troy School will be working on Jon Gordon's "rules for life" outlined in his book, The Energy Bus. During our first All School Assembly, Dr. Stone read the story and discussed the importance of always being positive. He challenged the school community to brainstorm ideas about how to "create a positive vision" -- the first rule with a door decorating contest. Ask your student today about what their class is planning to create a positive vision for this school year!!

REMINDERS

-Please remember to complete the beginning of the year paperwork and return it with your child(ren), if you haven't already.

- Breakfast and lunch are no longer free for all students. Send in a check or use the online payment system.

- Complete the Free/Reduced lunch applications as soon as possible. You can return them via mail, complete it online, or drop them off at the school.



Join the Troy School PTO!!!

We would love for you to join us at our 1st meeting of the year! We meet on Tuesday, September 20th @ 6PM! Please come eager to support our school's kids and staff! All are welcome!



Counselor's Corner

Dear Families,

Welcome to another school year! I am so excited to begin the school year with our students and families! As the school year heads into the second and third weeks of school you may notice your child begin to have worries or resist school. The “honeymoon” new and exciting part of school is over and school means getting up early everyday!, school work! socializing with new people everyday! Oh my!! This is when you will see resistance, or worries begin to creep in. The difference in work, new teacher and classmates, grade expectations can be a lot, and for some this can be a source of worry. This is normal for most kiddos and can be navigated with a few reassurances and consistency from parents. Although it is normal for your child to have worries, it is crucial to make your child attend school. Avoidance of school will only increase and reinforce your child's fears over the long-term, and make it increasingly more difficult to attend. Besides missing school work, children who stay home because of anxiousness miss:

- valuable opportunities to develop and practice social skills
- important chances for success and mastery
- being acknowledged and praised for talents
- fostering close friendships with classmates
- Essentially, they will miss the opportunities that will ease their worries with consistent exposure. Here are some **general strategies** parents can use to deal with back-to-school worries:

LOOK AFTER THE BASICS. Nobody copes well when they are tired or hungry. Anxious children often forget to eat, don't feel hungry, and don't get enough sleep. Provide frequent and nutritious snacks for your child. During this time, you also need to build in regular routines, so that life is more predictable for your child. These routines can involve the morning and bedtime habits, as well as eating schedules.

ENCOURAGE YOUR CHILD TO SHARE HIS OR HER FEARS.

Ask your child what is making him or her worried. Tell your child that **it is normal** to have concerns.

During the first few weeks of school, set up a regular time and place to talk. Some children feel most

comfortable in a private space with your undivided attention (such as right before bed, or during mealtime).

Children often seek reassurance that bad things won't happen in order to reduce their worry. Do not assure them with "Don't worry!" or "Everything will be fine!" Instead, name the feeling "you are feeling worried" and encourage your child to think of ways to solve his or her problem. For example, "If (the worst) happens, what could you do?" or "Let's think of some ways you could handle that situation." This gives you the opportunity to coach your child on how to cope with (and interpret) both real and imagined scary situations.

Focus on the positive aspects! Encourage your child to re-direct attention away from the worries, and towards the positives. Ask your child, "What are three things that you are most excited this school year?" Most kids can think of something good, even if it's just eating a special snack or going home at the end of the day. Chances are that the fun aspects are simply getting overlooked by repetitive worries.

Pay attention to your own behavior. It can be anxiety-provoking for parents to hand over the care and responsibility of their child to teachers. Children take cues from their parents, so the more confidence and comfort you can model, the more your child will understand there is no reason to be afraid. Be supportive yet firm. When saying goodbye in the morning, say it cheerfully – once! Ensure you don't reward your child's protests, crying, or tantrums by allowing him or her to avoid going to school. Instead, in a calm tone, say: "I can see that going to school is making you scared, but you still have to go. Tell me what you are worried about, so we can talk about it." Chances are, your child is anxious about something that requires a little problem-solving, role-playing, planning, and/or involvement from the teacher.

If you as a family feel your child's worries are more than beginning school anxiety - please reach out to me and we will problem solve together to make sure your child attends school and is able to enjoy and learn!

Sometimes when the term "counselor" is heard, some may perceive that a counselor may only work with a select few students in a 1:1 counseling capacity, but that is not the case! School Counseling programs reach and meet the needs of all students in a school through many various ways, including those listed above. I am here to advocate for all students. If you ever have any questions or concerns, please do not hesitate to call or email me at any time.

I am so excited to work with your children and get to know you throughout the school year! ☺

All the best,
Mary Frazier
Troy Elementary School
(603) 242-7741



Monadnock Regional School District - COVID-19 Update

The Monadnock Regional School District's approved COVID-19 plan calls for the District to follow NH DHHS guidance relative to the management of COVID-19.

As of September 6, 2022, the following guidance from NH DHHS is in place.

People who have COVID-19 should isolate at home and follow CDC recommendations.

If you test positive for COVID-19, stay home for at least 5 days and isolate from others in your home. You are likely most infectious during these first 5 days.

When you have COVID-19, isolation is counted in days, as follows.

If you had **no symptoms**:

- Day 0 is the day you were tested (not the day you received your positive test result)
- Day 1 is the first full day following the day you were tested
- If you develop symptoms within 10 days of when you were tested, the clock restarts at day 0 on the day of symptom onset
- You may end isolation after Day 5

If you **had or develop symptoms**:

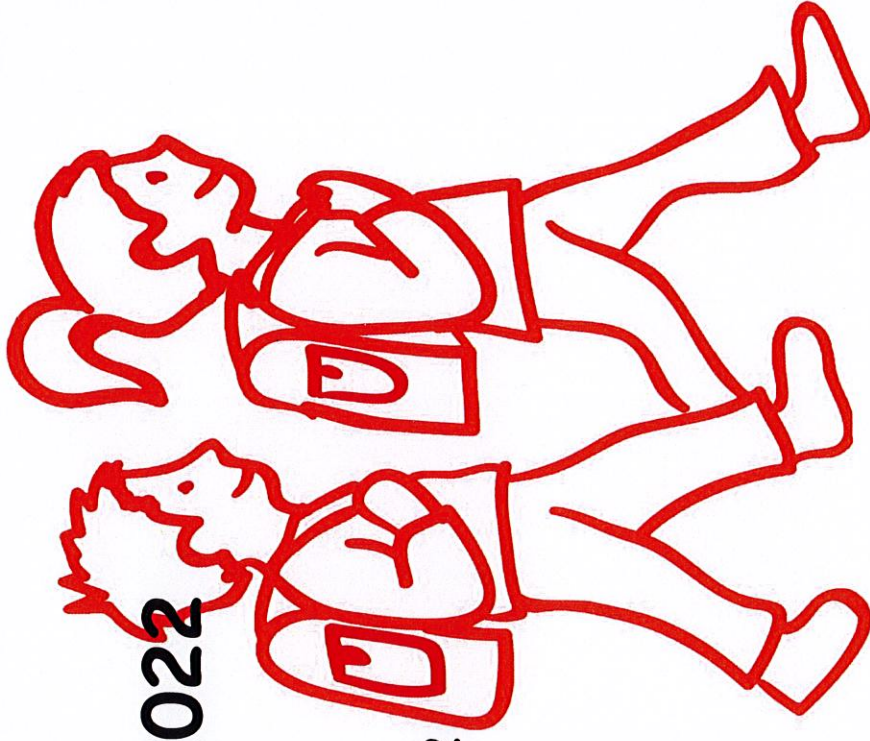
- Day 0 of isolation is the day of symptom onset, regardless of when you tested positive
 - Day 1 is the first full day after the day your symptoms started
 - You may end isolation after day 5 if:
 - You are fever-free for 24 hours (without the use of fever-reducing medication) AND
 - Your symptoms are improving
 - If you still have fever or your other symptoms have not improved, continue to isolate until they improve.
 - If you had moderate illness (if you experienced shortness of breath or had difficulty breathing), or severe illness (you were hospitalized) due to COVID-19-, or you have a weakened immune system, you need to isolate through day 10.
-

People who are exposed to someone else with COVID-19 are no longer recommended to stay at home and quarantine, but, they should continue to follow CDC recommendations.

Wear a mask for 10 full days as soon as you find out you were exposed

- Day 0 is the day of your last exposure to someone with COVID-19
- Day 1 is the first full day after your last exposure
- Continue precautions (wear a mask) for 10 full days and watch for symptoms
 - You can still develop COVID-19 up to 10 days after exposure
- Get tested at least 5 full days after exposure

Join us for our Fall Walk to School Day Thursday, September 29, 2022 8:15 AM



Rain date: Tuesday, October 4, 2022

- Staff members will meet students at the Town Hall.
- School buses will drop off students **that have parent permission to participate.**
- Parent participation is also welcome!

Permission Slip to be returned to school by **Tuesday, September 27, 2022**

My child, _____, in grade ____ has permission to participate in the Walk to School event on Thursday, September 29, 2022. He/She will be dropped off at the meeting location by

_____ bus _____ parent _____ other: _____

parent signature

today's date

HUSKY HOMECOMING



WHEN: SATURDAY, SEPTEMBER 24, 2022

**What: Homecoming Parade @ 12pm.
Food and Games all day until end of
football game (see game schedule on
right.)**

**Can't Miss! Corn hole tournament, out-
door 3v3 Basketball tournament, Ven-
dors, Games, Prizes and more. Collect
candy from the parade**

**Where: Monadnock Regional Middle
High School (580 Old Homestead
Highway, Swanzey)**

**Who: The entire Monadnock Husky Com-
munity! We would love students in the
district to join us for the parade. Deco-
rate your bike, enter a class, team or
school in the parade. please reach out
to Tom Cote- tcote@mrsd.org**

HOMECOMING GAME SCHEDULE SATURDAY :

**9am Middle School Football
vs Conval**

**10am Middle School Soccer
vs Chesterfield**

**10am 3 vs 3 Basketball tour-
nament**

**12 PARADE from Post Office
(Everyone)**

**12:30pm Corn hole tourna-
ment**

**1pm Middle School Field
Hockey vs. Newport**

**1pm Boys Soccer vs. Hillsbo-
ro-Deering**

**3pm Girls Soccer vs. Camp-
bell**

**3:30pm Field Hockey vs.
Newport**

**6:30pm Varsity Football vs.
Trinity**

**(NH Tackles Hunger Game)
Bring a non perishable and
get \$1 off admission per item**

**SEE THE BACK OF THE FLYER FOR
MORE INFORMATION ON THE
CORNHOLE AND/3V3 BASKETBALL
TOURNAMENT**

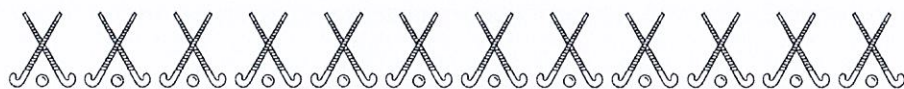
Homecoming



Corn Hole Tournament

A fundraiser for:

MRMHS Field Hockey Teams



Saturday, September 24 2:30pm

following the parade, By the MRMHS tennis courts

Entry Fee: \$25/team in advance

\$30/team in person

Register at

https://docs.google.com/forms/d/e/1FAIpQLSeZILFZCpnFb4MuicT-oT_LP_nwJUMSW-dBRaqjld-CYG6gJA/viewform

Prizes for the top three teams!

Sponsored by:



**2022
3 V 3**

Basketball Tournament at MRHS Homecoming



3 V 3 Basketball Tournament

Divisions for Everyone

Food Music and More

Sept 24th

10AM

Monadnock High School Outdoor Courts

6th -8th Grade

Division

High School

Division

Adult Division



\$50 Per Team

Max of 4 Players per team

Winners receive \$100

To sign up your team, or for more information, please contact
us! Jhill@mrdsd.org 603-313-6400



MRSD Elementary Calendar

2022 - 2023 School Calendar

August '22							September '22							October '22						
Su	M	Tu	W	Th	F	S	Su	M	Tu	W	Th	F	S	Su	M	Tu	W	Th	F	S
	1	2	3	4	5	6					1	2	3							1
7	8	9	10	11	12	13	4	5	6	7	8	9	10	2	3	4	5	6	7	8
14	15	16	17	18	19	20	11	12	13	14	15	16	17	9	10	11	12	13	14	15
21	22	23	24	25	26	27	18	19	20	21	22	23	24	16	17	18	19	20	21	22
28	29	30	31				25	26	27	28	29	30		23	24	25	26	27	28	29
														30	31					
November '22							December '22							January '23						
Su	M	Tu	W	Th	F	S	Su	M	Tu	W	Th	F	S	Su	M	Tu	W	Th	F	S
		1	2	3	4	5					1	2	3	1	2	3	4	5	6	7
6	7	8	9	10	11	12	4	5	6	7	8	9	10	8	9	10	11	12	13	14
13	14	15	16	17	18	19	11	12	13	14	15	16	17	15	16	17	18	19	20	21
20	21	22	23	24	25	26	18	19	20	21	22	23	24	22	23	24	25	26	27	28
27	28	29	30				25	26	27	28	29	30	31	29	30	31				
February '23							March '23							April '23						
Su	M	Tu	W	Th	F	S	Su	M	Tu	W	Th	F	S	Su	M	Tu	W	Th	F	S
			1	2	3	4				1	2	3	4							1
5	6	7	8	9	10	11	5	6	7	8	9	10	11	2	3	4	5	6	7	8
12	13	14	15	16	17	18	12	13	14	15	16	17	18	9	10	11	12	13	14	15
19	20	21	22	23	24	25	19	20	21	22	23	24	25	16	17	18	19	20	21	22
26	27	28					26	27	28	29	30	31		23	24	25	26	27	28	29
														30						
May '23							June '23							July '23						
Su	M	Tu	W	Th	F	S	Su	M	Tu	W	Th	F	S	Su	M	Tu	W	Th	F	S
	1	2	3	4	5	6					1	2	3							
7	8	9	10	11	12	13	4	5	6	7	8	9	10							
14	15	16	17	18	19	20	11	12	13	14	15	16	17							
21	22	23	24	25	26	27														
28	29	30	31																	

DAY 1 DAY 4 NO SCHOOL

Day 2 DAY 5

Day 3 DAY 6