



Tiger News

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



February Newsletter

From the Principal

Dear Troy Families,

As we welcome February, the Troy School Community is looking forward to the second half of the school year; it is truly amazing that the year is already half over! As students prepare for their second conference session, it is wonderful to see the successes that students have achieved. It is also a great time to reflect and make new goals in areas that may need work. As student consider these goals, I would like to share a few points to consider.

First, **attendance**. Most successful students have great attendance. They are present and ready to learn every day and are *on time*. Both of these things are important to academic growth. We certainly understand that students are sometimes sick and there is a need to recuperate at home. Just realize that students learn every moment that they are in school!

Second, **participation**. Students who are performing well in the classroom are actively engaged. I can see it in my daily visits to classrooms, the comments that teacher provide, and conversations that take place daily. I highly recommend that all parents encourage active participation in class.

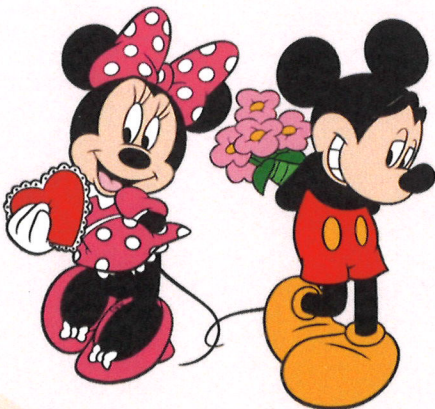
Finally, **perseverance**. The ability and willingness to take on a challenge and stick with it is so important. We want to encourage all students to do their personal best- even when things are challenging- this is how students will accomplish great things! The most successful students continue to work hard when things are challenging. Please encourage and inspire this thinking at home, as we do the same in Troy.

Thank you for your continued support!

Best
Kevin W. Stone, Ed. D. Principal

Dates to Remember

February 7	100th Day of School
February 7- 9.	Parent Teacher Conferences
February 9	No School - Conferences
February 13	PTO Meeting
February 14	Valentine's Parties (2:00 PM)
February 19-23.	Winter Break - Enjoy
February 26- 29.	Literacy Week
March 1.	All School Meeting Hosted by Mrs. Rafail @ 9 AM



Safety at Troy School: Safety is and will continue to be top priority for all of the Troy Team. As a community, teachers and staff work endlessly to guarantee that students feel safe and are cared for through a mutual respect. Respect is the first pillar in **ROAR** which guides what we do with parents, students, and each other. Students are consistently reminded that respect is earned and valued by **everyone**.

It has come to our attention that there is rising concern in the community that students at Troy School are being “bullied”. Please know and understand the bullying is **NOT** tolerated. We need everyone to **report it when they think it happens**.

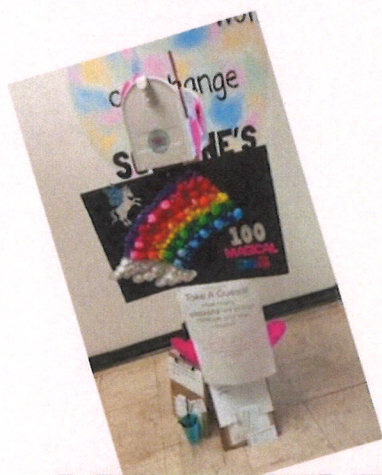
The Monadnock School District is clear in its definition bullying:

“Bullying is hereby defined as a single significant incident or a pattern of incidents involving a written verbal or electronic communication or a physical act or gesture or any combination thereof directed at another pupil which:

- physically harms a pupil or damages the pupil's property;*
- causes emotional distress to a pupil;*
- interferes with a pupil's educational opportunities*
- creates a hostile educational environment; or*
- substantially disrupts the orderly operation of the school.*

Procedures outlined in Policy JICK are followed closely. If you or your student believe that s/he is being bullied please be sure to inform Dr. Stone so that an investigation can be completed. As always, if you have questions or concerns please feel free to reach out.

Thank you in advance for your continued support as we promote the values of **ROAR** (Respect Yourself, Own Your Community, Always Persevere, and the Responsibility to do what is right!





Greetings from

TITLE I

www.mrsd.org/title1

READY! for Kindergarten®

Classes held in person

633 Old Homestead Highway, Swanzey

Wednesday evenings

5:30-7:00

WINTER CLASS

2/28 For parents of 0-1 year olds

SPRING CLASSES

3/13 For parents of 3-4 year olds

3/27 For parents of 2-3 year olds

4/10 For parents of 1-2 year olds

5/1 For parents of 0-1 year olds

5/15 For parents of 4-5 year olds

To register online for these free classes, please scan this QR code:

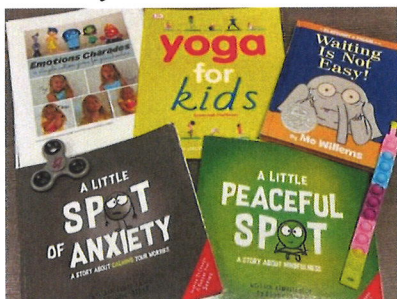


For more information, please call 357-2042 or email:

Beth Audette baudette@mrsd.org
Lynn Speckman lspeckman@mrsd.org

Title I Learning Kits

Try them at home!



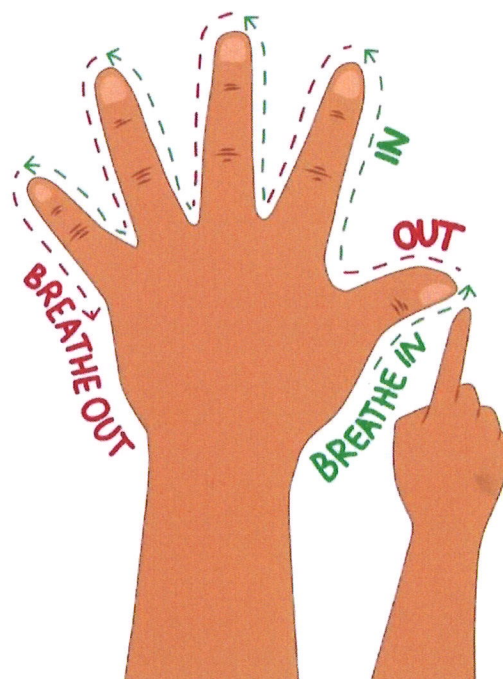
Here are the contents of our "Relax" kit, just one of many topics of kits that you can borrow directly from our Parent Center or from your primary school libraries. Here is a link where you can see a list of all our kits: <https://www.mrsd.org/Page/224>



As promised in the previous newsletter, here is another grounding technique to practice in order to help prevent anxiety and bring you back to a place of focus and calm.

FINGER BREATHING

Starting from the base of one thumb, using the index finger from your other hand, slowly trace up your thumb for about 5 counts while inhaling, and slowly down the other side of your thumb for about 5 counts while exhaling. Continue up and down each finger in this manner. Then, you can start backwards from the pinky towards the thumb. Repeat 1-3 times.



MRSD Elementary Calendar

2023 - 2024 School Calendar

August '23						
Su	M	Tu	W	Th	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

September '23						
Su	M	Tu	W	Th	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

October '23						
Su	M	Tu	W	Th	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

November '23						
Su	M	Tu	W	Th	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

December '23						
Su	M	Tu	W	Th	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

January '24						
Su	M	Tu	W	Th	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

February '24						
Su	M	Tu	W	Th	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29		

March '24						
Su	M	Tu	W	Th	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

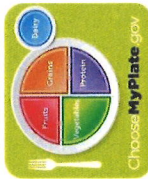
April '24						
Su	M	Tu	W	Th	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

May '24						
Su	M	Tu	W	Th	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

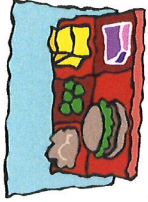
June '24						
Su	M	Tu	W	Th	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15

July '24						
Su	M	Tu	W	Th	F	S

	DAY 1		DAY 4		NO SCHOOL
	Day 2		DAY 5		
	Day 3		DAY 6		



Monadnock Elementary Menu JANUARY- APRIL 2024



ALTERNATES Served Daily:

Pretzel Boat: Yogurt, Whole Grain Pretzel, String Cheese, Fresh Veggies and Fruit, Milk
Lunch Salad: Romaine Lettuce, assorted meat or egg, Shredded Cheddar Cheese, Dressing, Fruit, roll, Milk
Sunbutter & Jelly: Sandwich, fruit, vegetables and milk choice

LUNCH PRICES

Elementary Lunch:
Paid: \$2.85 Reduced \$.40
Milk: \$0.50

For your convenience, visit www.linqconnect.com to make online deposits to your child's account.
There is no charge for this service.

You may continue to make deposits at your Child's school.

Please use the LINQ website to monitor your child's account at no cost.

Low balance & negative balance account statements are sent by email weekly.

Cafeteria Contact Numbers

- Cutler School (603) 355-3132
 - Emerson School (603) 585-6006
 - Gilsom School (603) 352-2226
 - Mt. Caesar School (603) 903-6531
 - Troy School (603) 242-6564
 - Main Office (603) 903-6818
- Fax (603) 719-3238

MONDAY	MONDAY	MONDAY	MONDAY
French Toast Sticks Sausage or Yogurt Dragon Punch Breakfast Potato Daily Fruit Buffet	Pancake Sausage Stick Yogurt Cup, Carrot Sticks Hash Browns Daily Fruit Buffet Milk	Grilled Cheese Tomato Soup Carrot & Celery Sticks Daily Fruit Buffet Milk	Breakfast Sandwich Tater Tots Carrots 100% Juice Milk
TUESDAY	TUESDAY	TUESDAY	TUESDAY
Chicken Nuggets Shredded Carrots Rice Pilaf Daily Fruit Buffet Milk	Cheese Quesadilla Sliced Cukes, WG Chip & Salsa 100% Fruit Freeze Cup Daily Fruit Buffet Milk	Tacos ,Nacho Chip Meat, Lettuce, Tomato Cheese Sauce, Corn Daily Fruit Buffet Milk	Hamburger & Roll Cheese ,Lettuce, Tomato Crispy Oven Fries Daily Fruit Buffet Milk
WEDNESDAY	WEDNESDAY	WEDNESDAY	WEDNESDAY
Grilled Cheese Tomato Soup Vegetable Sticks Daily Fruit Buffet Milk	Spaghetti and Meat Sauce Caesar Salad Garlic Bread Stick Daily Fruit Buffet Milk	Ham & Cheese Smartfood Popcorn Veggie Sticks ,Dragon Punch Daily Fruit Buffet Milk	Manager's Choice Steamed Broccoli Daily Fruit Buffet Milk
THURSDAY	THURSDAY	THURSDAY	THURSDAY
Hamburger & Roll Cheese ,Lettuce, Tomato Baked chips Baked Beans Daily Fruit Buffet Milk	Hotdog & Roll Baked Beans Crispy Oven Potato Daily Fruit Buffet Milk	Turkey & Gravy Mashed Potato Warm Roll Roasted Butternut Squash Daily Fruit Buffet Milk	Chicken Parry & Roll Lettuce & Tomato Munchie Mix Bag Bean Medley Daily Fruit Buffet Milk
FRIDAY	FRIDAY	FRIDAY	FRIDAY
Bosco Stick Meal Dipping Sauce Vegetable of the Day Daily Fruit Buffet Milk	PIZZA Day Broccoli Mix Daily Fruit Buffet Milk	Pizza Crisper Sticks Green Salad & Dressing Daily Fruit Buffet Milk	PIZZA Day Vegetable of the Day Daily Fruit Buffet Milk

MENU POSTED IN NEWSLETTER

JANUARY 2024					FEBRUARY 24					MARCH 2024					APRIL 2024				
NS	2	3	4	5				1	2					1	2	3	4	5	
8	9	10	11	12	5	6	7	8	NS	4	5	6	7	8	8	9	10	11	12
NS	16	17	18	19	12	13	14	15	16	NS	NS	13	14	15	15	16	17	18	19
22	NS	24	25	26	NS	NS	NS	NS	NS	18	19	20	21	NS	NS	NS	NS	NS	NS
29	30	31			26	27	28	29		25	26	27	28	29	29	30			

* NS = No School -please check the school calendar

FRUIT Buffet: Variety of Fresh, low sugar frozen or canned fruits or juice. Grain Items are Whole Grain or Whole Wheat based
A VARIETY OF 1% & SKIM MILK ARE OFFERED WITH EACH MEAL. MENUS ARE SUBJECT TO CHANGE BASED UPON MARKET & AVAILABILITY.

This institution is an equal opportunity provider.



RAISE YOUR **Voice!**

AND REGISTER NOW TO SING WITH **GRAND MONADNOCK YOUTH CHOIRS**



CHORISTERS &
ELM CITY SINGERS WILL
TAKE A CONCERT TOUR
OF BOSTON IN APRIL
2024

5 ENSEMBLES • REHEARSALS IN KEENE OR PETERBOROUGH • FOR CHILDREN IN GRADES K-12
GRADES 4-8 TOUR TO BOSTON IN APRIL 2024 • CECILIA ENSEMBLE TOUR OF FRANCE APRIL 2025



NO BULLY
ZONE



tuition assistance available



This is not a school sponsored event.

COME SING WITH GMYC



RISE UP

FOR YOUNG SINGERS IN GRADES K-3

Sign Up today for the Winter Session of Rise Up
January through March
WITH ESTHER RHOADES, DIRECTOR

Keene - Tuesday Afternoons
Peterborough - Saturday Mornings

TUITION ASSISTANCE AVAILABLE



GMYC is not a school sponsored activity.



KIDS PIZZA AND A MOVIE NIGHT

FEBRUARY 10 AT 6:00 PM

SAMUEL E PAUL COMMUNITY CENTER

61 SOUTH STREET

ADMISSION \$5.00

NOT A SCHOOL SPONSORED EVENT

FAMILY KARAOKE NIGHT



FEBRUARY 17TH

6PM TO 9 PM

FREE ADMISSION

KITCHEN OPEN

BURGERS, FRIES, ONION RINGS SODA

NOT A SCHOOL SPONSORED EVENT