



Tiger News

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



January Newsletter

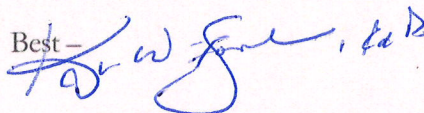
From the Principal

Dear Troy Families,

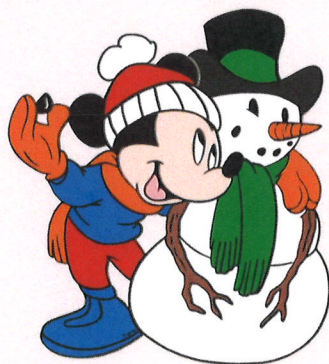
What an exciting time of year this is at Troy Elementary! January is typically the time when students take giant leaps in their learning! Students who have struggled with being “tuned into” learning start to take off. Students who have struggled with reading fluently are sounding like pros. Students who have fought with their addition and subtraction facts are finding that things are starting to click. This is a true testimony to all of the work that has been accomplished at school and at home since the start of the school year.

Attendance is also a large component of student success in school. It goes without saying that students who are in attendance at school regularly are more successful and enjoy their achievements. Maintaining healthy habits – eating, sleeping, and moving are all part of the continuum of success. Please encourage your child to eat, sleep, and dress properly for the season. If for some reason, your child must be absent for **HEALTH** reasons, please be sure to contact the school (603-242-7741) **BEFORE** school begins. If we do not hear from you, for the safety of your child, we will call you to “check in”

Also, as a reminder, please read with/to your child each night. Students need to read with you to model fluency, and to see that you value the practice required to succeed as a reader. Reading together will provide your student with the practice of reading strategies that they are learning at school. Finally, reading together will provide some quality time between you and your child! Here's to a **WONDERFUL 2024** ~ one of growth and success for all of Troy Students!

Best – 

Kevin W. Stone, Ed. D. Principal

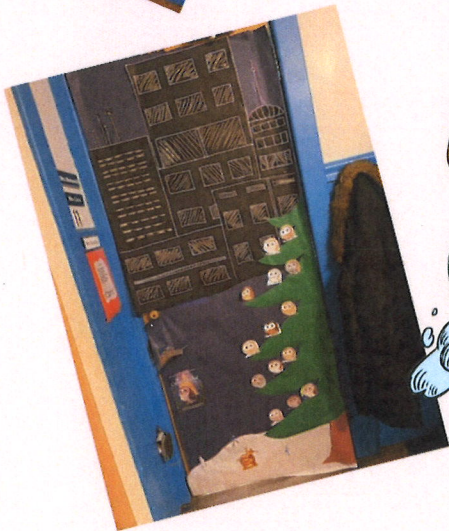
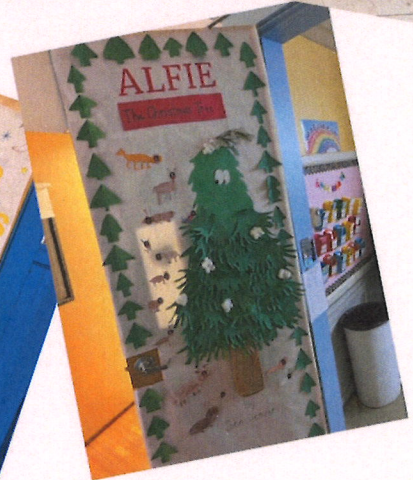
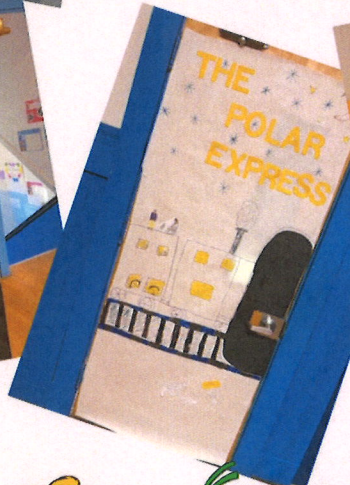
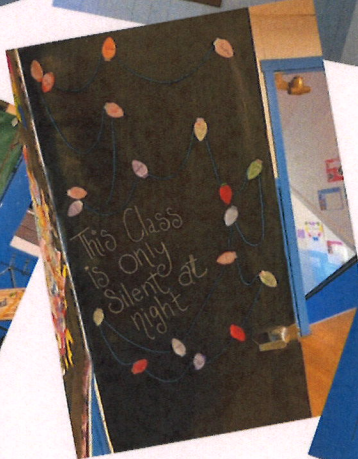


Dates to Remember

- January 5 All School Meeting @ 9 AM
(Hosted by Grade 1)
Rollerskating in the MPR @ 6 PM
- January 9 PTO Meeting in the MPR @ 6 PM
- January 15. MLK Day – No School
- January 23 District Workshop Day
NO SCHOOL FOR STUDENTS
- January 24 Troy School Spelling Bee @ 1:15 PM

It was a fabulous Holiday in Troy

Some pictures of our tree/door contests





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 CLASSES

1/3 For parents of 3-4 year olds

1/17 For parents of 2-3 year olds

1/31 For parents of 1-2 year olds

2/28 For parents of 0-1 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

McKinney-Vento Resources

Supporting those experiencing homelessness
in our schools

Please scan this QR code to take a look at our
Pinterest board...



...and this one for our interactive map of
local resources:



For more information, please call our office
at 603-357-2042.



SELF-REGULATION

The ability to control our thoughts, feelings and
behaviors in ways that help us to function day-to-
day and achieve our goals. -emergingminds.com.au

Horacio Sanchez, author of
The Education Revolution, says,
“Self-regulation is not only the
greatest predictor of academic
success but also of success in life.”

How can we help children with self-regulation? One
method is called grounding. Dr. Lucy Russell, a clinical
child psychologist explains grounding as being like a
“magic trick” where you can help a child switch from
focusing on “scary or negative emotions to their senses
in the present moment.”

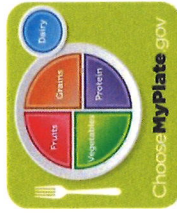
Please note that it is important to practice grounding
techniques not only regularly, but when the child is
calm, because you cannot ask a child to do a new
behavior when upset, **“unless they have done it
consistently when they are calm.”**

Here is a simple physical grounding technique from
healthline.com to practice a few minutes each day:
“Pick up or touch items near you. Are the things you
touch soft or hard? Heavy or light? Warm or cool? Focus



on the texture and color of
each item. Challenge yourself
to think of specific colors, such
as crimson, burgundy, indigo,
or turquoise, instead of simply
red or blue.”

In the next couple of newsletters, we will provide more
grounding techniques for you to practice. You may find
some that you prefer to others, and that's okay! Trying
them out helps you find what works best for your child.



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 a charge of \$2.60 for each transaction.

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

MENU POSTED IN NEWSLETTER

JANUARY 2024					FEBRUARY 24					MARCH 2024					APRIL 2024				
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* 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

MRSD Elementary Calendar

2023 - 2024 School Calendar

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Su	M	Tu	W	Th	F	S																																																	

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



Monadnock Regional School District

2023-2024 School Year Calendar

August (2 Days)

M	T	W	Th	F
O	W	W	W	W
SO	SO	30	31	

8/21 - New Staff Orientation
 8/22 - Workshop Day (District)
 8/23- Workshop Day (Principal)
 8/24 - Workshop Day (District)
 8/25 -Workshop Day (Classroom)
 8/28-8/29 Soft Opening

February (15 Days)

M	T	W	Th	F
			1	2
5	6	7	8	C
12	13	14	15	16
X	X	X	X	X
26	27	28	29	

2/9 -Parent/Teacher Conferences
 2/19-2/23 Feb. Break

September (20 Days)

M	T	W	Th	F
				1
X	5	6	7	8
11	12	13	14	15
18	19	20	21	22
25	26	27	28	29

9/4 - Labor Day

March (19 Days)

M	T	W	Th	F
				1
4	5	6	7	8
11	W	13	14	15
18	19	20	21	W
25	26	27	28	29

3/12 - Workshop Day (Teacher)
 3/15- End Trimester 2 (elementary)
 3/22 - Workshop Day (Teacher)
 3/29 - End Q3 (MRMHS)

October (20 Days)

M	T	W	Th	F
2	3	4	5	C
X	10	11	12	13
16	17	18	19	20
23	24	25	26	27
30	31			

10/6 - Parent/Teacher Conferences
 10/9 - Columbus Day

April (17 Days)

M	T	W	Th	F
1	2	3	4	5
8	9	10	11	12
15	16	17	18	19
X	X	X	X	X
29	30			

4/22-4/26 - April Break

November (18 Days)

M	T	W	Th	F
		1	2	3
6	7	8	9	X
13	14	15	16	17
20	21	X	X	X
27	28	29	30	

11/3 - End Q1 (MRMHS)
 11/10 - Veterans Day (Observed)
 11/22-11/24 Thanksgiving Break

May (22 Days)

M	T	W	Th	F
		1	2	3
6	7	8	9	10
13	14	15	16	17
20	21	22	23	24
X	28	29	30	31

5/27 - Memorial Day

December (16 Days)

M	T	W	Th	F
				1
4	5	6	7	8
11	12	13	14	15
18	19	20	21	ER
X	X	X	X	X

12/1 - End Trimester 1 (elementary)
 12/22 - Early Release
 12/25-1/1 - Holiday Break

June (7 Days)

M	T	W	Th	F
3	4	5	6	7
10	11	W(S)	(S)	(S)

6/12 - Workshop Day (Classroom)
 6/12-6/14 Snow Day Make-up (if needed)

January (20 Days)

M	T	W	Th	F
X	2	3	4	5
8	9	10	11	12
X	16	17	18	19
22	W	24	25	26
29	30	31		

1/1 - Holiday Break
 1/15 - MLK Jr. Day
 1/19- End Semester 1 (MRMHS)
 1/23- Workshop Day (District)

176 Student Days - August 30 - June 11
 188 MDEA Days - August 22 - June 12
 183 MESSA Days (SY) - August 23 - June 12
 Graduation -June 7th (Rain Date 6/8)

Non-Instructional Days

X – Schools are Closed
 W – In Service Workshop Day
 C – Parent/Teacher Conferences
 SO- Soft Opening
 ER - Early Release

Term Endings

November 3rd - End of Quarter 1
 December 1st - End of Trimester 1
 January 19th - End of Semester 1
 March 15th - End of Trimester 2
 March 29th - End of Quarter 3

This calendar meets the school year requirements of RSA 189:1 and 189:24 and is subject to change due to storms or other unforeseeable emergencies. 3 make-up days (S) have been added which will only be used if necessary.

Revised and approved 12/6/2023