



Tiger News

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

Welcome to the BEST year yet!

Dear Families,

As I look outside and see leaves falling and pumpkins on porches, it is clear that fall has arrived! The weather is changing and it is hard to believe that we have been in school for over a month! Time certainly does fly!!

We are excited to see everyone at our upcoming Fall Conferences. This is always a great time to connect with families and teachers to build relationships; as we both work together toward a common goal - OUR CHILDREN. If you have not heard from your child's teacher, please call or email them TODAY!

iReady, a district diagnostic tool, will be administered to your student over the course of the next few weeks. This tool will provide valuable information to teachers as they address the needs of their students. Results will be sent home, as the assessments are completed.

As you can see from the calendar, October will be a busy month with many traditions taking place. My favorite, pumpkin carving, will take place on Oct. 19. Pumpkins will be transported to Keene for the annual Pumpkin Festival. Be sure to watch Facebook for pictures!!

In closing, please remember that students should NOT arrive to school before 8:20 AM, as there is no adult supervision.

Enjoy this bright fall season, with all of its color and majesty.

Best,

Kevin W. Stone, Ed. D., Principal

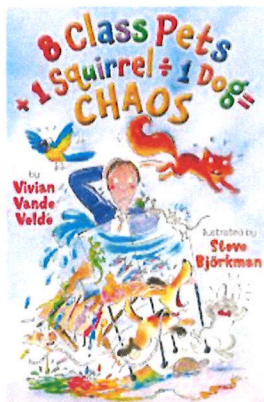


October Newsletter

Dates to Remember

- Oct. 4 Walk to School Day
- Oct. 4-6 Parent Teacher Conferences
- Oct. 6 No School - Conference
Rollerskating
- Oct. 9 No School - Indigenous Peoples' Day
- Oct. 13 Gap Mountain Hike (Gr. 4-6)
All School Assembly 1:45 PM
- Oct. 19 Pumpkin Carving
- Oct. 31 Halloween Parade (1:30 PM)
Parties to follow





One School, One Book

Troy Elementary School faculty, staff, and students engaged in a new project called One School, One Book. For one week in mid-September, every member of Troy School gathered in the multi-purpose room for a community read aloud. Everyone received their own personal copy of the text, *8 Class Pets + 1 Squirrel ÷ 1 Dog = Chaos* by Vivian Vande Velde. Students could use their text to follow along, or they could simply listen to Mrs. Rafail, the Reading Specialist, along with other teachers read from the text. The outpouring of excitement and enjoyment of the story built as the week and text unfolded. Students were eager to listen and follow along with the text as they all participated in this shared experience. One School, One Book has become a new and beloved, welcome-back-to-school, community-building event, which we hope to continue for years to come. Each student's copy of *8 Class Pets + 1 Squirrel ÷ 1 Dog = Chaos* will eventually make its way home for families to keep and enjoy together.

RADICAL RECYCLERS ARE AT IT AGAIN!

By
Kelly Wichland

So far, Troy Elementary has collected over 40 bags of waste paper. Thanks to caring staff and students, this paper will be brought to a transfer station and used to make recycled paper. A special thank you to Ms. Schroeder and Third Graders for their assistance. Without their help, second graders could not have started this project so early in the year. Throughout this school year, Mrs. Wichland's class will continue to collect waste paper. They will also collect data and record the information every week. Data will be used to sharpen math skills and become better mathematicians. Mrs. Wichland says, "I'm so thankful that this year's Radical Recyclers have agreed to continue with this second grade tradition!"



Notes from the Treehouse 🌳

The fourth, fifth and sixth graders started the school year team building. For the first two weeks of school students on the top floor of the school, affectionately named the Treehouse, played games and worked on getting to know each other. Each day in the morning and afternoon students were engaged in activities that required students to work together, talk out difficult situations and have fun.

It is the goal of the teachers in the treehouse to make all students feel welcomed and part of our school team. This is part of the reason we feel it is necessary to spend the beginning of school learning and working together.

Also, during this time together we do a “Roll Out” with our students. This is when we go over student expectations in areas such as the bathroom, lunch room, playground and how to behave during assemblies. This way all students are reminded of which behaviors are appropriate and which ones are not.

At the end of our time together the students usually make s'mores and have a writing prompt to complete. This year we weren't able to make our s'mores over a campfire due to summer arriving the week we returned to school. The question for the writing prompt that they all need to answer is “How are s'mores like team building?” Each year it amazes us how creative our students are when given this question. Here are some sample answers we received this year:



- You have to build a s'mores just like you have to build in team building.
- They may be different, but they work together.
- If you are not together we are all apart and not as good. But, when we are together we can do magical things.
- To have a delicious s'more you need to have several components. Just like team building.
- You make s'mores with marshmallows, chocolate and graham crackers. The marshmallows are teamwork, the chocolate is tranquility and the graham crackers are FUN!
- We stick together like glue and it's hard to make it perfect.
-

We look forward to spending each day with your students this year.



Dear Families,

For many years the elementary schools of the Monadnock Regional School District have used a lot of creativity to meet the NH Standards for Health and Wellness education through specials such as Physical Education and Guidance as well as integrated into math, science, social studies, and reading.

This year we are going to do things a bit differently. We are happy to announce that we are able to now offer a new “special” called Guidance and Wellness; like PE, Music, Art, etc... This class will meet every 6 days for all students in grades K-6 and will combine curriculum areas (physical, emotional, environmental, intellectual, social, and personal wellness) that have been taught throughout the curriculum into one comprehensive class.

This new class (Guidance and Wellness) will take the place of the regular Guidance classes. While they won't be teaching as much, our school counselors will still be very much involved and will be in for certain lessons throughout the year. Joining the school counselors, and teaching the wellness topics in the class, are Kelly Meyer at Cutler and Mount Caesar and Jeannine Romeo at Emerson, GSA, and Troy.

Guidance and Wellness classes will include many high energy activities both inside and outside of the classroom. We want students to be up and moving and having fun! As with Physical Education, it will be most appropriate if students wear comfortable clothes and sneakers on Wellness and Guidance days.

Throughout the year, we will be reaching out to families with information about topics and activities. We will also share ways that families and schools can work together to reinforce lessons for children about making healthy choices and decisions.

We are excited to get started and look forward to another healthy school year!

Sincerely,

Kelly Meyer and Jeannine Romeo
MRSD Wellness Integrationists

Dear Parents,

We did it! We made it through the first month of the new school year! What a big success, especially for our littles in Kindergarten and our bigs in the 6th as they begin a very important school year.

October is National Bullying Prevention month - here at Troy School I will be meeting with all classes to engage in activities to discuss bullying and the importance of kindness, inclusion, acceptance while being an upstanding citizen here at school. Engaging in these open discussions about bullying, (as it looks, feels) and its impact on a person's well being. The discussion will encourage our students to speak up if it is happening to them or if they have witnessed it happening to another student.

Bullying may include in-person or online behavior (known as cyberbullying). It's become a major issue in schools, where 1 in 5 students now report experiencing bullying behavior. Students may be bullied for their physical appearance, race/ethnicity, gender, disability, religion, or sexual orientation, among other reasons.

The good news is that research indicates that strong bullying prevention programs can help reduce bullying at school. Strong prevention begins with open communication with students, teachers and parents. Open and continuous discussion can help potential bullies recognize and stop their own behavior. It also empowers victims, giving them the support they need in the face of bullying.

Research also shows that bullying raises school absentee rates, decreases student performance, and increases physical and mental stress. Teachers and families need to work together to create a climate where bullying is not tolerated.

Here at school during the month of October we will be discussing bullying topics including; how to spot bullying, when to report, who to talk to, how to be an upstander, and what if you're the bully? Culminating with Unity Day where students will be encouraged to wear orange and sign a pledge to continue creating a kinder, inclusive and more accepting school all year.

I encourage you to continue these discussions at home with your children. Please review the following tips on talking about bullying with your child. I've also included some books and videos that may guide you and your family with these home discussions. If you have any questions, suggestions or concerns about bullying or any other concerns please always feel free to reach out ❤️

Mary Frazier
(603)242-6586
Mfrazier@mrds.org

Online parent resources for talking with your child about bullying:

<https://www.stopbullying.gov/resources/how-to-talk-about-bullying>

<https://kidshealth.org/en/parents/bullies.html>

<https://childmind.org/article/what-to-do-if-your-child-is-bullying/>

Books : Here are a few suggestions for books to assist you with bullying talks at home. Many of these can be read to you and your child on YouTube and many are available at our local library! There are many suggestions online for age appropriate books on this topic.

The Story of Ferdinand by Munro Leaf

Stand Tall Molly Lou Melon by Patti Lowell

<https://www.readbrightly.com/books/9780399234163/stand-tall-molly-lou-melon-by-patti-lowell-illustrated-by-david-catrow/>

Lunch Box Bully by Hans Wilhelm

<https://www.readbrightly.com/books/9780823439331/lunch-box-bully-by-written-and-illustrated-by-hans-wilhelm/>

Swimmy by Leo Lionni

<https://www.readbrightly.com/books/9780399555503/swimmy-by-leo-lionni/>

My Secret Bully by Trudy Ludwig

<https://www.readbrightly.com/books/9780553509403/my-secret-bully-by-by-trudy-ludwig-illustrated-by-abigail-marble/>

The Hundred Dresses by Eleanor Estes

https://www.amazon.com/Hundred-Dresses-Eleanor-Estes/dp/0152052607?s=books&ie=UTF8&qid=1500669162&sr=1-1&keywords=the+hundred+dresses&linkCode=ll1&tag=wear03e-20&linkId=93e4918df8c468f80b0df9ce45a4544e&language=en_US&ref_=as_li_ss_tl

<https://www.weareteachers.com/14-must-read-anti-bullying-books-for-kids/>

Videos: Here are some online videos talking or showing bullying to contribute to your discussion with your child:

<https://www.weareteachers.com/anti-bullying-videos/>

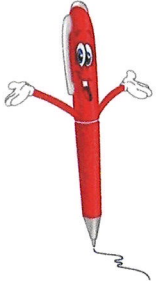




Greetings from

TITLE I

www.mrsd.org/title1



COMPACT

If you haven't yet signed your parent-teacher-student compact, a copy will be ready for you to sign at your child's parent-teacher conference.

READY!
for Kindergarten®
FALL CLASSES

held in person

633 Old Homestead Highway, Swanzey

Wednesday evenings

5:30-7:00

10/11 For parents of 2-3 year olds

11/1 For parents of 1-2 year olds

11/15 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

The McKinney-Vento Act

Ensuring the educational rights of students experiencing homelessness

If you are in a temporary housing situation due to loss of housing or economic hardship, you may be able to receive help for your child through a federal law called the McKinney-Vento Act.

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

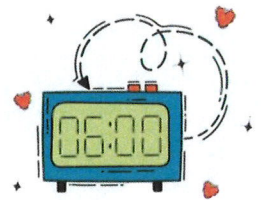


A good day generally starts with a good morning, and mornings are always easier when you prepare the night before!

Along with your regular nighttime routine, like bathing, putting on pajamas, brushing teeth, and reading a story, try including this simple nighttime routine for a week and see if your mornings run more smoothly.

Before bedtime, make sure the activities on this checklist are ready for the next day:

- ✓ Neatly pack your backpack and set it by the door.
- ✓ Make sure your shoes and outerwear are also by the door.
- ✓ Set out the clothes that you will wear.
- ✓ Set an alarm clock so that you have enough time to be on time, and place it out of reach so that you have to get up to turn it off.



Routines are helpful for children (and grown-ups) so that they know what to expect and what is expected of them.

Feel free to include any additional nighttime routines that will be helpful for you and your family. Wishing you all good mornings and good days!



FEEDING TINY TUMMIES

305 Park Ave, Keene, NH 03431

Feeding Tiny Tummies is a Non-Profit program that fights against childhood hunger working with local schools in Cheshire and Sullivan County, NH to provide meals to children on weekends, breaks, and summers away from school. Our resource center is available to help with getting services, paperwork for housing and much more!

Come join the FUN, with a costume parade, costume judging, trick or treating, games, pie eating contest, bobbing for apples, donuts on a string, music, craft vendors, direct sales vendors, food vendors, demonstrations, touch a truck, classic cars, petting zoo, photo opts, raffles, CHILI COOK OFF & more!

Date: October 14, 2023 (rain date Oct 15th)

Place: Cheshire Fairgrounds 247 Monadnock Hwy, Swanzey, NH

Time: 9-2pm

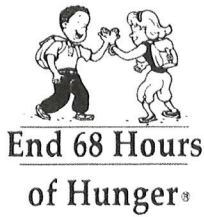
Admission: \$5.00 under 2yrs Free

Follow us on our facebook event page for updates & schedule.

Our Wonderful Sponsors

Service Credit Union, McClure Tree Service, GFA Credit Union, Walier Chevrolet, NH Trust, Frazier & Son Furniture, Nanotech, Cheshire Childrens Museum

- Not a school sponsored event



The Monadnock Regional School District has the great pleasure of hosting a local chapter of End 68 Hours of Hunger. End 68 Hours of Hunger, since 2018, has provided extra meals from Friday evening through Sunday evening for school age children. This program has helped students to be better prepared to come to school on Monday morning nourished and ready to learn.

Due to the challenges of operating the program weekly, and in an effort to continue the program, this school year we would like to offer a once a month drive thru instead of the weekly bags.

A monthly drive thru pick up will be scheduled one day per month between 3:00 pm-4:30 pm at Monadnock Regional Middle High School. Each month we will have a variety of food including, cereal, oatmeal, nutrition bars, jars of peanut butter or jelly, fruit cups, fruit snacks, soup, canned tuna, chicken or ham, macaroni and cheese, canned fruit and snack items. We will also be able to offer dairy, fresh fruit, vegetables and meat items when available.

End 68 Hours of Hunger is using a survey as registration for this program. If you would like your child(ren) to participate in this free program, please register your family at;
https://docs.google.com/forms/d/e/1FAIpQLSd9SquuYAOAxd0SZTME0YGS3EWwaTK19bniaBWYkDatopv7Eg/viewform?usp=sf_link

STUDENTS ALREADY ENROLLED WILL NEED TO RESUBMIT A NEW REGISTRATION FORM or email us at;
monadnocknh@end68hoursofhunger.org. If you have any questions please contact Karin Willson (603-903-6708) or Melissa Alexander (603-903-6799).

No data will be shared with anyone outside of End 68 Hours of Hunger, and the data will only be used to deliver food to children.

🐾 *Not a School Sponsored Activity* 🐾



CHEERLEADING Youth Clinic

Join us to cheer on the sidelines of the
Varsity Football game!

FRIDAY, OCTOBER 20TH

Start: 4:30 in MRHS gym

Football Game: 6:30

End: After Halftime

Registration \$40

includes t-shirt and pizza

Grades K-6



**EMAIL MGOMARLO@MRSD.ORG
TO REGISTER**

THIRD ANNUAL

YouthFest

SATURDAY OCTOBER 7th

Keene Family YMCA | 10am-1pm

FEATURING:

Skateboarding with Ollie Keene

Horseback Riding with Freedom Reins

Yard Games with Games2Go

Music by DJ Nick Raymond

Flight Simulator with Civil Air Patrol

ZUMBA with the YMCA

**Pop-Up Classes with Elements MMA
& MORE!**



A FREE EVENT FOR ALL

Brought to you by
**MONADNOCK YOUTH
COALITION**
monadnockyouthcoalition.org

Discover some of
the awesome things
to do for youth in
the Monadnock
Region!

NOT A SCHOOL SPONSORED ACTIVITY



FITZWILLIAM TOWN LIBRARY
...where ideas bloom

Wednesday Afternoons at the Library

In October

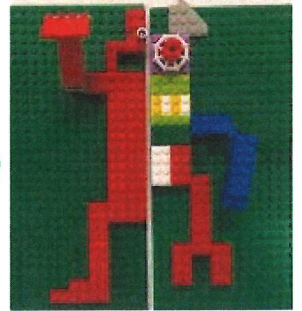
Grades 1-6



NEW TIME: 3:45-4:45

Take the bus

**Oct. 4: LEGO
Monster
Challenge**



**Oct. 11: Leaf
Art**

**Oct. 18: Mummy Pizza &
Spooky Luminaries**



**Oct. 25: Minute to Win It/
Halloween Style**

supplies & space are limited

register for one Wednesday or all three!

585-6503 info@fitzlib.org

(not a school-sponsored activity)



RESIDENTIAL LIFE PRESENTS

TRICK or TREAT 2023



FRANKLIN PIERCE UNIVERSITY
DiGREGORIO PARKING LOT
TUESDAY, OCTOBER 24
5 - 7 P.M.

This is not a Jaffrey-Rindge Cooperative or Monadnock Regional School District
Sponsored Event



INFORMATION

EVENT BEGINS IN THE DIGREGORIO PARKING LOT

- This is not a Jaffrey-Rindge Cooperative or Monadnock Regional School District Sponsored Event
- Please direct inquires to Franklin Pierce University - Residential Life at (603) 899-4176

DIRECTIONS

- Go towards main campus on University Drive
- Turn right at the 4-Corner intersection onto Mountain Road
- At the bottom of the hill, turn right into DiGregorio Parking lot (adjacent to the baseball field)

TRANSPORTATION

- Transportation around campus will be limited
- Parent/Guardians **MUST** Accompany Children
- **Please direct inquires to Franklin Pierce University - Residential Life at (603) 899-4176**



FranklinPierce
UNIVERSITY