



# Troy Newsletter

January 11, 2022

## **Notes from the Principal, Mrs. Roux ...**

Another great week at Troy School last week. Most students were able to return and everyone settled back into routines quickly, as we got back into the learning and began the winter assessments. Clearly the very cold weather is upon us and I will continue to remind everyone to please send your child(ren) dressed appropriately for both inside and outside activities. Just to be clear, we will not take students outside for recess or learning activities if the temperature (including the windchill) is below 10 degrees. However, it is always our hope to get students outside during the day when the temperatures allow, so sending students to school in layers is a really good idea. Please don't hesitate to let the office or me know if your child needs any winter clothing item such as a warm jacket, boots, ski pants, etc. We often have these types of items donated and we will do our best to make sure all students have what they need to be able to participate safely in outdoor activities.

We are excited about the newest updates from the CDC and MDOE. With our current mandatory masking policy, we will not have to quarantine close contacts when positive covid cases occur within our school. We will continue to contact trace and inform all families if your child is determined to be a close contact, but unless your child becomes symptomatic, he/she will not have to stay home from school. The CDC does ask that close contacts be quarantined from the community; however, so attending school will be allowed but other places and activities should not be for 5 days from the last date of contact with the positive person. All staff have been reminded to stay mindful of the masking requirements and to enforce these in their classrooms and other school spaces. Our students do a great job and we are very proud of them, but we will continue to be alert and remind students about the importance of wearing their masks effectively.

### Reminders:

- At this time, we are still asking that students be dropped off at the main entrance where a staff member will greet them and escort them inside. The school is not currently open to the full public.
- **Important:** Please ensure that your child comes to school with a clean mask, as well as a backup in case their mask gets dirty.
- Safety protocols including masks, frequent handwashing/hand sanitizing, and appropriate social distancing are still in effect at this time.

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: [lroux@rsu3.org](mailto:lroux@rsu3.org) school phone: 948-2280 home phone: 568-3980 cell: 323-0990)

## **Notes from the Office:**

Reminder: On January 20, for all students who have signed up, the dental hygienist will be here to provide fluoride/varnish treatments.



## **Important Upcoming Dates.....**

1/12 & 1/19 - Substitute Teacher Training  
(see flyer below for details)

1/17 - No School in observance of Martin Luther  
King Jr. Day

2/2 - Girl Scout Sign Up Event (see flyer below)

2/21-2/25 - February Break - No School

**Please help us recognize our Troy Staff and Students of the Week...**



Thank you, Mrs. Spinning, for all that you do at Troy School!



Balin earned points for the Caspians for being a helper in the classroom.



William earned points for the Bengals for working quietly during reading.

**Note from Mrs. Moring:**



**Let's TACO About Elementary Guidance w/ Mrs. Moring**

| <p>Winter Edition </p>  | <p>What have we been up to in Guidance classes?</p>   |   |   |        |     |   |  |   |   |            |              |               |              |              |            |         |      |  |                                      |   |   |
|--|---|---|---|--------|-----|---|--|---|---|------------|--------------|---------------|--------------|--------------|------------|---------|------|--|--------------------------------------|---|---|
| <p>Welcome to the second half of the 2021-2022 school year! My name is Carrie Moring and I am the Elementary School Counselor for Troy, Walker, Morse and Monroe schools. My job is to help your child feel safe, happy, and successful in school. I meet weekly with each grade. I am also available for short term individual and group support for students. If your child is in need of more long term emotional support, I can help families access outside agencies. If you would like to talk to me directly, you can call your child's school and leave a message for me if I am not available. You can also email me at <a href="mailto:cmoring@rsu3.org">cmoring@rsu3.org</a>. If your child is referred for individual or group support, I will be reaching out to you directly to discuss next steps. I am here to support students and families in any way I can. Please let me know if there is anything happening with your child that might impact them in school.</p> | <p>I meet with each classroom every week for 45-50 minutes. At the beginning of every class we do a "Feelings Check." Students rate how they are feeling on a scale of 1-10. Then we cover our topic for the week. Our most recent topic is learning about the Zones of Regulation.</p> <div data-bbox="722 1018 1421 1396"> <table border="1"> <thead> <tr> <th>Blue</th> <th>Green</th> <th>Yellow</th> <th>Red</th> </tr> </thead> <tbody> <tr> <td></td> <td></td> <td></td> <td></td> </tr> <tr> <td><b>Low</b></td> <td><b>Happy</b></td> <td><b>Wobbly</b></td> <td><b>Angry</b></td> </tr> <tr> <td>Running Slow</td> <td>Good to Go</td> <td>Caution</td> <td>STOP</td> </tr> <tr> <td>unhappy<br/>tired<br/>withdrawn<br/>tearful</td> <td>positive<br/>proud<br/>calm<br/>focused</td> <td>excited<br/>nervous<br/>frustrated<br/>annoyed</td> <td>mad<br/>furious<br/>yelling<br/>aggressive</td> </tr> </tbody> </table> </div> <p>Students have been learning how to identify what Zone they are in and how to use strategies to help regulate their emotions. Our next unit will cover Making Healthy Choices. We will discuss perseverance, healthy sleep habits, healthy foods, personal hygiene, unhealthy substances (drugs and alcohol), and self esteem. I will also be doing a co-presentation with Mr. Bennett on making safe choices when using technology.</p> <p>I have a Facebook page where I share resources for parents and updates on some of our fun projects. Check out: <u><a href="#">Mrs. Moring is Here to Help</a></u> and join the fun.</p> | Blue  | Green   | Yellow | Red |  |  |  |  | <b>Low</b> | <b>Happy</b> | <b>Wobbly</b> | <b>Angry</b> | Running Slow | Good to Go | Caution | STOP | unhappy<br>tired<br>withdrawn<br>tearful | positive<br>proud<br>calm<br>focused | excited<br>nervous<br>frustrated<br>annoyed | mad<br>furious<br>yelling<br>aggressive |
| Blue   | Green   | Yellow  | Red   |        |     |   |  |   |   |            |              |               |              |              |            |         |      |  |                                      |   |   |
|   |   |  |  |        |     |   |  |   |   |            |              |               |              |              |            |         |      |  |                                      |   |   |
| <b>Low</b>   | <b>Happy</b>  | <b>Wobbly</b>   | <b>Angry</b>  |        |     |   |  |   |   |            |              |               |              |              |            |         |      |  |                                      |   |   |
| Running Slow   | Good to Go  | Caution   | STOP  |        |     |   |  |   |   |            |              |               |              |              |            |         |      |  |                                      |   |   |
| unhappy<br>tired<br>withdrawn<br>tearful   | positive<br>proud<br>calm<br>focused  | excited<br>nervous<br>frustrated<br>annoyed   | mad<br>furious<br>yelling<br>aggressive   |        |     |   |  |   |   |            |              |               |              |              |            |         |      |  |                                      |   |   |



## SUBSTITUTE TEACHER TRAINING

\$5 for RSU #3 residents and \$30 for non-residents

UPCOMING January 12th & 19th 5:30-8pm  
CLASSES: February 9th & 16th 5:30-8pm

Learn the ins and outs of subbing in just two short sessions!  
Taught by trained educators and experienced substitute teachers.  
Supported by the RSU #3 staff and community and provided by :



register online at [rsu3.maineadulted.org](https://rsu3.maineadulted.org) or call us today 568-3426



# Explore Girl Scouts

## A New Member Sign-up Event

Tuesday, February 2, 2022 | 5:45 PM

Troy Central School | Cafeteria

733 Bangor Rd

Troy, ME 04987

Girls in grades K-3 and a caregiver are invited to join us to learn about opportunities to get involved in your community.

Together at this event we will:

Sample a **FREE** hands on activity from one of our four program pillars, all designed to meet her where she is now and grow along with her.



Life Skills



STEM



Outdoors



Entrepreneurship

### Discuss ways to participate:

- Join as an individually registered Girl Scout—Design your own experience with flexibility to participate.
- Join an existing troop in your community.
- Start a new troop—we're here to support you with all the tools and resources you need to succeed!

However you choose to participate girls can engage in:



Badge & Journey Activities



Council Sponsored Programs



Girl Scouts at Home



Cooke and Fall Product Programs

Answer your questions & if you choose, help you complete your online membership.

Can't make it to the event? No worries! We host multiple in-person and virtual sign-up events throughout the year. Find one that best fits your schedule:



You can also join anytime online at [girlscoutsofmaine.org](https://girlscoutsofmaine.org)

This event is for families looking for information about joining Girl Scouts, not current members. Masks are required for this event. For everyone's safety we ask that if you or your girl are not feeling well, have been exposed to Covid-19 or have tested positive, please stay home.

In the event that we cannot meet in person due to inclement weather or Covid-19 safety, the event will be held virtually. Please check the Facebook event for updates or contact us for login information.

[girlscoutsofmaine.org](https://girlscoutsofmaine.org) | 888-922-4763 | [customercare@gsmaine.org](mailto:customercare@gsmaine.org)

*This is not a school sponsored event.*