

# TROY ELEMENTARY SCHOOL LIBRARY NEWSLETTER



August 2026

## The Books Missed 🥰!

Welcome back, students and families! The books have missed you.

Did you know that reading for even six minutes can lower stress by 68%, *making it faster to relax than taking a walk or listening to music!* (Lewis, 2009, as cited in Mindlab International, n.d.). Beyond stress relief, here are some additional facts on how reading can improve your health:

- **Brain Workout:** It strengthens the “muscles” in your brain, improving memory and focus.
- **Better Sleep:** A physical book before bed tells your brain it’s actually time to wind-down ([Verywell Health](#)).
- **Boosts Empathy and Social Skills:** Reading allows you to understand other people’s perspectives, which improves emotional intelligence and empathy ([ScienceDirect.com](#)).

**Thank you for scheduling bed time reading with your student, every single night for 20 minutes** This cognitive workout is a lifetime habit that pays BIG dividends...including, lifetime memories!

## Library Story Time Schedule

Please help your student to return library books once a week, on your student’s library day.

| TUESDAY   | WEDNESDAY             | THURSDAY     |
|-----------|-----------------------|--------------|
| 2nd Grade | 1 <sup>st</sup> Grade | Kindergarten |

## Book Care and Library Rules

- Handle print materials with care.
- Return books on time.
- Follow TROY Expectations:
  - TEACHABLE
  - RESPECTFUL
  - ORDERLY & SAFE
  - YOU OWN IT



## Knowing Your Child’s Reading Level is a Superpower!

Knowing your child’s reading level is so important in finding books that hit that “just right spot” that fosters confidence and accelerates the student’s reading journey.

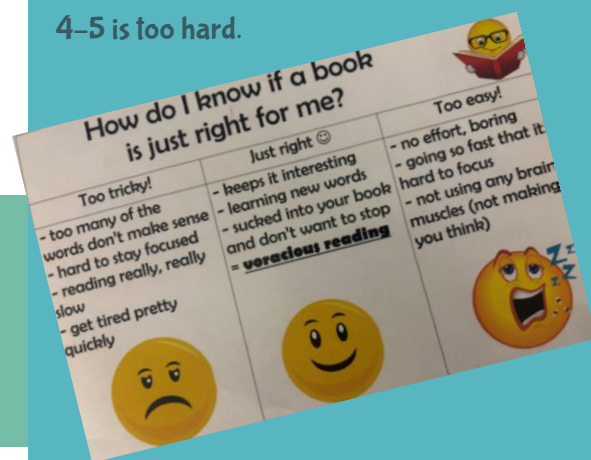
Parents can help by encouraging students to follow the Five Finger Rule:

For every word they cannot read, they hold up a finger:

0–1 finger is too easy

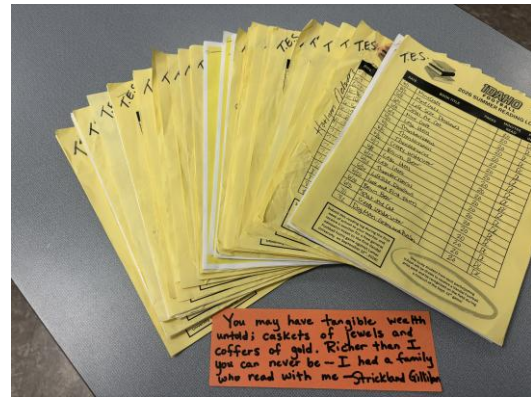
2–3 is just right

4–5 is too hard.



## TES and U OF I Football, Partner to Crush Summer Reading Success!

Summer reading was a huge success with the partnership of the U of I Football team! All participating students will receive a voucher for a free general admission ticket to the September 12 game against Lamar University. In addition, one lucky student will be drawn to receive a Vandal Football Prize Pack and be recognized on the field during a timeout. Also, all students will be recognized at the end of the month assembly in September, and be entered in a drawing for a Staycation at the University Best Western Plus in Moscow with a poolside room, and other great prizes.



## Gem State Pride in Paper Form: Decorating the National Tree



## More than a Badge: A Favorite Library Visitor

Our local resource officer does more than keep the building safe – you can also find him in the library! Officer Paradis joined our story time to read a book about police officers and teach our students about community helpers and personal safety.



### Core Identity & Communication Skills

- First and Last Names:** Kids must know their full name and their parents' full names instead of just "Mommy" or "Daddy."
- Home Address:** Practice a simplified version of your address (street name and town) using a repetitive rhythm or song.
- Parents' Phone Number:** Turn one primary contact number into a song to help them memorize.
- How to Dial 911:** Teach them what the number 911 looks like on a keypad and that it is only for big emergencies