



Cougar News



IMPORTANT DATES TO REMEMBER:

**Thursday 10/21 - 4:00
Advanced Band
Rehearsal @ RMS**

**Friday 10/22 - Picture
Retake Day**

**Wednesday 10/27 - Flu
Clinic for ERS Students**

**Friday 10/29 - Costume
Day
9:30 K-2 Citizen of the
Month
10:00 3-5 Citizen of the
Month**

October 15, 2021



School Hours: 8 am - 3 pm

**Christine Hebert, Principal
East Rochester School
773 Portland Street, Rochester, NH 03868
Phone (603) 332-2146
www.rochesterschools.com/o/ers/
[Twitter @ERSchoolnh](https://twitter.com/ERSchoolnh)**

Absences:

When your child is absent. Please call the school office (603) 332-2146. Leave your name, your child's name, the child's teacher's name and reason for absence. If we do not hear from you, district policy states we will call you. This is for your child's safety.

Table Talk: Ask your child what the new MTSS focus is. (they had an assembly Friday 10/15/21 that introduced it)

Lunch Menu Link
[MENU](#)

East Rochester School Expectations	
BE SAFE	
I will make safe and appropriate choices.	I will demonstrate behavior that is considerate of the community, the school and myself.
BE RESPONSIBLE	
I will be on time to fulfill my daily commitments.	I will be actively engaged in my learning by asking questions, collaborating and seeking solutions.
BE RESPECTFUL	
I will be truthful and accountable for my choices.	I will show respect and encourage the right to teach and the right to learn at all times.

TRUNK or TREAT

Candy donations can be dropped off at the ERS office
If you would like to decorate your trunk for the event please
contact the office



Rain Date October 29th



Digital prints have been sent to your email.
Any physical products and/or prints will be
mailed directly to your home address.

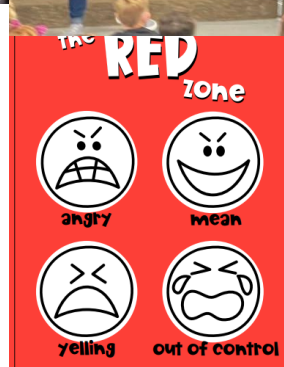
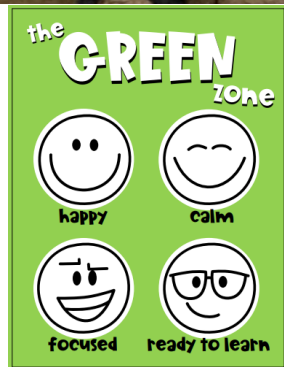
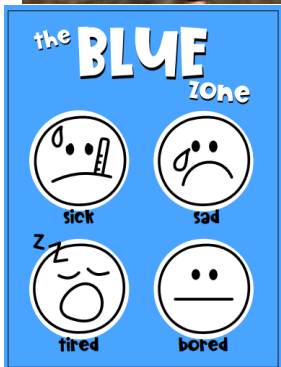
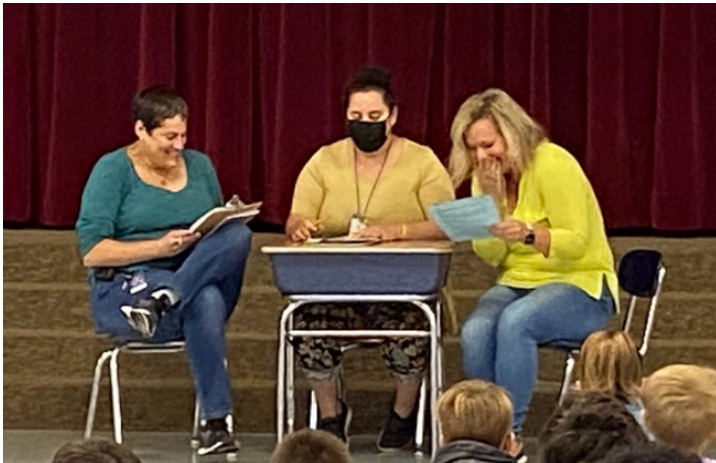
For questions or concerns call 603-952-4141 or
email info@clixne.com or visit their website
<https://www.clixne.com/#ContactUs>

Picture retake day is Friday October 22, 2021

Zones of Regulation

MTSS new roll out

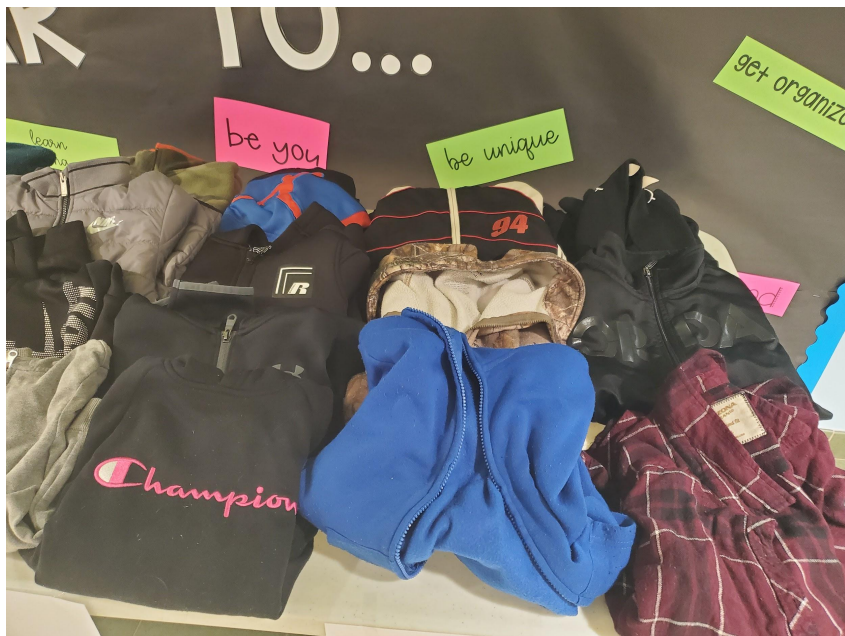
Students were taught today about the Zones of Regulation at an assembly. The Zones of Regulation are an easy way for students (and grownups!) to identify and manage their behaviors. Emotions are tied to a color and appropriate coping strategies are utilized. Our bodies act differently in every zone. All the zones are okay, but we want to try to be in the green (Ready to Learn) zone most of the time, especially when we are at school. Sometimes when we are in the blue, yellow, or red zones we need to use a tool to get back to the green (Ready to Learn) zone. Each classroom has a “Chill Zone” with different tools that students can use to help them return to the green zone so that they are ready to learn for the rest of the school day!





Please remember to label your child's things to help keep them out of lost and found.





please check
**Lost
&
Found**

