



Cougar News



IMPORTANT DATES TO REMEMBER:

**TRUNK OR TREAT
TONIGHT AT 5:30**

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

**Thursday 10/28 - 4:00
Advance Band
Rehearsal**

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

**Tuesday 11/2 - No
School- Parent/Teacher
Conferences**

**Wednesday 11/3 - 12:15
Early Release**

October 22, 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 to demonstrate a
facial expression from
each zone.**

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.



Water bottles must be brought to school. Cups can no longer be used for safety reasons.



The Salvation Army is doing sign ups for Christmas gifts.

9:00 to 2:00 October 22nd and 25th

9:00 to 6:00 October 27th and 29th

The following information is needed: ID, Income, Expenses, Bills, Current Proof of residency, Food Stamp Eligibility Letter.

Distribution date is December 20th from 9-5.

WEARING A MASK IS REQUIRED

Title I families please join us for our first family engagement night.

When: November 10th

Time: 6-8 pm

Location: William Allen School.

Childcare and Pizza will be provided.



Charlie Applestein, MSW, the author of *No Such Thing as a Bad Kid*, will be presenting
Helping Your Kids to Be All That They Can Be!
Using a Positive, Strength-Based Approach for Effective Parenting.

Strength-based practice is an emerging approach to raising children that is exceptionally positive and inspiring. Its focus is on strength-building vs. flaw-fixing. What your kids do right! This uplifting presentation will present some of the key features of this transformative approach to child-raising. Topics include:

- What is strength-based parenting?
- The effect of positive emotions on the brain.
- How to help your kids develop positive mindsets.
- The deleterious effects of pejorative labeling.
- Strategies for enhancing your children's self-esteem
- Innovative self-management strategies for kids
- Relationship-based limit setting
- Strategies for managing number one, first (How to respond instead of reacting to your kids)

We are looking forward to seeing you there!

RSVP by filling out google form at <https://forms.gle/uALcxTzGUWyZ1CBz6>

or by

Emailing danforth.n@sau54.org

*Copies of *No Such Thing as a Bad Kid* will also be available.*

The 4th Graders had an amazing field trip to the Great Bay Discovery Center! They were able to delve “hands-first” into an interactive experience that broadened the student’s understanding of the natural and cultural history of the region.





Some of our third
grade students
working hard on
sorting syllable
types.

Second grade
reading group
work. Partner
reading a long
vowel story.

