



# Cougar News



## IMPORTANT DATES TO REMEMBER

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

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

**Thursday 11/11-No School, Veterans Day**

**Tuesday 11/16 - 4:00 Beginning Band Rehearsal @ RMS**

**Thursday 11/18 - 4:00 Advanced Band Rehearsal @ RMS**

**11/24 - 11/26-No School, Thanksgiving Break**

**October 29, 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/](http://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 student what qualities the Citizen of the Month demonstrate.**

**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.



Please send your child to school with a mask if they ride the school bus.

Doors Open at 8:00  
am for Morning Drop  
off

Do not arrive prior to  
7:45

Dismissal for car  
riders is at 2:55

Do not arrive prior to  
2:45; doing so  
interferes with

Pre-School dismissal and you will be asked to leave. It  
also blocks traffic on Portland Street and is a safety  
hazard.

All students should enter and exit from the driver's  
side.

Parents should not get out of their cars for drop off  
or pick up.





**Ms. Partridge's Class: Harper Johnson**

**Ms. Wood's Class: Lylah**

**Mrs. Rourke's Class: Mason Melville**

**Mrs. Veno's Class: Malee Gadbois**

**Mrs. DiBernardo's Class: Delilah Fenton**

**Mrs. Landsman's Class: Oliver Baker**



**Mrs. Trepanier's Class: Adelyn Ganley**  
**Mrs. Olden's Class: Lydia Lisowski**  
**Mrs. Lancey's Class: Emily Pelletier**  
**Mr. Saucier's Class: Christina Locke**  
**Mr. Cantrell's Class: Brayden Adkins**  
**Miss Ferland's Class: Bentley Corbin**  
**Miss Simpson's Class: Severin Lampron**

# COSTUME DAY 2021



**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](mailto:danforth.n@sau54.org)

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