



Cougar News



IMPORTANT DATES TO REMEMBER

Wednesday 11/10 - 6:00
PTA Virtual Meeting

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

Wednesday 12/1 - 6:00
PTA Virtual Meeting

November 5, 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 where the chill zone is in their classroom and what it is used for.

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.



The weather is changing so it is time to send students to school with a jacket. PLEASE write their name on the inside tag as we have TONS of Lost and Found. We will get it back to them.

A Word on Physical and Mental Health



While Technology advances and is more available to us, it is also more available to our children. As children spend more time with tablets and video games, the obesity rate of children is increasing. According to the CDC the percentage of obese children aged 6 years old to 11 years old has increased from 7% in 1976-1980 to 18% in 2015-2016.

It is tricky for parents when setting policy about screen time. The American Academy of Pediatrics recommends no more than one to two hours a day of screen time to avoid problems with obesity, behavior, irregular sleep and even violence.

Concerns for children's mental health have been rising, especially since the pandemic started in early 2020. The National Alliance on Mental Illness (NAMI) identifies clear links between mental health and exercise.

We share this information, in hopes families make informed decisions. It is not uncommon for students to go to the nurse's office because

running in gym class or on the playground has caused their muscles to hurt.

This is just a reminder of the link between time outside, time moving, mental and physical well-being.

Amanda Abbiss, School Nurse

Jess Shearn, PE teacher

Rachel Legard, School Counselor

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.



SHARE Fund/Gerry's Food Pantry

Thanksgiving "baskets" are open to all throughout Farmington-Rochester residents.

Person(s) need to contact 603-335-0011 before NOV 12

Pickup is the week of NOV 15 and Monday NOV 22.

