



Cougar News



IMPORTANT DATES TO REMEMBER

Mon. 2/14 - Fri. 2/18 ~
Career Spirit Week

Tue. 2/15 ~ 4:00-5:00
Beginning Band
Rehearsal @ RMS

Wed. 2/17 ~ 4:00-5:00
Advanced Band
Rehearsal @ RMS

Mon. 2/21 - Fri 2/25 ~
NO SCHOOL -
WINTER BREAK

February 11, 2022
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: What day of Career Spirit Week are they most looking forward to?

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.



It's FINALLY back! The Kids Heart Challenge kicked off this week during PE!

This program is two parts. We will be collecting donations for the American Heart Association, as well as working on our own heart health during PE. Students will be jump roping and learning the importance of heart health. It's perfect timing as the month of February is Heart Health Awareness Month. If your student wants to participate in the fundraising, they can collect donations in their envelope or online until next Friday. I will

be closing it out over February vacation and ordering the prizes :) If you do collect cash please be sure to convert it to a check before sending in the envelope. If you have any questions please email me

shearn.j@sau54.org



**Pope Memorial
Humane Society**
Cocheco Valley

Pope Memorial Humane Society

My name is Viviana Jeanpierre along with Calleigh Toye and we are from Miss Ferland's class. We are doing a fundraiser for the Pope Memorial pet shelter.

Things we need are....

Dry food for dogs and cats

Bleach/laundry detergent

Toys - lasers, bones

Blankets, towels, cloths

Anything else you can think of
except for collars and leashes.

Spread the love and support the animals
in need:)



**Donations can be brought to school
Monday, February 7th - Friday, February 18th**



Your Future is Bright
Dress up in your brightest clothes!
Feb 14th Monday



Hats off
Hats off to Career Awareness!
Wear your best or craziest hat!
Feb 17th Thursday

Tri-City Spirit

Week!

Dress to Impress
Dress as if you were going to an interview!
Feb 15th Tuesday



You are a "Jean"ius
Think denim, denim, and more denim!

Feb 16th Wednesday



When I Grow Up

Dress up as what you want to be when you grow up!

Feb 18th Friday



Ms. Wood's & Ms. Partridge's Kindergarten classes celebrated the 100th day of school

[Click here for pictures](#)

NH Rapid Response Access Point

There is a new free resource for anyone in NH! If you or a loved one is in a behavioral health crisis and in need of immediate support you can call, text, or chat with trained staff 24 hours a day. Depending on the specific situation support can be provided over the phone, giving access to outpatient services, or in person through the Crisis Response team.

The school social worker, Amy Weeks-Coffield is available to answer questions or visit NH988.com



New Hampshire

Rapid Response Access Point



The support you want in your time of need.

If you or someone you care about is having a mental health or substance use crisis, you can call and speak to our trained and caring staff.

Contact the Rapid Response Access Point at

📞 **833-710-6477** or visit 🌐 **NH988.com**



SCAN ME

A wealth of resources at your fingertips.



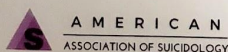
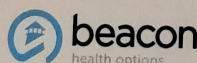
Over the phone support and problem solving to help resolve a behavioral health crisis.



Over the phone support with referrals to outpatient services, or to have a Mobile Crisis Response Team (MCRT) come to you at a place of your choice.



In-person Mobile Crisis Response Team (MCRT) if the crisis cannot be resolved over the phone.





January Citizens of the Month



Ms. Patridge's Class ~ Charley Trainor
Ms. Wood's Class ~ Marlia Gutierrez
Mrs. Rourke's Class ~ Dawson Hall
Mrs. Veno's Class ~ Connor Libby
Mrs. DiBernardo's Class ~ Atalia Pino
Ms. Landsman's Class ~ Briseis Van Bobo



January Citizens of the Month



Mrs. Trepanier's Class ~ Dani Downing
Mrs. Olden's Class ~ Zariah Ricker
Mrs. Lancey's Class ~ Shinjan Poudyal
Mr. Saucier's Class ~ Kingston Hicks
Mr. Cantrell's Class ~ Fenton Calderone
Miss Ferland's Class ~ Calleigh Toye
Miss Simpon's Class ~ Marlie Osborne