



Cougar News



IMPORTANT DATES TO REMEMBER

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

**Tue. 3/1 ~ 4:00 Beginning
Band Rehearsal @ RMS**

**Wed. 3/2 ~ 6:00 PTA
Virtual Meeting**

**Thur. 3/3 ~ 4:00
Advanced Band
Rehearsal @ RMS**

**Fri. 3/4 ~ COTM
1:30 Gr. K-2
2:00 Gr. 3-5**

**February 18, 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: Ask your
child how career week
was.**

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.

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**



A wealth of resources at your fingertips.



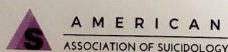
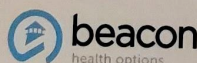
Over the phone support and problem solving to help resolve a behavioral health crisis.



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.



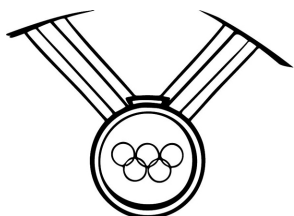


Students have been working hard in art class to create a masterpiece for you. Be on the lookout when we return from break on how to order from Original Works!

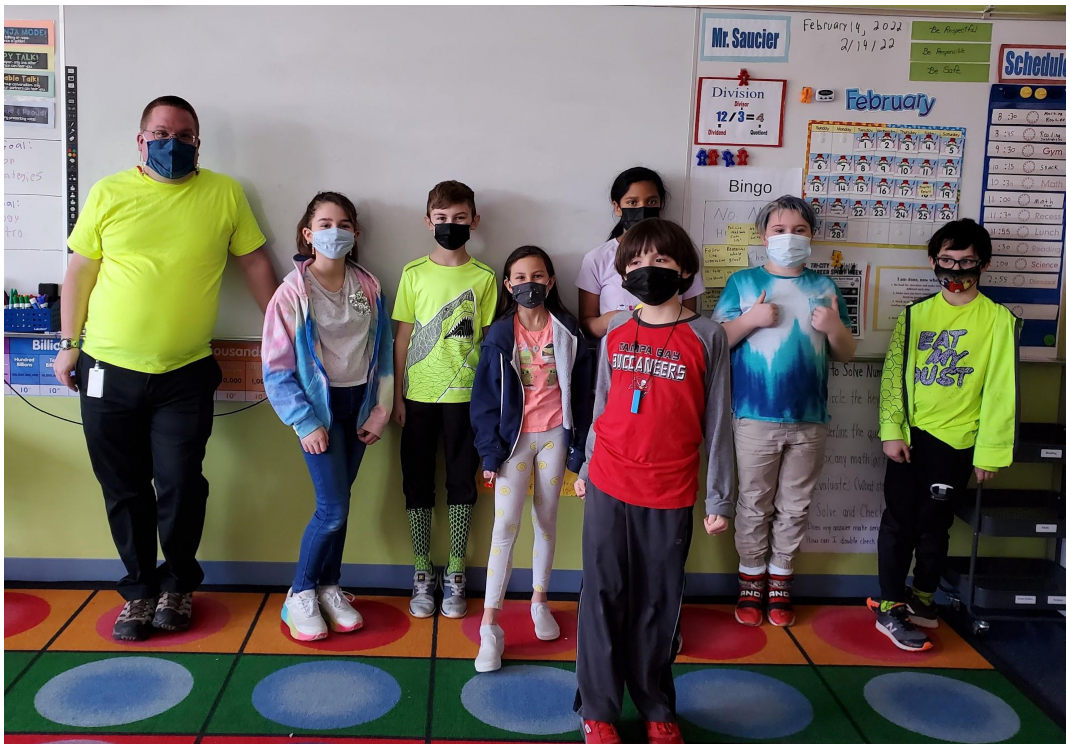
[Click here for flier](#)



**MTSS will have the
“One-and-Done Olympics”**



FUN on Bright Day!!





We have a great opportunity for a few caring, calm people to work at the school as paid paraeducators.

That's right- you can help at school, do rewarding work, work while your child or children are in school.....and get paid! (alright, you won't be making as much as Brady or Gronk, but there is money involved.) If you are not interested or able, perhaps you know someone who is.

Helping the school helps your child!

Contact Christine Hebert at hebert.c@sau54.org for more information about applying. Thanks.

Fundraiser

Viviana Jeanpierre and Calleigh Toye planned and executed an amazing fundraiser for an animal shelter. We are so proud of them!



Career Day



