



# Cougar News



## IMPORTANT DATES TO REMEMBER

**Mon. 4/11 - 4/22 ~ ERS  
Read- A-THON**

**Mon. 4/18 ~ 3:00 Talent  
Show Auditions**

**Tues. 4/19 ~ 4:00  
Beginning Band  
Rehearsal**

**Thur. 4/21 ~ 4:00  
Advanced Band  
Rehearsal**

**Fri. 4/22 ~ 1:00 Citizen  
of the Month**

**Mon. 4/25 - Fri. 4/29 ~  
NO SCHOOL**

**April 15, 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/](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  
child what their favorite  
part of the TIGER skit  
was?**

**Lunch Menu Link**  
[MENU](#)

**MENU CHANGE:**  
Friday 4/22/22  
Choice A: Chicken Nuggets,  
French Fries, Roll

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.

# TIGER: Kindness Counts!

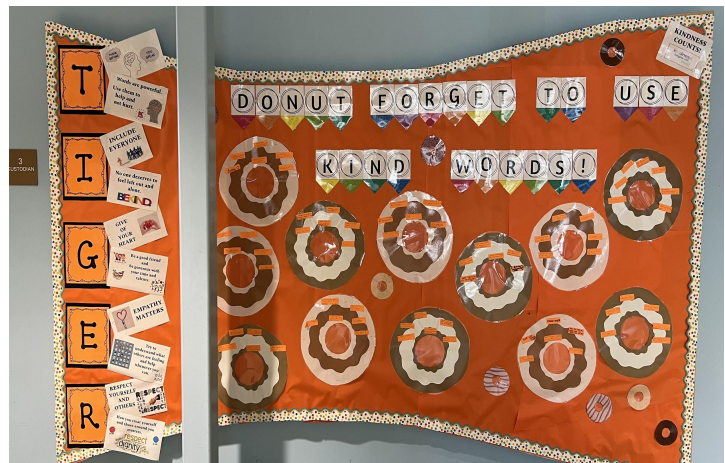


## ERS Family Connection: Kindness Counts at Home!

<i>Can you complete the At-Home TIGER Kindness Challenge?!?</i>	<b>Mon 4/4</b> <b>T</b> <b>Think before you speak</b>	<b>Tues 4/5</b> <b>I</b> <b>Include everyone</b>	<b>Wed 4/6</b> <b>G</b> <b>Give of your heart</b>	<b>Thurs 4/7</b> <b>E</b> <b>Empathy matters</b>	<b>Fri 4/8</b> <b>R</b> <b>Respect yourself and others</b>
	*Give someone a compliment *Make someone a thank you card	*Invite a sibling, cousin, or neighbor to play with you *Play a family game	*Read a book to someone *Help do chores at home	*Ask someone about their day and listen while they tell you *Give someone a hug	*Use a polite tone and polite words *Use eye contact when speaking with someone
<i>Can you complete the At-Home TIGER Kindness Challenge?!?</i>	<b>Mon 4/11</b> <b>T</b> <b>Think before you speak</b>	<b>Tues 4/12</b> <b>I</b> <b>Include everyone</b>	<b>Wed 4/13</b> <b>G</b> <b>Give of your heart</b>	<b>Thurs 4/14</b> <b>E</b> <b>Empathy matters</b>	<b>Fri 4/15</b> <b>R</b> <b>Respect yourself and others</b>
	*Call someone you love on the phone *Say "please" and "thank you"	*Invite someone to take a walk with you *Invite someone to play a game with you	*Make a picture or piece of artwork for someone *Do something silly to make someone laugh	*Do something helpful or nice for a neighbor *Help someone figure out a solution to a problem	*Help clean up without being asked *Be honest and don't argue

[Click here to view photos from the Plymouth State TIGER Assembly!](#)

[MTSS Reward Pictures](#)



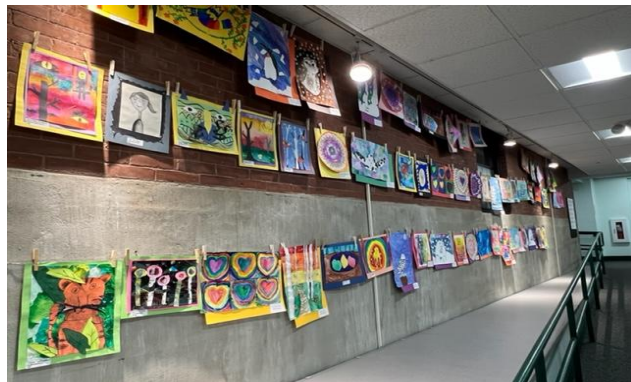


SO EXCITING! WE HAD A SPECIAL  
SPRING VISITOR  
DURING RECESS  
THIS WEEK!



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Please check out artwork from some  
of our ERS students on display in the  
Children's Room at the public library!



**Menu change for Friday April 22**  
**Choice A: Chicken nuggets, French fries**  
**and a roll- No change to choice B.**

# BAND INFORMATION



Here is an update on the Spring Concerts.  
Please note that the Adv. Band Dress  
Rehearsal date has changed in May. It was originally on  
Monday, May 9th.

**Thursday, May 5th - Adv. Band Dress Rehearsal, 4 - 5 pm, RMS Band Room**

**Friday, May 6th - ERS Spring Concert for Band & Chorus, 1:30 pm, ERS Gym**

**Tuesday, May 10th - Beg. Band Dress Rehearsal, 4 - 5 pm, RMS Band Room**

**Wednesday, May 11th - Elementary Band Spring Concert (Beg. & Adv.)  
7 PM RMS Gym**

**Students please arrive at 6 pm in RMS Cafeteria**

After the concerts, there will not be any after school  
rehearsals for the remainder of the year.

In school lessons will continue into June.





## **ERS READ A THON**

**DATES: APRIL 11 –  
APRIL 22**

**Keep reading  
and logging your minutes  
to earn special prizes!**

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School success starts  
with attendance

### **Attendance Reminder**

It is very important to have your student(s) arrive on time and attend school everyday! Missing school interferes with key learning time and has a huge impact on academic success.

We understand that there may be rare

occasions when your student is unavoidably late due to unforeseen circumstances or has an occasional illness. With the end of the year approaching, attendance is crucial! Thank you!

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We are very excited to offer FREE Summer School! April 22 is the last day to sign up!

Please [click the link](#) for the sign -up sheet!

Thank you!



# Original Works have been Extended!

**ORDER TODAY. HAVE IT FOR MOTHER'S DAY!**

JUST A REMINDER THAT THE ORIGINAL WORKS ONLINE PROGRAM IS NOW OPEN FOR ADDITIONAL ORDERS. PLACE YOUR ORDER BY:

**APRIL 17, 2022**

AND YOUR PRODUCTS WILL ARRIVE AT SCHOOL IN TIME FOR MOTHER'S DAY.

Profits earned through each order support the educational opportunities of our school community.

Original Works products make great gifts for any occasion or holiday - from Mother's & Father's Day, to birthdays, graduations, and year-end celebrations!



The online ordering process is safe and easy. Just follow the instructions on the Custom Brochure/Ordering Instructions received at the beginning of the program.



Thank you for participating in a program from Original Works and for your continued support of our school community.

**Can't find your Custom Brochure/Ordering Instructions?**



Contact the Original Works Customer Service Team at 518-584-9278 or [cs@originalworks.com](mailto:cs@originalworks.com). They will provide everything you need to place your order.