



# Cougar News



## IMPORTANT DATES TO REMEMBER

**Mon. 9/26 ~ Meadow Farms Fundraiser Starts**

**Thur. 9/29 ~ 4:00-6:00 Instrument pick up @ McClelland**

**Fri. 9/30 COTM @ 9:00**

**Thur. 10/6 ~ 4:00-5:00 Advanced Band Rehearsal @ RMS**

**September 23, 2022  
School Hours: 8 am - 3 pm**



**Andrea Lancey, 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.

**If your child is late you need to sign them in at the office.**

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

**Table Talk: What was this week's focus for building our Cougar Community?**

East Rochester School Expectations	
<b>BE SAFE</b>	
I will make safe and appropriate choices.	I will demonstrate behavior that is considerate of the community, the school and myself.
<b>BE RESPONSIBLE</b>	
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.
<b>BE RESPECTFUL</b>	
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.

**Fundraising Packets went home today!**

**All orders will be sent to your home address for you to deliver!**



**Any questions contact ERS PTA at [astrochesterpta@gmail.com](mailto:astrochesterpta@gmail.com)**

**2022-2023**



**East Rochester School Behavior Matrix**



**One Team, One Dream in Cougar Country!**

	<b><u>RESPECTFUL</u></b>	<b><u>RESPONSIBLE</u></b>	<b><u>SAFE</u></b>
<b><u>HALLWAY/STAIRS</u></b> <b>L-Looking ahead</b> <b>I-In your space</b> <b>N-No talking</b> <b>E-Every body is safe</b>	<ul style="list-style-type: none"> <li>*Quiet in line</li> <li>*"Paws" for passers</li> <li>*Keep your place in line</li> <li>*Stay to the right</li> <li>*Use quiet greetings</li> </ul>	<ul style="list-style-type: none"> <li>*Keep hands and body off walls, doors, and others</li> <li>*Keep hallways clean</li> <li>*Head directly to your destination</li> </ul>	<ul style="list-style-type: none"> <li>*Keep your body in your own space</li> <li>*Hold your belongings tightly</li> <li>*Stay to the right</li> <li>*Always walk facing forward</li> <li>*Hold door for those behind you</li> </ul>



**NLS/ERS**

**Movie  
Night**

Friday, Sept. 30th at 7 pm  
on the NLS field

Movie: Hocus Pocus 1

Families are encouraged to bring chairs and  
blankets.



## ERS FAMILIES

We are looking for ALL of our families to fill out the Free and Reduced Lunch Forms, regardless of Income Levels. The class that has the most forms turned in will receive a prize! The form can be filled out digitally or a paper copy. If you need another paper copy sent home please contact the office!

[Click here](#) for the free lunch application form. All forms must be submitted by September 30.



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**Please send headphones to stay at school with your child. Headphones are very important and are used often! Thank you**