



Cougar News



IMPORTANT DATES TO REMEMBER

Tues. 10/4 ~ IN SCHOOL Band Lessons Begin

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

Mon. 10/10 ~ No School Columbus/Indigenous People's Day

Tues. 10/11 ~ 4th Grade Field Trip to Great Bay ~Last Day to turn in any cash sales from PTA Fundraiser

Thurs. 10/13 ~ 4:00-5:00 Advanced Band Rehearsal @ RMS

**September 30, 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/
[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 has been your students favorite part of their day so far at school?

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.



September Citizens of the Month



Mrs. Rourke's Class ~ Amir Dixon

Mrs. Veno's Class ~ Alyanna Gagne

Mrs. DiBernardo's Class ~ Myla Beadle

Mrs. Garneau's Class ~ Theo Cantrell

Mrs. Olden's Class ~ Isabel Johnson

Mrs. Trepanier's Class ~ Aubree Gagne

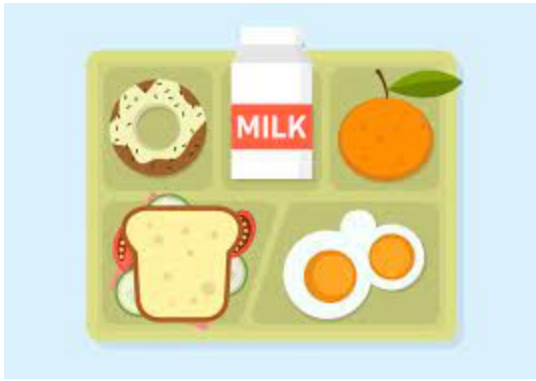
Ms. Fortgang's Class ~ Markus Edward

Mr. Saucier's Class ~ Brielle Reilly

Mr. Cantrell's Class ~ Leticia Buschel

Ms. Ferland's Class ~ Allison Grassie

Mrs. Simpson's Class ~ Christina Locke



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.

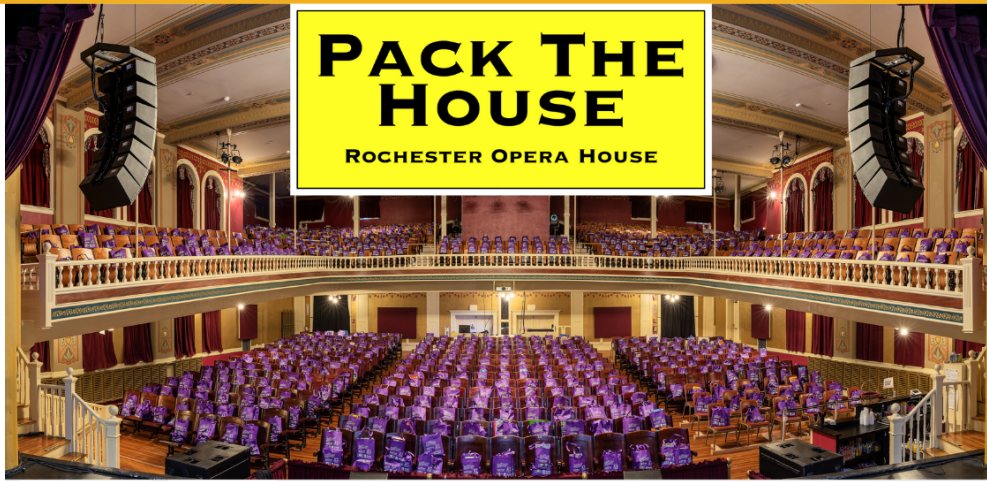
All forms must be submitted by **TODAY**
September 30.

Only water is allowed in classrooms.

Please make sure to send

A WATER BOTTLE ONLY

to school with your students! Thank you



A FOOD & FUNDS DRIVE



COMMUNITY FOOD DRIVE

WEEK OF OCTOBER 3RD

JOIN THE ROCHESTER OPERA HOUSE IN OUR 2ND ANNUAL PACK THE HOUSE EVENT. HELP FILL ALL 750 SEATS IN OUR THEATER WITH A BAG OF FOOD OR FUNDS TO BENEFIT FOUR LOCAL HUNGER RELIEF ORGANIZATIONS



- Soup (non condensed)
- Canned Corn
- Stew/Chili
- Jelly (Squeeze preferred)
- Canned Meat (Tuna, Chicken)
- Canned Pasta Meals
- Juice
- Granola Bars/Crackers
- Cereal

BRING ITEMS TO DONATE TO SCHOOL MONDAY-FRIDAY AND JOIN US OCTOBER 8TH AT OUR EVENT

ROCHESTER OPERA HOUSE 31 WAKEFIELD ST

Important Notes

ABSENT

If your child is going to be absent from school please make sure to call the office. After hours you can leave a message on the machine. 603-332-2146 Thank you!



In the morning our doors are locked at 8:30. Please do not drop your child off after that time. The side door is NOT open.

You will need to come into the office.



Keep on selling! The PTA fundraiser closes on October 10th!



Fairy Tales and Tall Tales!

Second grade had a fun day celebrating the culmination of Domain 1: Fairy Tales and Tall Tales! They wore costumes and had Paul Bunyan pancakes!



Notes from Nurse Amanda

Hello! I would like to introduce myself to our new families. I have been a pediatric nurse for 13 years and joined the ERS family in 2020. I couldn't have asked for a better group of families to ride the COVID rollercoaster with me! If you ever need to contact me, feel free to call the school during school hours or email me at abbiss.a@sau54.org.

Some beginning of the year reminders:

- Update contact numbers and please be sure we have the ability to leave a message if needed
- Have a plan ready in case a child needs to go home before normal dismissal time
- The district's current fever policy is that children will be dismissed from school for a fever of 100.4F or greater. Any child who has a fever (home or school) must be out of school until 24hrs have passed without a fever without the use of fever-reducing medications.
- Please notify the school with any student's positive Covid testing so we can discuss isolation and quarantine recommendations.

We will be hosting a student Flu Clinic at ERS on October 13th!

- [Here is the letter to families from Strafford County Public Health Network](#)
- [Here are some key facts about the seasonal flu vaccine from the CDC](#)
- If you are interested in your child receiving the flu vaccine on October 13th, please return the "Seasonal Influenza Vaccination Record and Consent" that was sent home

Thanks so much for including this for me! Feel free to edit away and make it look prettier.

Amanda Amanda Abbiss, RN, MSN-Ed

School Nurse

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