



Cougar News



IMPORTANT DATES TO REMEMBER

Wed. 10/19 ~ Early Release 12:15 Dismissal for all students

Thur. 10/20 ~ 4:00 Advanced Band Rehearsal @ RMS

Fri. 10/21 ~ Trunk or Treat 5:00-6:30

Mon. 10/24 ~ Picture Retake Day

Fri. 10/28 COTM @ 2:00

**October 14, 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 do the colors represent in the Zones of Regulation?

| 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. |



EAST ROCHESTER SCHOOL TRUNK OR TREAT

FRIDAY, OCTOBER 21ST

5:00-6:30 PM

Join us for an evening of
spooky trunk-or-treating
fun on the ERS campus!



Rain Date
Saturday,
October 22nd
11:00am - 12:30pm



No bathroom access. This event is completely outdoors.



We will be accepting
candy and
individually

wrapped snack donations
in the office for Trunk or
Treat! Here is the sign up link:

<https://www.signupgenius.com/go/10C094DA8AD22A0FAC61-erstrunk>



Thank you!



**The East Rochester
School Apparel online
store closes on 10/16!
Get your orders in!**



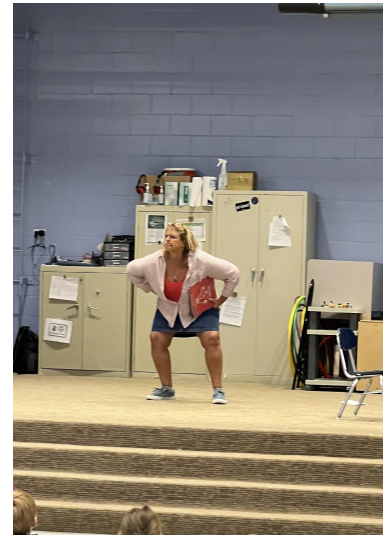
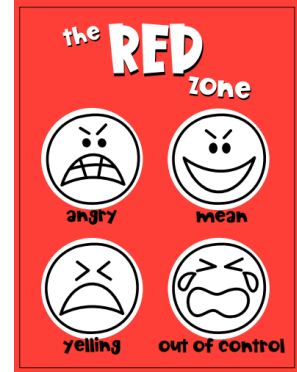
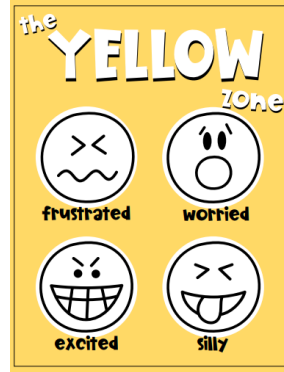
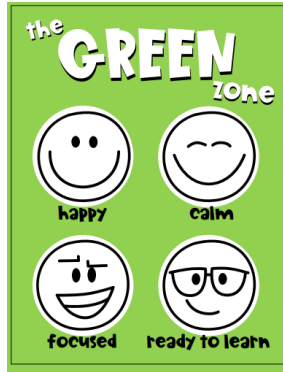
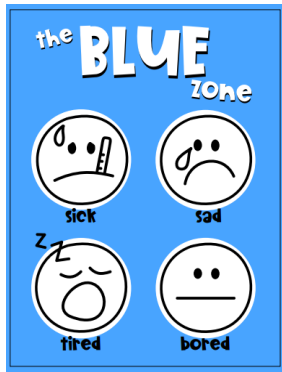
The direct link to order:

<https://collinssports.chipply.com/eastrochesterschoolgear/>:



**Picture Retake Day is
Monday October 24**

The Zones of Regulation are a framework for self-regulation and emotional control. Zones of Regulation are a way for students (and grownups!) to figure out what they are feeling by putting their emotions into a colored zone. There are four zones: blue zone, green zone, yellow zone, and red zone. Our bodies act differently in every zone. All the zones are okay, but we want to try to be in the green (Ready to Learn) zone most of the time, especially when we are at school. Sometimes when we are in the blue, yellow, or red zones we need to use a tool to get back to the green (Ready to Learn) zone. Each classroom has a “Chill Zone” with different tools that students can use to help them return to the green zone so that they are ready to learn for the rest of the school day!



Holiday Food Baskets



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The 2022 Holiday Food Basket Signup starts October 15

Every year, CAPSC provides Thanksgiving and winter holiday food baskets to those in need. Hundreds of baskets are distributed each year. Our baskets are filled with a variety of items that will fill a holiday table and lift the hearts of our neediest families.

What's in the basket?

Our typical holiday basket includes nutritious foods that will provide a complete holiday meal for a family of four, and will include items such as:

- Whole frozen turkeys (or a gift card equivalent)
- Stuffing mix
- Gravy mix
- Cookie or dessert mixes
- Cans of sweet potatoes or green beans
- Fresh vegetables

Please note: We offer two separate distributions for the Thanksgiving holiday and the winter holidays. You can specify if you would like to sign up for one or both.

To sign up for this year's program, call us at (603) 435-2500, ext 8136.

