

Cougar News

IMPORTANT DATES TO REMEMBER

**Tues. 11/1 PTA meeting
6:00**

**Thurs. 11/3 Advanced
Band Rehearsal 4:00 -
5:00; Title I Annual Fall
Meeting 6:00**

**Tues. 11/8 No School -
Parent/Teacher
Conferences**

**Wed. 11/9 Early Release
12:15 Dismissal for all
elementary students**

**Thurs. 11/10 Advanced
Band Rehearsal 4:00 -
5:00**

**Fri. 11/11 No
School -
Veterans Day**

**October 28, 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 is a dismissal safety rule?

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.

CONGRATULATIONS!

October Citizens of the Month

Ms. Patridge's Class ~ Cason Tilton
Ms. Wood's Class ~ Finley Collins
Mrs. Rourke's Class ~ Marlia Gutierrez
Mrs. Veno's Class ~ Knox Lapierre
Mrs. DiBernardo's Class ~ Natalie Lubbe
Mrs. Garneau's Class ~ Evelyn Neal
Mrs. Trepanier's Class ~ Wesley Paquette
Mrs. Olden's Class ~ Violette Dumond
Miss Fortgang's Class ~ Amya Michel
Mr. Saucier's Class ~ Lydia Lisowski
Mr. Cantrell's Class ~ Nolan Ganley
Miss Ferland's Class ~ N. G.
Mrs. Simpson's Class ~ Caila Lagasse



Notes from Nurse Amanda!



- Happy Halloween! While we all enjoy our candy...



- We have recently learned that the Frisbie Smiles School Based Dental Program has been canceled, so we will not have classroom visits from the program's dental hygienist like we have in years past. We apologize for any inconvenience.

- **It's Fall- head lice season!** Per the CDC:

- Lice can only spread through hair-to-hair contact. While it is much less common for lice to be spread through clothing or hair care products, you should discourage sharing these items as well. Lice can only live for a day or two without feeding on human blood (gross, but true). Most die within 15 hours of coming off a human host. Lice will not intentionally transfer to clothing or to a brush because there is no food source on those items.

- If crawling lice or nits (eggs) are found, all household members should be examined for crawling lice and nits every 2–3 days. Persons with live (crawling) lice or nits within ¼ inch or less of the scalp should be treated.

- Children with live head lice do not need to be sent home early from school; they can go home at the end of the day, be treated, and return to class after appropriate treatment has begun. Nits may persist after treatment, but successful treatment should kill crawling lice.
- Head lice can be a nuisance but they have not been shown to spread disease. Personal hygiene or cleanliness in the home or school has nothing to do with getting head lice.



Trunk or Treat was a huge success!
Thank you to all who donated candy, snacks
and decorated trunks and to those who
volunteered their time!





EAST ROCHESTER SCHOOL

TITLE ONE

ANNUAL FALL
MEETING



THURSDAY
NOVEMBER
3, 2022



6:00-7:00
LIBRARY



CHILDCARE AND ACTIVITY
WILL BE PROVIDED



PLEASE CLICK
HERE TO
RSVP



Holiday Food Baskets



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

