



Cougar News



IMPORTANT DATES TO REMEMBER

Mon. 11/21 Wear your Fall Colors Day

Mon. 11/21 4:00-5:00 Advanced Band Rehearsal @ RMS

Tues. 11/22 Wear your Cameo or tie-dye Day

Tues. 11/22 4:00-5:00 Beginning Band Rehearsal @ RMS

11/23 - 11/25 No School Thanksgiving Break

**November 18, 2022
School Hours: 8:15 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 acts of *KINDNESS* can you do every day?

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.

Notes from Nurse Amanda

- Fall and winter bring illnesses like RSV:

- Respiratory syncytial (sin-SISH-uhl) virus, or RSV, is a common respiratory virus that usually causes mild, cold-like symptoms that present within 4-6 days after getting infected.
- There is no specific treatment for RSV infection. Most RSV infections go away on their own in a week or two and can be managed by treating pain/fever, drinking plenty of fluids, and getting enough sleep.



- The virus is contagious for 3-8 days and can be spread by:

- An infected person coughs or sneezes and does not cover it
- You get virus droplets from a cough or sneeze in your eyes, nose, or mouth
- You touch a surface that has the virus on it, like a doorknob, and then touch your face before washing your hands
- You have direct contact with the virus, like kissing the face of a child with RSV



- RSV can survive for many hours on hard surfaces such as tables and crib rails. It typically lives on soft surfaces such as tissues and hands for shorter amounts of time.
- Prevent the spread of RSV by
 - covering your coughs and sneezes with a tissue or your upper shirt sleeve, not your hands
 - Wash your hands often with soap and water for at least 20 seconds
 - Avoid close contact, such as kissing, shaking hands, and sharing cups and eating utensils, with others
 - Clean frequently touched surfaces such as doorknobs and mobile devices



- COVID

- RSD is following CDC guidelines at this time:
- If you have tested positive for Covid, stay home for 5 days and then wear a mask for another 5 days
- If you live with someone who tested positive for Covid, wear a mask for 10 days and test if new symptoms develop
- Contact with people who have Covid (other than household members) does not require any isolation or masking unless new symptoms develop





ROCHESTER YOUTH TRAVEL

BASKETBALL TRYOUTS

FOR BOYS GRADES 5TH-6TH

TUESDAY, NOVEMBER 29
ROCHESTER RECREATION CENTER
6:30PM TO 8PM

⊕ All boys in grades 5th and 6th are invited to try out for the Rochester Travel Team ⊕

COACH: CLINT LAPIERRE

If players make the team, there is a fee to join the league.



SCHOLASTIC BOOK FAIR

Coming Soon!

Dear Parents and Families:

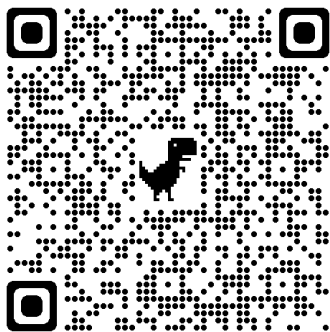
Get Ready! The Scholastic Book Fair is coming our way (YAY!). Choosing their own books empowers kids and inspires them to become Bolder, Prouder, and Stronger Readers. AND—as always—every book they buy earns rewards for our school.

Here's what you need to know about the Fair, which will take place from **December 5th-December 9th** at the **East Rochester School Library**.

This year, say hello to **eWallet**—your child's digital payment account. Before the Fair, set up eWallet for worry-free, cash-free purchases.

If you can't make it to the Fair, then **shop at our school's Online Book Fair**. All orders ship directly to your home, and shipping is free for book orders over \$25. Your online orders will also benefit our school.

Visit our Book Fair homepage to learn more and get started with eWallet and online shopping:

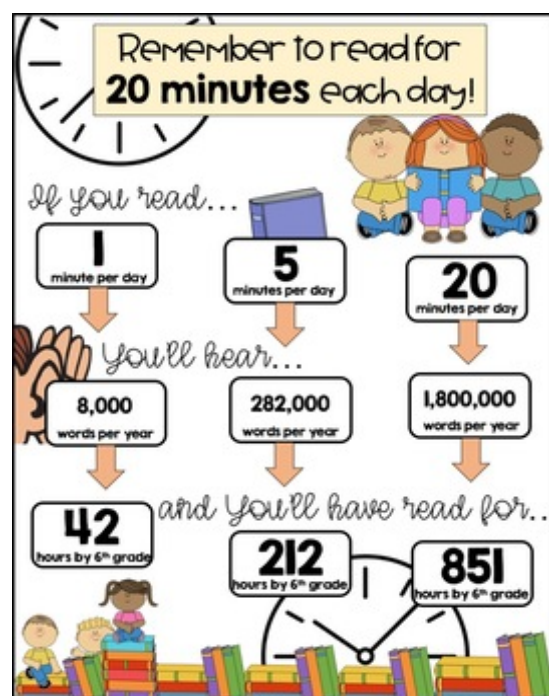


<https://www.scholastic.com/bf/eastrochesterelemschool1>

The countdown to more Bookjoy is on! Catch you at the Fair!

Happy reading,

Andrea Lancey
Principal
East Rochester School





Please continue to support
ERS PTA

AmazonSmile is a great way
to contribute! Please click
the [link](#) for more information!

Thank you!



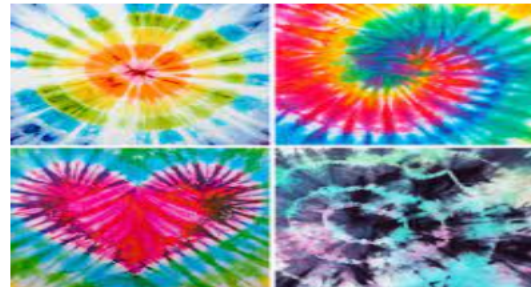
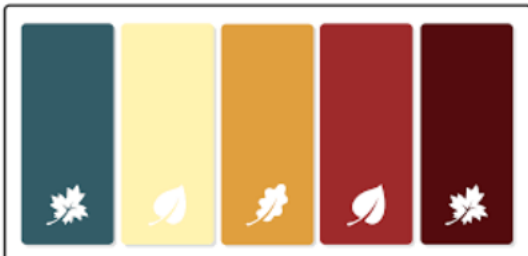
FALL SPIRIT WEEK



*Wear your fall colors on
Monday, November 21st*



*Wear your camo or tie-dye on
Tuesday, November 22nd*



Hello 5th grade parents,
I am currently reading LIFEBOAT 12 by Susan Hood. It is based on a true story that took place during World War II. The story is written through the interpretation of Ken Sparks who at the time was a 13-year-old boy living in England. 90 children were shipped to Canada to survive the war. Their ship, The City of Benares was torpedoed. This is a great story about survival and overcoming. Here are a few pictures of a project a few students created to go along with the story.

Great job and participation!

Thank you,
Ruthanne Laine
ERS Librarian





OFFICE INFORMATION

***Please contact the office
603-332-2146 for an absence,
tardy or dismissal. If you send an email to
your child's teacher, the teacher may be out
that day or not see the message until later
in the day. ~ Thank you***



*From the Rochester Fire
Department:
Rochester, East Rochester and
Gonic residents - Toy Bank
applications are located at Central
Station 37 Wakefield St. The applications are hanging
on the hand railing of the Summer Street door
entrance (across from Profile Bank.) You may take an
application, fill it out in its entirety and then place the
completed application in the locked black box also
hanging on the hand railing. **The deadline for
applications to be received by is November 19th.--***

ORIGINAL WORKS

Personal order forms and information for the new fundraiser through Original Works went home with your student! Orders will be accepted through November 28th. Items will be delivered to the school prior to the holiday break in

December. This is a great opportunity to order some unique and one of a kind gifts! For any questions about the Original Works fundraiser please contact Mrs. Merrigan at merrigan.n@sau54.org.

