



Cougar News



IMPORTANT DATES TO REMEMBER

12/19 Wear Plaid Day!

12/20 ERS Classroom Spelling Bee-Wear black and yellow

12/21 Candy Cane Day! Wear red and white

12/22 Festive Holiday Outfit Day!

12/23 Comfy-Cozy day! COTM @ 9:15

12/24- 1/2 Holiday Break

December 16, 2022
School Hours: 8:15 am - 3 pm



Andrea Lancey, Principal
East Rochester School
773 Portland Street, Rochester, NH 03868
Phone (603) 332-2146
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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: Which day of spirit week are you most looking forward to?

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.

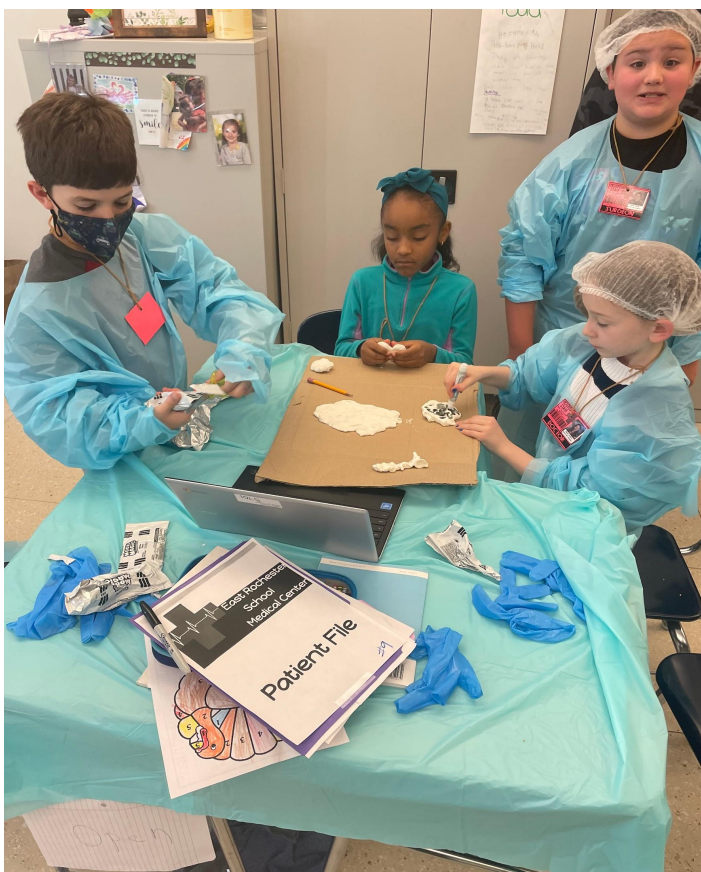
Last Minute Holiday shopping this weekend?
Please continue to support
ERS PTA



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



Third grade ended their unit on the human body by transforming their classrooms into hospitals! Students rotated between stations and dressed in proper PPE, acting as Doctors and Surgeons!





It is that time of year when we bundle up for outside! We go out for recess at 20° and above. Coats, hats, mittens and when there is snow, appropriate footwear (boots) and snowpants are needed. If you require assistance with any of these items please contact Gail Corey or Amy Weeks 603-332-2146 for assistance.



PLEASE JOIN US FROM 9-10AM

Join us!

East Rochester School
Title I
Mug and Muffin Morning



Friday, January 6, 2023

*Title I Interventionists and
Reading Specialists Present:*

**How to Help My
Struggling Learner**



Mad About Plaid Day
Monday 12/19

Wear your favorite plaid



Classroom Spelling Bee Day
Tuesday 12/20

Wear black and yellow

ERS Spirit Week!

Candy Cane Day
Wednesday 12/21

Wear red & white or
your favorite stripes



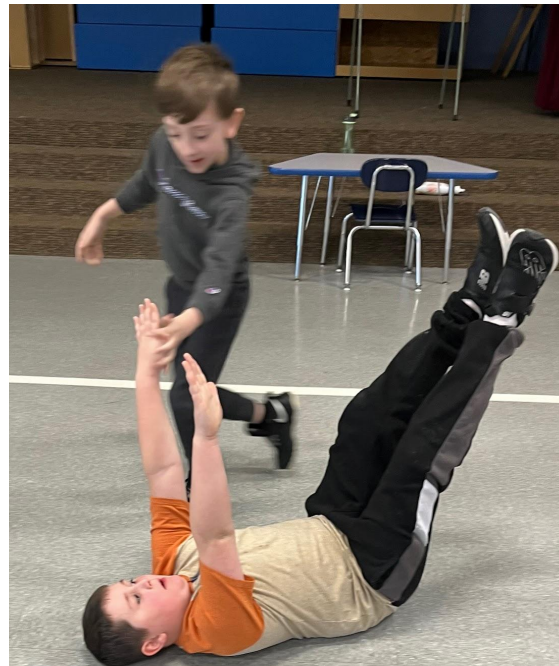
**Ugly Sweater/Holiday
Attire Day**
Thursday 12/22

Wear an ugly sweater,
holiday-themed clothing, or
holiday colors!



Comfy-Cozy Day
Friday 12/23

Wear school-appropriate
pajamas or your comfiest,
coziest clothes!



TACO 'BOUT KINDNESS TACO TAG!





- **Notes from Nurse Amanda**
- I hope all our ERS families have a happy and healthy holiday break!
- The flu is prevalent out there!
 - The CDC reports that flu hospitalizations have reached a record high since 2010 and flu illnesses are about to surpass the estimated 9-million cases seen during the 2021-22 flu season

- Multiple respiratory viruses are currently co-circulating with influenza. Testing is important to determine appropriate treatment
- An annual flu vaccine is the best way to protect against flu. Vaccination helps prevent infection and can also prevent serious outcomes in people who get vaccinated but still get sick with flu. CDC recommends that everyone ages 6 months and older get a flu vaccine annually.
- There are no specific school masking or isolation guidelines for children who have the flu or are exposed to others with the flu.

Children with any fever greater than **100.4F** must be home from school and remain home until fever-free for 24 hours without the use of fever-reducing medications.

- Covid:
 - Please notify the school nurse if your child or someone in their household has been diagnosed with 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

