

# Cougar News



#### IMPORTANT DATES TO REMEMBER

**12/24- 1/2 Holiday Break** 

Tues. 1/3 PTA Meeting 6:00

Thur. 1/5 4:00 Advanced Band Rehearsal @ RMS

Tues. 1/10 4:00 Beginning Band Rehearsal @ RMS

Wed. 1/11 Early Release 12:15 Dismissal for all Students

Thurs. 1/12 4:00 Advanced Band Rehearsal @ RMS

Mon. 1/16 No School ~ Martin Luther King Jr Day December 23, 2022 School Hours: 8:15 am - 3 pm



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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:**

What is your favorite holiday story to read?

#### 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.

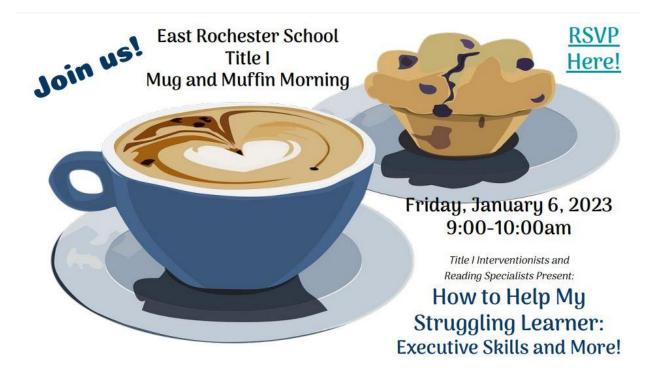
I will show respect and encourage the right to teach and the right to learn at all times.

# We had lots of fun during spirit week! Stay tuned for more pictures in the first newsletter in January.



Monday Mad about Plaid!

Staff had a lot of fun participating in the 1st annual <u>ERS Staff Ugly Sweater</u> <u>Contest.</u> Ask your child(ren) who they voted for!





#### 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.
  - o RSD is following CDC guidelines at this time:
    - If <u>you</u> have tested positive for Covid, stay home for 5 days and then wear a mask for another 5 days
    - o If <u>you live with</u> 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







# From the Librarian

To all parents, families, and ERS staff,
Thank you...To all the parents, families,
grandparents, and school staff who helped
make this SCHOLASTIC Book Fair a success!
I could never do this without the help of
others.

I appreciate all your support towards the library and the book fair.

Have a wonderful Holiday! Ruthanne

**ERS Librarian** 





To Our ERS Families..Please take a moment to fill out the Rochester School District Title 1 Family Engagement Survey. Thank you!

**Title I Family Engagement Survey** 

From our ERS Family to yours please enjoy the holiday break! We look forward to seeing everyone in the new year.

