



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



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 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 [ERS Staff Ugly Sweater Contest](#). Ask your child(ren) who they voted for!

Join us!

East Rochester School
Title I
Mug and Muffin Morning

[RSVP
Here!](#)



Friday, January 6, 2023
9:00-10:00am

*Title I Interventionists and
Reading Specialists Present:*

**How to Help My
Struggling Learner:
Executive Skills and More!**



○ 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





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.

