



Cougar News



IMPORTANT DATES TO REMEMBER

Tues. 1/31 4:00
Beginning Band
Rehearsal @ RMS

Thurs. 2/2 4:00
Advanced band
Rehearsal @ RMS

Fri. 2/3 9:00 Mug and
Muffin: Social -
Emotional Strategies

Tues. 2/7 4:00 Beginning
Band Rehearsal @ EMS
& 6:00 PTA Meeting

Wed. 2/8 12:15 Early
Dismissal for all students

January 27, 2023
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 fun snow activity did you do during our snow days?

| 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. |



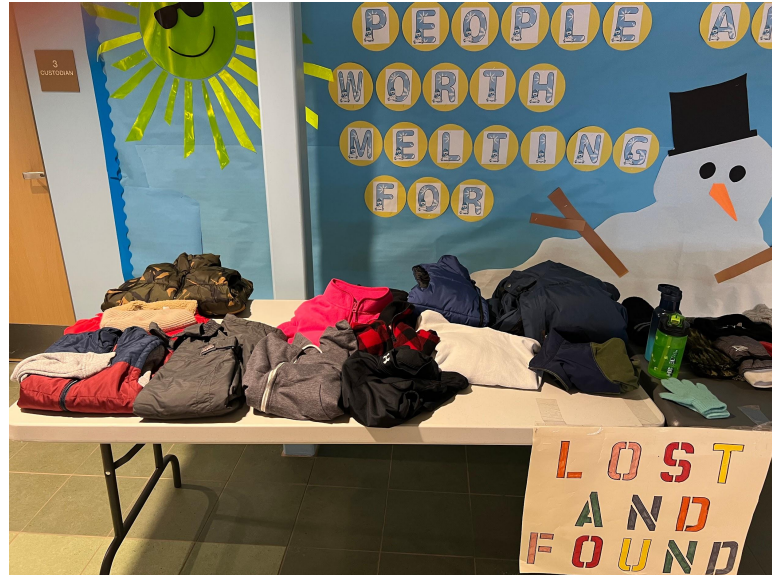
The Kids Heart Challenge started this week during PE! This program is two parts. We will be collecting donations for the American Heart Association, as well as working on our own heart health during PE. Students will be jump roping and learning the importance of heart health. It's perfect timing as the month of February is Heart Health Awareness Month. If your student wants to participate in the fundraising, they can collect donations in their envelope which will be coming home this week. The envelopes and money are due on February 15th. If you have any questions please email me drew.j@sau54.org.

Notes from the office

❄️ We go outside for recess even when it snows! Please send in winter clothing, boots, hats, mittens and snow pants. Extra pants and socks are helpful! We do not have any extra clothing at school.

☎️ If your child is going to be late, dismissed early from school or absent call the office at 603-332-2146. Students arriving late need to be signed in, failure to sign in is marked as an unverified tardy.

Please check lost and found! All items will be donated the Friday before February Vacation.



Join us! East Rochester School
Title I
Mug and Muffin Morning



RSVP Here!



SCAN ME

Friday, February 3, 2023
9:00-10:00 am

ERS Guidance Team Presents:
Is your child overly emotional? Feeling stressed? Join us for some information about

Social-Emotional Strategies



Congratulations!

January Citizens of the Month

Ms. Patridge's Class ~ Ysabella Bower
Ms. Wood's Class ~ Madeleine Rutkowski
Mrs. Rourke's Class ~ Emmett Graham
Mrs. Veno's Class ~ Alyssa Hermonat
Mrs. DiBernardo's Class ~ Piper Copp
Mrs. Garneau's Class ~ William Hermonat
Mrs. Trepanier's Class ~ Oliver Baker
Mrs. Olden ~ Ella Harmon
Miss Fortgang ~ Meika MacNevin
Mr. Saucier ~ Addy Ganley
Mr. Cantrell ~ Bella Bertrand
Miss Ferland ~ Cameron Wilson
Mrs. Simpson ~ Zade Barstow



Notes from Nurse Amanda

- Winter means outdoor fun! Here are some tips for safe winter play:
 - Wear warm clothing and use sunscreen. It's also a good idea to have kids come indoors periodically to prevent hypothermia or frostbite –hot chocolate and marshmallows is a great way to lure them in!
 - Drink plenty of water before, during, and after play. Compared to adults, children are at increased risk of dehydration even in cold temperatures.

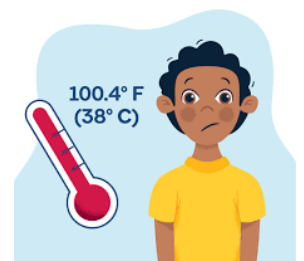


- Sleds can reach speeds of 25 miles per hour! Falls or crashes can cause cuts and bruises, broken bones, and even brain injuries. There are special helmets made for skiing, snowboarding, and snowmobiling. For ice skating or sledding, a multi-sport or bicycle helmet would be a good option if a ski helmet is not available.

- Children younger than 5 years should only sled with an adult.
- Avoid sledding in areas with trees, fences, ponds, and light poles. Do not sled in or near the street.
- Only one person should ride on a sled, unless an adult is riding with a young child.
- Always sled sitting up and facing forward. Never sled head first.
- Steerable sleds are safer than snow disks or inner tubes.
- Never ride a sled being pulled by a car, ATV, snowmobile, or other motorized vehicle.

- Reminders:

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



Family Information Night at Maple Street Magnet School

New Hampshire's first public magnet school



Our mission at MSMS is to foster a culture in which students, teachers, parents and community work in partnership to challenge and empower a generation that will persevere, innovate, collaborate and lead for the betterment of our community.

What do we offer?

- ★ Community and Sustainability Themes
 - ★ Outdoor Classroom
 - ★ Project Based Learning
 - ★ 200 Day School Calendar
 - ★ Foreign Language Instruction
 - ★ Community Outreach & Collaboration
 - ★ Parent Talk & Morning Meetings
-

Is this the place for your family? Come check us out!

When: Wednesday, February 1, 2023

Where: Maple Street Magnet School
27 Maple St, Rochester, NH

Time: 6:00 - 7:00 PM

What to expect...

Please join us for an informal open house where you will be able to tour the Maple Street Magnet School, speak to past and present students & parents, and meet school faculty and administration.

We are looking forward to meeting you and your student!

Important Dates

- **2/1/23** Application packets can be picked up at the Superintendent's Office.
- **3/10/23** Deadline to return application packets for the MSMS Lottery.
- **3/16/23** The MSMS lottery drawing will take place.