



Cougar News



IMPORTANT DATES TO REMEMBER

Mon. 2/13 3:00 Drama Club Rehearsal

Tues. 2/14 4:00 Beginning Band Rehearsal @ RMS & 3:00 Drama Club Rehearsal

Wed. 2/15 Kids Heart Challenge envelopes and money are due

Thurs. 2/16 4:00 Advanced Band Rehearsal @ RMS

2/20 - 2/24 No School Winter Break

**February 10, 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 acts of Kindness did you show this week?

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.

TRI-CITY CAREER SPIRIT WEEK



2nd Annual Tri-City Spirit Week

Every student in every grade level at Rochester, Dover and Somersworth will be celebrating their future with this career inspired Spirit Week!



**FEB 13th
MONDAY**

We've Got Big Dreams

Dress up in your favorite pajamas!



**FEB 14th
TUESDAY**

Get REDy for Your Future

All red everything!



**FEB 15th
WEDNESDAY**

You Are A "JEAN"ius

Think denim, denim, and more denim!



**FEB 16th
THURSDAY**

When I Grow Up

Dress up as what you want to be when you grow up!



**FEB 17th
FRIDAY**

Your Future is *Bright*

Dress up in your brightest clothes!



☀ Menu change for February 13-17th
Choice B is now Ham and Cheese Lunch box



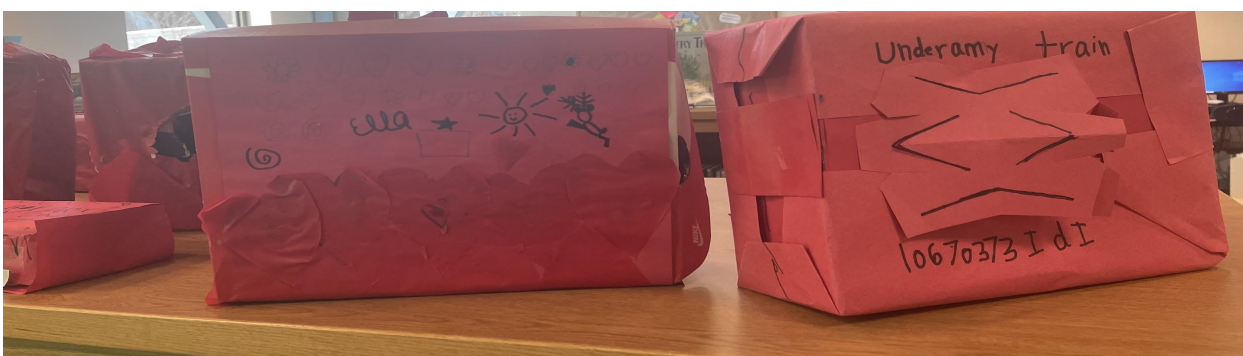
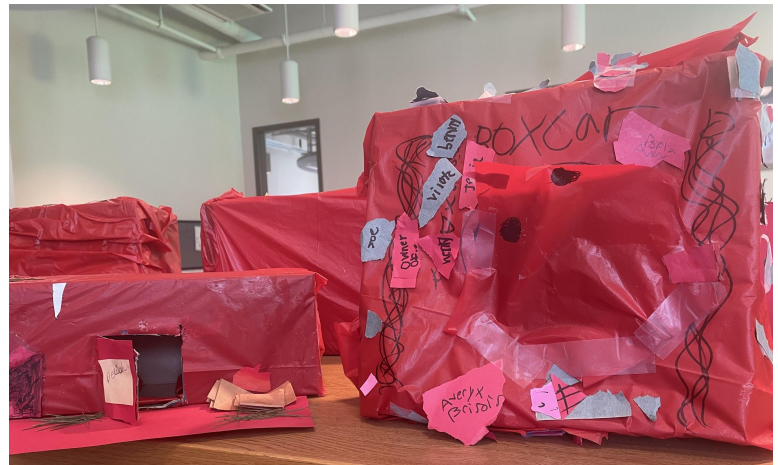
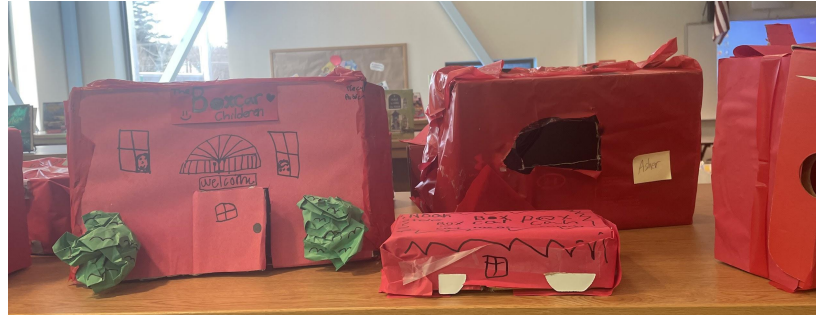
Dear parents,

Third grade has been engaged with the boxcar children book. We have had some great discussions about the story we are currently reading called “The Yellow House Mystery “

The students love discussing all the adventures the boxcar children go on...building tents in the woods, learning how to cook using a campfire, and canoeing on a lake.

I am very proud of all the effort that has gone into the pictures and the creation of box cars that have been made out of shoe boxes! Third grade is doing a wonderful job representing the story.

Ruthanne Laine
ERS Librarian



OGUNQUIT PLAYHOUSE

Summer '23 Camps

Register Now!
Arts Academy

ACADEMY PLAYERS



DISNEY'S FINDING NEMO, JR.
Ages 10-18
Jun 19-Jul 9
No rehearsal or performances Jul 3-4



**DISNEY'S DESCENDANTS:
THE MUSICAL**
Ages 12-18
Jul 17-Aug 6

JR. PLAYERS



**THE SPONGEBOB MUSICAL
YOUTH EDITION**
Ages 12-18
Jul 31-Aug 13

CENTER STAGE



**MUSICVILLE:
A NEW CHILDREN'S MUSICAL**
Ages 9-14
Jul 10-21 (9am-4pm)



**WE ARE MONSTERS:
A MONSTER CABARET**
Ages 8-12
Aug 14-18 (9am-4pm)



**THE GRUNCH:
A NEW CHILDREN'S MUSICAL**
Ages 10-18
Sept 27-Nov 12
(Wed 4-7pm • Sat 10am-4pm)

RISING STARS



**SCIENCE FAIR
SPECTACULAR**
Ages 5-7
Jul 10-14 (9am-2pm)



**WHEN I GROW UP:
THE MUSICAL**
Ages 5-7
Aug 21-Aug 25 (9am-2pm)



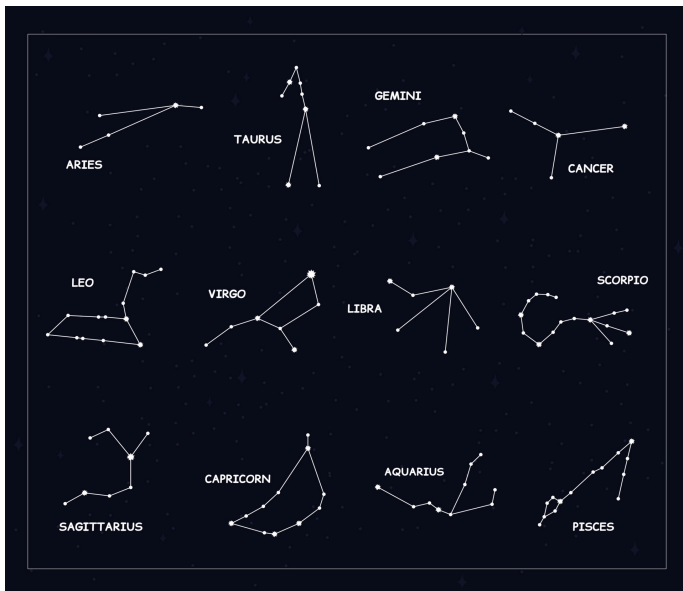
**LEMONADE! A MUSICAL FOR
YOUNG SINGERS**
Ages 5-7
Aug 7-11 (9am-2pm)

**Scan &
Register**

For more information
and to register scan
the code below, visit
OgunquitPlayhouse.org.
or call 207.646.5511



**Scan &
Follow US**

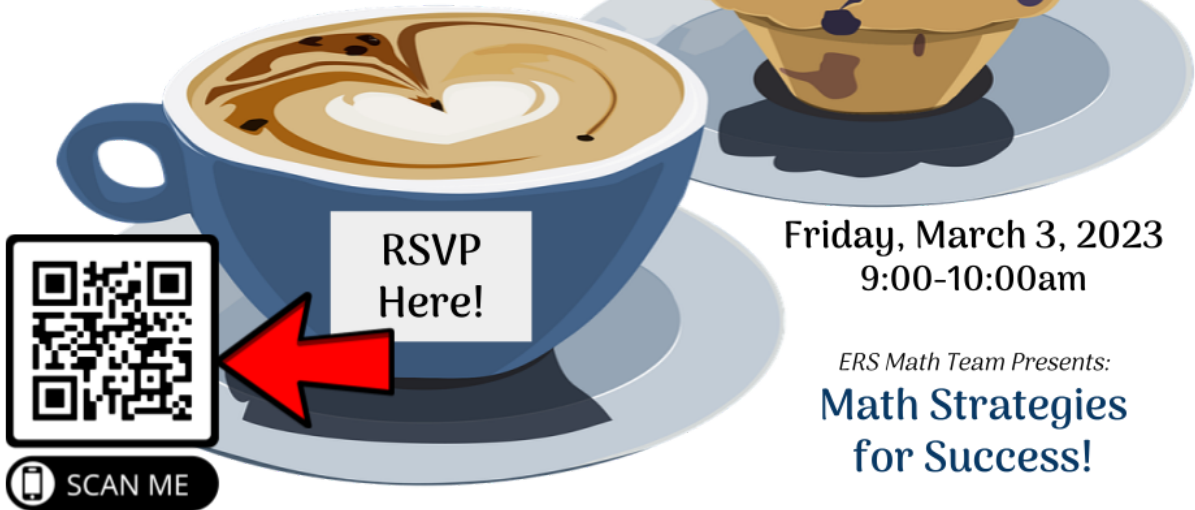


**Mrs. Veno's first
grade class is
learning about
constellations in
CKLA.**

**[Click here](#) to see the
constellations
they created!**

Join us!

East Rochester School
Title I
Mug and Muffin Morning



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

ERS Math Team Presents:
**Math Strategies
for Success!**

**Please click the link for a follow up from our last
Mug and Muffin Morning! You will find important
and helpful resources here!**

[SEL Resource List](#)



**Remember that next week is
the last week to find your
missing belongings! Anything
left on Friday will be donated.**

gather

FOR A HUNGER-FREE COMMUNITY

210 West Rd #3 Portsmouth, NH 03801 603.436.0641 info@gathernh.org

Meals 4 Kids

Gather's **Meals 4 Kids (M4K)** program provides free and fresh nutritious foods to school-aged children (5-18) who typically qualify for free or reduced lunch or who attend Headstart during weeks that school is on vacation. Gather provides dry goods as well as milk, eggs, bread, meat and fresh produce so kids will be able to make 5 lunches, 5 breakfasts and have snacks each week while school is not in session. When possible, Gather sources produce and fruit from local farms so each child gets the benefit of eating locally and gets to taste the difference of eating fresh! Gather's M4K program distributes food at various locations the week before school vacation, and the week of school vacation, as well as all summer long. Check out our website for days/times/locations and more information. www.gathernh.org/m4k

**MEALS 4 KIDS
FEBRUARY 13-17**

Mon 13 None Rochester & Kittery M4K this week and next!	Tues 14 Rochester Community Action Partners (CAP) 12-1 Grace Church 1-3:30	Wed 15 Kittery Post Office 2-3:30
Thurs 16 None	PANTRY MARKET 210 WEST RD #3 PORTSMOUTH MON-THURS 10-5PM	Fri 17 None

**MEALS 4 KIDS
FEB 20 - FEB 24**

Mon 20 CLOSED M4K at all Tues, Wed & Thurs locations!	Tues 21 Rochester Community Action Partners (CAP) 12-1 Grace Church 1-3:30	Wed 22 Portsmouth Gosling Meadows 12-1 Kittery PO 2-3:30
Thurs 23 Seabrook Rockingham Village 12-1:30 Seabrook Rec 2-3:30	PANTRY MARKET 210 WEST RD #3 PORTSMOUTH	Fri 24 No M4K Visit a Mobile Market in Portsmouth or Somersworth