



# Cougar News



## IMPORTANT DATES TO REMEMBER

**Mon. 2/27 3:00 Drama Club Rehearsal**

**Tues. 2/28 4:00 Beginning Band Rehearsal @ RMS & 3:00 Drama Club Rehearsal**

**Thurs. 3/2 4:00 Advanced Band Rehearsal @ RMS**

**Fri. 3/3 9:00 Mug and Muffin & 2:00 COTM**

**February 17, 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/](http://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 are you most looking forward to during the vacation week?**

East Rochester School Expectations	
<b>BE SAFE</b>	
I will make safe and appropriate choices.	I will demonstrate behavior that is considerate of the community, the school and myself.
<b>BE RESPONSIBLE</b>	
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.
<b>BE RESPECTFUL</b>	
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.

**Join us!**

East Rochester School  
Title I  
Mug and Muffin Morning



SCAN ME



RSVP  
Here!



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

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

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On Wednesday we said a sad goodbye to Mrs. Stanley in the office. We thank her for everything she did for ERS! We all wish her the best on her new adventure!



## 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



# gather

FOR A HUNGER-FREE COMMUNITY

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

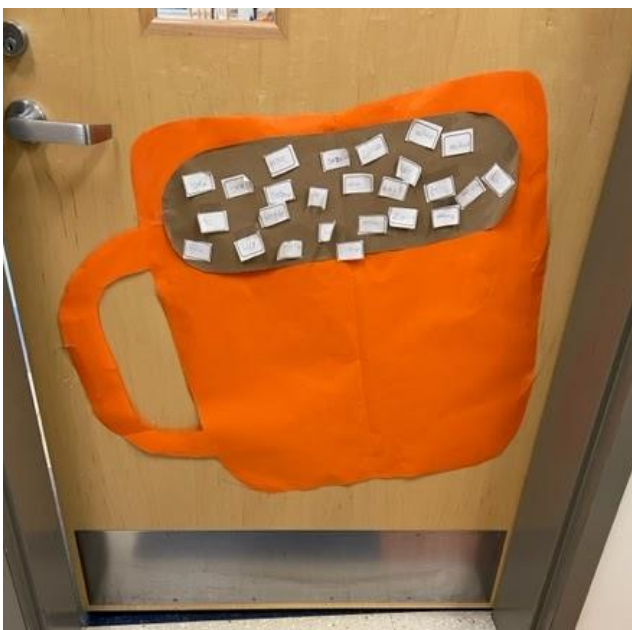
## Meals 4 Kids

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](http://www.gathernh.org/m4k)





Today our classrooms were rewarded for earning marshmallows during our kindness week! What a delicious treat!



# READ ACROSS AMERICA WEEK!



**Monday**

February 27th

**Read My  
Shirt Day**

Wear a shirt with  
words!



**Tuesday**

February 28th



**Thing 1 &  
Thing 2 Day**

Dress like twins with a  
friend!

**Wednesday**

March 1st

**Fox in  
Socks Day**

Wear crazy or  
mismatched socks!



**Thursday**

March 2nd



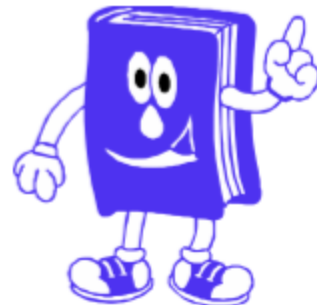
**Cat in the  
Hat Day**

Wear black, red, and  
white!

**Friday Cozy Up &  
Read Day**

March 3rd

Wear comfy clothes and  
get ready to read!



Welcome Parents, Students and Friends  
to our Read-a-thon!



Read·A·Thon

This year, we are excited to announce that we will hold a Read-a-thon fundraiser. Our Read-a-thon is a program that brings students together with family and friends to encourage reading and to build literacy skills. The main focus of the Read-a-thon is for everyone to know we are committed to improving reading skills. To that end, the Read-a-thon promises to be a fun, exciting journey for all participants as they begin a personal Reading Adventure that challenges each reader to complete 10 reading sessions over our 2-week event.

Our Read-a-thon will start **February 27, 2023**. We understand that, as parents, you have high expectations for the quality of your child's education but also have limited time. That's why we chose to hold a Read-a-thon. You will find this to be the easiest fundraiser possible.

By simply activating your reader's personal page and using the promotional tools found there, friends and family anywhere in the world can show their support for your reader by making a donation to our Read-a-thon. Your involvement in the Read-a-thon will help your child develop a lasting love of reading. We hope each one of you will activate your child's personal page the day your child brings home their paperwork.