



Cougar News



IMPORTANT DATES TO REMEMBER

Mon. 3/13 3:00 Drama Club Rehearsal

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

**Thurs. 3/16 4:00 Advanced Band Rehearsal @ RMS
5:30 Title 1 Family Fun Night**

Fri. 3/17 No school ~ Teacher Workshop

**March 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: Have you logged your minutes for the ERS Read a Thon?

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.



Rochester Cal Ripken Baseball Sign-Ups

T-Ball, Rookie, Minor/Major  Program: Ages 3½ -12

August 31st is the birthday cut off date for T-Ball.

May 1st is the birthday cut off date for all other divisions.



**Head to our WEBSITE
to register now
for the 2023 Season.**

Registration is open till March 26th.



Spaulding Music and
Performing Arts

presents



Seussical™

March 17, 18, 24, 25
7:00 PM

March 19 and 26
1:00 PM

The Joanne Houston Auditorium - Spaulding High School

Tickets & Information:
<https://bit.ly/SHSDRAMA23>

SEUSSICAL

Is presented through special arrangement with Music Theatre International
(MTI). All authorized performance materials are also supplied by MTI.



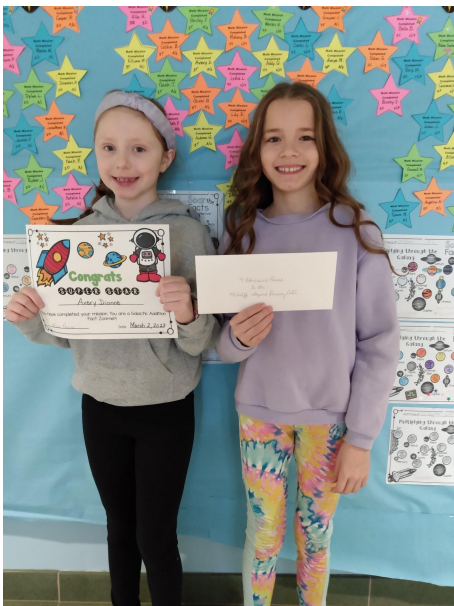


PTA Fundraiser
Wednesday March 29
4:00-8:00 PM
At LA CORONA
(more information coming soon)

Remember it is time to change the clocks!



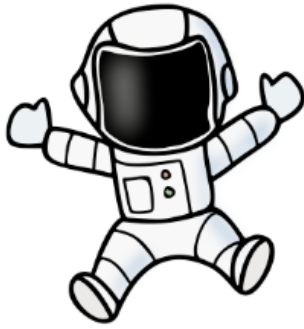
A raffle was held last week for passes that were donated by the McAuliffe-Shepard Discovery Center. Congratulations are in order to Lydia Lisowski and Avery Dionne! (who was not pictured last week)



They each received four passes for a free visit to the planetarium!

As all our mathtronauts worked hard to complete their mission, everyone will be rewarded with a special space game during their PE time.

Our mathtronauts are Out of this World!



Join us!

East Rochester School
OUT OF THIS WORLD
Family Fun Night!

When: Thursday, March 16th from 5:30-7:00pm

Where: East Rochester School Gym

What: Join ERS staff members for pizza and space-themed games, crafts, and other activities!



Please call the office to RSVP or send in your paper copy!



ERS READ A THON

**Last Day to log
minutes: 3/12/23!**

**Keep reading
and logging your minutes
to earn special prizes!**

Please click the link to see photos from our Read Across America Week!

Guest Readers



Notes from Nurse Amanda

- Consent forms for School Health Services are **due by Monday, March 20th**
 - Reminder forms will be going home on Monday, March 13th
 - If we have not received a consent form for your child by March 20th, it will be considered a “no” response
- March is National Nutrition month and Spring is a great time to get active and try new things! Here are some suggestions from [MyPlate.gov](https://www.myplate.gov):
 - **Eat more fruits and veggies.** Make half of your plate fruits and vegetables every day!
 - **Try whole grains.** Ask for oatmeal, whole wheat breads, or brown rice at meals.
 - **Think about your drink.** Choose water and low-fat or fat-free dairy milk (or lactose free or fortified soy versions) when you're thirsty.
 - **Mix up your protein foods.** Include different foods like seafood, beans, lentils, nuts, eggs, meats, or poultry.
 - **Get involved.** Help out by putting away groceries, stirring ingredients, peeling fruits, assembling salads, or setting the table.
 - **Be active your way.** Find ways to be active and move your body for at least 1 hour a day. Try walking to school, riding your bike, or playing a sport with friends.
- 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.



Amanda Abbiss, RN, MSN-Ed
School Nurse