



Cougar News



IMPORTANT DATES TO REMEMBER

Mon. 4/10 NHSAS Testing (Grade 3)

Tues. 4/11 4:00 Beginning Band Rehearsal @ RMS

Wed. 4/12 12:15 NHSAS Testing (Grade 3)

Thurs. 4/13 4:00 Advanced Band Rehearsal @ RMS

Fri. 4/14 Spring School Picture Day

April 7, 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: Just Keep Swimming!..Did you earn your fish? What does that mean?

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.



SAY CHEESE!



SPRING PICTURE DAY



@ East Rochester School

ON April 14



GO TO
CLIXNE.COM/ORDER



ENTER **YOUR** ONLINE CODE

A flyer will be sent home with
your student's unique online code

Photo gallery will be available
2-3 days after picture day

WATCH FOR THE SPRING PICTURE DAY PERMISSION SLIP
THAT YOUR STUDENT BRINGS HOME.

Only students who return the permission slip will be photographed!

All ordering will happen with your phone or computer after picture day.

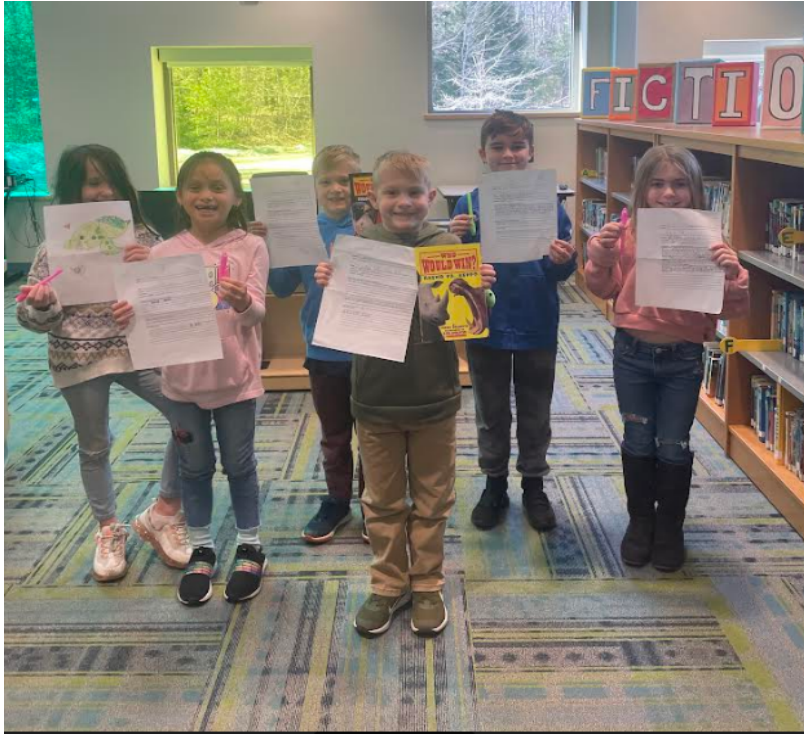
Press Start was a huge success! Thank you to everyone who played a part in making the play happen!



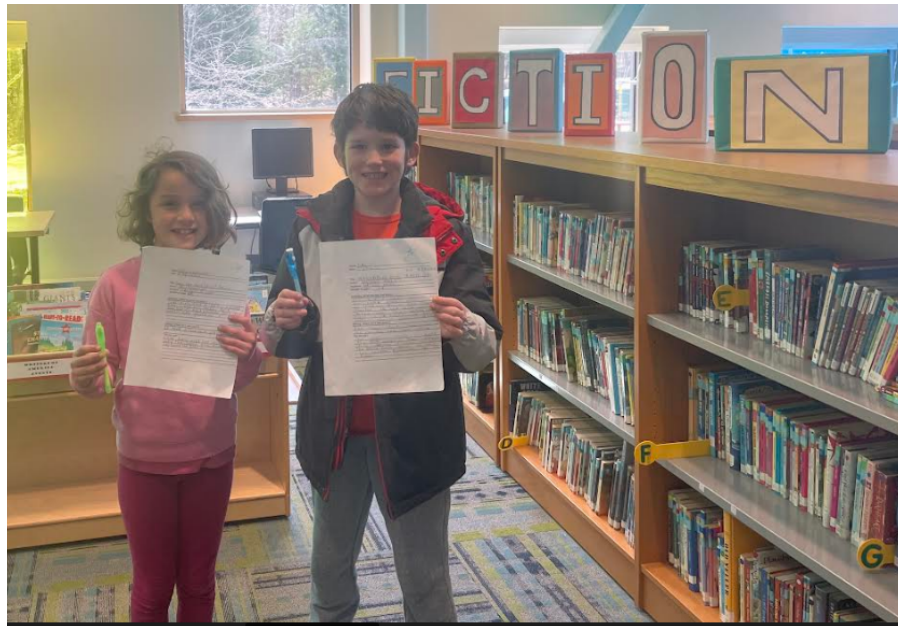
News from the Library

Congratulations to the March book report winners. I am so proud of you for entering the book reading contest. You all did an amazing job!

**Mrs. Laine
ERS Librarian**



**“ Today a reader, tomorrow a leader.”
—Margaret Fuller**





Summer School Registration is now open for you to enroll your student!

This is open to anyone interested in summer school.

RMS Summer School Registration for Grade 5:

- Grades 5-7

For questions contact:

*Heidi Zollman
Curriculum, Instruction, & Assessment Coach
Rochester School District
603-332-3678 ext. 1114*

PLEASE SUPPORT THE PTA & EAST ROCHESTER SCHOOL!

It's PTA Election Time!

Have you ever thought about becoming more involved with the PTA to support the students of East Rochester School? Now is the perfect time to act! The ERS PTA needs to fill the positions of **vice-president** and **treasurer** for the upcoming school year. Elections will take place at the May meeting. **Interested?** Contact PTA President Rachel Johnson (johnson.rachel@sau54.org) or Principal Andrea Lancey (lancey.a@sau54.org) or call the school at 603-332-2146!

PTA

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Lost and Found is accumulating lots of clothing!! Please check the table for missing belongings. All items will be donated on April 21st.



If you were unable to attend Mugs and Muffins this morning..click the link below for helpful information.



[The Science of Reading](#)



Notes from Nurse Amanda



- **April marks Autism Acceptance Month, which is a month-long celebration of Autism and Autistic people, as well as those who support the Autistic community!**

- **Autism is the fastest-growing developmental disability in the United States, with one in 36 children receiving a diagnosis, according to today's newly released report from the Centers for Disease Control**

- **In addition to the 5.8 million Autistic adults, this prevalence means that Autism likely touches a vast majority of Americans either through relationships or direct experience, and the support needs across the Autism spectrum are vastly different**
- **This is a great reminder that we can and should see the individual, not a diagnosis, and work together to advocate for the unique services and supports that help each person live fully**

- **Reminders:**

- **Consent forms for school medical services are required for children to receive any type of medical treatment from school personnel.**

- **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

East Rochester School

773 Portland St.

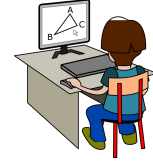
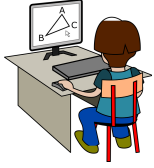
Rochester, NH 03868

(603) 332-2146 ext. 5206


abbiss.a@sau54.org


FAX: (603) 335-7368





Hello ERS Families! Over the next few weeks, students in 3rd, 4th, and 5th grades will be taking the NH SAS tests in the areas of writing, reading, and math. 5th graders will also take the NH SAS science test. (See the testing calendar below for specific days/times for your child's testing.) Please help your child be best prepared to demonstrate his/her ever-strengthening academic skills by reminding him/her of the following tidbits for testing success:


 Get a good night's sleep so you are rested and ready to show all you know!

 Eat a good breakfast so you have energy to do your best!








Keep a positive attitude--you CAN do this, and you WILL!

And don't forget these Test-Taking Tips:



Test-Taking Tips

<p> Read the question first! Guide your reading--know what you're looking for!</p> <p> Break it down! Split words you don't know into syllables so you can read them more easily!</p> <p> Eliminate ridiculous answers! Get rid of answers that don't make sense!</p>	<p> Prove it! Look back in the text to find the evidence for your answer!</p> <p style="text-align: center;"></p> <p>Twice is nice! Double-check your answer!</p>
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NH SAS Testing Schedule for Grades 3-5

March-April 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28 Gr. 4 SAS Writing 8:45-9:45am & 10:45-11:45am Gr. 5 SAS Writing 9:45-11:15am Gr. 3 SAS Writing 12:45-2:15pm	29	30	31 Citizen of the Month 9:15am	1
2	3	4 Gr. 5 SAS ELA 9:45am-12:00pm Gr. 4 SAS ELA 12:45-2:45pm	5	6 Gr. 3 SAS ELA 8:45-9:30am & 10:45-11:45am SAS Make-Up 12:45-2:45pm	7	8
9	10 Gr. 3 SAS Math 8:45-9:30am & 10:45-11:45am SAS Make-Up 12:45-2:45pm	11	12 Gr. 5 SAS Math 9:45am-12:00pm Gr. 4 SAS Math 12:45-2:45pm	13	14	15
16	17	18 Gr. 5 SAS Science 9:45am-12:00pm SAS Make-Up 1:00-3:00pm	19	20	21	22
23	24 <i>vacation</i>	25 <i>vacation</i>	26 <i>vacation</i>	27 <i>vacation</i>	28 <i>vacation</i>	29