



Cougar News



IMPORTANT DATES TO REMEMBER

Mon. 5/29 - NO SCHOOL-Memorial Day

**Tues. 5/30 - DIBELS
2nd Grade Field Trip,
4:00 Elementary Band
Fun Day @ SHS**

Wed. 5/31 - 2D NWEA

**Thurs. 6/1- 2G NWEA
5th Grade Step Up Day**

**Fri. 6/2 - DIBELS
9:00 MUG & MUFFIN**

**Mon. 6/5 - 5:00 City
Track Meet**

May 26 , 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: Why do we have Monday off? What is the meaning of Memorial Day?

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.

Join us!

East Rochester School
Title I
Mug and Muffin Morning



RSVP
Here!

<https://forms.gle/ZqWGD3A2xP2WubBY6>



Friday, June 2, 2023
9:00-10:00am

*Title I Interventionists and
Reading Specialists Present:*

**Preventing the
Summer Slide**



**Is your child registered for
Kindergarten yet?**

The sooner the better.

**Classrooms are filling up. Please don't wait until
the last minute and run the risk of not having your
child in their neighborhood school.**

Please call us if you have any questions.
We look forward to seeing you.

Rochester School Department, 150 Wakefield Street, Suite 8
Phone 603-332-3678
www.rochesterschools.com

The 2023 Summer Meals Program will provide meals from June 26th - August 18th

Summer Meals

Sites open to all children aged 0-18. No registration or signup required.



Dover

Dover High School 25 Alumni Dr.
Rutland Manor 1 Abbey Ln.
Whitecliffs Apartments 510 Martha's Way
Redden Gardens 2 Adelle Dr.

Rochester

Spaulding High School 130 Wakefield St.
Amazon Park 105 Whitehouse Rd.
Cold Springs Manor 10 Cold Spring Manor
Riviera Motel 479 Gonic Rd.

Somersworth

Somersworth Housing Authority 25 Bartlett Ave.



Follow us on [Facebook](#) or [sign up for our newsletter](#) to find out about specific dates and times for meals.

Parent Newsletter: May 26, 2023

Notes from Nurse Amanda



- May is bike safety month! Here are a few tips to stay safe out there!
 - Wear a properly-fitted helmet. It is the best way to prevent head injuries and death.

- Ride on the sidewalk when you can. If not, ride in the same direction as traffic as far on the right-hand side as possible.



- Use hand signals and follow the rules of the road. Be predictable by making sure you ride in a straight line and don't swerve between cars.
- Wear bright colors and use lights, especially when riding at night and in the morning. Reflectors on your clothes and bike will help you be seen.
- Ride with your children. Stick together until you are comfortable that your kids are ready to ride on their own.
- [Click here for more Bike safety tips!](#)

- 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



In Ms. Croft's Kindergarten we made homemade bread and churned our own butter for the culmination of the Colonial Times unit. They were yummy!!



The Eastside Math Team had 7 students from East Rochester School and 1 student from Nancy Loud School compete with several other schools in the district in the Mathalon. Greyson Lampron received 1st place for individual scores and all students received a certificate and did an amazing job!





The end of the school year is only three weeks away. Please have your students check the Lost & Found for missing items!



Attention 5th Grade Parents and Students...



Rochester Middle School 5th Grade Step-Up Night



Date: Thursday, June 1, 2023
Time: 5:30-7:00 PM
Location: Rochester Middle School





Hello ERS Families!

May is end-of-year benchmark testing month.

Throughout May, all students in grades K-5 will be administered the DIBELS end-year test to assess reading fluency and other basic literacy skills. Over the course of the month, all students in grades 1-5 will also be taking the NWEA math and reading tests (see calendar below for your child's specific NWEA testing days). 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

 **Read the question first!**
Guide your reading--know what you're looking for!

 **Break it down!**
Split words you don't know into syllables so you can read them more easily!

 **Eliminate ridiculous answers!**
Get rid of answers that don't make sense!

 **Prove it!**
Look back in the text to find the evidence for your answer!

 **Twice is nice!**
Double-check your answer!

End-Year Benchmark Testing Schedule

May-June 2023

<u>Sunday</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
7	8 4th NWEA Rdg 8:45am	9 5th NWEA Rdg 8:45am	10 Early Release 1st NWEA Math 8:45am	11 1st NWEA Rdg 8:45am	12 DIBELS	13
14	15 ERS Field Day	16 2D NWEA Rdg 8:45am	17 3T NWEA Rdg 8:45am	18 2G NWEA Rdg 8:45am	19 30 NWEA Rdg 8:45am	20
21	22 3T NWEA Math 8:45am	23 4th NWEA Math 8:45am	24 30 NWEA Math 8:45am	25 5th NWEA Math 8:45am	26 DIBELS	27
28	29 Memorial Day No School	30 DIBELS	31 2D NWEA Math 8:45am	1 2G NWEA Math 8:45am	2 Mug & Muffin: Preventing the Summer Slide 9:00am	3
4	5 DIBELS	6 DIBELS	7 DIBELS	8	9	10
11	12	13	14	15	16	17