



# Cougar News



## IMPORTANT DATES TO REMEMBER

Have a safe and fun summer!

June 16, 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/)  
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## 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 outdoor summer fun are you looking forward to?**

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.



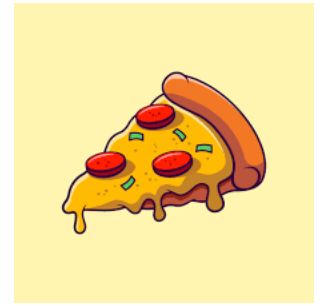
Last Friday ERS was able to celebrate with some dunk tank fun and duct taping Mrs. Lancey to the wall. Great work on your testing scores and to all of our Respectful RockStars!







## Progress Pizza for our 5th grade reading group friends!



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### Notes from Nurse Amanda



#### Happy Summer Vacation, ERS Families!

- Whether it's a trip to the beach or a dip in the community or backyard pool, these swimming safety tips can help you have fun in the sun!
  - Teach children how to swim.
  - Teach children that swimming in open water is different from swimming in a pool.
- Watch kids when they are in or around water, without being distracted. When there are several adults present, choose one to be responsible for watching children in or near the water for a certain period of time, such as 15 minutes. After 15 minutes, pass the responsibility to another adult.
- Learn CPR and basic water rescue skills. It is important to know how to respond in an emergency without putting yourself at risk. If you are interested in finding a CPR class near you, [click here!](#)
- For more water and swimming safety tips, [click here!](#)
- Reminders for school summer programs:
  - 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.



# News from Kindergarten!



Ms. Croft's class had a great time with learning the hula, glow day and Cougar Day!

Congratulations to all of our Kindergartners! We will see you in 1st grade!





# 5th Grade Celebration



Congratulations 5th  
Graders! We wish you the  
best of luck in Middle School!



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From all of us at East Rochester  
School.. We wish you a fun  
and safe summer! Enjoy!

