



OCTOBER 2017

[www.rochesterschools.com/Allen/index.html](http://www.rochesterschools.com/Allen/index.html)



**Open House**  
**Tuesday, October 10<sup>th</sup>**  
**5:30-6:30pm**  
**PTA Mtg. will directly follow**  
**at 6:30pm**

### Mark your Calendars October

- 5 Student Flu Clinic
- 9 **No School** – Columbus Day
- 10 Open House 5:30-6:30 PM
- 10 PTA Meeting 6:30 PM
- 13 PTA Bingo Night 6-7pm
- 16 Picture Retake
- 18 **Early Release**  
1:15pm Dismissal
- 27 Vocabulary Parade 1-2:00pm

Find school breakfast & lunch menus by following this link [Breakfast/Lunch Menu](#) or by going to [rochesterschools.nutrislice.com/](http://rochesterschools.nutrislice.com/)



### School Bus Information

Student Transportation of America (STA) 509-2904  
Safeway Transportation 382-0600



### Ongoing Happenings

- ✓ Adv. Band Rehearsal Thursdays @ RMS 4-5pm
- ✓ Chorus: Thursday & Fridays 8:15-8:45am

### News from the Reading Team.....

**The Vocabulary Parade** will be held Friday, October 27<sup>th</sup> from 1-2pm. Students will be asked to make a costume using one of their classroom vocabulary words. Teachers will send home details as the date gets closer.

### 3 Quick Ways to Build Your Child's Vocabulary: Talk, Read and Play!

#### 1. Talk to/with them

Introduce new words by talking about an experience you shared together. For example, "Remember that *enormous* truck we saw down the road? It was huge and had the biggest wheels ever! Can you think of anything else that's *enormous*?"

#### 2. Read to/with them

Just reading a story aloud to children can expose them to hundreds of new words. Try stopping once and awhile to point out the meaning of an unknown word by using examples and even pictures. "See Jack *tumbling* down the hill? How is he falling?"

#### 3. Play games

Have your child talk their way through a strategy, or play a game like "[Hedbanz](#)" where they have to describe something for others to guess.





## A memo about INFLUENZA from the Rochester School Nurses

The Rochester School District follows the recommendations of the NH DHHS (NH Department of Health and Human Services) regarding cold and flu season.

### Typical Flu Symptoms include:

- ✓ Fever
- ✓ Dry cough
- ✓ Extreme tiredness
- ✓ Muscle aches
- ✓ Headache
- ✓ Sore throat
- ✓ Runny/stuffy nose
- ✓ Vomiting & Diarrhea

### **Keep your child home if he or she is sick:**



- ✓ Child must remain at home for a fever of 100° or higher.
- ✓ Child must remain home for at least 24 hours after the fever is gone without the use of fever reducing medication such as Tylenol or Motrin.

### ***Always seek the advice of your personal physician.***

Please reinforce good health habits with your children such as covering coughs and sneezes with a tissue or elbow (shirt sleeve) followed by good hand washing with soap and water for at least 20 seconds. Let's all do our best to prevent the spread of illness to others!

Your child's health greatly affects their education. Please do not hesitate to contact your child's school nurse whenever school is in session.

### **News from the Guidance Department!**

Family connection is hosting a parenting support group Meetings will be the 2<sup>nd</sup> Tuesday of each month from 8:30 - 9:30 AM on the first floor of the Community Center. **Free refreshments and child care** will be provided.

#### **5 Week Parenting Series**

How to Talk so Kids Will Listen.

- Helping children deal with their feelings
- Alternatives to punishment
- Encouraging Independence

Every **Tuesday in October** from 5:30-7:30 PM. Series will be held at Chamberlain St. School. Please contact Kelley Simpson at 332-5258 ext. 5110 to register.

### **PTA NEWS**

President – Katrina Mirasola: V. President- Amy Coombs:  
Treasurer -Nichole Edgerly: Secretary- Samantha Dowe

The School Store fundraiser went home this week. Last year over \$4,000 was donated to classroom teachers through this program. Fundraisers help to support our events and activities throughout the year, including field trips, Snowflake Social, and BINGO night! Thank you for helping to support our PTA, school, and most importantly our STUDENTS!



- The next PTA meeting will follow Open House
- e on Tuesday, October 10<sup>th</sup> at 6:30pm. Childcare is provided!
- Join us for our Halloween Bingo Night October 13<sup>th</sup> from 6-7pm. Feel free to wear your costumes (no masks or weapons please).



Dear Families,

This month, I want to acknowledge the passing of a beloved educator who served our Rochester School Community.

Chris Foley former principal of William Allen School (2010-2013) and assistant principal of Rochester Middle School (2007-2010) passed away last weekend after a battle with cancer.

Last week, our staff along with the district held a benefit "Jeans Day" to benefit Mr. Foley's family.

Next Friday, October 6<sup>th</sup> the district is planning a recognition of his service with "Chris Foley Day" prior to the football game at Spaulding High School. Mr. Foley touched the lives of many students, families, and staff and leaves us with many great memories at William Allen and in the district.

Principal, Lynn Allen



### Check us out on the Web

The [WAS Family Connection](#) website is updated regularly with important school messages from administrators. For classroom information please check [classroom website](#) for teacher updates. Lastly, be sure to follow us on [Twitter](#) <https://twitter.com/allen127882902> for live school updates! WAS has many great resources to stay informed!

### Looking Ahead November

- 7 Progress Report 1  
**No School** Parent Conferences
- 9 Veterans Assembly 9-9:45am
- 9 Early Release **1:15 Dismissal**
- 10 **No School** Veterans Day
- 14 PTA Meeting @ 3:30pm

*We educate today's child for tomorrow's world.*