



Manchester Essex Regional High School

MERSD is looking for substitute school nurses. If anyone is interested please contact Cyndi Aldrich in the Health Office.

Upcoming Dates

10/11 No School
10/13 Dr. Elizabeth Englander Parent Program
10/14 High School Open House 6pm at MERHS
10/16 Class of 2022 – “Show up and Shop”
10/20 Picture Day Make Up
11/2 No School
11/5 Last day of Quarter 1

Parent Program

Please Join Us for a Parent Workshop Hosted by Dr. Elizabeth Englander

Past the Pandemic: Helping Kids Reduce Screens and Social Media & Increase Friendships

Dr. Elizabeth Englander, October 13, 2021 @ 7:00pm - Virtual via Zoom

[RSVP to Receive the Meeting Link](#)

Dr. Englander is a professor of Psychology and Founder and Director of the MA Aggression Reduction Center (MARC) at Bridgewater State University. MARC delivers anti-violence and anti-bullying programs, resources, and research for the state of MA. Dr. Englander was named Most Valuable Educator of 2013 by the Boston Red Sox because of her work in technological aggression and how it interacts with peer abusiveness in general. In 2018, Dr. Englander was appointed to the Massachusetts Governor's Juvenile Justice Advisory Council.

Open House

Open House will take place on Thursday, October 14th beginning at 6pm. This year we will forgo the large group meeting in the auditorium. Parents will follow their student's schedule to

meet the teachers and learn more about the courses. More information and a schedule will be sent out the week of October 11th.

Senior Class “Show Up and Shop”

The MERHS Class of 2022 is organizing a Community Thrifting event called "Show Up and Shop", on **Saturday October 16th**, from 9-1pm, in the upper parking lot at the middle/high school. We will have clothes and accessories available for thrift shopping, individuals and families selling their own items, tables sponsored by various high school clubs and sports, face painting, games, food and more! Come enjoy the sense of community, the club-fair atmosphere, and help the seniors fundraise some money!

Humanitarian League

The Humanitarian League is having its first meeting on Thursday October 14, right after school in Ms. Krause’s room, B217. The goal of the club is to discuss humanitarian issues and plan events that help make a difference. If you’re interested, come to the first meeting for more details or look at the information on the fliers around school! Again, the first meeting is this Thursday right after school in Ms. Krause’s room, B217. Thank you! (submitted by Lilly Marletta)

Reminder from Health Services:

Health Services is collecting essential information needed to support your child's health and wellness during the current school year via google doc. This survey is replacing the health cards you usually receive at the beginning of the year. **This is different than the request for physicals and immunizations.**

Please complete the form if you have not already done so. Click [Here](#)

Please provide medication orders and medication for severe allergies and asthma if you have yet to do so. Forms are attached.

Severe Allergy [severe allergy form](#)

Asthma Form- attached.

Military Opt Out

Under the Elementary and Secondary Education Act of 1965 which was reauthorized by President Obama in 2015 (Every Student Succeeds Act), high schools are responsible to comply with a request by a military recruiter to access the name, address and telephone number of each secondary school student. The law only allows for an opt-out, not an opt-in. We are also required to provide military recruiters the same access to secondary school students as we do to post-secondary schools or prospective employers. The U.S. Army has requested the lists of

names and contact information for this year's juniors and seniors. If you do not want your child's information released, please send an email to Laurie Carlson (carlsonl@mersd.org) stating that you wish to opt out.