

# Sports @ EAST

IN PARTNERSHIP WITH THE UNIVERSITY OF ROCHESTER

## Requalification and FREE Physical Exams

East will be holding physical exams on a first come, first serve basis on the following dates:

- Monday, August 10 - 9am to Noon (Physicals only)
- Wednesday, August 12 - Noon to 3pm
- Thursday, August 13 - 9am to 2pm
- Monday, August 17 - 9am to 2 (Physicals only)
- Wednesday, August 19 - 1pm to 3pm
- Friday, August 21 - 12:30pm to 3pm (Physicals only)

## Fall Sports for the 2015-2016 School year.

### Modified Athletics (7 & 8th graders) - START date September 2nd

- Co-Ed Soccer
- Girls Volleyball
- Boys Volleyball
- Football - **STARTS** August 26th

### Varsity, JV and Freshman Athletics - START date August 17th

- Varsity Football
- JV Football
- Boys Varsity Soccer
- Girls Varsity Soccer @ SOTA
- Cross Country
- Boys Varsity Volleyball
- Girls Varsity Volleyball
- Girls JV Volleyball
- Girls Varsity Tennis
- Girls Varsity Swimming @ Monroe
- Cheerleading



GO EAST!

Athletic Director: Patrick Irving - 288 - 3130 extension 3160

EAST

Everything



SUMMER 2015

### SPECIAL POINTS OF INTEREST:

- A message from Superintendent Nelms
- Meet the Principals
- School Based Health Center
- Re-Registration dates, times and locations
- Orientation Dates
- Dress Code for Lower School
- Staff contact Information

### DATES TO REMEMBER

Grade 6 & 7 Orientation	8/18
Grade 8 Orientation	8/19
Grade 9 Orientation	8/25
Grade 10 - 12 Orientation	8/27
First Day of School	9/8



Welcome to the NEW East!

Great Things are Going To Happen Here!



Greetings family,

We are so excited to start the school year here at the *New* EAST. This summer has been filled with opportunities for us to prepare our staff and plan for our students for the year ahead. We have been working hard to ensure that our learners have what they need to be successful!

The *New* EAST will provide a pathway for all students to receive a high quality education, consistently, no matter where they live, what grade they are in or what they have experienced in the past.

We invite you to take part in all that we have to offer so that you may become active participants in our students' success.

We look forward to partnering with you to make the *New* EAST the best that we can be!

Sincerely,  
Shaun Nelms

## Meet the Principals



Anibal Soler - Upper School  
Grades 9, 10, 11 & 12



Marlene Blocker - Lower School  
Grades 6, 7 & 8

## The First Day of School is Tuesday, September 8th

### Transportation

- ◆ Lower school students will be assigned to yellow school buses.
- ◆ Upper school students will be transported via RTS.

You should expect to receive more information regarding pick up times and/or bus passes directly from the Rochester City School District's Transportation Office prior to the start of

# GREAT THINGS ARE GOING TO HAPPEN HERE

## SCHOOL BASED HEALTH CENTER AT EAST

One of the unique opportunities available to your child is an on-site full service health center offering medical and mental health care to all students on campus. School Based Health Centers are a proven way to provide students with much needed health care while allowing them to stay in school.

### WHO ARE WE?

Nurse Practitioners and Physicians from the University of Rochester  
Funded by a New York State Department of Health grant

### WHAT SERVICES DO WE PROVIDE?

Treatment for injuries and illnesses  
Medications for colds, allergies or infections, including prescription medications  
On-site Lab services, including throat cultures and screening tests for diabetes, anemia and high cholesterol  
On site pharmacy services for uninsured students  
Immunizations  
Physicals for sports, work permits and annual exams  
Management of chronic illnesses such as asthma, seizures and diabetes  
Individual or group counseling for mental health concerns  
Reproductive health counseling and services  
Health education including healthy diet and exercise  
After hours coverage – 24 hours a day, 7 days a week



### THE SCHOOL CLINIC:

Works with your regular medical office (if you have one). We do not replace them, but together we decide how best to give your child optimal health care.  
Encourages discussion of all health care related issues with parents/guardians.  
Works with teachers and counselors in resolving educational issues.

### OUR SERVICES ARE FREE!

We may bill your insurance company. If you do not have insurance or your insurance does not cover all the visit costs, we will cover those costs. You will not be personally responsible for any health care costs.

Feel free to call us with questions at 288-1390 or stop by the school clinic for a tour!

### Start your day on TIME

Lower School 7:30am to 3:00pm    Breakfast starts at 6:50am  
Upper School 8:00am to 3:30pm    Breakfast starts at 7:20am

*Eat a good breakfast;  
it helps you to  
learn.*



## Stop in to RE-REGISTER your child

All Grades, 8 -12 students, must be re-registered under the University of Rochester: Educational Partnership Organization (EPO). Parents - please come Wednesday evening, July 29 or Monday evenings, August 3, 10, 17 or 24 from 4 to 6pm to re-register. You may also re-register daily from 8am—2pm starting July 29th. Park in the Ohio Street parking lot and use EXIT 23 door to enter the school. Re-registration is fast and simple. See you there!

## Orientation for All

### All orientations start at 5:30pm

August 18 - 6th & 7th Grades

August 19 - 8th Grade

August 25 - 9th Grade

August 27 - 10 -12th Grades

### Common Dress Code for Grades 6, 7 & 8

Many parents have asked that we reconsider the dress code policy and based on their feedback, we have decided to use a common dress code for the 2015-2016 school year. We will provide opportunities during the upcoming school year to revisit this policy.

#### The Common Dress Code will consist of:

Khaki or black pants, skirts or shorts

Polo shirts- Purple, Gold, White or Black

Purple, Gold, White or Black sweatshirts or pull over hoodies.

Zippers, logos, pictures and printing are not allowed on polo shirts, sweatshirts or hoodies except for official East logos.

Any color combination of the common dress code is acceptable; grade level colors will not be assigned.

(Students will receive up to 3 polo shirts, free of charge, when they attend Orientation)

