

**LAST TWO WACKY WEDNESDAYS IN MARCH & APRIL**

**3/29 - Hat Day & 4/5 PJ Day**



**HAT DAY**  
3/29/17



**PJ DAY**  
4/5/17



**GRANDPARENT VISITING DAY 4/6/17**



Rock Brook School \* 109 Orchard Road \* Skillman, NJ 08558

www.rock-brook.org \* Telephone: 908-431-9500 \* Fax: 908-431-9503 \* info@rock-brook.org



**Rock Brook Family News - April 2017**

**By Mary Caterson, Rock Brook School Director**

**Important Upcoming Dates**

**May 2017**

- May 2 Plants Delivered - Time to be determined
- May 3 Student Early Dismissal 1:30 pm Staff Development
- May 4-5 RBS Plant Sale
- May 5 Mother's Day Tea 1:00-2:00 pm
- May 19 Family Night 5:30-8:00 pm
- May 23 RBS Board Meeting 6:00 pm
- May 29 **RBS Closed** - Memorial Day

**June 2017**

- June 2 In School Field Day
- June 9 Father's Day Breakfast - Time to be determined
- June 16 Year End Celebrations - **REGULAR DAY** 8:45 am - 2:30 pm Last Day of Aftercare
- June 19 **LAST DAY OF SCHOOL** **Early Dismissal 1:30 pm**
- June 20-21 Staff Development

**Updates:**

**No Aftercare Program in the Summer** - We are planning for the end of the school year and our summer Extended School Year program. We will be taking a break from the Aftercare program as we did last summer. The last day of Aftercare will be Friday, June 16. Many thanks to the RBS staff who worked the program during the school year.

Rock Brook completed the **Lead Sampling in Water** in our school as required by the State. All of the fourteen samples taken were well below the 15 ug/L for lead except one. The two drinking fountains, for example, were 1.1 and <1.0 ug/L, respectively. The one faucet that exceeded the 15 ug/L limit was the staff bathroom with a 84.9 ug/L. The current remedial action for the staff bathroom faucet is to post signage that indicates "Do Not Drink – Safe for Handwashing Only". Additional water testing will take place and we will follow all procedures as indicated by the State directives.



**2017 ESY**  
July 5, 2017 - August 15, 2017



**From the Director**  
**Mary Caterson**

I recently attended **Autism Summit 2017** sponsored by ACE : New Jersey Autism Center of Excellence at Montclair State University. The title was; "Meeting of the Minds and Honoring Diversity in Research." The goal was to bring together the best and brightest researchers in the autism community and explore ways to coordinate and promote collaboration. One of the sessions addressed "Life Span Interventions and Supports for ASD". Another discussed "Neurodiversity and Social Views of ASD." I was encouraged by the insight, commitment, and hope of the professionals I met as we all look to support individuals and families.

*Mary*

**Please Join Us**  
**FRIDAY, MAY 19, 2017**  
**Rock Brook School's 3rd Annual Family Night/Community Open House 5:30 - 8:00 pm**  
New this year  
**Classroom presentations will be 1st at 5:30 pm.**  
**Activities afterwards include:**  
**DJ, Arts & Crafts, Face Painting, Petting Zoo, Food Trucks (additional cost for food truck)**

**Guest Feature Article by RBS student Larry**

We did wacky things on every Wednesday in March and the first week of April. On March 1<sup>st</sup> we had Crazy Hair Day. On that day some of the kids styled their hair super wacky. On March 8<sup>th</sup> we had One Color Day. On that day, all the student in each classroom wore different colored shirts. Each class was assigned to wear a specific colored shirt. On March 15<sup>th</sup> we cancelled Western Day due to snow. On March 22<sup>nd</sup> we had music day and on that day we saw a music show by Class 6. On March 29<sup>th</sup> we had Hat Day and some of the kids brought in a hat. On April 5<sup>th</sup> we had Pajama Day and some of the kids and teachers wore their pajamas and watched a movie.

**By Katie Hardgrove, Rock Brook School Principal**



**Nkiruka Ballek**

**"Mrs. B"**

**New Preschool Teacher:**

Mrs. B has worked in a variety of Preschool settings/ programs for children and has experience with an array of Preschool curriculums.

**Welcome to the RBS family!!**

Parent Communication / Involvement / Support at RBS

**Mother's Day Plant Sale & Tea**

Plant Sale - Thank you for your pre-orders!! We have over 500 plants being delivered on Tuesday May 2nd. Parents, if you can volunteer to help us sort please let Christy Tracey know. Pre-orders will be available to be picked up on May 4th & 5th. Also Staff, Students, Bus Drivers and Friends will be able to purchase small flowers and hanging baskets for their loved ones on May 4th & 5th as well.

Mother's Day Tea - This in-school event will take place on Friday, May 5th between 1:00 - 2:00 pm. Details will be sent home soon.



Please join us for the 3rd Annual

*Rock Brook School Celebration*  
**An Evening of Two-Step & Honky Tonk**

Sunday, June 4, 2017

4:00 ~ 8:00 pm

The Lodge at Montgomery

It is going to be a fun filled evening!!!

Live Music, Country Line Dancing, Auction,  
Appetizers, Open Beer/Wine Bar &  
BBQ Dinner/Dessert

Prizes for Best Dressed Cowboy, Cowgirl,  
Couple and Best Dancer.

By Ms. G/ Jessica Gosses, M.Ed., LPC, School Counselor

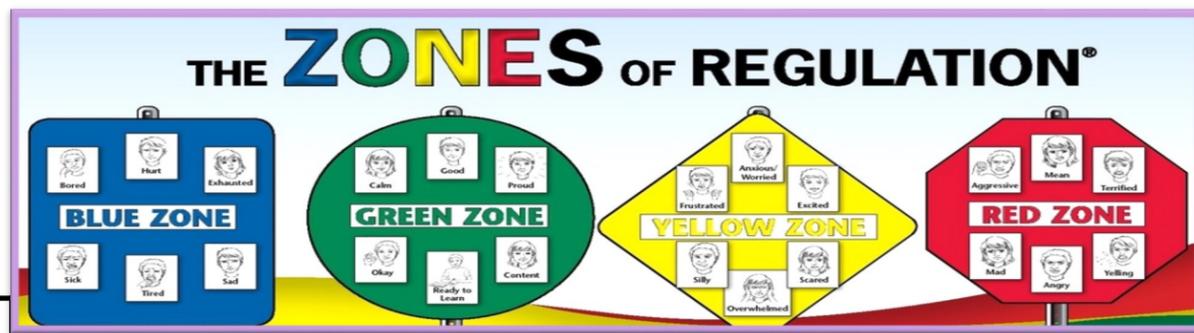
Last month you were introduced to the Zones of Regulation, a curriculum that is geared toward helping students improve self-regulation skills and emotional control. Step 1 was to be able to identify emotions in order to move on to the next step- categorize emotions into zones. The emotions are classified by how our mind and body feels at that point in time.

See below for a brief description of each:

- **GREEN ZONE**- State of alertness –our goal state- happy, focused, ok, calm, ready to work
- **BLUE ZONE**-State of low alertness-body moving slowly- sad, tired, sick, shy, hurt, lazy
- **YELLOW ZONE**- State of heightened alertness where we are becoming aware that our thoughts and body may be out of the norm or uncomfortable for us- stressed, anxious, excited, scared, embarrassed, frustrated, silly
- **RED ZONE**- State of extremely heightened level of alertness- loss of control at times- mad, elated, terrified, overwhelmed, angry

If we can help children to identify the feelings they are having and further classify them into one of these zones, we have created a more manageable system for dealing with emotions. Notice that even though most emotions in red and yellow are what we may consider “negative emotions”, there are some such as silly and elated that are not “negative” in those zones. This is because we are somewhat losing control when we feel happiness to the point of feeling elated, or happiness that turns into silliness. Typically, these zones require a lot of energy from us and we can not remain in these zones for long.

Our goal is to be in the green zone most of the time, with the realization that everyone experiences all the feelings and therefore all the zones of regulation. The next step is to identify ways to deal with each zone that works for each child, which is where the emotional regulation comes in. We most commonly refer to these as coping skills. We all need these every day! Helping our children to be more in control of their emotions is a great life tool for them to carry into adulthood.



Speech Corner - By Miss Katie - Speech PS Classroom



Helping Your Child Follow Directions at Home



Following directions is an essential skill in carrying out our everyday routines – from brushing our teeth to pouring cereal into a bowl to throwing away any garbage after lunch to cooking a special afternoon snack. These familiar routines consist of a sequence of small steps. For example, when brushing our teeth, we squeeze toothpaste onto our toothbrushes and run it under water before we even perform the act of “brushing our teeth.” During such sequences, there is a great amount of language that children are processing. Now, think of your child. What routines have become easy, and what routines appear to be challenging? What strategies enable them to further comprehend language and follow directions?

Here are some tips to foster receptive language skills at home and help your child carry out a sequence of multiple steps:

- **Keep it simple.** Express brief and specific phrases when presenting steps. Begin by introducing one step at a time and building up to two or more steps in sequence. Continue to rephrase as needed. Also, start with a basic sequence in a game or song (e.g., “Head Shoulders Knees and Toes,” “If You’re Happy and You Know It”).
- **Keep it fun!** Discover what your child enjoys most. Maybe he or she enjoys being independent, or a favorite might be cooking or participating in sports! By engaging your child’s interest, he or she will be more motivated to learn and eager to carry out directions. Select seasonal activities and/or provide choices of activities.
- **Be visual.** Present pictures, videos, and gestures as you provide verbal directions to your child. These visuals serve as models and cues, and provide opportunities for your child to learn by seeing & doing! You can also capture pictures and videos of your child engaging in the task or activity!
- **Practice, practice, practice!** Children learn by practice. They benefit from repetition and routines. Start with one of their most functional routines such as brushing their teeth or packing up their lunchbox or backpack.
- **Give wait time.** Remember to allow your child to process the information that is being directed to them. Verbal directions often consist of familiar and unfamiliar labels of objects, actions, spatial terms, and descriptors – that’s a lot of information that needs to be heard, processed, and followed! Remember that your child may be learning something new.
- **Encourage your child.** Above all, stay positive by celebrating every success, regardless of the size. Take pictures of these moments, and reflect back with your child. By doing this, you will provide opportunities to feel proud of successes and praised, thus further motivating your child and reminding them that “I can do that!”

