December at RBS



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 - December 2016

Important Upcoming Dates

December

Dec 23 Early Dismissal for All 1:30 pm Winter Break

Dec 26-30 RBS Closed - Winter Break



January 2017

Jan 2 RBS Closed - Winter Break

Jan 3 RBS Reconvenes for All - Reg Day

Jan 10 RBS Board Meeting 6:00 pm

From the Director, Mary Caterson

Uncertainty

Advocacy groups in the Disability community are unsure about the new president's policies for people with disabilities. Health care could be the biggest concern as Republicans have said they will repeal the Affordable Care Act, which currently does not allow insurers to exclude people with preexisting conditions. There is another proposal to convert Med icaid to a block-grant system, limiting federal funding for the program and giving control to the states. A lot of concern and anxiety about the future under the new administration exists. Disability issues have always been bipartisan and there is a history of working together in this area. However, it is time now more than ever to advocate to protect programs and laws that the disability community depends on. We have to pay attention and stay informed.

Mary



By Katie Hardgrove, Rock Brook School Principal

The Next Nine Days at RBS..... The holidays are a fun and stressful time of year for everyone. In a recent article from Behavioral Science in the $21^{\rm st}$ Century, it discusses how there can be varying emotions and behaviors during the holiday season and even refer to the season as the 'holidaze'. The article made me reflect on our students and staff and how we can better support them through the next few days of school.

Some ways to help ourselves and children through this time of year include focusing on what is most important (not material items) and making meaningful memories and connections. At school we talk about giving to others and family traditions. Setting realistic goals for your family and child is important. Is there a safe place or a strategy if they are getting overwhelmed? Keep things simple (even too many decorations can be hard for some children) and also use visuals if your child is a visual learner- pictures with clear expectations can help. We talk with the children about how many days of school are left until winter break and when they come back. We also emphasize routine and consistency in the classrooms and that predictability and structure helps the students. For parents and caregivers, it is also important to remember to take care of ourselves- take a break, ask for help. (See suggestions below)

I also want to recognize all the staff here at RBS who work so hard day in and out to help your children. We were able to take some time last Friday to celebrate with an offsite luncheon! (Pictures on the back page)

By Lisa Mantz RN, BSN, Rock Brook School Nurse

Shopping, parties, family obligations, school commitments, cold weather, and traffic jams are all part of this wonderful season. Unfortunately, these situations can increase our stress load.

Stress is the brains reaction to a perceived demand. Stress can be positive or negative. Examples of positive stress would be getting married or going on a vacation. Negative stress can range from work pressure to the loss of a loved one. The ways in which each of us copes with stress is important to our overall health.

Stress is not only mentally upsetting, but can affect us physically as well. Physical symptoms may include an upset stomach, light headedness, or a headache.

Some ways in coping with stress are as follows:

- * Getting enough sleep
- * Eating right and staying hydrated
- * Walking/Exercise

- * Set priorities * Asking for help
- * Meditation, yoga, tai chi or massage

Knowing your stress level is important in staying healthy.

I wish everyone a safe and healthy winter break!

Parent Communication / Involvement / Support at RBS



On the Road Again......

Look for the Annual 2016-2017 Fundraising appeal. Please help RBS continue to provide our students with opportunities in the community.



RBS EARLY DISMISSAL

1:30 pm Friday, December 23, 2016

RBS CLOSED for All

Monday, December 26, 2016 - Monday, January 2, 2017

RBS RECONVENES for All

Tuesday, January 3, 2017 Regular Full Day 8:45 am - 2:30 pm

parentReach

Just as a reminder, we have the **parentReach Emergency Notification Alert System** that will notify you with a phone call when we have a delayed opening or are closed due to inclement weather. On the caller ID it will say Rock Brook. **You need to answer and say hello to hear the message**. We will also put an updated voice message on the school's main office line and update the Rock Brook website.

Call the Hotline if You Missed a Call or Want to Replay the Latest Message:

parentReach Hotline - 1-770-406-5581

RBS Site Identifier: 6896

Casey's Corner - by RBS Student Casey

Do you know about Macy's great Christmas program that helps Make-A-Wish? For every letter sent to Santa through Macy's before December 24th Macy's will donate \$1.00 to the Make-A-Wish Foundation up to 1 million dollars! Just go online to www.Macys.com/Believe to write a letter with your child.

Macy's has been giving to Make-A-Wish since 2003! Make-A-Wish grants all kinds of wishes to children with life threatening diseases. I wrote my letter and so can you! Everyone of these kids deserves to be happy! Remember Macy's does this every year. Happy Holidays.

Guest Feature Article - by RBS student Larry

On November 11th 2016 was the school holiday sale. The kids could get their gifts for their family. They could buy tools for their dad, make up for their mom and sister and bowls for their pets. It was a fun day.







PNO - Our next Parent's Night Out for the 2016-2017 School Year is Saturday, February 4, 2017.

Happy Holidays from the Tech Room!

Santa made an early delivery and has gifted us 40 new iPads! The iPads have been filled with various educational, therapeutic and recreational applications for the students to interact with and explore. The iPads are already being distributed to the classrooms and the students are excited to check out the new technology.



Speech Corner - By Ms. Mariya, Speech Classroom 2

Ideas on Creating Fun Language Rich Family Holiday Traditions using AAC

- Have your child decide which present to open using descriptors on his/her AAC system. Include vocabulary for gift giving (e.g., "this is for you") and receiving (e.g., "thank you"), as well as commenting (e.g., "wow", "that's cool", "I like it", "fun", "big!").
- Bake some cookies! Use visual recipes (e.g., can find on Pinterest), put on an apron, and have your child identify cooking tools (e.g., bowl, spoon, measuring cup, whisk, spatula, tray, etc...), ingredients needed for a recipe, measure/count out the number of teaspoons, scoops, and eggs using his/her AAC system. Have him/her turn on the blender, melt, mix, pour, squish, etc... Have your child use AAC system to describe (e.g., hot, cold, white, soft, hard, round, yellow, green, red, sweet, small), request continuation (e.g., "need more"), cessation (e.g., "no more", "stop", "all done"). Cooking is great to work on sequencing concepts (e.g. first, next, then, last) as well.
- Create placemats that show where each item goes (e.g., plate, fork, spoon, knife, cup), and have your child use these to set the table. Have your child use his/her AAC system make an announcement telling everyone when it is time to come sit at the table or call each person by name and direct him/her to sit at the table (e.g., "come", "sit please", "sit here", etc...)
- Decorate your home together. Window stickers work great for the child who likes to keep rearranging things. Make sure to place them at "touch" level for your child to enjoy.
- Have your child use his/her AAC system to help decorate the Christmas tree. Make sure there's a way for your child to choose ornaments and where to put them when decorating. Have your child use his/her AAC system to choose an ornament with descriptors (e.g., colors, size, shape) and then place them on the tree or have your child direct you on where to place each ornament with location words (e.g., on, up, down, over, under, top, bottom, middle, here, there).
- Ask your Speech-Language Specialist (SLS) to program names of your child's favorite holiday songs, such as Twelve Days of Christmas with related vocabulary or a part of your child's favorite song. Your child can then choose songs to sing or sing along during the holidays.
- For Hanukkah, date activities, such as "today is" the 1st, 2nd, etc... night of Hanukkah. Ask your SLS to program your child's AAC system with part of a blessing for lighting the candles.
- If your family tradition includes saying a prayer before each meal, ask your SLS to create a prayer page with buttons of things your child might be thankful for on his/her AAC system. Before eating each meal, include your child in the prayer by having him/her use AAC system to start the prayer (e.g., "Dear God"), choose whatever s/he would like to be thankful for, and/or end the prayer (e.g., 'Amen').
- ABOVE ALL, ensure your child is at the **CENTER** of all the holiday action, the **AAC SYSTEM** is **WITHIN** your child's **REACH** (and yours to model), and remember, it's all about **MAKING MEMORIES**... take lots of photos so you can talk about all the fun throughout the season!!

Content from: Assistiveware 12 ways to create fun family holiday traditions using aac. Retrieved from http://www.assistiveware.com/12-ways-create-fun-family-holiday-traditions-using-aac