



Rock Brook Family News - February 2015

Important Upcoming Dates

February

- Feb 21 Parent/Guardian Presentation on Sex Ed: Very Important for Your Child with Special Needs 10-11:30 am
- Feb 26 Class 6 Hosts Bake Sale for SAVE

March

- Mar 7 Parent's Night Out 5:30-9:30pm
- Mar 8 Daylight Savings Begins - Move your clocks ahead one hour
- Mar 10 RBS Board Meeting 6:00 pm
- Mar 10 mixedbag Fundraiser Starts
- Mar 13 RBS Closed for Students Staff Development
- Mar 24 mixedbag Fundraiser Ends

April

- Apr 2 Grandparent Visiting Day
- Apr 3-12 RBS Closed for Spring Break

Interesting Research

Sex Education: Essential for Preventing Sexual Abuse

One of the main reasons for providing sex education to individuals with special needs is that it can help prevent sexual abuse. Some statistics report that 50-90 % of individuals with special needs will be abused in their lifetime and in 90% of those instances, the perpetrator will be known to them. While the topic of sex education with our children is often difficult for us as parents, it can be even more challenging when you have a child with developmental difficulties. Sexual abuse can include a range of sexual activities that are forced upon a person. The more a child knows about his or her own sexuality, good and bad touch, appropriate and inappropriate behavior, the less likely that they will be taken advantage of sexually. People with special needs are often unable to choose to stop abuse due to a lack of understanding of what is happening, pressure to comply out of fear, or the need to be accepted by the abuser. It is a mistake to think that just because they are not sexually active, are in protected environments or that people will feel sorry for them, that something cannot happen.

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No matter what the age of your child is, please join us this Saturday morning, 2/21/15 at 10:00 at RBS to hear a presentation on this topic. Childcare will be provided. Please RSVP to Christy Tracey at RBS. [christy@rock-brook.org](mailto:christy@rock-brook.org)

### From the Director

Mary Caterson

You must have heard it in my voice yesterday morning the second time I called to close school.... I really didn't want to, but the roads were not good. If school could start at noon...it would have worked. So we have used the two snow days built into our calendar. At the present time, additional days closed for snow will be added on in June. In the meantime, Spring can't come soon enough for me.

Mary



## Fun in the Snow at Rock Brook School ~ 1/28/15



## 100th Day of School at Rock Brook ~ 2/10/15

### 100 Exercises



### 100 Day Bingo



### 100 Snacks for Trail Mix



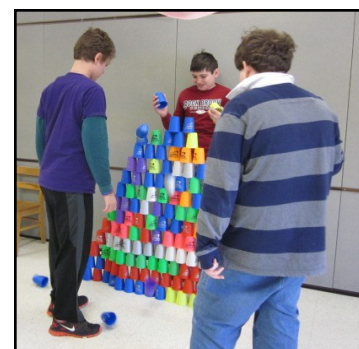
### When I'm 100



### 100 Link Chain



### 100 Cup Pyramid



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

[www.rock-brook.org](http://www.rock-brook.org) \* Telephone: 908-431-9500 \* Fax: 908-431-9503 \* [info@rock-brook.org](mailto:info@rock-brook.org)



Rock Brook is live on facebook!!! Check it out and make sure you like our page.



## RBS School News

### mixedbag designs is back!!



mixedbag designs is a great fundraiser RBS implemented a few years ago.

Look for the catalogs coming home on March 10th. The company offers totes, bags, lunch boxes, scarves, and gift items. New this year is a kitchen catalog too.

We have learned that many parents take the catalog to work and their co-workers love the products too!! Checks get made out to Rock Brook School so you can take multiple payments. We have samples if you want to see something.

**All orders are due Tuesday, March 24th.**

### Year End Annual Appeal

**Thank YOU** to all the RBS Families and Friends who have sent in contributions to our canopy bench appeal. We are excited to add these new benches to our Canopy walkway. Rock Brook School is a nonprofit 501c3 organization and donations are tax deductible in accordance with the IRS guidelines. Please continue to send in donations to this great addition.



### TARGET CARD

If you have a Target charge card you can register it to have 1 % of your charges made at Target donated to Rock Brook. Go to the Target Red Card site and find the Benefits Tab. Then enroll in the Take Charge of Education program and select Rock Brook as the recipient. There is no fee to set this up.

**Box Tops for Education** - We continue to earn cash for our school with these little pink rectangles. If your child wants to tape or glue them on to a collection sheet at home please check out:

[www.boxtops4education.com/learn/flyers.aspx](http://www.boxtops4education.com/learn/flyers.aspx)



### Used Printer Ink Cartridges

Donate your used Printer Ink Cartridges. Class 7 recycles them for cash. The money is then used to purchase food for local food pantries.



### RBS SCHOLASTIC BOOK FAIR

**Thank you** to all the students, staff and RBS families who purchased books from our recent Scholastic Book Fair. We sold over \$900 worth of books which allows RBS to order over \$300 worth of FREE books. **THANK YOU!!!**



**RBS High School Students Setting Up The Book Fair!!!**

Please contact Christy Tracey at Rock Brook with any questions. [christy@rock-brook.org](mailto:christy@rock-brook.org)

## Speech Department News

### Smart Lunches and Tips for Expanding your Child's Food Repertoire

Smart Lunches are now being served at Rock Brook on Tuesdays, Wednesdays and Thursdays. Fresh and tasty lunches are prepared locally every morning and delivered to the school in eco-friendly packaging that keeps hot items hot and cold items cold. All lunches are 100% nut free and meet USDA guidelines for child nutrition. You can order your child's lunch online for the next week or for the entire month if you prefer. When setting up an account, you can identify your child's food allergies and you will only be shown options that your child can safely eat.

Involving your child in the process of picking out their own lunches can be a great way to get them involved and excited about new food choices. Smart Lunches has an easy to use, award-winning online interface that will make the process of choosing lunches with your child fun and easy! At school, independence will continue to be promoted by having students pick up their individual lunch orders.

If your child is a picky-eater, here are some tips to help expand their food repertoire.

#### 1. Stick to the routine

Serve meals and snacks at about the same time every day. You can provide milk or 100 percent juice with the food, but offer water between meals and snacks. Allowing your child to fill up on juice, milk or snacks throughout the day might decrease his or her appetite for meals.

#### 2. Recruit your child's help

At the grocery store, ask your child to help you select fruits, vegetables and other healthy foods. Don't buy anything that you don't want your child to eat. At home, encourage your child to help you rinse veggies, stir batter or set the table.

#### 3. Set a good example

If you eat a variety of healthy foods, your child is more likely to follow suit.

#### 4. Minimize distractions

Turn off the television and other electronic gadgets during meals. This will help your child focus on eating. Keep in mind that television advertising might also encourage your child to desire sugary or less nutritious foods.

#### 5. Don't offer dessert as a reward

Withholding dessert sends the message that dessert is the best food, which might only increase your child's desire for sweets. You might select one or two nights a week as dessert nights, and skip dessert the rest of the week — or redefine dessert as fruit, yogurt or other healthy choices.

In addition to these tips, check out Melanie Potok's, MA, CCC-SLP, blog on the American Speech-Language-Hearing Association's website to get some great tips geared toward younger students. Ms. Potok treats children birth to teens who have difficulty eating and she is the author of *Happy Mealtimes with Happy Kids*. <http://blog.asha.org/2015/01/15/picky-eaters-in-the-preschool-classroom-7-tips-for-teachers/>

\*Tips retrieved from:

<http://www.mayoclinic.org/healthy-living/childrens-health/in-depth/childrens-health/art-20044948?pg=1>



Rock Brook now has a Twitter Account. You may follow us at: @RockBrookNJ