


# February 10th

## Valentine's Day Activities

### 100th Day of School



Mother Nature played a trick on us ..... we had a snow day on the anticipated 100th Day of School. Therefore we had 2 celebrations on February 10th. The morning was spent doing all types of activities relating to the number 100. Then in the afternoon we had Valentine's school wide dance, filled with craft decorations and treats. It was a very busy day for all of us.





# Rock Brook Family News - February 2017

### Important Upcoming Dates

#### March 2017

Mar 10	RBS Closed for Students Staff Development
Mar 14	RBS Board Meeting 6:00 pm
Mar 24	RBS Picture Day

### By Mary Caterson, Rock Brook School Director

#### News Updates....

The **IDEA website** at the Office of Special Education and Rehabilitative Services crashed right about the time that U.S. Secretary of Education Betsy DeVos was confirmed. It was a little suspicious that it happened right about the time when DeVos, upon being questioned, *appeared to have no idea about IDEA*.... Eventually officials at the DOE reported that the site had had intermittent outages dating back a few weeks and said that technical issues were to blame. While staff worked to restore the site, they realized it had not been updated since 2103. It contained some broken links and outdated information. So the restored site IDEA.ed.gov has been moved to a new server and a “new and improved” website is in the works, according to DeVos.

#### Early Diagnosis of Autism

A recent study published in the journal Nature, suggests that autism can be diagnosed before 1 year of age. 106 infants considered to be at high risk for autism because they had an older sibling with the diagnosis and 42 low-risk infants participated in Magnetic resonance imaging (MRI) scans at 6, 12, and 24 months of age. In children who ultimately developed autism, growth of the brain’s surface area was significantly more rapid between ages 6 and 12 months as compared to other kids. Even more, the overall size of affected children’s brains grew at a faster rate between ages 12 and 24 months. The brain differences between 6 and 12 months predicted autism with 80 percent accuracy. When considering other factors and using a statistical approach known as machine learning, researchers could assess with almost 100% accuracy who would develop autism. Autism intervention is the most successful the earlier it begins. This study points to opportunities for new treatments and to intervene before brain differences progress. This is the first time that the biomarkers of autism can be determined before it occurs and symptoms develop which is very hopeful for positive developmental outcomes.

#### From the Director

**Mary Caterson**

#### February Conferences

I was able to attend a few of these and I want to thank both parents and staff for their sincere and committed participation in these meetings. I was impressed by the depth of the knowledge, professionalism and caring that our staff displayed. I was encouraged by the sharing and direct questions to the teams by parents and needs. We try our best and get it right most of the time, (but not always) so I appreciate candor and feedback to us. Because, as I saw in the conferences, what is most important to all of us is your child/our student.

Mary

### Save the Date


for the 3rd annual  
Rock Brook School Celebration  
Sunday, June 4, 2017  
4:00 - 8:00 pm




### By Lisa Mantz RN,BSN, Rock Brook School Nurse

#### Healthy Heart Month

February is Heart Health Month. Studies have repeatedly shown that we learn better when we are healthy and feeling our best. Keeping our heart healthy is a big part of this. The American Heart Association has listed seven good choices for children to help them keep their heart healthy which they term “Life’s Simple 7 for kids”. They are: physical activity, good nutrition, no tobacco use, learn about cholesterol and blood sugars, and maintain a healthy weight and blood pressure. By making these simple changes and incorporating them into your life, you will feel and learn better.



Parent Communication / Involvement / Support at RBS	
<div>WACKY WEDNESDAYS</div> <div>March 1 - Crazy Hair Day - Be Creative</div> <div>March 8 - One Color Day - Wear your listed color.</div> <div>PS-Purple, Class 2-Blue, Class 3-Green, Class 4 -Yellow, Class 5-Orange, Class 6-Red, HS-Pink, Everyone Else-Black</div> <div>March 15 - Western Day - Wear jeans, flannels etc.</div> <div>March 22 - Music Day - Wear band t, musical note</div> <div>March 29 - Hat Day - Any type</div> <div>April 5 - Pajama Day - Comfy pjs all day!</div>	<div><div>Grandparent's Visiting Day Thursday April 6th</div><div></div><div>Save the Date ~ Spread the Word ~ Call the Grandparents ~ Come to Rock Brook</div><div>On Thursday, April 6 RBS will host Grandparent's Visiting Day. This annual favorite will be held at Rock Brook from 9:30 - 11:00 am. Join our school counselor for a brief presentation and then spend time with your child in their classroom. It will be worth the visit.</div><div>PNO ~ Our next &amp; last Parent's Night Out for 2016 - 2017 Saturday, April 1, 2017</div></div> <div><div>BLOGS YOU MAY LIKE..... Connecting with other parents is a great way to feel less alone and more connected. Take a look at some of the ones listed below. Please let us know of any others that you like too.</div><div><div>Hopeful Parents - At <a href="#">Hopeful Parents</a>, you'll find "grassroots support for parents of kids with special needs." And incredible group of parents share their stories, which will have you laughing and crying and nodding along in recognition. You'll also find a great community, and an open invitation to join in the conversation.</div><div>Support for Special Needs - That theme -- playing on our shared stories, rather than our differences -- is at the heart of <a href="#">Support for Special Needs</a>. "We have more in common than separates us," say the site's founders.</div><div>Parenting Isn't Pretty- <a href="#">Parenting Isn't Pretty</a> is the personal blog of Terri Mauro, About.com Guide for Special Needs and author of the fantastic 50 Ways to Support Your Child's Special Education. Terry and her husband are the proud parents of two teenagers adopted from Russia as young children. As she says, "Life is... interesting." Is it ever!</div><div>MOM - Not Otherwise Specified - When a woman titles her blog <a href="#">MOM - Not Otherwise Specified</a>, you know you've found a keeper. If you're going to raise a child with special needs, you're going to need a sense of humor, and you're going to need to be an advocate. MOM-NOS is an advocate extraordinaire -- and she does it with grace and style.</div><div>Love That Max - Speaking of grace and style, few bloggers have as much as Ellen Seidman over at <a href="#">Love That Max</a>. She is also all about commitment -- when the woman says she blogs daily, she isn't kidding. Every morning, I look forward to reading her post with my first cup of coffee.</div><div>Shut Up About Your Perfect Kid - There is a book called Shut Up About Your Perfect Kid. Um, YES! And they have a <a href="#">BLOG</a>, too? Sign. Me. Up. Sure, it's sporadic, but that's all part of the imperfect philosophy. It's intentional. And funny.</div><div>Wrightslaw - Wrightslaw is an amazing resource for parents of kids with special needs. If you want your child to get what he or she deserves from your city, state, and school district, this site is the place to go. And <a href="#">the blog</a> is full of informative -- and interesting -- posts.</div><div>The above blogs were found on in the article below. The information has been edited a bit, all sites listed above are still active. Others in the original post are no longer active.</div></div><div><a href="http://www.sheknows.com/parenting/articles/816188/10-blogs-for-parents-of-kids-with-special-needs-1">http://www.sheknows.com/parenting/articles/816188/10-blogs-for-parents-of-kids-with-special-needs-1</a></div></div>

Speech Corner - By Miss Maggie, Speech Classroom		
<div><div>Don't forget about Study Skills!</div><div>We are always striving to teach our children about stuff. Who, what, where, when, whey, why and how things are, come about, happen, exist, etc. We are always striving to ask and answer questions so that our children can learn. However, we don't always remember to teach them the best ways to learn. Accordingly, we need to keep the idea of teaching Study Skills in sight. All children can benefit from the guides and structure that some simple study skills can provide. Here are a couple suggestions.</div></div> <div><div>1. Organization:</div><div><div>a. Designate a "study space" at home to read books, review and/or complete homework or simple explore a new craft. Having a designating spot provides a child a sense of belonging and clearly defines parameters. Children crave structure.</div><div>b. Have necessary materials (markers, crayons, scissors, glue sticks, highlighters, etc.) readily available and organized into containers so the child has everything they need to complete their work.</div><div>c. Items such as color coded notebooks, index cards, colored folders and accordion files can also help to organize a child's work, notes, materials, worksheets and help to facilitate quicker access and increased overall comprehension of material.</div><div>d. Organizing time with schedules, planners, calendars, timers and/or clocks is also beneficial in showing your child that his or her free time is valued and can scheduled to account for work time and free time.</div></div><div>2. Reading and/or Listening for Main Ideas:</div><div><div>a. Make work time rich by teaching children to become more active readers or listeners by emphasizing main idea. This will help them more fully or accurately process the information.</div><div>b. Encourage children to listen and/or read for specific meanings. Give them clues and targets to listen and/or look for ahead of time.</div><div>c. Help children tell the difference between relevant information and irrelevant information.</div><div>d. Organize details into simple categories. For example, let's find all the color words, number words, animal words, etc.</div></div><div>3. Note Taking</div><div><div>a. Encourage children to take notes during activities.</div><div>b. Whether they are copying, writing, or typing single words, phrases, or sentence, taking notes is most beneficial in helping a child attach additional meaning. It can even be scribbling or drawing simple pictures, but just the act of "taking notes" keeps a child involved and an active participant.</div><div>c. You can even give the child their own "notebook". What a great way to foster independence!</div></div></div> <tr><th>Technology - By Ms. Maggie, Technology Classroom</th></tr> <tr><td><div><div></div><div>Rock Brook is very excited to announce the launch of Google Classroom at our school. Students in classes 6 and the high school have already learned how to sign into their accounts and are beginning to explore and take part in the various activities. Google Classroom provides a blended learning platform for schools that aims to simplify creating, distributing and grading assignments in a paperless way. An added benefit is that Google Classroom does not show any advertisements in its interface for students and teachers, and user data is not scanned or used for advertising purposes. An additional feature allows the students to comment on each other's responses, allowing for socialization and practice of pragmatic language skills.</div></div><div><div>Most recently, the students have been completing tasks based upon the 100<sup>th</sup> Day of School, Valentine's Day and Presidents Day celebrations. The students have completed individual tasks and have even taken part in the creation of a shared document! The addition of Google Classroom allows our students to continue accessing technology in new and innovative ways!</div></div></td></tr>	Technology - By Ms. Maggie, Technology Classroom	<div><div></div><div>Rock Brook is very excited to announce the launch of Google Classroom at our school. Students in classes 6 and the high school have already learned how to sign into their accounts and are beginning to explore and take part in the various activities. 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