

# Mother's Day Tea ~ 5/5/17



## Guest Feature Article by RBS student Larry

On May 5<sup>th</sup> it was the Mother Day Tea and some of the moms came to school to have fun with their children. Class 6 made a body wash while the other classes did something else. The kids ate in the classroom and the moms ate in the gym room. It was a fun day.

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# Rock Brook Family News - May 2017

By Mary Caterson, Rock Brook School Director

## Important Upcoming Dates

### May 2017

May 19 RBS Family Night 5:30 pm  
May 23 RBS Board Meeting 6:00 pm  
May 29 RBS Closed - Memorial Day

### June 2017

June 2 In School Field Day  
June 4 Annual RBS Celebration  
An Evening of Two-Step & Honky Tonk  
June 9 Father's Day Breakfast 9:00 - 10:00 am  
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  
June 26 Mr. Jerry's Fishing Trip  
June 27 Mr. Jerry's Fishing Trip - Rain Date

### July 2017

July 5 ESY Begins



## From the Director Mary Caterson

Dear All - I have enjoyed reading the April 2017 edition of Educational Leadership entitled, "Difference, not Disabilities". The articles in this issue have an emphasis on normalizing difference but at the same time don't discount the profound reality of the challenges of learning differences. What stands out from the articles I read are that the use of technology and the collaboration between professionals are strong positive factors in school and life success.

RBS is on the right path!

Mary

Since 1988, Medicaid has provided support for children eligible for special education services under IDEA who have specific health care needs that affect their educational performance as identified in their IEP or IFSP. School districts use Medicaid funds to pay for special needs services, service providers, equipment, assistive technology and transportation. Congressional budget proposals and the repeal of the ACA would both reduce federal Medicaid spending by 25 to 30%. Block grant proposals, without a federal directive, give States the choice not to provide these funds. Funding losses of this magnitude would have a direct effect on the quality of services proved to special needs students and could negatively impact general education budgets that would be used to make up for the loss of funding.

Pay attention to what is going on and I urge you to oppose cuts to Medicaid funding and any proposals to block grant the Medicaid program.

By Katie Hardgrove, Rock Brook School Principal



*THANKS.... For a GREAT Staff Appreciation Week*  
*We received so many fantastic things from our students and their families. We are fortunate for your support in and out of the classroom.*

**June 16 - YEAR END CEREMONIES will be in the morning.** Regular Day 2:30 pm  
Parents and Families are welcome to attend. (Class times are being determined.)

**June 19 - LAST DAY OF SCHOOL for STUDENTS** - Early Dismissal 1:30 pm



**SUMMER TIME!!** We will still continue with our community trips and themes during the 2017 ESY program, but we are also planning some exciting intensive initiatives for the 6 weeks which will include specialty clubs targeting speech and language, executive function, social communication and reading. Look for more details to come....

By Lisa Mantz, RN BSN, Rock Brook School Nurse

May is National Asthma and Allergy Awareness Month



You already know the symptoms if you suffer from allergies: sneezing, red itchy eyes, coughing, scratchy throat and a runny nose. Allergies are the number one reason why students miss school days. Common allergens include mold, pollen, dust mite and insect droppings, secondhand smoke and pet dander. Exposure to the allergens may even lead to a serious asthma attack. With asthma, breathing can become difficult due to narrowing of the airways. Symptoms commonly seen are wheezing, coughing, and shortness of breath. Some asthma triggers are air pollution, perfumes, respiratory infections, contact cold air introduction, cleaning products and exercise. Helpful tips to minimize asthma and allergy reactions. Choose to be smoke\*\* do not have pets in the bedrooms\*\* wash bed linens once a week\*\* vacuum and dust routinely\*\* when able use air-conditioning \*\*reduce use of pesticides\*\* clean up any mold\*\*

More information can be found at: <http://www.aafa.org/>



Parent Communication / Involvement / Support at RBS



SAVE THE DATE

Mr. Jerry's Fishing Trip – Monday, June 26th

Once again Mr. Jerry is planning a Fishing Trip. This trip is coordinated by Mr. Jerry, but it is not a school trip. Students and a parent or guardian meet Mr. Jerry on the Norma-K III in Point Pleasant for the day trip. You pay at the dock. The planned date is Monday 6/26 with a rain date of Tuesday, 6/27.

**ESY T-Shirts - Attending students, staff and volunteers will receive 1 complimentary 2017 RBS Summer T-shirt to wear on trip days.** If you want more than one T-shirt for your child (or yourself) they will be available to purchase. Details with sizes and cost will be sent home after Memorial Day. Also, if your child has outgrown their shirt (s) from previous years we will gladly take it back. We use them as "back-up" on trip days. Please send them into Christy Tracey.



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  
Raffle Items

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

Call Christy  
if you are  
interested in  
purchasing a  
raffle ticket!!

908-431-9500



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

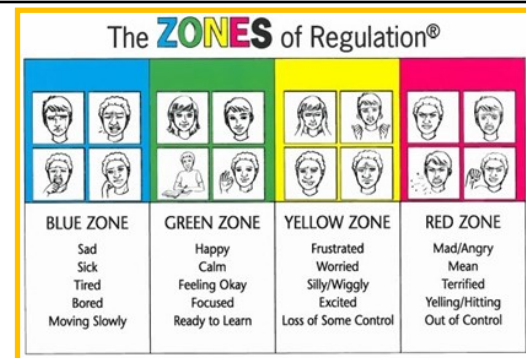
**The Zones of Regulation**  
**(Continued from April Rock Brook News )**

Once we know what zone we are in and what feeling we are experiencing, the next step is to be able to identify triggers. Triggers are the things that lead to us being worried, upset, or frustrated (red and yellow zones). This can often be difficult for a student to express on their own, so help from parent or teacher who knows them well is helpful. For example, for one student a trigger may be loud noises and another may be dealing with changes in routine. With this self-awareness comes the ability to address the trigger, and at times be prepared for it before it happens. This places more control in the hands of the student, making the issue seem more manageable.

This also is a way of teaching the skill of metacognition, or thinking about one's thinking. As adults we do this all the time. For example, we typically have an awareness of what our strengths are as well as our weaknesses. Having this knowledge, we do things accordingly. For example, I remember studying for tests and creating little songs on hard to memorize topics- for me, songs always get stuck in my head! This tactic has helped me on many occasions. With regard to emotions, I know that when I feel too warm physically, I become more easily agitated, so I may try to wear layers whenever possible. These are just very basic concepts to us, but specifically teaching these skills and modeling them will help them become familiar to our students.

One way to help your children learn what a trigger is would be to verbalize when you are encountering a trigger .....letting them see that even moms and dads get frustrated by certain things normalizes going into the yellow or red zone and also models healthy, effective ways to deal with the triggers. That leads us to the purpose of the zones of regulation- using tools also known as coping skills to help manage feelings. More on that next time!

**Remember the main takeaway is that we all experience the range of emotions and all the zones of regulation, and that is ok - the key is HOW we manage these emotions.**



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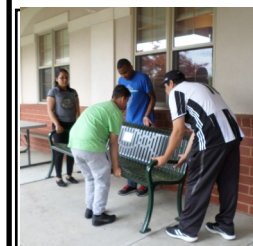
Speech Corner - By Miss Tracy - Speech Classroom 6

**Eliciting Communication at Home**

***Tracy Hutzel, M.S., CCC-SLP***

When you send your child to school, you can rest assured that he/she is constantly working towards improved communication skills. However, these skills may not necessarily carry over from school to home and/or your child may just need some extra assistance to learn how to express himself/herself. There are some simple and effective strategies that you can implement at home to help elicit communication from your child. These include:

- ***Providing Choices:*** Show your child two different objects or activities and encourage them to communicate to choose one.
- ***Out of Reach:*** Place toys/objects out of reach, but in view for your child. Encourage him/her to communicate to request the item and/or expand his/her already existing language by describing the item's location.
- ***Inadequate Portions/Sabotage:*** Give your child only some of the items desired or necessary for an activity. Then once your child begins the project, he/she will need to use his/her language to request additional items (e.g., provide paper but only one crayon or provide only one or two blocks when your child is building). You can also create a situation in which you "forget" to give your child all the necessary items/tools for an activity (e.g., plate of food but no fork or spoon, toothbrush with no toothpaste).
- ***Assistance:*** Create situations in which your child will have to ask for help (e.g., making something difficult to open).



**Mother's Day Plant Sale**

Thank you to parent volunteers Lisa & Marc H., Jaimie O. and Kay A. for helping us sort the hundreds of plants pre-ordered. Thank you to the HS Class for arranging the plants for the kids sale. **We do have a few plants left which we will have for sale on Friday at the evening Community Open House.**



**Please Join Us on 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. Please be on time!!**

**Activities afterwards include: DJ, Arts & Crafts, Face Painting, Petting Zoo, Food Trucks (additional cost for food truck) Kona Ice will be FREE!!!**



**Father's Day Breakfast ~ June 9, 2017**

All Fathers and Male Caregivers  
invited from 9 - 10 am for a breakfast  
Celebration.

The Montgomery Rodeo is located at Daube Farm, 262 Sunset Road, Skillman, NJ 08558. They are once again inviting Rock Brook Students and their families to their Special Needs Rodeo Performance on Saturday, June 10th at 11:00 am. Admission to this event is free but you must get an invitation. Please email [specialfriendsrodeo@montgomeryrodeo.com](mailto:specialfriendsrodeo@montgomeryrodeo.com) to receive yours!!! To learn more about this event visit their website:

[montgomeryrodeo.com/index.html](http://montgomeryrodeo.com/index.html)