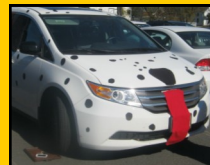


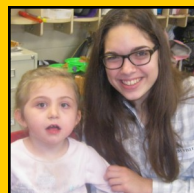
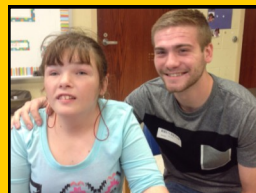
WE HAD A LOT OF FUN  
AT ROCK BROOK THIS PAST MONTH!!!



Trunk-or-Treat



Sibling Day



RBS HS working hard at the farm..



Rock Brook Family News - November 2015

Individualized Programs ~ Personal Success

Important Upcoming Dates

November

Nov 25 Early Dismissal for All 1:30 pm  
Nov 26-27 RBS Closed - Thanksgiving Holiday

December

Dec 5 Parent's Night Out 5:30-9:30pm  
Dec 11 Early Dismissal for Students 1:30 pm  
Dec 23 Early Dismissal 1:30 pm  
Dec 24-31 RBS Closed - Winter Break

January 2016

Jan 1-3 RBS Closed - Winter Break  
Jan 4 RBS Reconvenes - Regular Day

From the Director  
Mary Caterson

ASHA 2015 Convention:

“Changing Minds... Changing  
Lives....Leading the Way”

Sue Campos and I just returned from the ASHA (American Speech and Hearing Convention) in Denver, Colorado. We participated in three days of continuing education seminars among 14,000 speech and hearing professionals from the United States and other countries. We attended sessions on motor speech disorders, evidence based practice, apps and multimedia, gender and sexuality in teens and young adults, professional ethics, conversational skills, video coaching, telepractice, emotional regulation....and more...The Exhibit Hall had 1,000 vendor exhibits! We enjoyed the collegiality of other folks we met from West Chester PA, Texas, Louisiana, and Qatar. We listened, discussed and took notes...coffee and stamina were crucial to the process. Now we are home ready to share what we learned and benefit our program. It was good!

Contributed by Mary Caterson

Emotional Regulation/Dysregulation

Emotional regulation refers to the response to ongoing demands of experience with a range of emotions that is socially acceptable and flexible. Emotional regulation is a complex process and something many of our students work on daily in the Rock Brook School Community. When our students are more emotionally regulated, they are better able to engage with other people and are more available for learning. Sometimes they are tired and hungry or not feeling well which we can take care of. Other times they are upset about something they can or cannot express and we try to figure it out and talk about it. Sometimes it is due to internal responses that result from their own neurological make-up with no clear antecedent.

We work on emotional regulation and working through situations at school in a variety of ways, and three main approaches include: 1) Provide processing time; 2) Use simplified language; and 3) Provide visuals. Here are some specific strategies that are in no specific order:

- 1) Model what is expected as it decreases anxiety and increases predictability.
- 2) Use the phrase “First...then.....” (“First finish writing three sentences...then take a break”).
- 3) Give a choice “Now or one minute...” (Usually the kids pick one minute...)
- 4) Show how many (egg, math problems to complete”) or how long (“Work for five more minutes”) and use a timer
- 5) Use the phrase “I start...you finish...”
- 6) Verbalize the rule for the situation.
- 7) Use Video modeling.
- 8) Simple tasks : give the child something to do when they are upset to calm them down that is an easy task such as sorting objects, squeezing play dough etc.
- 9) Use Incentive/Token Charts
- 10) Visual Schedules and Social stories

We find some strategies work better with specific students and then we have to switch them around and try something new. We have learned what works and what doesn't and when we have to make changes and we keep trying!

Interesting Research Contributed by Katie Hardgrove



A recent special supplement publication of *Principal* magazine by the National Association of Elementary School Principals highlighted the importance of the arts for children. The publication discusses research documents that show the integration of arts can have transformative effects on schools and students. One of the articles discusses how the arts are amazing tools for building children's understanding of self and others. Another article states that the arts are a tool to help build engaging, creative, effective school environments where everyone can thrive.



I can see this first hand here at our school! We are extremely lucky to have both a talented art and music therapist on staff. Mr. Jonathan Jenkins, “Mr. Jon” is the one responsible for all of the wonderful art work the students create and all the beautiful pictures that fill our hallways. Ms. Jennifer Goldhammer, “Ms. Jenny” is new to our school, but the students have already responded so positively to her. She brings a great understanding of the importance of music in our student's lives.

Students and staff LOVE Thursdays here at Rock Brook!

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

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# Involvement & Support at Rock Brook School



**Sunday, June 5, 2016** Rock Brook School will be hosting our annual fundraiser/party. This school event is great way to support our school as well have a fun time. The planning has begun and Mary Caterson is looking for a few more volunteers for the committee. Please contact her at : [maryc@rock-brook.org](mailto:maryc@rock-brook.org) if you would like to help.



## PNO

Our next Parent's Night Out for the 2015-2016 School Year is Saturday, December 5, 2015.



## Used Printer Ink Cartridges

Donate your used Printer Ink Cartridges. Class 7 recycles them for cash. The money is then used during the Winter Holidays to purchase food and gifts for local food banks and other groups with Holiday Wish Lists.



## 2015 Year End Annual Appeal

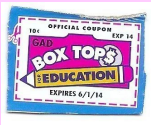
In the next few days you will be receiving a note regarding our Year End Annual Appeal. This year we have a technology appeal which we hope you'll participate in.

Rock Brook School is a nonprofit 501c3 organization and donations are tax deductible in accordance with the IRS guidelines.



Please contact Christy Tracey at Rock Brook with any questions.

[christy@rock-brook.org](mailto:christy@rock-brook.org)



## Box Tops for Education

**We still need a volunteer to count and send in the Box Tops on behalf of RBS. Can you help???**

RBS earns 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)



## *Meet Zach!!*

Does your RBS student ever mention Zach? He is a former RBS student, currently at the Midland School. He has been completing a work internship three days a week here at RBS. Zach has been helpful in the technology room, with Mr. Jerry during gym time, in the front office with form distribution and labeling, and with our students during lunch. We are proud of the great job he is doing. Zach's friendly professional demeanor is something we all look forward too.



## Guest Feature Article by RBS Student Larry



At the Halloween Dance everyone danced to great songs. On Friday, Rock Brook had the school dance.

We ate great snacks such as donuts, Oreos , dirt cups, cupcakes, bat pudding , and grapes.



# Speech Corner - Contributed by Taylor Miller (Levine) - Room 7

The holiday season is among us! During this time of year, family and friends congregate to give thanks, socialize, and eat... A TON! Last month, Miss Liz highlighted tips on how to positively expand your children's food repertoires. This month, I am taking a closer look into family mealtimes. There is often extra hustle and bustle around the kitchen and dinner table during the holiday season, which can cause even more stress and anxiety for picky/problem eaters. Here are some strategies you can implement to help foster positive and structured mealtimes in preparation for the festive feasts ahead!

- Try to have meals (snacks included) at a scheduled time. Many children respond and learn best with structure- they know what to expect.
- Give verbal warnings (e.g., "5 minutes until dinner") and/or visual warnings (e.g., countdown timers, "first, then" schedules) as mealtime approaches.
- Establish a routine or activity to transition into mealtimes, such as washing hands.
- Have your child sit appropriately at the table- 90 degrees at the hips, 90 degrees at knees, and 90 degrees at the ankles. Also, make sure there are good back and feet supports.
- If your child has a negative association with eating at the dinner table, it may be a good idea to rearrange seating. A change in visual environment can help avoid cues that trigger negative feeding experiences.
- Everyone at the table should have a portion of each food offered on his/her plate. If your child cannot tolerate non-preferred foods on his/her plate, you can create a "learning plate" (place these given foods on a separate plate on table). Learning plates help establish exposure and tolerance towards non-preferred foods without being too invasive. In addition, make sure there is at least one food that your children will eat.
- Eat! Children should be surrounded by positive eating role models. Your child should not be the focus of the meal- the yummy food is the focus! With that being said, praise should be given for any attempt to interact (sight, smell, touch -this includes indirectly touching, taste, eat) with food. There should be no force feeding.
- Transition out of mealtimes with a clean-up routine (e.g., have everyone empty their plates in the sink, trash, etc.).

Resource: Toomey & Associates, Inc.

# Technology - Contributed by Miss Maggie



Once again, Rock Brook School will be joining in on one of the largest learning events in history: The Hour of Code, during Computer Science Education Week (Dec. 7-13). More than 100 million students worldwide, including Rock Brook students, have already tried an Hour of Code.

Our Hour of Code is a statement that Rock Brook is ready to continue teaching these foundational 21st century skills. To continue bringing programming activities to your students, we will again be hosting the Hour of Code during technology classes. This year the students will be taking part in the Minecraft Hour of Code, learning how to use blocks of code to take Steve or Alex (Minecraft characters) through the Minecraft world.

To learn more about this exciting initiative, please see <http://hourofcode.com/us> for additional details.

Have a wonderful Thanksgiving Holiday,  
Miss Maggie

**The Hour of Code is coming.**  
Help introduce 100m students to computer science.  
What 90% of schools don't teach.

