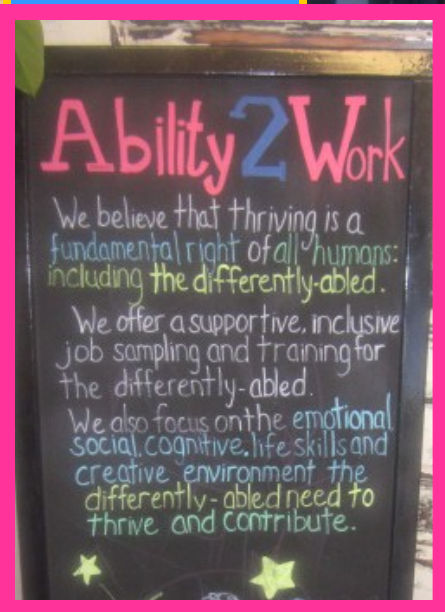


The RBS HS has been hard at work doing filing at the PARC Office, learning to bake at Baker's Treat and running the staff Coffee Cart at Rock Brook. *We are so proud of their dedication!!!*



*Individualized Programs ~ Personal Success*

**Important Upcoming Dates**

**October**

- Oct 29 Smart Lunches **End** at RBS
- Oct 30 Halloween - In-School 1:00 pm

**November**

- Nov 1 Daylight Savings Ends
- Nov 3 RBS Board Meeting 6:00 pm
- Nov 5 Sibling Visit Day 10-11 am
- Nov 6 Holiday Sale - In-School Event
- Nov 7 Parent's Night Out 5:30-9:30pm
- Nov 17-19 Parent Conferences
- Nov 17-19 Early Dismissal for Students 1:30 pm
- 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

**Interesting Research - Contributed by Mary Caterson**

**Go Climb a Tree (to Improve Cognitive Skills)**

Participating in dynamic activities may have a significant effect on your working memory according to researchers at the University of Northern Florida. The study tested the working memory of 18 adults ages 18 to 59 before and after participants completed a variety of activities over two hours, such as climbing trees; walking or crawling on a narrow beam, running barefoot while navigating obstacles, and carrying awkwardly weighted objects. All the activities required proprioception and at least one additional element, such as route planning or locomotion. Following completion of the exercises, participants' working memory increased by as much as 50 percent. A control group of a college class learning new information and a yoga class doing static poses did not show an effect on working memory. The results demonstrate the importance of adults and children taking breaks to do unpredictable activities that "require us to consciously adapt our movements," which allows us to reap the benefits in school, work and more. So keep moving and experience different environments and terrains.



**The Science of 'Hangry', or Why Some People Get Grumpy When They're Hungry - Contributed by Katie Hardgrove**



An article on IFL Science.com talks about the phenomenon known as 'hangry' (an amalgam of hungry and angry)- whereby some people get grumpy and short tempered when they need to eat. This can happen to adults and children. The article goes on to state that the answers lie in the processes that happen inside our bodies when it needs food. When food is consumed everything is digested into simple sugars (such as glucose), amino acids, and free fatty acids. When the glucose is first absorbed, blood glucose levels rise and are delivered from the bloodstream to organs and tissues. As time passes, the blood glucose levels start to drop and since the brain is critically dependent on glucose, the brain perceives it as a life-threatening situation! Lower glucose levels can make it harder to concentrate and do simple tasks. It also can make it more difficult to behave within socially acceptable ways such as not snapping at people.

The easiest way to handle 'hanger' is to eat something before you get too hungry. It is also best to avoid junk food because they can cause a large rise in blood-glucose levels that come crashing down fast. It is also suggested that nutrient-rich natural foods help satisfy hunger for longer periods of time.

The article concludes by saying an effective way of handling hanger is to deal with situations *after* food, not before! This is also why even for our students, we try to schedule academics around snack and lunchtimes.

**From the Director  
Mary Caterson**



We have been launching our new RBS blog. Check it out at [www.rock-brook.org/category/blog/](http://www.rock-brook.org/category/blog/). You can sign up to receive notifications when items are posted. There will be a variety of topics addressed and different contributors to the blog.

If you have a topic you would like some discussion about or would like to contribute to the blog, let us know by emailing me (maryc@rock-brook.org) or Christy (Christy@rock-brook.org).

Join the conversation!

*Mary*

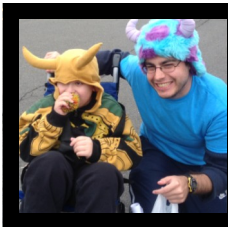


## Parent Involvement / Support at Rock Brook School.

### HALLOWEEN AT RBS

We will be having a parade and visiting trunk-or-treat cars at 1pm on Friday, 10/30.

This will be followed by a in school dance with treats.



**PLEASE SIGN UP VIA THE EMAIL YOU RECEIVED FROM SIGNUPGENIUS.**



#### 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.

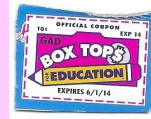


#### PNO

Our next Parent's Night Out for the 2015-2016 School Year is Saturday, November 7.

**Please contact Christy Tracey at Rock Brook with any questions.**

**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)



#### Target

If you have a Target charge card you can register it to have a 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 are no fees to set this up.

#### Staff Development Update

Our staff participated in workshops on Monday, October 12<sup>th</sup> which included the following topics:

- Fragile X (Educational Strategies)
- Executive Functioning (Supporting Students)
- Reading Disabilities (Intervention and Accommodations)
- Best Practices in Writing IEP reports

Staff also participated in breakout sessions which included state assessment training, technology, and use of self-monitoring practices for students. We also enjoyed a yummy lunch from the Pennington Market!



## Speech Corner - Contributed by Liz Varall - Room 4



Autumn can be the perfect time to try new fall flavors with your kids. Expanding your children's food repertoires is important to make sure they're eating a wide variety of healthy foods, but it may also make picky eaters nervous, making mealtimes stressful for kids and adults. Many parents want to help their kids try new foods, but it isn't always easy. Here are some suggestions for ways to make mealtime more fun and less stress!

- **Pair new foods with familiar favorites.** Broccoli is less intimidating with cheese on it, and pineapple may be easier to swallow when it's served with strawberries. As your child gains confidence, gradually include more of the new food and less of the old food until they're eating the novel foods all by themselves.
- **Make it a family affair.** The pressure to eat is on when kids have to eat all by themselves, especially in front of an audience. Watching Mom, Dad, and siblings try new foods first may make the experience less scary and more like family fun.
- **Experiment with textures.** Many children have aversions to mushy or crunchy foods. The same flavors may be delicious when prepared in a slightly different way.
- **Pay attention to size.** For slow eaters, big pieces and large helpings may be overwhelming. Tiny pieces are easier for kids to manipulate on their spoons and in their mouths, making eating less work. An entire bowl of mac 'n cheese may seem daunting, but when you eat 1/3 at a time, you can track your progress.
- **Timing is everything.** Be sure your kids are actually hungry when they're being asked to eat. Certain medications, activities, or illnesses may impact your kids' appetites. Take the pressure off by letting them control when they eat, and slowly work toward getting them on a more typical schedule.
- **Location, location, location!** Difficult mealtime experiences can cause a negative association to the places kids eat, causing anxiety the moment they sit down. Try eating snacks in a safe space, like their bedroom or the playroom, and let them move into the kitchen or dining room when they are ready.

## Technology - Contributed by Miss Maggie

### Welcome to the world of Blogs!

**Rock Brook has joined the Blogosphere! The students are now taking part in a shared blog with Miss Maggie in the Technology room.**

**The students in Class 6 and the High School are learning how to interact with and maintain their class blog, created through a program called "Kidblog". As explained on the Kidblog website:**

**"Kidblog provides teachers with the tools to help students publish writing safely online. Students exercise digital citizenship within a secure classroom blogging space. Teachers can monitor all activity within their blogging community."**

*This means that our students are becoming "bloggers". They are realizing that "blogging" can be fun and interesting. They are learning how to "blog" and use their "blog" as a means of communicating, expressing and simply having fun. The blogs are driven by the student's interests and current events. The students are learning that a blog is their own website that they can update on an ongoing basis. With teacher supervision, the blog grows and develops into what the students want it to be. It allows for various goals to be addressed for our students, specifically, written expression, receptive and expressive language development, and pragmatic language (social) skill acquisition, to name a few areas.*

*Many derivatives of the word blog have been created. Here are is a list of the most current terms regarding blogs:*

- **Blog (noun)** – a journal or diary that is on the Internet.
- **Blogger (noun)** – a person who keeps a blog – Bloggers are revolutionizing the way news is shared.
- **Blog (verb)** – to write a blog – I am going to blog before breakfast this morning.
- **Blogging (verb)** – the action of writing a blog – Blogging is my way of sharing my passions with the world.

Taken From: <http://blogbasics.com/what-is-a-blog/#ixzz3p731nYv1>