



January/February at Rock Brook School



**Class 3
Super Bowl Party**



2/9/2018 Valentine's Day Dance



**2/12/18
100th Day of School**



**A Snowy Day Interactive
Class 2 & Preschool**



parentReach Just as a reminder, we have the **parentReach Emergency Notification Alert System** that will notify you with a phone call when we have a delayed opening or are closed due to inclement weather. On the caller ID it will say Rock Brook. **You need to answer and say hello to hear the message.** We will also update the voice message on the school's main office line, update the Rock Brook website, and contact 101.5.

**Call the Hotline if You Missed a Call or Want to Replay the Latest Message:
parentReach Hotline - 1-770-406-5581 RBS Site Identifier: 6896**

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

www.rock-brook.org * Telephone: 908-431-9500 * Fax: 908-431-9503 * info@rock-brook.org

Rock Brook Family News - February 2018

Important Upcoming Dates

March 2018

11 Daylight Savings Begins

12 RBS Closed for
Students -
Staff Development

13 RBS Board Meeting

13 1st Parent Support
Meeting 6:30-7:30 pm

27 Plant Sale Pre-Orders
Due

30 **RBS Closed
Spring Break**

April 2018

2-6 **RBS Closed
Spring Break**
9 School Resumes
Regular Day

14 PNO - Last One

From the Director Mary Caterson

Handicapable

Advocacy is a big part of the special education community.... parents advocating for their child's educational program and students learning to advocate for themselves as they transition to adults. The activist disability community is busy on the local and federal level, because they have to be. One of our high school volunteers was talking about her experience at RBS last summer and how much she learned from "handicapable" kids. "Handicapable" was a slip of the tongue but as often is the case with slips of the tongue. So true!

Think about it!

Mary

By Mary Caterson, Rock Brook School Director

School Shootings - It is hard to believe that the term "school shooting" has become part of our vocabulary as educators. It is a reality that we do not want to confront, but we must. Over the years, the requirements for "school safety" have increased. Our little school has added safety locks, outside cameras, panic buttons for each room, safety drills and a Memo of Agreement with local law enforcement with protocols for all kinds of made for TV emergency situations. In addition to all the other expectations, teachers now are shields for their students when gunfire erupts. It has to stop and multiple interventions are required. Children need to be free from fear at school and our educational programs should not be maximum security institutions.

By Katie Hardgrove, Rock Brook School Principal

The recent CEC (Council for Exceptional Children) conference was wonderful! Not only was there warm weather (in Florida), but the information shared from the presenters was very informative.

General session presenters included Dr. Marcia Tate and Ron Suskind. Dr. Tate focuses on how the brain learns best with strategies such as movement, music, visual supports, and repetition. Feel free to check out her website at <http://developingmindsinc.com/>. Ron Suskind is the author of the book "Life, Animated - A Story of Sidekicks, Heroes, and Autism", which was also turned into a movie. He talked about his families' journey from diagnosis to now adulthood. I also had the opportunity to meet Johnny Collett (Assistant Secretary) and Kimberly Richey (Deputy Assistant Secretary) from the Department of Education's Office of Special Education and Rehabilitative Services (OSERS).


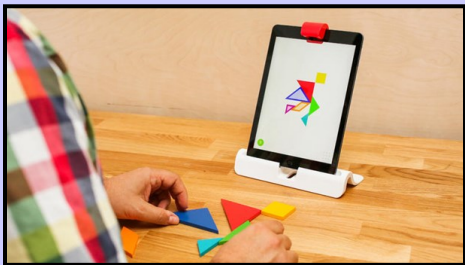
Other sessions included incorporating mindfulness in classrooms, classroom strategies to keep students engaged, having students run and more fully participate in their IEP meetings, teaching functional skills alongside academics in the classroom, and then one of the last sessions focused on how everything we do matters and how are lives are shaped by the actions we take. This was from "The Butterfly Effect", by Andy Andrews. Overall it was a great conference!

By Lisa Mantz, RN, CSN, Rock Brook School Nurse

Cold or Flu, that is the Question - When your loved one comes home sniffing and coughing the first thing that comes to our minds is, do they have the flu or is it just a cold? Here are some general guidelines from the CDC, Centers for Disease Control, to help you. These illnesses may present with some and not all of the symptoms. Take care of yourself by staying home when you are sick so as not to infect anyone else. Cover coughs, get rest, and keep hydrated. Seek medical help if symptoms become worse or if you are at risk for flu complications.

Cold	Flu
<ul style="list-style-type: none">Comes on slowly and lasts up to 10 daysFever, but it is rareChills are uncommonCoughHeadache, also rareFeel bad for just a few daysWeakness/fatigue, sometimesSneezingStuffy noseSore throat	<ul style="list-style-type: none">Comes on quicklyGenerally have a fever and or chillsCoughSore throat, sometimesStronger headacheFatigue and weakness can last up to 3 weeksMuscle/body achesRunny noseVomiting/diarrhea- more common in children

<div>Parent Communication / Involvement / Support at RBS</div>	<div>School Counselor Ms. G. Jessica Gosses, M.Ed., LPC</div>
<div>  <div>MARCH PARENT SUPPORT MEETING RBS – 6:30 – 7:30 PM</div> <div> The first meeting on Tuesday, March 13, 2018 from 6:30–7:30 pm. Thank you for the input that you provided in the parent survey that went out toward the end of last year. The purpose of the group in general is to gain support from other parents here at Rock Brook. There is no formal agenda or topic for this first meeting—the hope is to have everyone meet one another and get a sense of needs and wants for future sessions. Please email Jessica Gosses, School Counselor if you plan on attending as well as if you have any questions at counselor@rockbrook.org. Looking forward to seeing you! </div> </div>	<div>  <div> <div>Continued from January 2018's Rock Brook Family News</div> <p>If you are not aware that someone is feeling sad you cannot have empathy for him or her! Perspective taking is also key—talk to your children and point out examples how might that person feel? How can you tell? A simple way of doing this is talking about animals or babies who often display behaviors that are more overt. For example, you might say, “I bet that baby is sad that he dropped his bottle. I can tell because he is crying and he just dropped it. I wonder how we can help him feel better?”</p> <p>Some other ways to help your child develop empathy include acknowledging your child’s feelings—“ I can tell you are tired and focusing now must be hard. Do you want to take a break?” You can also involve your child when appropriate in things like volunteering or giving to others. Even making a donation at the check out counter in the grocery store is an opportunity to talk about helping others and how this makes you feel good! There are countless ways to help children hone this skill. The key is not taking for granted that children automatically recognize it and making them a part of your experience when it comes to showing empathy.</p> </div> </div>
<div>  <div>2018 Wacky Wednesdays</div>  <div> <div>March 7 Wacky Socks/Wacky Clothes</div> <div>March 14 Wacky Hair</div> <div>March 21 Wacky / Crazy Hat</div> <div>March 28 Pajama Day / Wacky Dr. Seuss Movie Day</div> </div>  </div>	
<div> <div>Grandparent’s Visiting Day Thursday April 19th</div> <div>Save the Date ~ Spread the Word ~ Call the Grandparents ~ Come to Rock Brook</div> <p>On Thursday, April 19 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 grand child in their classroom. It will be worth the visit.</p> </div>	<div>  <div> PNO ~ Our next & last Parent’s Night Out for 2017-2018 Saturday, April 14, 2018 </div> </div>

<div>Speech Corner by Katie Mathew, PS Room</div>
<div> <div>You’ve Got Mail! - February is a great month to encourage your child to communicate! Recently, students celebrated Valentine’s Day here at Rock Brook. Cards and letters were exchanged throughout the school. Such simple activities, such as card-making and letter-writing, enabled students to express themselves and share their ideas, thoughts, and feelings with others. Many students also delivered their cards and letters to peers in other classrooms. As they delivered their “mail” in person, they appeared excited and proud to not only give but also to receive. Sending and receiving “mail” can provide your children with a tangible experience of social communication. They can gain confidence in their voice while forming and establishing relationships with those around them. These fun correspondences can continue throughout the year! How can you facilitate this communication at home?</div> <div> <ul style="list-style-type: none"> Explore your children’s creativity: What materials excite them? Draw a picture. Paint. Create a collage. Color. Mold something out of clay. Write a short note. Practice writing his or her name. Draw or write in a blank card. Record an audio message. Capture a dance video. The possibilities are endless! Think of your children’s community: Who would they like to give their cards/letters to? Family, parents, siblings, cousins, grandparents, other relatives, peers, teachers, therapists, babysitters/nannies, a senior living center, or a hospital. Allow your children to express themselves: What do they like to talk about or direct your attention to? Think of their “favorites” (e.g., favorite food, favorite hobby, favorite book, favorite TV show). Share about holidays, birthdays, vacation, or other special events. Celebrate a special occasion or event: Send a card, artwork, or package for someone’s birthday, to say thank you, or to celebrate a holiday. Use technology: Search and print pictures from Google Images or Clip Art. Email. Typing on a Microsoft Word document. Video chat (e.g., FaceTime, Skype). Voice messages. Whatever captures your child’s attention and interest! </div>  </div>
<div>Technology by Maggie Forsyth-Deeds, M.A., CCC-SLP/TOH</div>
<div> <div>Lots to look forward to in Tech-Literacy Class!</div> <p>We are very appreciative of a generous donor who has provided us the funds so we could purchase various new Osmo gaming systems. Osmo is an award-winning game system that changes the way our students can access and interact with the iPad through hands-on play.</p> <p>After the success, here at Rock Brook, with the first three Osmo games, Tangram, Numbers and Words, we are very excited to be able to purchase to latest games that Osmo has expanded its family to include:</p> <div> <ul style="list-style-type: none"> Masterpiece Coding Awbie Monster Pizza Co Hot Wheels MindRacers Coding Jam Newton </div>  <p>The students are already starting to explore the new games during Tech-Literacy classes. If you would like to learn more about the Osmo products, you can visit: www.playosmo.com</p> </div>
<div>HS Student Larry’s News</div>
<div> <div>On February 9th it was the valentines day dances each class pick a song and made a lot of snacks.</div> <div>On February 12th it was the 100th day of school. We did 100 letters,100 trail mix,100 drops of waters, we made 100 days crowns and more it was fun day.</div> </div>