

10/1-10/5/18  
Week of Respect



RBS HS Student Ben is a student intern at The Montgomery News. His 1st sidewalk survey was in the October Edition!

We are very proud of him!

**SIDEWALK SURVEY**

Interviews and photographs by Ben Brosowsky  
Student Intern for The Montgomery News

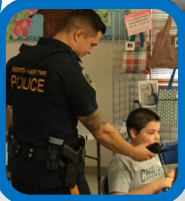
**"What kind of pets do you have"**

"I have a dog named Casper, a cat named Tigger, and a bunny named Benjamin."  
Ashley Scrivanich in Skillman

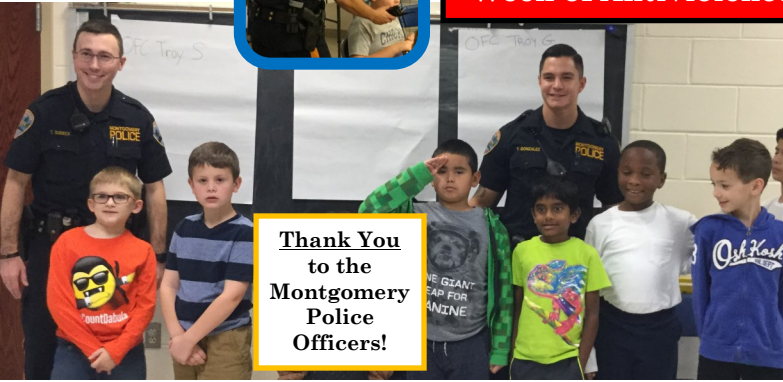
"I have a dog named Annie. She is 7 years old. She likes to bark at the neighbor's dog."  
Joe Campos in Skillman

"I have a cat named Izzy"  
Deb Stewart in Skillman

"I have a dog named Rocky"  
Beena Simon in Skillman



10/15-10/19/18  
Week of Antiviolence



Thank You  
to the  
Montgomery  
Police  
Officers!



Important Upcoming Dates

October 2018

- 25 HS Necklace Sale
- 26 Halloween at RBS
- 26 Holiday Sale Form Due
- 31 Halloween

November 2018

- 2 Mixed Bag Sale Ends
- 4 Daylight Savings Ends
- 8 In-School Holiday Sale
- 9 Sibling Day
- 12-16 Book Fair
- 13 RBS Board Meeting 6 pm
- 15 Student Early Dismissal 1pm  
Parent Conferences  
Day & Evening Appts.
- 16 Student Early Dismissal 1pm  
Parent Conferences  
Day Appts. Only
- 21 Early Dismissal for ALL 1 pm
- 22-23 RBS CLOSED for ALL  
Thanksgiving Break

From the Director  
Mary Caterson

Dear Friends,

It's a very busy time at RBS. Christy does a great job at keeping all of us informed and on track for the happenings this time of year. We look forward to special events like the RBS Trunk or Treat and Halloween Dance to Sibling Day and Parent Conferences in November. The other activity at RBS is the "Say Boo to the Flu" campaign that we are doing with staff. We are encouraging everyone to get flu shots as we enter this flu season. How about you? Say "Boo to the Flu!"

*Mary*



By Mary Caterson, RBS Director

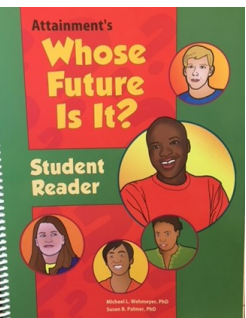


We work a lot on teaching social/emotional skills to our students. They learn to recognize and express their feelings and develop an awareness and understanding of the feelings of others. Children verbally as well as nonverbally can express feelings and empathy for their classmates.

Empathy is at the core of everything that makes a school caring, a teacher responsive, and a society civilized. For our students we work on self-regulation to keep emotions in check and manage them appropriately. They learn to identify their emotions and practice kindness to others in the course of their classroom routines, lessons and play outside. In this way, we achieve more engagement in all activities, better communication skills and happier students.

By Katie Hardgrove, RBS Principal

"Whose Future Is It?"





What a great question? As professionals and parents, we are often so focused on the day-to-day and making sure we are addressing all the immediate goals WE have for the students/children. **But, when is it time for them to start self-advocating, having self-awareness, and planning for their future?**

To help students with these areas, we have started utilizing this new curriculum in the High School class. The program consists of topics such as Getting to Know You, Decisions & Goals, and Planning and Participating in IEP meetings. During the first introductory class, the teacher asked students if they knew what an IEP was. One of the students answered it means "I Eat Pizza"!! Oh boy, that made us realize we have a lot of work ahead of us!!

To date, the students have learned what the letters IEP really mean, they have reviewed attendance sheets from their last meetings to see who attends them, they were introduced to what IDEA was, and have started talking about their personal preference and interests to help with potential jobs.

I am very excited to see the students participating in lessons and activities to teach them decision making, problem solving, negotiation, and goal setting!



		Parent Communication / Support & HS Student Features	School Counselor Ms. G. Jessica Gosses, M.Ed., LPC		
		<b>Parent’s Night Out / PNO / 5:30 - 9:30 pm</b>  PNO is scheduled for the following 3 dates: <b>December 8th, February 9th, April 13th</b> Plan ahead - they are always a lot of fun!! <a href="#">Online link to form to RSVP</a>	<b>During the month of October, we focus on respect, bullying and non-violence.</b> These can be difficult topics to discuss with children but are so important. We read stories, watch videos, and discuss these topics in groups and individual sessions. Officer Tom comes to talk about bullying and being safe during this time.  To help you have conversations with your child about these topics, below are some basic points to help. Also, there are countless books, videos, and other ways to help kids understand. As always, feel free to contact me for resources or assistance!  <b>Respect-</b> Respect is being kind to others, our bodies and the environment. Being kind to others involves respecting personal space, listening, not trying to hurt others out of anger, using good manners, and many more. Being kind to our bodies involves showering, brushing our teeth, exercising, and eating healthy. Respecting the environment means throwing out trash and recycling.  <b>Bullying-</b> Bullying is NOT ok EVER and involves deliberately hurting someone with mean words or trying to physically hurt someone. Often in school, we talk about these actions as poor/bad choices when interacting with others as opposed to good choices. Telling a trusted adult is always a good choice when dealing with potential bullying behaviors. Students are reminded that they can tell any adult at school or at home, and that this is a GOOD thing and nothing to be ashamed of.  <b>Non-violence-</b> Students are encouraged to find safe and peaceful ways to resolve issues, such as telling a teacher and getting assistance or talking it out with a friend. Coping skills are also reviewed since when we are calm we make better choices and can see the situation more clearly. Practicing these is always helpful!		
		<b>Mixed Bag Fundraiser - 10/15 -11/2/18</b> <b>Mixed bag designs</b> orders are due 11/2. <b>Checks get made out to: Rock Brook School</b> so you can take multiple payments. Happy Shopping!			
		<b>HOLIDAY SALE 11/8/2018 (In school)</b> <b>This event has been going on for over 10 years!</b> A local GS Troop visits RBS with pre-purchased gifts. Our students “Buy” gifts for their family and friends based on the pre-order sheet that you have completed. It is so much fun watching the students carefully select from the tables full of gifts. Girl Scouts wrap and tag the gifts to allow for Holiday Surprises!! <b>Make sure you complete the Pre-Order Form &amp; return it with cash - \$1 per gift by October 26th.</b>			
		<b>SIBLING DAY - 11/9/2018</b> RBS siblings (ages 5 and up) are invited to join us at RBS for a discussion & activity with school counselor Jessica Gosses. Afterwards they can spend time in their siblings classroom. RSVP/Sign Up Form coming home soon.			
		<b>NEW FEATURE - HS Student Evan will be conducting staff interviews and then preparing a piece for our monthly newsletter. Here is his 1st interview.</b>  <b>Staff Interview of the Month , By Evan</b>  I spoke to Mr. Joe:  1. What class are you in? “Class 7” 2. What is your job at Rock Brook School? “I am a TA in class 7.” 3. How long have you worked at Rock Brook School? “I have worked here for five years.” 4. What do you love about Rock Brook? “I love working with all my friends.” 5. What do you like to do at home? “I like to play games with my brother.” 6. What is your favorite food? “Indian food”			
		<b>HS Student Larry’s News</b>  On Thursday, October 25 <sup>th</sup> the High School is having a Halloween necklace sale. The High School has been working very hard on making those necklaces. There will be a variety of designs to choose from. The money we are making from the sale will be used to make blankets for SAVE Animal Shelter. We hope you can help support us at the sale.			

**By Mariya Rakhmanchik, Speech Language Specialist, Class 2**  
**THE CHILD'S AAC SYSTEM TRAVELS BETWEEN SCHOOL AND HOME, WHAT WE CAN DO...**

- 1. Get familiar with the child's mode of communication.** Practice creating phrases using the child's AAC system. Try to hold a conversation with a partner but keep the AAC system near the child.
- 2. Model language using Aided Language Stimulation (ALgS).** Children need to see what it looks like to communicate using their AAC systems in real conversations. Talk to the child and other people around the child using the AAC system, as many times as possible, in natural, real situations, to say real things daily. Model language that expands on the child's current language abilities with his/her AAC system by selecting just the key words(s). If the child is not using the AAC system, model single words. If s/he is producing single words on the AAC system, model two-word phrases and so on.
- 3. Have the AAC system available and functioning at all times.**
- 4. Encourage exploration of and attempts to use the AAC system.** Embrace the mistakes and the changes to your plan. Follow their lead, adapt your thinking in the moment, be open to new ways of doing things, make changes along the way, and respond meaningfully using the AAC system. We need to help children understand that the words they are creating using the AAC system have real meaning. In order for them to understand the power of communication, all communicative attempts must be honored. If a button is pushed accidentally, respond as though it is meaningful. There is always something more than what they are able to say! It is our job to give ample wait time, connect the dots, presume competence, and not dismiss "irrelevant" chatter! Think outside the box. Do not rush to correct or re-direct to the obvious answer. They may have excellent and emerging AAC skills but may not yet know how to repair the communication breakdown so go along with it.
- 5. Create routines.** Repetition and practice help children build language. Routines create opportunities to practice the same language regularly. Think about what happens during your day. Pick times where the same thing happens and similar things are said (e.g., getting dressed, mealtimes, bath time, story time, bedtime). Talk about what you are doing during those times.
- 6. Think about language functions and demonstrate their use as part of natural activities.** We communicate for a wide variety of reasons from requesting to more complex interactions. Start with using the AAC system to request or control the environment and then move onto words that allow the child to comment or express their opinion. Communication should not feel like work. Do things they enjoy. Go with the obsessions! Find something they are motivated to communicate for and know how to find or use with the AAC system. If it is new, show item while modeling the corresponding word on AAC system, then pause to see if s/he will use the AAC system to communicate. Give choices, create situations, sabotage environment, and build in opportunities to model use of the AAC system in natural and fun ways. *Resource: Modified from PrAACtical AAC with content by Carrie Clark, CCC-SLP- 2014*

**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.

Cold	Flu
Comes on slowly and lasts up to 10 days Fever, but it is rare Chills are uncommon Cough Headache, also rare Feel bad for just a few days Weakness/fatigue, sometimes Sneezing Stuffy nose Sore throat	Comes on quickly Generally have a fever and or chills Cough Sore throat, sometimes Stronger headache Fatigue and weakness can last up to 3 weeks Muscle/body aches Runny nose Vomiting/diarrhea- more common in children

**Steps to help ward off the flu:**

- Vaccination is encouraged for people older than 6 months; you cannot get the flu from a vaccination.
- Avoid being around sick people and stay home if you are sick.
- Cover nose and mouth with a tissue when you sneeze or cough and throw the tissue away.
- Wash hands with soap and water frequently.
- Clean and disinfect objects and hard surfaces that are frequently touched and used.
- Keep hydrated and get rest.
- Avoid touching mouth eyes and nose as germs easily spread this way.