

RBS Friends from ESY



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Rock Brook Family News - September 2018

Important Upcoming Dates

September 2018

- 25 RBS Board Meeting 6:00 pm
- 27 Back-to-School Night
6:30 - 8:00 pm
- 28 Pizza Lunch Begins

October 2018

- 1-5 Week of Respect
- 12 RBS Closed for Students
Staff Development
- 13 Parent's Night Out
5:30 - 9:30 pm
- 15 Mixed Bag Sale Starts
- 15-19 School Violence &
Vandalism Awareness Week
- 26 Halloween at RBS
- 31 Halloween



From the Director Mary Caterson

Hello Everyone,

We are regrouping after our summer session and putting programs in place for the school year. Even after two weeks off, the students looked taller (and more rested) when we welcomed them back on the first day of school.

Just to update, the Board of Trustee Committee is actively engaged in the process of hiring a new Director. No final decisions or timelines have been determined as yet, and we will keep you all informed.

Happy Autumn!

Mary

By Katie Hardgrove, RBS Principal

Welcome Back to School!

The month has been going by fast and it is hard to believe it will already be October next week. We have many exciting plans for the year ahead! We are continuing the afterschool Robotics program, working with SAVE (local animal shelter), and new this Fall is the Dance to Learn program, which is being run by the Roxey Ballet Company. Our music teacher, Maddy Zacharkow is also busy planning a special event in March. This will be a collaboration with some other schools for "Music in our Schools" month.

We welcomed some new staff and students to the school this Summer and Fall. Those include: Stephanie King, Classroom Teacher; Caitlin Celendano, Sarah Weiss, Colleen Rademaker, Speech-language Specialists; Alison Cullen, Occupational Therapist & Mia Reback, Paraprofessional. (See their pictures on page 3.)

We look forward to seeing all the families this Thursday at Back to School Night from 6:30 to 8 pm. The agenda for the evening begins with a general meeting where there will be light refreshments and an opportunity to sign up for November parent conferences. Then you will be going to your child's classroom for an overview of the class schedule and an opportunity to meet the teaching team. The program for the evening is designed to learn more about the school, your child's class, and visit with other families/parents. As a reminder, there will be no individual conferences accommodated during the evening.



Arrival and Dismissal Procedures: if your child is not taking the bus and you will be dropping off or picking up, please follow the procedures listed. Also, if you are picking up your child early from school, **it is your responsibility to notify your child's bus company.** *For efficiency, we ask that parents wait in their vehicles and staff will walk your child to your car.* If you need to speak with staff members directly, then you will need to park in a visitor's spot and sign into the school.

- **Morning drop-off-** The school day starts at 8:40, we cannot accept students earlier than that time. There is a designated parent drop-off and pick up section in the front of the school between the dumpster and the second walkway. Please pull up in line behind the other cars. **If there is not a space, please pull back around the circle and get in line behind the buses and vans.** We cannot have cars double-parked as we need to keep the traffic flow moving.
- **Afternoon pick-up-** The school day ends at 3:00 pm. We will begin dismissing students for parent pick-up at *approximately 2:50 pm*. The same procedures apply for pick-up as dismissal (**please wait in your vehicle, do not double park**). We also do not have an aftercare program so all students need to be picked up no later than 3:00 pm.
- We ask that parents that arrive first, line up in the parent pickup area and remain in your car until we bring your child to you. ***If you do not get a space in the parent pickup line, please pull around and line up behind the buses and vans.***

Parent Communication /
Involvement / Support at RBS

Rock Brook's Back to School Night
Thursday, September 27th
6:30 - 8:00 pm.


This program is designed for parents to hear from the school director, principal, meet their child's teaching team, learn about what is planned for the Fall and visit with other Rock Brook Parents.

Parent's Night Out / PNO / 5:30 - 9:30 pm
PNO is scheduled for the following 4 dates:
October 13th , December 8th
February 9th, April 13th
Plan ahead - they are always a lot of fun!!
[Online link to form to RSVP](#)

mixedbag Fundraiser - 10/15 -11/2/18
mixedbag designs is a great fundraiser RBS started a few years ago. The company offers bags and kitchen items. Start thinking "Holiday Gifts". Orders are due 11/2. Checks get made out to: Rock Brook School so you can take multiple payments from friends & family members. See samples at Back to School Night!!


SCHOOL SUPPLIES - Thank you to all of the RBS Families that have already donated many of the requested school supplies. Listed are the items that we still could use a few more of. Colored Markers; Velcro Dots, strips or tape; Hand Sanitizer; Glue Sticks; Scotch Tape; Baby Wipes; & Construction Paper.

HS Student Larry's News
Welcome back to the 2018-2019 school year! Hopefully everyone had a nice summer break. Everyone is back and there are some new students too. Let's hope we have fun this year.

Fun free Sunday activity for your RBS student.
<https://www.chuckecheese.com/events/sensory-sensitive-sundays>

Please feel free to share activities that you have enjoyed with your child!!

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




October would be a great time to talk about respect with your child. In school, we will be talking about how people are different in many ways both physically and other ways, such as what we like to do or eat etc. We will talk about respecting our planet, each other, and our bodies. For younger children, concepts like respect can be very difficult and abstract to explain, so try talking about kindness instead. You can also address how we need to be kind to everyone whether they are the same as us or different.

Safety also will be the focus as schools across the nation focus on non-violence. We will talk about using our words to resolve conflict and how to ask for help with this if needed. This is a fun topic to role-play with kids so have some fun with it! Officer Tom will also be visiting to talk about safety and bullying in schools.


There are countless resources on these topics such as videos and books- feel free to reach out to me as always if you would like some suggestions.

Lastly, as a reminder, the Parent Support Group will hopefully be starting soon! In the near future, you will see an email regarding it- please respond with your comments/suggestions so that we can get it up and running! YOU are an important piece of the puzzle and Rock Brook wants to help support you as you support one another. Happy Fall!




Newest RBS Safety Patrol Member!
Congratulations!!!


New 2018-2019 RBS Staff




Stephanie King
Teacher




Caitlin
Celendano
SLS




Sarah Weiss
SLS



Colleen
Rademaker
SLS



Alison Cullen
OT



Mia Reback
Paraprofessional

By Lisa Mantz, RN CSN, Rock Brook School Nurse

September is National Childhood Obesity Awareness Month

The causes of excess weight gain in our youth are comparable to those in adults, including elements such as one's behavior and genetics.

A person's community also influences our country's increase in obesity. Where people live can limit their ability to make healthy selections.

Behaviors that influence increased weight gain include consuming high-calorie, low-nutrient dense foods and beverages, minimal to no physical activity, sedentary activities, use of some medications, and sleep routines.

Some Quick Facts:

Obese youth are more likely to have risk factors for cardiovascular disease, such as high cholesterol or high blood pressure. In a population-based sample of 5- to 17-year-olds, 70% of obese youth had at least one risk factor for cardiovascular disease.⁷

Obese adolescents are more likely to have pre diabetes, a condition in which blood glucose levels indicate a high risk for development of diabetes.

Children and adolescents who are obese are at greater risk for bone and joint problems, sleep apnea, and social and psychological problems such as stigmatization and poor self-esteem.

A healthy diet follows the 2015-2020 [Dietary Guidelines for Americans](#) , <https://health.gov/dietaryguidelines/2015/guidelines/> , that emphasizes eating a variety of vegetables and fruits, whole grains, a variety of lean protein foods, and low-fat and fat-free dairy products. It also limits eating foods and beverages with added sugars, solid fats, or sodium. The [Physical Activity Guidelines for Americans](#) , <https://health.gov/paguidelines/guidelines/> , recommends children aged 6 years or older do at least 60 minutes of physical activity every day. Learn more about [Healthy Weight—Finding a Balance](#), <https://www.cdc.gov/healthyweight/calories/index.html> For more info go to: <http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/downloads/go-slow-whoa.pdf>

Let's have a healthy, safe, and fun school year!!

Lisa Mantz RN NJ-CSN

