

RBS February Friends

**Valentine's Day Celebration, 100th Day of School,
High School Class making lunches for the Food Bank
& Safety Patrol with the prepared lunches.**



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 2019

Important Upcoming Dates

March 2019

- 6 WW-Crazy Sock Day
- 8 Parent Support 2 pm
- 10 Daylight Savings Begins
- 11 RBS Closed for Students Staff Development
- 12 RBS Board Meeting 6 pm
- 12 Preparing for Transition Arc Presentation at RBS 7-8 pm
- 13 WW-Crazy Hair Day
- 20 WW-Music Themed Day
- 22 Parent Support 2pm
- 27 WW-Tie Dye Day

From the Director Mary Caterson

Dear All,

It is the end of February and we have used the two snow days we added to our calendar. The parentReach system has worked for most people. We also put the message on the school Website, Facebook, 101.5 listing and the school phone.

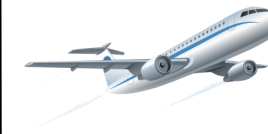
If we have to close school for another weather day, school will be open on Friday, April 19 and it will be an early dismissal.

Let's see what happens...

Clocks move an hour forward on March 10...spring is coming!

Mary

By Mary Caterson, RBS Director



Some of our families share that it is challenging and/or impossible to fly with their children. Some autism organizations have sponsored events that allow access to airport facilities, gates and even the airplanes themselves to help acclimate children to (as much as they can) with what is involved in the experience of taking an airplane.

That drive to Florida is long (and not easy by car either), and taking a quick plane ride would be preferable for all. Please let RBS know if we can help a student be more ready for a plane trip by creating a social story or utilizing other desensitization strategies. There is a new law authorizing five year funding for the Federal Aviation Administration to develop an "Airline Passengers With Disabilities Bill of Rights." The Bill recommends the development of an advisory committee to recommend consumer protection improvements including increased civil penalties for bodily harm to passengers with disabilities or damage to wheelchairs and mobility aids. Airports must comply with the Americans with Disabilities Act and the Air Carrier Access Act.

Air travel can be difficult for many people who do not like the sensation of flying and are fearful. People with disabilities have additional stresses – from sensory overload to the lack of wheelchair accessible restrooms on board. I hope that this legislation is an effective step towards helping air travel to be more accommodating and inclusive.

REVISED DATE

Grandparent's Visiting Day Friday, April 5th

On **Friday, April 5th** 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 grandchild in their classroom. It will be worth it.

SAVE DATE

ROCK BROOK SCHOOL

June
2
2019

*You say Goodbye
..... &
I say Hello*

4:00 PM - 8:00 PM

Cherry Valley Country Club
125 Country Club Drive
Skillman, NJ 08558

**5th ANNUAL
FUNDRAISING
CELEBRATION**

Please join retiring RBS Director Mary Caterson and incoming RBS Director W. Glenn Famous for an evening of wine tasting, music, tastes from around the world, auction and most importantly a **CELEBRATION!**



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

Rock Brook School participated in the Great Kindness Challenge this February. This fun week involved students taking part in activities that demonstrate kindness both at home and in school! We had fun theme days like wear something that makes you feel cozy and warm like kindness does and wear a bow like a gift since kindness is a gift! We certainly had fun, but most importantly as a school, we remembered how a little kindness could go a long way! In social skills classes we watched and discussed movies on kindness, and also took part in an activity that helped us remember that it's what's on the inside that counts. If you have a child in class 6 or high school, ask them about this activity that involved choosing which gift they would want based on the way it looked. It was a fun, eye opening experience.

Across the world, the Great Kindness Challenge involved over **13 million students, 24 thousand schools, 650 million acts of kindness, and over 110 countries!** That is a LOT of kindness! Thank you to staff, students, and parents for helping support this challenge and spreading kindness across the globe.

Wacky Wednesdays

March 6	Crazy Sock
March 13	Crazy Hair
March 20	Music Themed
March 27	Tie Dye
April 3	Sports Day
April 10	Neon/Glow in the Dark
April 17	PJ & Movie

HS Student Larry's News

The High School hosted a body scrub and dog scrub sale. They made 3 kinds of scrubs and sold a lot of them. We made over \$200.00! Part of the money was used to buy the supplies for the scrubs. The profits will be used to buy items to help the animals at S.A.V.E Animal Shelter in Princeton. Thanks for helping us raise money for S.A.V. E .



Parent's Night Out / PNO / 5:30 - 9:30 pm

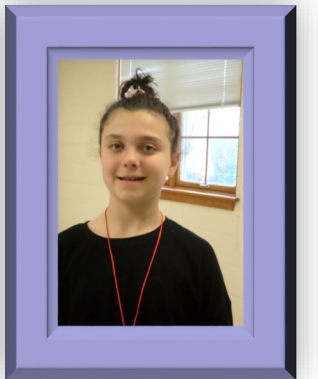
The next PNO is scheduled for : April 13, 2019
[Sign Up Form](#)



100 Cups for 100 Days of School

Student of the Month – Carly Kaplan

For February, I want to recognize my student, Carly as student of the month! It is a joy to have Carly for Speech. She is a delightful presence in Class 5 this year. Carly has shown a lot of growth this year. She is becoming a confident, polite young lady who is appreciated by both students and staff.



Carly is a good friend. She is enjoying new friends in Class 5 this year and adapts well to working with others during lessons. She is learning to connect socially with her new friends. Carly looks out for the other students in the class and alerts teachers if someone needs help.

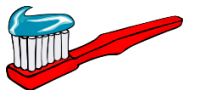
Carly is a good role model for the other students. Her calm, gentle presence makes her a nice friend.

Carly shows excellent motivation to participate in learning as she shows interest in all of her lessons.

Carly is sweet and funny. Her upbeat presence in Class 5 is a pleasure to all. Congratulations, Carly! You are doing a great job!

By Lisa Mantz, RN CSN, Rock Brook School Nurse

February is National Dental Health Month!



Lifelong habits start at home. Make dental health part of your daily routine.



Brush your teeth twice a day, morning and night, with fluoride toothpaste. Drinking water after eating also helps to clear your teeth of food particles.



Floss every day. An adult can help if needed.



Limit the number of times you eat snacks, especially the long lasting and sticky ones.



Schedule a routine checkup and a cleaning with your dentist.



Change your toothbrush regularly, and after a sickness.

Sweet food facts:

Eating many snacks with sugar may cause cavities. Every time you eat sugar, plaque in your mouth mixes with the sugar to make acid. The acid hurts the teeth and causes decay over time. This can be painful! Include a variety of fruits and vegetables to snack on. Not only are they nutritious, but they taste good too.

