

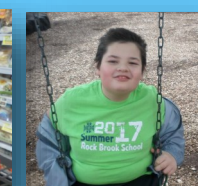
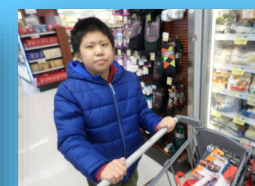
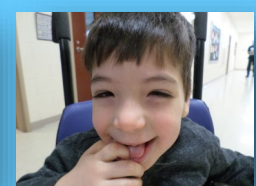


April at Rock Brook School

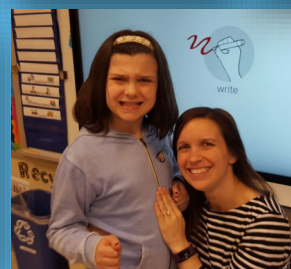
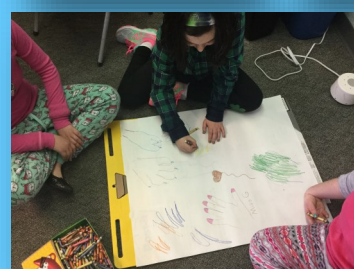
WELCOME



Grandparent Visiting Day - April 19, 2018



RBS Friends



Rock Brook Family News - April 2018

Important Upcoming Dates

May 2018

9 **REVISED - RBS OPEN
EARLY DISMISSAL –
1:00 PM for STUDENTS -
Staff Development**

10-11 Plant Sale and
Pre-Order pick up.

11 Mother's Day Tea 1-2 pm

15 RBS Board Meeting 6pm

18 Family Night 6-8 pm

28 **RBS Closed for ALL
Memorial Day**

June 2018

1 Field Day - In-school

3 Fundraiser 2:30-5:30 pm

7 HS Bake Sale

15 Father's Day Breakfast
9:30 - 10:30 am

20 Tentative Last Day of
School for Students

By Mary Caterson, Rock Brook School Director

Girls with Autism: Overlooked and Blending In

The April 2018 ASHA Leader magazine discusses this issue in detail. The male to female ratio with Autistic Spectrum Disorder (ASD) is 4:1. Girls are being under diagnosed as they may present a little differently than boys and therefore do not get the intervention they need. Girls may have less restrictive interests and repetitive behaviors, higher social motivation and capacity for friendships and more internalization of emotions causing anxiety, depression, or eating disorders rather than hyperactivity and noncompliance seen in boys. Some diagnostic tools have gender bias in them as well.

People are beginning to see this difference and are understanding the toll it takes on girls who do not get the help they need at younger ages. Some girls with ASD seem to be able to "socially camouflage" their behavior because they want to fit in. This can be physically, mentally and emotionally draining and many need time to recover after a day at school or in other social situations. Long term effects are emotional disorders, and other issues such as bullying/sexual assault may occur as they want to fit in but don't understand social cues. Teenage girls who had a history of language delay, focused interests and excessive shyness maybe have ASD and benefit from focused social skills training programs.

By Katie Hardgrove, Rock Brook School Principal

In recognition of staff appreciation week on 5/7 to 5/11, we will be asking for your help in making it a special week by donating some items. We will be sending out information next week for signing up via Sign-Up Genius. Last year we had donations of snacks, flowers, and notes. More details to come. Thank you for your anticipated support in helping recognize all the efforts of our staff!!

From the Director Mary Caterson

Spring at RBS...
When weeding the raised garden beds on the side of the playground, Class 3 found a surprise. It was a nest full of baby bunnies hidden under a pile of grass and sticks tucked safely in a corner. The kids and staff were thrilled and are keeping an eye on them. The latest report is that the mother has been back and piled more grassy stuff on top of the nest to protect her babies. It's better than any app or game on an iPad...unless we get a bunny cam going!

Mary



**The 4th Annual Rock Brook School
Fundraising Celebration
An Afternoon of Wine & Chocolate**



It is going to be a fun filled party!!

On **June 3, 2018** Rock Brook School will host its 4th annual celebration, An Afternoon of Wine & Chocolate. This event will take place at Terhune Orchards, in Princeton, NJ from 2:30 pm – 5:30 pm. Event guests will enjoy the pairing of wine and chocolate while learning about the history of Terhune Orchards, their wine & Carol's Creative Chocolatez. The event will also include music, light snacks and an auction.

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

Parent Communication / Involvement / Support at RBS	School Counselor Ms. G. Jessica Gosses, M.Ed., LPC
<div><u>Mother's Day Plant Sale & Tea</u> <u>Plant Sale</u> - Thank you for your pre-orders!! <u>We hundreds of plants</u> being delivered on <u>Tuesday May 8th</u>. Parents, if you can volunteer to help us sort please let Christy Tracey know. Pre-orders will be available to be picked up on May 10th & 11th. Also Staff, Students, Bus Drivers and Friends will be able to purchase flowers and hanging baskets for their loved ones on May 10th & 11th as well.</div> <div><u>Mother's Day Tea - This in-school event will take place on Friday, May 11th between 1:00 - 2:00 pm. Details will be sent home soon.</u></div> <div><p>Please Join Us FRIDAY, MAY 18, 2018</p><p><u>Rock Brook School's 4th Annual Family Night/Community Open House 6:00 - 8:00 pm</u> <u>6:00 - 6:30 pm Classroom Visits for RBS Families</u> <u>6:30 - 8:00 pm Fun Activities</u></p><p>Including: Arts & Crafts, Face Painting, Cupcake War & Mary Queen of Pork Food Truck (additional cost for food truck)</p><div></div></div> <div><p><u>2018 ESY</u> July 2, 2018 - August 13, 2018</p><p>ESY T-Shirts - Attending students, staff and volunteers will receive 1 complimentary 2018 RBS Summer T-shirt to wear on trip days. If you want more than one T-shirt for your child (or yourself) they will be available to purchase. Details with sizes & cost will be sent home sometime in May. Also, if your child has outgrown their shirt (s) from previous years we will gladly take them back. We use them as "back-up" on trip days. Please send them into Christy Tracey.</p></div> <div><div></div><p><u>RBS will be having a 50/50!!</u> We will begin selling tickets in May with the drawing on June 3 at our Fundraiser. Details coming soon.</p></div>	<p>On April 19, grandparents visited Rock Brook for our annual Grandparents' Day. I had the honor of spending an hour with them prior to their visits with their grandchildren in the classroom. What a fun, inquisitive and genuinely nice group of people!</p> <p>The goal of our time together was to help them understand the services and supports we offer here at Rock Brook. Through a slideshow presentation, videos, and hands on activities, the group learned about every type of individual that is a part of the Rock Brook Team. This includes teachers, assistants, speech therapists, occupational therapists, physical therapist, school counselor, nurse and more! It is my hope that everyone left knowing a little more about Rock Brook than when they arrived.</p> <p>The group was very open to trying new things, playing with Thera putty and taking part in a Kahoot which is an online game-show like activity. It was a really fun, engaging time. Some grandparents even left with prizes! Feel free to ask your family members what they learned and did that day. I am sure they would love to share with you.</p> <p>Our kids at Rock Brook are a lucky bunch to have such supportive grandparents. Looking forward to next year!</p>
	<p>HS Student Larry's News</p> <p>On March 28th it was Pajama Day. Many kids and staff wore their pajamas, some did not. After lunch some classes watched a movie and ate popcorn. It was good and relaxing day.</p>

Speech Corner by Miss Lindsey, Class 3
<p>Putting the Pieces Together</p> <p>Communication is essential for all individuals to make their needs, wants and ideas known, amongst so many other things. When it comes to mental health issues, communication skills can be even further delayed or wrought with great difficulties.</p> <p><i>Mental health disorders are the most common health issues faced by our nation's school-aged children. One in five children suffers from a mental health or learning disorder, and 80% of chronic mental disorders begin in childhood. There is an urgent need to identify the signs of these conditions early in life if children are to get the care and support they need to thrive.</i></p> <p>Child Mind Institute. 2016 Children's Mental Health Report</p> <p>What is Mental Health? Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. It is an essential part of our overall health and has a complex and interactive relationship with how we succeed in school and within society.</p> <p>What to look for... People can experience different types of mental health problems. Characteristics of at-risk students' mental health problems include but are not limited to:</p> <div><div><ul style="list-style-type: none">♦ Inattention/loses focus easily (ADD/ADHD)♦ Moodiness/Irritability♦ Anger Management Issues (easily angered/quick escalation)♦ Oppositional/Defiant (ODD)</div><div><ul style="list-style-type: none">♦ Depression/Sadness♦ Anxiety/Excessive Worry♦ Behavioral problems♦ Difficulty with self-regulation</div></div> <p>You are Part of the Puzzle! There are so many ways you can help your child develop a positive well-being and you are an integral part of your child's success. When trying to conceptualize a case and problem solve behaviors related to mental health, it is vital to include everyone in the child's life to help put the puzzle pieces together. Some parts are large and some smaller, but all are important in understanding the big picture. Here are just a few general ways to promote positive well-being in the home:</p> <div><div><ul style="list-style-type: none">♦ Be patient (Easier said than done =))♦ Model and teach self-control techniques/self-regulation e.g., deep breathing, visualization, progressive relaxation, meditation♦ Draw out the behavior you want with positive incentive/noticing the good/ignoring the bad.♦ Create routines♦ Modify, Modify, Modify</div><div><ul style="list-style-type: none">♦ Watch your tone♦ Play! Encourage any and all social interactions♦ Slow down♦ Teach empathy♦ Get outside♦ Get a good night's sleep♦ Encourage talking about feelings</div></div> <p>For more information on Mental Health Issues and understanding strategies to help children and adolescents succeed please look into information from Dr. Margery J. Shupe, LPCC-S.</p>