

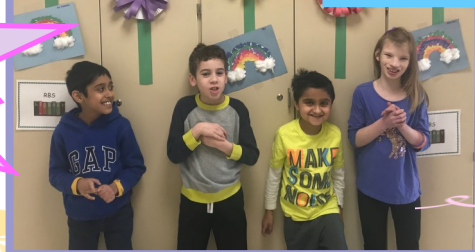
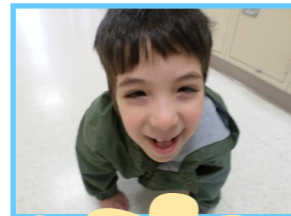
April at RBS!



Wacky Wednesday's ~ By HS Student Larry



Every March at Rock Brook we have Wacky Wednesday's. We do wacky stuff such as wearing crazy socks and crazy hairstyles. We also had music day when most of the students and staff wore music band shirt and Mr. Ray performed. Tie Dye Day was fun because student and staff wore tie dye shirts, socks, and even pants. We also had sports day. That is when students and staff wore sports shirts, pants and socks. We also had Neon/Glow in the Dark Day. Class 6 hosted a glow in the dark dance party with music and glow sticks. We also have 1 more day left and that is Pajamas/Movie Day. I wonder what we will watch.



Rock Brook School
Mother's Day 2019
Plant Sale
May 9th & 10th

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 - April 2019

Important Upcoming Dates

April 2019

19-28 RBS CLOSED Spring Break

29 RBS Reopens—Reg. Day

May 2019

Better Hearing & Speech Month

9&10 RBS Plant Sale

10 Mother's Day Tea 1-2pm

14 RBS Board Meeting

17 Family Night 6-8pm

27 RBS Closed for ALL
Memorial Day

SAVE the DATE
June 2, 2019 ~ 4:00 - 8:00 pm
5th Annual Fundraising Celebration
You say Goodbye & I say Hello

From the Director Mary Caterson

Dear All,

This is a busy time of year for us! When spring break is over, it seems like June is not far behind. We have many special events coming up that I hope you all will attend. These include Family Night, Mother's Day Tea, Father's Day Breakfast and our celebration on Sunday, June 2nd. Mr. Glenn Famous, incoming Director, has been at school for three weeks now getting to know the students and staff. Please take the opportunity to say hello and meet Glenn when you are here for our special spring activities.

Mary

By Mary Caterson, RBS Director

Fundraising at Rock Brook School

As with any nonprofit, we do have to raise funds to support our program. School district tuition dollars do not cover all the expenses of running this program and providing the individualized, high quality services that our students deserve.

Most of the larger projects – the school building, playground, technology items such as smartboards, iPads, Chromebooks, first school bus, staff development initiatives – were funded through corporate and grant funds, parents and friends of the school donations. Some of our smaller activities like the Book Fair or Mixed Bags provide funds for pizza parties and special events for the students, like a PTO would do. We also use some of those monies for students who need extra help at times.

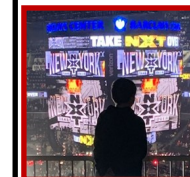
We recently received a \$5,000 donation towards the new school bus that a parent was able to apply for and receive through a giving program at her company. She told me she had not really thought about it until she had attended a RBS Board meeting and heard updates on the End of Year appeal. Fundraising requires planning and work and we all have to be "all in" on this effort. *Please think about any giving program that might be at your work that you haven't utilized or a special person who might want to make a donation.* We have raised approximately \$20,000 toward the \$60,000 that we need for our new bus. Our students continue to participate in community work settings and events on a daily basis and we want the best wheels out there for them!

By Katie Hardgrove, RBS Principal

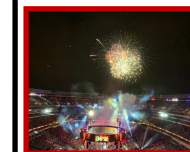
WrestleMania



My husband and son are big fans of WWE wrestling and so by default, I am now a fan too! There was a big wrestling event two week-ends ago that started on Friday, April 5th through Tuesday, April 9th. For wrestling fans, this is like the Super Bowl. We attended an event on Friday in Brooklyn and then the main event is WrestleMania, which took place on that Sunday at MetLife Stadium. Over 82,000 people attended and the event lasted from 5:30 pm until 12:30 am. It was an amazing event with music, fireworks, lights, and excitement.



We found that both the Barclay Center in Brooklyn and MetLife Stadium were accommodating to people with needs. My sister-in-law recently had ACL surgery and both places provided her with a wheelchair as well as changed her seating so she did not have to climb up any of the stairs. Barclay Center was more on top of providing assistance (they even let us skip the lines) because I believe it was a smaller venue, but both places also offered Sensory bags for those who needed it. I picked up a Sensory bag at MetLife Stadium just to see what was provided - they included noise canceling headphones and 3 fidget toys. I must admit that I used the headphones quite a few times throughout the long event and they were great!



The weekend was good overall and it was a stress free time to spend with my family. With Spring break coming up, I am looking forward to time with family and relaxing.

Parent Communication / Support & HS Student Features

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

Deep breathing is an effective tool for calming the body and mind for all ages. It can be tricky to teach to children though, so see below for a few ideas. The key points are breathing IN through the nose, and OUT through the mouth slowly. The belly should rise on the inhale, and drop on the exhale. Some ways to help teach children this skill are:



- Use a small stuffed animal like a beanie baby while lying down and place the stuffed animal on the belly as a visual while practicing- watch as it rises up and lowers. Repeat.
- Use bubbles! This is an easy and fun way to practice!
- Visualize a hot food the child likes such as pizza- Pretend to SMELL THE PIZZA while inhaling, and blow on the hot pizza while exhaling slowly. The prompt - Smell the pizza can be used as a reminder to deep breathe when frustrated or scared.
- Use a pinwheel! Another fun way to practice!
- There are many different counting strategies – the most simple being count in your mind for 1-2-3 as you inhale, count 1-2-3 as you exhale.

The key point is to practice when not agitated so that when the time comes, the body will remember what to do with less thought. Try some of the strategies above and let us know how they work!

As always, I would love to hear from parents. If you have any success stories with deep breathing or tips you have learned, please email me at counselor@rock-brook.org so I can share!

Happy Spring Break!

Sensory Home Products.

Here is great article about a new line of products that you may be interested in. They are available on the Target website. **Let us know of other products that you have found helpful at home!**

<https://themighty.com/2019/04/target-launches-new-home-sensory-friendly-line-pillowfort/>

<https://www.target.com/c/sensory-friendly-kids-home/-/N-b50sj?Nao=0>

Staff Interview with Mr. Famous ~ By HS Student Evan

- What is your job at Rock Brook? My job is called the director
- When did you start working at Rock Brook? April 1st
- What is your favorite season and why? Spring is my favorite because it starts getting warm and baseball begins.
- Where do you like to visit? Mexico or Italy
- Do you have any pets? Yes a dog named Sadie.
- What is your favorite food? Pizza

High School News by Larry



On March 7th the High School went to S.A.V.E. Animal Shelter to bring the supplies that they purchased for the animals. Supplies were paid for using the money was made from the body scrub sales. Some of the supplies that were purchased included dog and cat stew, kitten milk, litter, bleach and paper towels. The High School is working so hard to help S.A.V.E. Thank you for all of your support!

Speech Corner ~ By Caitlin Celendano, Speech Language Specialist, Classroom 3

Student of the Month – Kiran



It is with great honor that I present Kiran as student of the month! Kiran is kind, funny, hard-working, and a pleasure to have in Class 3.

Since working with Kiran this school year, he has shown immense growth with both his speech and academic goals. He continues to impress everyone with his fluency utilizing his AAC device along with his amazing progress using his own voice to communicate! Kiran continues to demonstrate that he is both self-motivated and confident, and he shows great strength in his ability to focus on tasks.

Kiran has formed many friendships this year and continues to blossom socially. He is a wonderful peer model, and he is always eager to participate in classroom lessons and activities. You can always count on Kiran to be listening carefully and following directions!

We are all so proud of Kiran and can't wait to see all of the great things he will achieve in his future!

By Lisa Mantz, RN CSN, Rock Brook School Nurse

SPRING CLEANING: Don't forget your medicine cabinet



People tend to keep expired or unused medications in their homes. Storing medications in an easily accessible location can place your loved ones in danger. Self-medicating with leftover medications can also be harmful as well. It is important not to take this chance especially with medications for blood pressure or diabetes.

Here are a few tips on how to dispose of these medications:

- Fill a sealable bag with unappealing materials like coffee grounds, dirt or cat litter and mix in crushed medications.
- Some medications may be flushed down the toilet. You can find a list on this website: <https://www.fda.gov/Drugs/ResourcesForYou/Consumers/BuyingUsingMedicineSafely/EnsuringSafeUseofMedicine/SafeDisposalofMedicines/ucm576167.htm>



- Here is a list of resources for the disposal of medications:
[DisposeMyMeds.org](http://disposemymeds.org/) — a locator for independent pharmacies that take medication disposals
<http://disposemymeds.org/>

[Disposal of Unused Medicines: What You Should Know](https://www.fda.gov/Drugs/ResourcesForYou/Consumers/BuyingUsingMedicineSafely/EnsuringSafeUseofMedicine/SafeDisposalofMedicines/ucm186187.htm) — information from the Food and Drug Administration (FDA) <https://www.fda.gov/Drugs/ResourcesForYou/Consumers/BuyingUsingMedicineSafely/EnsuringSafeUseofMedicine/SafeDisposalofMedicines/ucm186187.htm>

[Drug Disposal Locator Tool](https://nabp.pharmacy/initiatives/awarex/drug-disposal-locator/) — a resource from the National Association of Boards of Pharmacy (NABP) <https://nabp.pharmacy/initiatives/awarex/drug-disposal-locator/>

DEA website for Controlled Substance Public Disposal Locations-Search Utility <https://apps2.deadiversion.usdoj.gov/pubdispsearch/spring/main?execution=e1s1>

So please, remember to include your medicine cabinet when tackling your spring cleaning projects.

Grandparents Visiting Day ~ Friday April 5th

We had a great turn-out !

