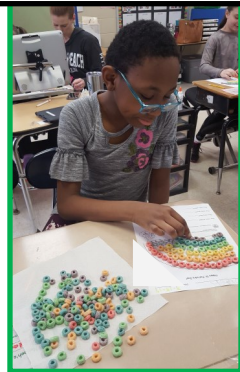


March at Rock Brook School



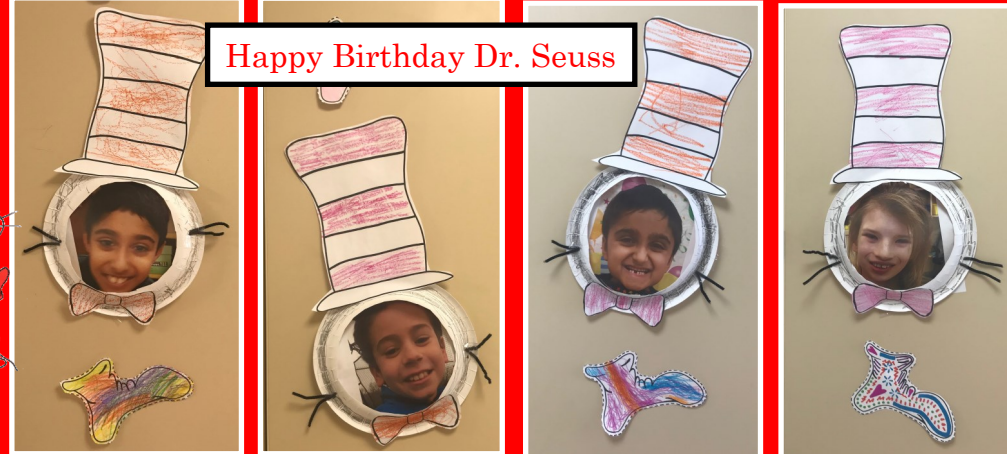
Math Activity



Making Rainsticks



Happy Birthday Dr. Seuss



Wacky Wednesdays



Wacky Wednesdays

March 27	Tie Dye
April 3	Sports Day
April 10	Neon/Glow in the Dark
April 17	PJ & Movie



HS Delivery to SAVE Animal Shelter



Rock Brook Family News - March 2019

Important Upcoming Dates

March 2019	
26	Plant Pre-Orders Due
27	WW-Tie Dye
April 2019	
3	WW-Sports Day
5	Grandparent Visiting Day 9:30-11:00 am
10	WW-Neon/Glow in the Dark
13	PNO 5:30-9:30 pm - Last One
17	WW-PJ and a Movie
19-28	RBS CLOSED Spring Break
29	RBS Reopens - Reg. Day

From the Director Mary Caterson

Dear All,

Our Wacky Wednesdays have been fun but we are ready for spring, warmer weather and more time outside. In addition, just in time is the Spring Equinox, this Wednesday 3/20 as well as the final "Supermoon" of the year. Daylight hours will continue to lengthen until the summer solstice in June. Hooray! Another bonus to the first day of spring is free ice cream cones at Dairy Queen or free Italian ice at Rita's. On the other hand, remember taxes are due in a couple of weeks...

Mary

By Mary Caterson, RBS Director

WHAT BRIDGE? CLOSED FOR HOW LONG?

The Somerset County Engineering Department informed us that the "bridge" near the school entrance is scheduled to be closed from April 8 until early July. We will not be able to get to RBS from Route 206, as the road will be completely closed. A walk out to the road and a look to the right of the driveway found that "bridge" (Who knew it was there!) It is a "single-span multi-steel stringer and masonry jack arch supported on masonry abutments widened with reinforced concrete pipe." It has deteriorated and corroded showing "heavy efflorescence with stalactites indicating water seepage."

The purpose of the project is to restore the structural capacity of the bridge by completely replacing it. The new one will be precast concrete with a stone veneer to look historically appropriate for Montgomery Township and the sidewalk in front of the school will be extended down the road.

We figure optimistically (despite the chaos and late arrivals for all) that the project, equipment and process will be something for the students to watch and talk about. The adults will be learning terms such as "efflorescence" which means the migration of a salt to the surface of a porous material, where it forms a coating. SHOULD BE FUN!

<https://www.co.somerset.nj.us/government/public-works/engineering/road-projects-construction-announcements/orchard-road-bridge-e0203>

https://twp.montgomery.nj.us/wpcontent/uploads/2019/03/Orchard_Road_Detour.pdf

By Katie Hardgrove, RBS Principal

Programming Updates:



I have begun the process of planning for the Extended School Year (ESY) and next school year. As a program, the students transition to new classes at the start of the summer so that they are up and running for September.

We will have 2 High School classes next year so we will be shifting some classes around to make space. Once I finalize all the groupings and staff, I will notify families in June.

We have also begun the process of our Middle States re-accreditation and you will be receiving surveys soon to be filled out to provide input into our program.

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



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 / Support & HS Student Features

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



Most of us have had the experience when we are stressed or anxious and someone tells us- “take some deep breaths!” It is a commonly recommended coping skill for kids and adults alike. However, did you ever wonder why? See below for just some benefits of taking deep breaths!

- Reduces stress and anxiety
- May affect areas of the brain related to awareness and emotion. Research has shown that for this to have its greatest impact, take deep breaths for at least two consecutive minutes
- It affects your brain chemistry- brainwaves of those breathing deeply appear differently than those that are breathing more shallow
- Can help lower blood pressure and heart rate - it can increase baroreflex sensitivity, which is the mechanism in the body that controls heart rate and blood pressure
- Can help reduce risk of stroke and improve cardiovascular health
- Can increase energy- causes increased levels of growth hormone and DHEAS which help with energy levels
- Can help with symptoms of depression and improve sleep quality
- Aids in detoxification of the body
- Helps with focus and attention span (<https://blog.bulletproof.com/breathing-sharpens-brain-study/>)

Clearly, there are many benefits of deep breathing! Next month will focus on some specific tips on breathing deeply as well as ways to help kids with this skill.

LAST ONE FOR 2018-2019 Parent's Night Out / PNO / 5:30 - 9:30 pm

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

Staff Interview of the Month ~ By HS Student Evan

Miss G's Interview

- What is your job at Rock Brook? “I am the school counselor.”
- What do you like to do for fun? “I like to go to the gym, do yoga, and go hiking.”
- What is your favorite food? “Peanut butter.”
- Why do you like Rock Brook School? “I like that I get to work with every student at Rock Brook School.”
- When is your birthday? “My birthday is February 6th.”
- Where do you like to visit? “I love to visit Vermont.”
- How long have you worked at Rock Brook School? “I have worked here for three years.”



Rock Brook School Mother's Day 2019
Plant Sale ~ Last Call [Pre-order Form](#)
Due Tuesday, March 26, 2019

Thank you to all the students
and staff who purchased
new Spirit Wear. We are
so excited to receive it so
we can show off our RBS
pride.



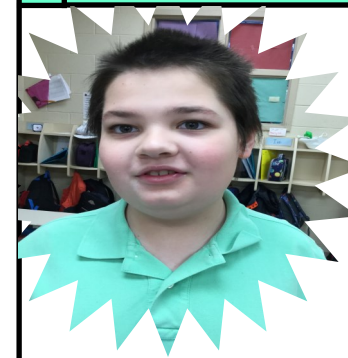
Grandparents Visiting Day ~ Friday April 5th

On Friday, April 5th RBS will host Grandparents Visiting Day. This annual favorite will be held at Rock Brook from 9:30 - 11:00 am. Grandparents will meet with Jessica Gosses, school counselor for a presentation and then spend time their grandchild. [Sign Up Form](#)



Speech Corner ~ By Sarah Weiss, Speech Language Specialist, Classroom 4

Student of the Month – Zachary



Hello Rock Brook family! It is with great pleasure that I announce Zachary, from class 4, as our March Speech Student of the Month! Zachary continues to amaze us with his continual progress that he displays every day. He is a rock star with his AAC device and is a role model to many peers. He works hard and is always ready to participate in his classroom, therapeutic and special activities!

Zachary shows consideration and concern for friends and staff members daily! He is observant when individuals are absent and always asks where they are. During games and lessons, Zachary passes his turn to friends and gains their attention to make sure everyone is included.

Zachary is a remarkable student who shows pride in his work and his determination is truly admirable. We are so proud of him and cannot wait to see how far he will go. The sky is the limit!

By Lisa Mantz, RN CSN, Rock Brook School Nurse

National Poison Prevention Week Occurs in March - Tips to Prevent Poisonings



- **Be prepared for an emergency.** Keep the national, free Poison Helpline number at your fingertips by saving the number in your mobile phone: **1-800-222-1222. Text POISON to 797979 to save the number in your smartphone.**
- **Practice safe storage habits.** Always store medicines and hazardous substances up, away, and out of sight of children. Keep these substances in their original, child resistant containers.
- **Read and follow all labels and directions.** Review medicine and product labels before you use them, especially before giving medicine to children.
- **Detect invisible threats.** Install a carbon monoxide detector in your home.

<https://www.aapcc.org/prevention/daycare-school-poison-safety>

Children are particularly sensitive to cleaning chemicals. Curiosity increases the risks of a youth being exposed to hazardous chemicals. The following are a few scenarios:

Licking surfaces or inserting hands/objects in their mouth
Inhaling vapors or fumes of toxic chemicals
Exposure to toxic chemicals through skin contact
Touching their eyes after contact with treated surfaces

Store cleaning products and chemicals up and out of sight of children in their original containers. The following substances should be kept in secured cabinets with child-resistant locks:

All cleaners and disinfectants, including disinfectant wipes
Alcohol-based hand sanitizers
Insect sprays and repellents

NEVER combine cleaning chemicals! Products such as ammonia and bleach can produce very toxic fumes when mixed. **Carefully follow label instructions, including storage and disposal.** Call NPIC at (800) 858-7378 if you have any questions about the product.

Be prepared for an emergency. Contact Poison Help immediately at 1-800-222-1222

American Association for Poison Control Centers, 2019