

RBS DIGITAL DISTANCE LEARNING

DIGITAL CHALK TALK NO. 10

FROM THE EXECUTIVE DIRECTOR

June 10, 2020

Dear RBS Families,

Let me begin by thanking all of you for your remarkable efforts and unending flexibility throughout this home schooling experience. While there have been challenges, and a tremendous learning curve for all, the reality is clear. Through the collaborative efforts of our RBS community, we have been able to show our strength and resilience, supporting one another during this time. While you didn't ask to add the roles of classroom teacher, therapist and instructional assistant to your already lengthy parent resume, you accepted the challenge and partnered with us to make the very best of a very difficult situation.

We are now in our 12th week of remote instruction, with the end of the school year only days away, and we remain without any firm decision from the Governor regarding whether or not any part of our ESY program will be permitted onsite at Rock Brook. So, what will happen with our ESY program this summer? During yesterday's press briefing the Governor did say, "With more and more of our businesses reopening, we are no longer requiring you to stay at home..." but he followed that with, "And, when you do go out, please continue to wear face coverings and keep a social distance from others, whenever possible." Summer camp programs, which operate almost exclusively outside, have also been given the go ahead to operate this summer, but the required safety procedures and requirements were laid out in a highly detailed 11 page document. ([NJDOH Day Camp Standards](#)) No doubt, a protocol for onsite school ESY programs would be even lengthier and more restrictive.

The Governor's comments and the safety requirements for summer camps, provide us a pretty clear indication that we are not likely to be opening our doors and welcoming everyone back to Rock Brook on July 6 for our ESY program. In the absence of any State guidance regarding reopening this summer, almost all public and private schools across New Jersey have already decided to continue with remote learning for ESY. As of this writing, Rock Brook School will move forward in the same manner. We understand and appreciate how difficult this decision

will be for most, but we will continue to partner with you to provide the best possible program we can for our students.

If the Governor lifts or modifies the Executive Order regarding school building closures, we will revisit the decision to remain fully remote for ESY. Please know that we have developed a series of plans and schedules that would allow staff and students to attend school in some version of hybrid instruction (alternating days or weeks of live onsite and at home DDLP instruction), but given the size of our building, and the likely government restrictions we would have to navigate, a complete return to onsite ESY instruction will simply not be possible this summer. We will be seeking parent input regarding ways to better serve you during a remote ESY program, so please be on the lookout for another virtual Parent Forum meeting soon.

We are clearly moving in the right direction for a return to normalcy, but we are not there yet. Please continue to remain safe and reach out if we can do anything to assist you with your home-schooling responsibilities. Hope to see you at our, soon to be scheduled, Google Meet Parent Forum. Thank you!

~Glenn Famous



SCHOOL PRINCIPAL, KATIE HARDGROVE & SUPERVISOR, CHERYL FERRIGNO

We are in the home stretch and soon will have a break from virtual school and hopefully be able to enjoy more outside activities!

Thank you all your support and work you have been doing with your child in their virtual class room, virtual meetings and virtual IEP's. IEP meetings have been going well virtually even with delays in scheduling and rescheduling etc. but we are getting it done! Thank you again!

Your child's teaching team has been busy completing the End of the Year progress reports and within the next 2 weeks, you can expect to get a digital copy emailed to you.

Please reach out with any questions.

Stay Well,



TECH COORDINATOR UPDATE

Here are some fun RBS technology stats!

During the last month the RBS staff has sent a total of 37,867 emails!

Since the beginning of the closure, the RBS staff and students have taken part in a total of 8,578 hours of Google Meets!

RBS has truly risen to the challenge of virtual learning! In addition to the success of our Digital Distance Learning Plan (DDLDP), we are also conducting virtual IEP meetings, intakes and assessments throughout the closure. Our students have taken part in virtual learning, virtual therapies, virtual concerts and now we can add our first virtual field day to the list! All of these experiences and accomplishments are a testament to the flexibility, perseverance and dedication of our students, staff and families! We are truly all in this together!

~ Miss Maggie ~

COUNSELOR'S CORNER

Dear RBS family,

I hope everyone is hanging in there as we start to close in on the end of this unique school year! With so much going on, I thought it important to highlight that May was mental health awareness month. Even though the month is passed, the message of taking care of our mental health and reducing stigma around mental illness/mental health in general is as important as ever.

When we think of mental health, different things may come to mind: anxiety, depression, PTSD, etc. Some may think of self-care and dealing with emotions. Others may think of therapy or medication or diagnoses. All of these can fall within the category of mental health! We are lucky to live in a time where mental health is being recognized as being as important as physical health. This was not always the case.

It is pretty much near impossible to function in a happy and healthy way if one is not attending to their own mental health. This is why at Rock Brook students learn about identifying emotions and regulating them. As adults, we know how tough it is to get through a day when you are anxious or worried or depressed. Imagine being a child and being overwhelmed with emotions and trying to focus and learn!

Mental health is a very broad topic and impossible to cover in one newsletter. Please see below for some helpful links on noting warning signs related to mental illness, resources, and other related topics. As always, please feel free to reach out with any questions on this topic. Stay safe and be well!

<https://www.nami.org/About-Mental-Illness>

<https://www.nami.org/Learn-More/Mental-Health-Conditions>

<https://childmind.org/guide/parents-guide-getting-good-care-2/>

~Miss Jessica~



SCHOOL NURSE UPDATE

Dental Health

True or False:

Having cavities in your "baby teeth" is okay since they will come out anyway.



Teeth.... An important topic generally overlooked when talking about our health.

Our teeth have numerous significant roles to play in our overall well being. Teeth help us to talk clearly, give shape to our face, and assist us in chewing and digesting food. Visually a smile of the “pearly whites” can give us added confidence.

According to healthychildren.org, greater than 40% of kindergarteners have a form of tooth decay. Some studies have shown a link to adults having a higher risk for cavities if they had cavities as a child in their primary teeth.

Tips for healthy teeth in children:

- **Toothbrush:** Pick a soft-bristled toothbrush for your child
- **Toothpaste:** Use a toothpaste that contains fluoride and apply it for your child. Below are some guidelines as to how much to apply:
- **For children under age 3:** Use a small smear of fluoride toothpaste (or an amount about the size of a grain of rice).
- **For children ages 3–6:** Use a pea-size amount of fluoride toothpaste.
- **If a child cannot spit:** Have the child tilt his or her mouth down so that the toothpaste can dribble out into the sink, a cup, or a washcloth. Since the fluoride in toothpaste is clearly meant to be swishes but not swallowed, make sure to help or watch the child while brushing. When she is old enough, tell her to spit out the toothpaste after brushing.

(Healthychildren.org, 2014)

- **Teaching:** Help your child hold the toothbrush and assist them in learning how to brush their own teeth.
- **Make brushing routine and fun:** A routine for brushing teeth will help children maintain their health from both physical and mental stand points. Making it a fun activity will motivate them to keep performing this healthy habit. Some creative ideas are using timers, singing a song or reciting a rhyme.
- **Dental Visits:** Just like a yearly physical, routine dental visits are also highly recommended. Dentists will inspect the child’s teeth and gums, make any necessary recommendations , and answer any questions you have.

Warmly,

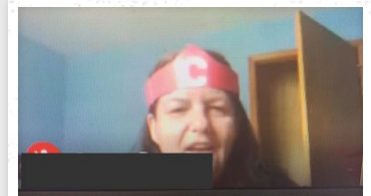
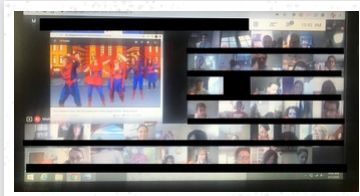
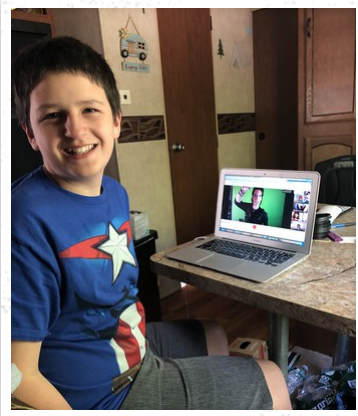
Nurse Lisa RN, NJ-CSN

False: Permanent teeth can be negatively affected from cavities in our primary set of teeth, which can steer towards future dental problems

MORE PICTURES FROM HOME...

Please continue to send pictures from home. We all miss our students and friends!

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