

RBS DIGITAL DISTANCE LEARNING

DIGITAL CHALK TALK NO. 8

FROM THE EXECUTIVE DIRECTOR

May 12, 2020

IMPORTANT CALENDAR CHANGES

Dear Rock Brook Families,

Please take a moment to review the following changes to our school calendar:

The approved 2019-20 school calendar included “two” emergency closing days. No emergency days were taken this year and the previously approved calendar did not indicate which days would be designated as the “giveback” days in case the emergency days were not used. Please note the following calendar changes:

Friday, May 22, is now designated as a school holiday.

Wednesday, June 17, is now the last day of school for students.

New Early Dismissal Days

The remote learning experience has been a challenge for staff and families and we have made a number of instructional adjustments based on parent feedback. However, the vast array of ideas and strategies that have been introduced to staff, along with the complexities of scheduling our remote instruction, have left little time to assist and guide our staff.

Rock Brook will now have the following two dates as Early Dismissal Days:

Thursday, May 21 - 1:00pm dismissal

Monday, June 1 - 1:00pm dismissal

Please note that while no formal lessons will be presented after 1:00pm on these two dates, our staff is currently developing a number of pre-recorded lessons and stories as optional activities for parents to access if desired. We are also working out details to live stream a music “assembly” with **Mr. Ray** (and our very own Miss Maddy) on one or both of the two Early Dismissal PD days. Mr. Ray has performed at RBS several times in the past and he always

receives rave reviews from staff and students. More details regarding these virtual assemblies will be forthcoming.

Glenn Famous

FROM THE PRINCIPAL'S PEN!

We hope you enjoyed Mother's Day weekend although it was quite a bit different this year!

Over the next 5 weeks of school:

~Our staff will be working on your child's end of the year progress reports. Depending on the schedule, some students have a May cycle while others have a June cycle. The period of time before progress reports has traditionally been a time for assessments in order to determine your child's progress towards their goals and objectives. Given the distance learning format, assessments are a bit more difficult, however, your child's teaching team may reach out directly to you regarding suggested prompt levels while you are assisting your child during our assessment periods. This could include not providing prompts to see if they can accomplish skills independently or it could include providing additional supports to your child.

~Virtual fun days! We are looking to still include some fun days for your child such as a virtual field day and some possible virtual field trips. More details to come!

~As always, please contact us with any questions or concerns. Stay connected and be well!

~**Katie Hardgrove, Principal**

~**Cheryl Ferrigno, Supervisor**

CELEBRATING ALL OF OUR THERAPISTS!



TECH COORDINATOR UPDATE

Dealing With Common Technology Issues

Technology is clearly in the forefront of our lives right now. Keeping that in mind, here are 8 quick troubleshooting tips to try when dealing with technology issues. They are a good first step before seeking additional support. However, if you find yourself in need of extra support, please do not hesitate to reach out to me: maggie.deeds@rock-brook.org

1. Try one more time: Most people do this—in fact, they often click the trackpad so many times that they make matters far worse and get the spinning beachball of death. So I repeat: Try only one more time, and then proceed to the next tip.
2. Try a different browser: If you're having problems with a website, using a different browser may help.
3. Check your Wi-Fi signal: With everyone in the family working and learning online, often using video, they're spreading out to get some privacy. That can cause Wi-Fi connection issues if you're in a remote part of the home. Make sure you [have a strong signal](#).
4. Quit the software: This applies to web browsers or apps—and make sure you also close unnecessary tabs on your browser. Here's how to quit an app on [an Apple iOS device](#) and on [an Android device](#).
5. Update the software: Companies are updating frequently now because of the demands of home learning, so make sure your software is up to date. After updating, restart the device.

6. Log out and then log in again: But first, make sure you remember your password.
7. Clear the web browser's cache and cookies: This helps the device start with a fresh slate of information. Here's how to [clear the cache and cookies on different browsers and devices](#).
8. Restart the device: Restarting is like getting a full night's sleep—it clears memory and restores the device's inner workings.

Taken from: <https://www.edutopia.org/article/teachers-most-common-tech-issues-and-how-fix-them>

~ Miss Maggie ~

COUNSELOR'S CORNER

Dear Rock Brook family,

I recently came across a great visual tool for kids and adults both for coping with stress and challenging emotions. I wanted to pass it along. See below.

I hope all the amazing moms had a fabulous Mother's Day! As always, feel free to reach out with questions, concerns, or to share resources. Be well.

~Jessica~

https://drive.google.com/file/d/1iS1JlIFVD53lf8R7WpV554Bur5GdXVT2/view?usp=drive_web

Mental Health Checkup & Toolkit

Taking care of your mental health is just as important as taking care of your physical health. These exercises can help you cope with emotions like worry, stress, or feeling upset, and help with situations that you feel you can't do much about. Give these exercises a try — they might help you feel better!

Distraction Tool



Doing distracting or fun activities focuses your attention in a helpful way — it gives you something else to think about instead of what is bothering you. Try playing a game, listening to music, spending time with a pet, talking to family/friends, or doing a craft.

Relaxation Tool



Slowing your body down calms your brain and relaxes your body. Try taking five slow deep breaths, tightening and releasing your muscles, or imagining being somewhere peaceful, like the beach or walking in the woods.

Action Tool



Keeping a good schedule and doing your everyday activities helps you stay on track and be healthy in your body and your mind. Try sleeping on a regular schedule, drinking plenty of fluids, eating nutritious meals, and exercising every day!

Thinking Tool



Noticing the realistic and positive parts of a situation increases optimistic thinking, which can help you change how you feel. Try asking yourself, "What are the good things that could happen?" or "These thoughts aren't helping me — how can I see this differently?"

Instructions

1. Pause and take a moment to check up on yourself. How do you feel?
2. Consider each tool. Start with the Distraction Tool and follow the arrows.
3. Which tool do you think will help you feel better right now? (On a different day, it might be a different tool.)
4. Now give it a try!

By Sara E. Williams PhD and Nicole E. Zahka PhD
More fun stuff: <https://dreamaplay.com>

SCHOOL NURSE UPDATE

Hello Everyone,

As we continue to near the end of this school year, I wanted to give a few reminders/tips for the beginning of next year.

Health Office Forms:

All health office forms are located on the Rock Brook School website under the "parent" tab located on the top right corner.

Physicals:

When you take your child for their yearly physical, please bring with you the Rock Brook Universal Child Health Record form, located on our website, for the physician to fill out. Then kindly send it to me to keep on file in the School Health Office. If you forget to bring it with you, the Doctors office can download it or you can send me a copy of their physical form filled out.

Immunizations:

Please request and send in a copy of your child's immunizations for the school health office.

Medications:

ALL medications need to have a doctor's order, which is good for one year. This includes over-the-counter medications, topicals, etc... Medication order forms are available on our website for you to download. Any medication order that you send will also need the actual medication sent in for me to administer. Medications are to be in their original containers and clearly

labeled.

Emergency Action Plans:

(Allergy Action Plan, Asthma Action Plan, Seizure Action Plan)

Action Plans need to be **renewed yearly** by your child's healthcare provider and also signed by you. Please make sure to send in the necessary medication, clearly labeled and in its original container with the accompanying Action Plan to the School Health Office. All Action Plans are on the schools website as well.

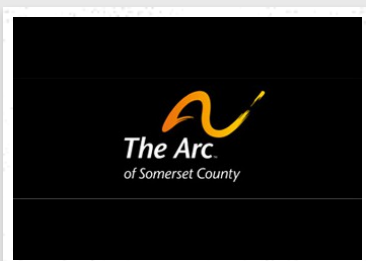
Kindly email me for any questions or concerns you have, and I will gladly get back to you.
lisa.mantz@rock-brook.org Looking forward to seeing all of you soon!

Warmly,
Nurse Lisa

MORE PICTURES FROM HOME...

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

christy.tracey@rock-brook.org



"VIRTUAL" STEP UP FOR THE ARC OF SOMERSET COUNTY

Step Up for
The Arc of Somerset County
5K Walk and Dog Jog
~Now a Virtual Event~

Step Up for The Arc of Somerset County is an annual 5K and Walk-A-Thon fundraiser that helps support vital programs designed to provide quality services and supports for children and adults with intellectual and developmental disabilities in Somerset County. The Arc is the state's largest non-profit advocacy and service organization supporting people with developmental disabilities and their families.

https://www.thearcofsomerset.org/events/special_events.html



ROCK BROOK SCHOOL

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