

RBS DIGITAL DISTANCE LEARNING

DIGITAL CHALK TALK NO. 9

FROM THE EXECUTIVE DIRECTOR

May 20, 2020

Dear Rock Brook Families,

Although Governor Murphy has not yet made a final decision on exactly what summer school programs will look like, the staff at Rock Brook has been busy preparing lessons, activities and fun events. Regardless of whether we are back at Rock Brook or are still learning from home, we will do our best to meet the needs of students and families.

Please know that we have been actively preparing for the return of students (whenever that is) with an eye toward health and safety. Our building has been thoroughly cleaned and every single room has been emptied, sanitized, floors stripped and waxed, and all carpeting shampooed. Our cleaning service will return, just before we reopen the school, and again wipe down and sanitize all surfaces. Upon our return, you can expect intensified daily school cleaning, staff and student temperature checks, and required face coverings for all. We have already received an order of 3-ply cloth masks for staff and students and we are working on plans to ensure that we can teach and learn while keeping our distance. A more detailed school re-entry plan will be shared with you in the near future, but rest assured we will make every effort to keep everyone safe and healthy.

Finally, best wishes to everyone for an enjoyable holiday weekend. It is not exactly the scenario we had hoped for, but things are slowly moving in the right direction. Just a quick reminder that we kick-off the holiday weekend tomorrow (Thursday, May 21) with an Early Dismissal (1:00pm) and a special Rock Brook exclusive live-stream concert event with **Mr. Ray at 1:30** and **Miss Maddy at 2:00**. Please check your child's Google calendar for the Google Meet invite to the Mr. Ray/Miss Maddy shows on Thursday, May 21.

Enjoy the concerts and have a great weekend!

~Glenn Famous

FROM THE PRINCIPAL'S PEN!

I have some great news! As you are reading this, know that there are ONLY 19 more days of digital learning left for the 2019-2020 school year!! The good news is that there is an end in sight!! Thank you again for all the amazing work you continue to do day in and out with your children.

I frequently read articles posted from Understood.org. The recent one focused on acknowledging the “tiny victories” and what that looks like for each child and family. Understood.org reached out to families on their Facebook and families shared what wins looked like for their child these days. Some of those victories included: showing resiliency, taking on responsibilities, and building coping skills. So although it can be frustrating and overwhelming at times with our children (speaking from personal experience here too), I am trying my best to stay positive and focus on the tiny victories I see throughout the day.

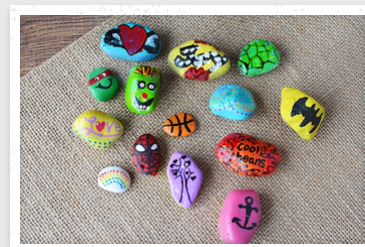
Remember, we are all in this together even though everyone's experience maybe different. Continue to stay connected and strong! We got this!!

Warmly,

~Katie Hardgrove

TECH COORDINATOR UPDATE

With the unprecedented reality of students attending school virtually comes the unavoidable increase in screen time. Now, more than ever, exists the need for “no-tech” and “low-tech” activities to supplement learning, provide children stimulation, foster their creativity and encourage some good, “old-fashioned” fun!



This week's “low-tech” tip comes from the Kean University Occupational Therapy Community Cares Clinic (KUOT-CCC). Do you know that RBS and Kean University partner up to provide fieldwork placements for undergraduate and graduate students in the Speech Language Pathology (SLP), Occupational Therapy (OT) and Physical Therapy (PT) departments. The Kean University students come to RBS to learn from our skilled professionals and in turn, they share their knowledge and fresh new perspectives!

Here is a fun “low-tech” idea: Springtime is here, and we want to help with a fun outdoor activity for the whole family!

Today's activity is Rock Painting!

Rock painting is an affordable, fun, and relaxing activity to do from home or outside in the beautiful weather! Rock painting is an opportunity for familial bonding through a calming and engaging project. Work together as a team to find smooth rocks outside. Plan out your very own design. And finally...get painting! Don't be afraid to get creative. The only supplies you need are a few rocks, some paint, and your imagination! Do you want to make a cute penguin? Maybe a baseball? Or even an alien from outer-space! All that matters is you have fun!

Send a picture of your rock painting to christy.tracey@rock-brook.org for chance to be featured on our Facebook page!

~ Miss Maggie ~



COUNSELOR'S CORNER

Dear Rock Brook Family,

I hope everyone is safe and doing well! I wanted to share some information on cognitive behavioral therapy, as this has come up a few times recently. Cognitive behavioral therapy is one modality of therapy, or one way of approaching counseling/therapy. It basically helps us to identify how our thoughts, feelings, and behaviors are connected. Oftentimes identifying unhelpful thoughts can help us to address uncomfortable or challenging feelings, which then can positively impact behaviors.

A simple example with a child would be one who acts out when doing work that they find to be too difficult. Perhaps there is negative self-talk (a specific type of negative thought) such as "I will never be able to do this. It's too hard for me. I am so dumb.". This negative thought serves to increase frustration and low self-esteem which then will most likely exacerbate negative behaviors such as behavioral outbursts or sadness, etc. See below for a useful visual on how thoughts, feelings, and behaviors are all connected.

Becoming aware of our thoughts in these situations can be empowering and help us feel more in control of our feelings. This is a therapy modality that has been shown through research to be effective in treating countless issues including depression, anxiety disorders, alcohol and drug use problems, relationship issues, eating disorders and severe mental illness to name a few. Perhaps this week try noticing a thought that you have and how it impacts your feelings and behavior. It is something that most of us do not take the time to do on a daily basis and it can be eye opening! You can also ask your child what they were thinking that led up to a specific emotion (once they are calm). Identifying thoughts and self-talk (what we tell ourselves) is a HUGE lesson in self-awareness and a great step toward implementing positive change. As always, if you have any questions or concerns please reach out.

Be well!

~Miss Jessica~

SCHOOL NURSE UPDATE

Eating and Your Health

A healthy eating lifestyle; like exercise, sleep, stress reduction etc....is just one way to help your body and mind stay healthy.

By choosing to eat healthy, you can prevent and or delay health issues in the future. So which diet do you choose? Keto plan, Paleo diet, South Beach diet, Lean Line, Atkins, Mediterranean diet, Heart healthy diet, Vegetarian??? There can be so much confusion with all these diets flooding the market..

"The best diet to follow is one that is science based, that allows you to meet your nutritional requirements, and that you can stick to in the long run," says Dr. Holly Nicastro, an NIH nutrition research expert. "It's not going to do you any good to follow a diet that has you eating things that you don't like." And I bet we have all fallen into that trap once or twice. I still can't stand black olives, but I did eat them on a Jenny Craig diet.

The [Dietary Guidelines for Americans](#) is the principal source of nutritional information that is science-based, which is reviewed and updated every five years according to the National Institutes of Health.

Here are a few main points to consider when making food choices:

1. Salt intake: Recommended daily salt intake is 1 teaspoon a day or 2,300 mgs/day Some highly salty foods include bacon, pizza, and hotdogs. The NIH encourages reading the labels on food to help you make good choices.
2. Watch your Fats: There are different types of fats, however they all have high calories. It is recommended that you focus on consuming more of your "fats" from unsaturated or polyunsaturated fats than saturated fats. Typically the "better" fats (unsaturated/polyunsaturated) are seen in a liquid form like oils. Saturated or "worse" fats are in a solid form like butter, meats, and cheeses.
3. Cut back on Sugars: Foods such as fruits and vegetables, and even milk naturally have sugars. The Daily Guidelines for Americans state that no more than 10% of your calories should come from additional added sugars.

Here's a few tips you can do to encourage healthy eating with your family.

- Try a new recipe, maybe once a week. The internet has some great websites for this. I personally love [Allrecipies.com](#).
- Have someone else in your family give a try at coming up with a healthy recipe and preparing it for the family-- this one I highly recommend on a couple fronts.
- Get your kids involved in some of the meal preparation. They might be more willing to eat what they had a hand in making.

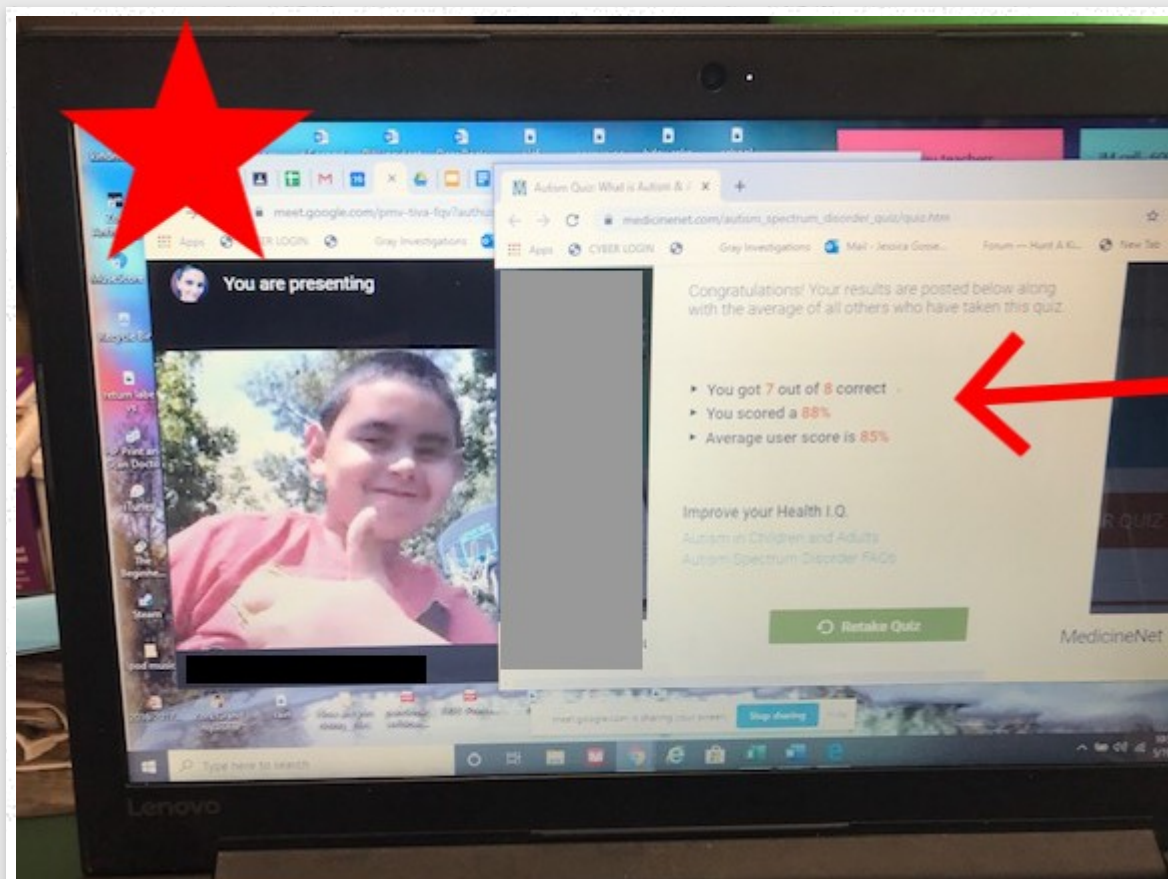
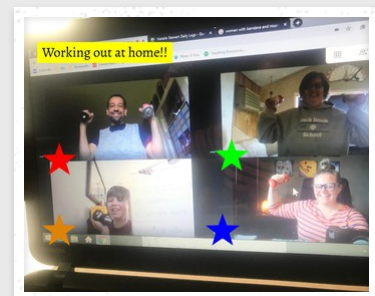
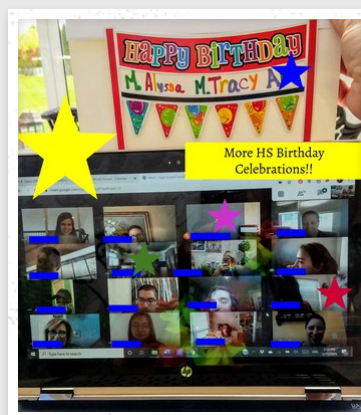
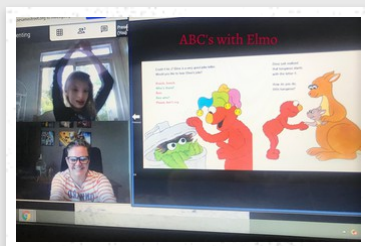
- Make a recipe book with your kids of meals your family liked and include pictures of the actual meal. Creating healthy eating routines can be fun.

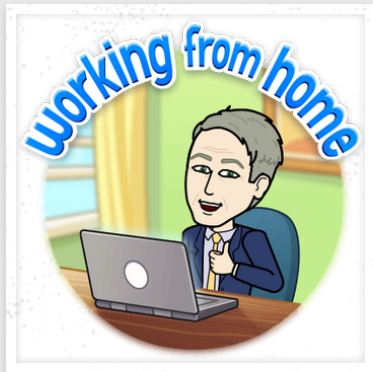
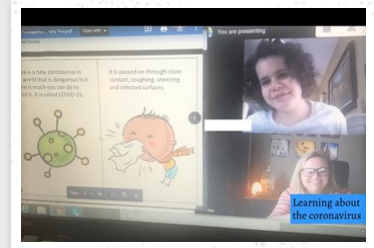
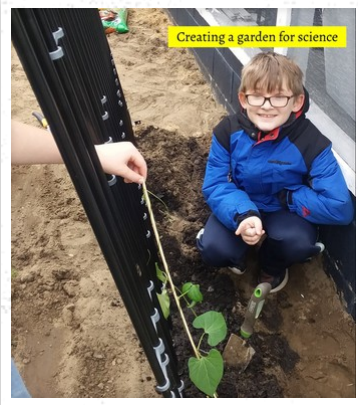
Warmly,
~Nurse Lisa~

MORE PICTURES FROM HOME...

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

christy.tracey@rock-brook.org





ROCK BROOK SCHOOL

📍 109 Orchard Road, Skillman, N...
📞 908-431-9500

✉ glenn.famous@rock-brook.org
🌐 rock-brook.org