

Rock Brook Family News

February 7, 2020

Our Executive Director, Glenn Famous

Our school year is rapidly flying by and we have already turned our attention to planning for the upcoming ESY program (July 6 - August 7) and developing next year's (2020-2021) regular school year calendar. In one of our upcoming editions of the RBS Weekly Reminder we will be sharing a listing of various summer camps and programs and a copy of the approved 2020-21 school calendar. Speaking of calendars, just a quick reminder that Rock Brook will be closed on Friday, February 14 and Monday, February 17, in recognition of President's Day.



A big thank you to everyone who supported our *All for One, One for All* Chromebook campaign. To date, we have raised nearly \$17,000 and are close to finalizing an order for new Chromebooks, cases, and charging stations. While this effort was billed as a 2019 Year-End Appeal, we are still happily accepting donations and corporate matching gifts.

We look forward to seeing everyone during the upcoming Parent/Teacher conferences. While these days are formal opportunities for parents to learn about student progress, please know that your questions are welcome anytime.

Happy Valentine's Day!

Our Principal, Katie Hardgrove

We are looking forward to our Parent/Team conferences next week!

Wednesday, February 12 & Thursday, February 13, 2020

As a reminder, the conferences are scheduled for 30 minute sessions and you will receive your child's progress report prior to the meeting.

[Tips for your conference:](#)



- ~Make a list of specific questions that you have for the teaching team before the conference
- ~Send a copy of the list to the team prior to the meeting so that all questions can be discussed within that time frame
- ~Tell your child that you are meeting with their teachers and ask them if they want you to share anything in particular
- ~Ask for tips/ ideas for working with your child on specific skills at home
- ~Set-up a follow-up meeting or a time to come in to observe your child if you would like
- ~Leave your child a special note or picture on or in their desk for the next day
- ~Be open and honest with any concerns and questions you have

Our School Counselor, Jessica Gosses

NEWS FROM MISS G.

As a school counselor and licensed professional counselor, I have much experience with the New Jersey Children's System of Care. These services are available to youth in New Jersey and often times parents and guardians maybe unaware of them. In the interest of being prepared and aware of what options are out there, I felt it important to share the following from the New Jersey Children's System of Care website. Please feel free to address any questions to myself at Jessica.gosses@rock-brook.org, or contact PerformCare directly. For more information, see www.performcarenj.org.



Sometimes it can be hard to tell the difference between what may be typical for your child and when you should reach out for extra help. If your child is struggling with emotional and behavioral health care needs, the New Jersey Children's System of Care and PerformCare are ready to help you and your family when you call 1-877-652-7624.

What is the New Jersey Children's System of Care (CSOC)? The New Jersey Children's System of Care (CSOC) is a division of the New Jersey Department of Children and Families. CSOC provides supports to youth with behavioral health or developmental disability diagnoses whether or not they are involved with child protective services. It also provides coordinated access to substance use treatment services for eligible youth.

What is PerformCare, and what is a Contracted System Administrator (CSA)? PerformCare contracts with the State of New Jersey's Department of Children and Families to facilitate residents' access to publicly funded services for youth up to age 21 through the statewide New Jersey Children's System of Care (CSOC). PerformCare provides a family-centered, community-focused single point of entry for New Jersey's eligible children and families to obtain available behavioral health, substance use treatment, and developmental disability services. This includes coordinating the care and access for over 50,000 of New Jersey's children a year through a toll-free phone number, **1-877-652-7624** and a website, www.performcarenj.org.

What will happen when you contact PerformCare? Please note that PerformCare associates do not provide direct care or counseling. The CSA provides access, linkage and authorization to CSOC services, and information about other services that may be of benefit to youth. **The call center can be reached 24 hours a day, 7 days a week, and 365 days a year at 1-877-652-7624. You can also view a video about PerformCare on the website: <http://www.performcarenj.org/families/index.aspx>.** If there is an immediate life-threatening emergency or any serious behavioral health problem that could lead to your child being harmed or possibly harming someone else, please dial 911. Your initial contact will be with a trained PerformCare associate who will ask for or confirm information about you and the youth you are calling about, such as date of birth, address, insurance, and contact information. The associate will also ask about the reason for your call to best assist you.

Our School Nurse, Nurse Lisa

Dental Health Month

February is National Children's Health Month. Your smile and your overall health depend on simple dental care habits. Oral health starts with clean teeth.



Here is a list of some brushing basics:

- **Brush your teeth twice a day.** For a thorough job brush for approximately 2 minutes. Clean your tongue with your toothbrush to avoid bacteria build up.
- **Use the right equipment.** Fluoride toothpaste, a soft-bristled toothbrush or an electric/battery-operated toothbrush.
- **Use good technique.** Brush the outside, inside and chewing surfaces of your teeth and your tongue. Lightly brush with circular short back-and-forth motions.
- **Keep equipment clean.** Rinse the toothbrush with water after usage. Store the toothbrush upright to air-dry. Prevent cross contamination of germs by keeping toothbrushes separate if using the same holder.
- **Replace your toothbrush.** Change to a new toothbrush every three months — or sooner if you become sick.
- **Flossing.** Be gentle when flossing. Using an up & down motion floss between and around your teeth. Other types of flossing agents include a dental pick, pre-threaded flosser, tiny brushes that reach between teeth, a water flosser, or wooden or silicone wedge plaque remover.

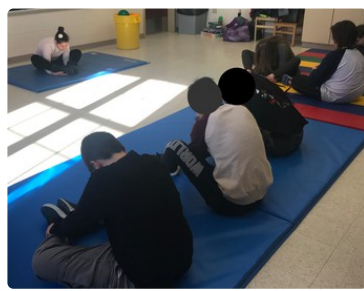
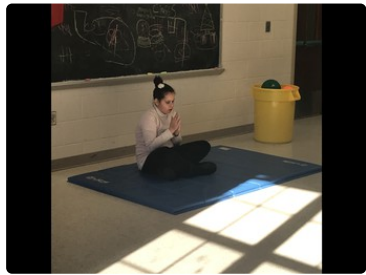
Listed below are signs/symptoms that may suggest oral health problems necessitating a dental visit:

- Red, tender or swollen gums
- Gums that bleed when you brush or floss
- Gums that begin pulling away from your teeth
- Loose permanent teeth
- Unusual sensitivity to hot and cold
- Persistent bad breath or an unusual taste in your mouth
- Painful chewing

To reduce the risk of any gum or other health diseases/problems, schedule regular dental cleanings and exams that include X-rays.

Happy Brushing!

Classroom 6 in a student run YOGA class!! Lots of fun!



The Great Kindness Challenge

Here is what we did at RBS:

- **Monday, January 27** - It's what's on the inside that matters most- wear your clothes inside out!
- **Wednesday, January 29** - Kindness makes us shine! Wear your brightest clothes today!
- **Friday, January 31** - Kindness makes us feel all warm and fuzzy inside- wear something that makes you warm and cozy- slippers, fuzzy socks, or your favorite sweater!

~~~~~  
This is what we received for our efforts!!

Hello KIND Friend,

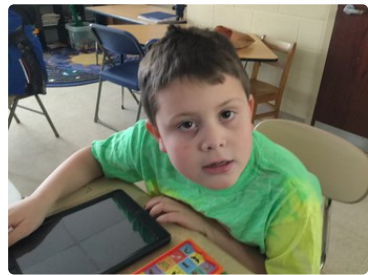
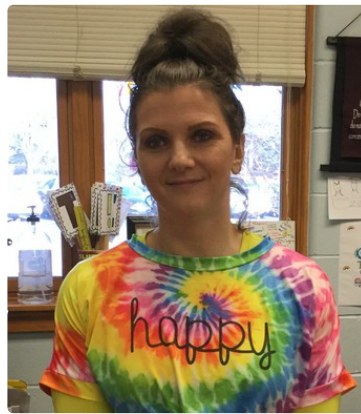
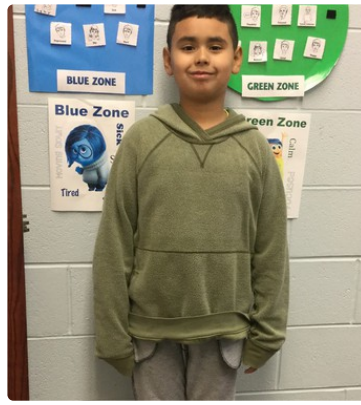
We are thrilled to report that over **15 million students in 28,062 schools and 115 countries** were part of the 2020 Great Kindness Challenge!!! What an AMAZING celebration of kindness it was! We hope your week was filled with an abundance of joy and that the kindness momentum will continue!

Because of your school's participation in The Great Kindness Challenge, we are honored to acknowledge you as a Kindness Certified School. Below, please find your certificate and seal to share far and wide. You may post this on your website, in your school's promotional materials, or any other desired location.

Thank you for making such a positive difference at your school, in your community, and in our world.

**There's no doubt about it, your KINDNESS MATTERS!**

With grateful and happy hearts,  
Team Kindness



# The Arc of NJ-Hands on Workshop at RBS

When

Tuesday, March 10th, 6:30-7:30pm

Where

Rock Brook School, 109 Orchard Road,  
Skillman, NJ

More information

**Is your student ready for life after high school? Are you?**

**Join us to learn about:**

## Accessing Services and 'Natural' Supports

**Hands on Workshop Series are designed to help individuals with developmental disabilities and their families navigate the transition from school to adult life.**

### Registration:

<https://planningforadulthoodlife.org/calendar>

or


Jessica Gosses, M.Ed., LPC, RBS School Counselor

908-431-9500, ext. 12

[jessica.gosses@rock-brook.org](mailto:jessica.gosses@rock-brook.org)



AccessingFlyerRockBrook (1).pdf

 **Download**  
737.5 KB



## ARC of Somerset 5K - May 2, 2020 - Please join us!!!

- The Rock Brook Team for the ARC of Somerset 5k has officially been created! See link below to join. Save the date - May 2, 2020. Remember you can walk, run or jog. You can also come and volunteer to help out or just support those taking part!

<https://runsignup.com/Race/Register/RaceGroup-720517?raceId=42623>

Recent links that you may be interested in.

Target has line of adaptive clothing online which you may be interested in.

<https://www.target.com/c/kids-adaptive-clothing/-/N-1laue>

Check out this restaurant in Toms River, NJ.

<https://www.rivstrhub.com/chase-s-friends-zone>

Here is information on another restaurant in Middletown, NJ.

<https://www.nolimitscafe.org/>

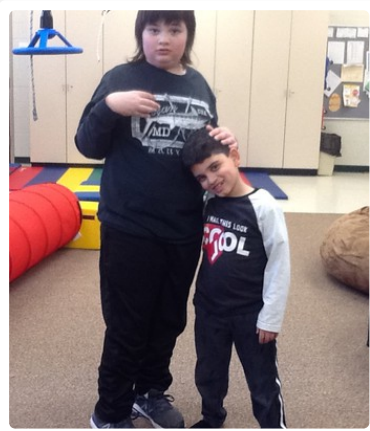
<https://www.pix11.com/news/local-news/new-jersey/new-jersey-restaurant-staffed-almost-entirely-by-adults-with-disabilities-set-to-open-wednesday>

The above links are provide by RBS as a courtesy to our Rock Brook Families. We do not endorse any of the services or products.

## Rock Brook School 2020 Cookbook - CANCELLED

The RBS HS will NOT be creating a cookbook this year due to lack of submissions. Thank you to those families and staff who did submit recipes.

### OT at RBS



### Rock Brook Family News

📍 109 Orchard Road, Skillman, N...

📞 908-431-9500

✉️ [christy.tracey@rock-brook.org](mailto:christy.tracey@rock-brook.org)

🌐 [rock-brook.org](http://rock-brook.org)

