

Rock Brook Family News

March 6, 2020

Our Executive Director, Glenn Famous

Coronavirus Update

As I shared in a separate communication with you last week, COVID-19 (Coronavirus) continues to dominate the news. At this time we have **no** reason to believe that anyone connected to Rock Brook School has been directly impacted by the Coronavirus. We continue to ask for your assistance in being proactive at home with basic universal precautions such as regular handwashing with soap and water and taking all measures to avoid anyone with a known upper respiratory illness. As always, should your child have a fever or exhibit signs of illness, please keep your child at home.



We closely monitor all alerts from state and federal agencies and we are taking steps to expand and enhance our daily cleaning services at the school. We did receive a special "Broadcast" from the New Jersey Department of Education this week, which emphasized that, "... the most important thing for schools to do now is **plan** and **prepare**." Among other procedures, the guidance advises that "schools *may* be asked to close preemptively or reactively, therefore schools should be making plans for what to do **if** there are recommendations for closing schools or cancelling events."

In the unlikely event that we are provided a written directive by state or federal officials to close school, we may have to utilize some form of home instruction to provide some services to our students. Again, such a scenario seems unlikely as of this writing, but our staff will begin planning for such a possibility.

"Director's Coffee" (Parent Forums)

As the one year anniversary of my start at Rock Brook quickly approaches, I am already well underway with thoughts and planning for the 2020-21 school year. With that in mind, I would like to invite RBS parents to stop by for an informal forum/sharing so that I can hear directly from you. These "Director's Coffee" gatherings are truly designed to be informal opportunities for **you to share** and **for me to listen**. I have set up a few times so that you can pick a day/date/time that is convenient for you. Should any of the following days/times not work for you, please feel to reach out by phone or email to share your thoughts with me.

- Thursday, March 12, 2020, 8:45 - 9:45 am
- Monday, March 23, 2020, 2:00 - 3:00 pm

- Tuesday, March 24, 2020, 8:45 - 9:45 am

In order to arrange for an appropriate meeting room (and to ensure that we have enough coffee), please RSVP to christy.tracey@rock-brook.org

I look forward to seeing you soon!



Our Principal, Katie Hardgrove

Happy March!!

We have just completed the RBS 2020-2021 school year calendar. This new calendar starts with the 2020 ESY program in July. The calendar gets presented to the Board of Directors on March 10th for the final ok. Once that is done we will send out finalized copies to all of our families, school districts, bus companies and our current staff.

As a reminder 2020 ESY has been confirmed to be 5 weeks from Monday, July 6, 2020 and goes through Friday, August 7, 2020.

Since March always tends to be a long month we try to have some fun with Wacky Wednesdays for our students and staff. These silly days as well as the warmer weather when classes can get outside, even if it is a short time, help get us through until April.

I also attended a recent workshop series through Children's Specialized Hospital on managing children's behavior and received a lot of great information and tips. Stay tuned for the next Family Newsletter to find out more!!

Our School Counselor, Jessica Gosses

NEWS FROM MISS G.

Technology is a part of Rock Brook students' and all students' daily lives. It is not something we can avoid but as parents, educators and caregivers we can help prepare students to be smart and safe when using the internet. We also can model appropriate internet etiquette and safety. I came upon a study recently that found that parents were often unaware of their children's online activities. It also said that as a result, they also were unaware of how often their child was a victim of cyberbullying (Kowalski and Fedina, 2011). While we know that adults cannot monitor what children do online or offline 24/7, there are things that we can do.

See below for some helpful tips and reminders:

(<https://us.norton.com/internetsecurity-kids-safety-parents-best-practices-to-social-media-security.html>)



1. Keep the computer in a common area of your home — like your living room or kitchen. Have

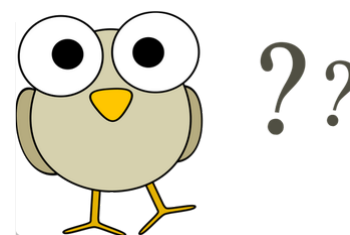
is visiting. Plus, they may be less tempted to visit sites or perform activities they're not allowed to if you're nearby.

2. Only allow your child to access the internet for a limited, set time each day. Homework might be an exception. Social media sites can be a time suck, and you don't want your child spending all of their free time online.
3. If your child wants to join a social media site, request that you have access to their account credentials. This can help you check for undesirable activities, such as adding suspicious friends, receiving questionable messages, or posting unkind content.
4. If your child is an older teen, they may think giving you full access to their account is too invasive. Consider a compromise. Require them to add you as a friend so you can monitor their activities via your own account.
5. Stick with age-appropriate sites. Most social networking sites such as Facebook, Twitter, and Instagram have an age minimum of 13 years. Some of these sites have additional security settings for minors, as well. Facebook, for example, automatically imposes stricter privacy settings for kids than for adults, so be sure your child is using the correct birth year upon signup. Twitter gives a user the option for an account to be private. In that case, the user approves all follow requests.
6. And don't forget, always review the privacy settings on your child's profile.

Our School Nurse, Nurse Lisa

SAVE YOUR VISION MONTH

People generally have increased vision issues as they age. It is important for the health of our vision to get regular eye exams.



Protect Your Vision by doing the following:

1. Get routine eye exams.
2. Eat a healthy diet, including dark leafy greens such as spinach and kale.
3. Maintain a healthy weight.
4. Be aware of your family's eye health.
5. Use sunglasses that block out 99% to 100% of UV-A and UV-B radiation.
6. Don't smoke.

Visit your eye physician for any of the following eye problems:

- Reduced vision
- Eye discharge or redness
- Eye pain
- Double vision
- Floaters (tiny specks that appear to float before your eyes)
- Circles (halos) around lights
- Flashes of light

Eye Breaks:

Focusing on one thing for an extended period of time, such as a computer, your eyes can become tired. The 20-20-20 rule is one good way to decrease any eye strain. For every 20 minutes take a break and

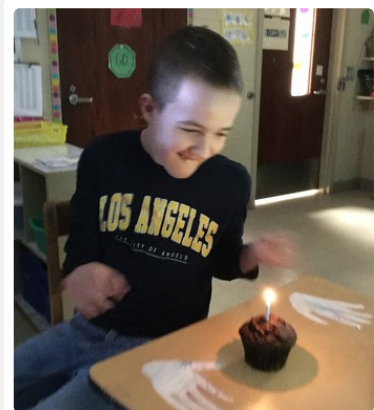
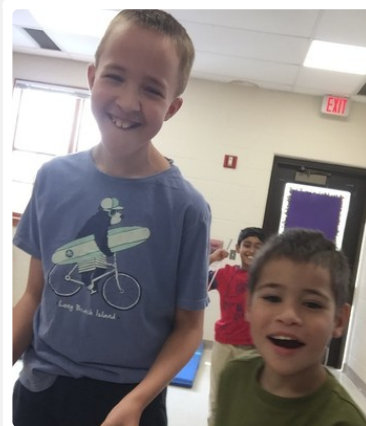
look away about 20 feet in front of you for 20 seconds.

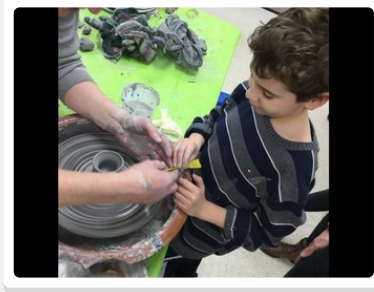
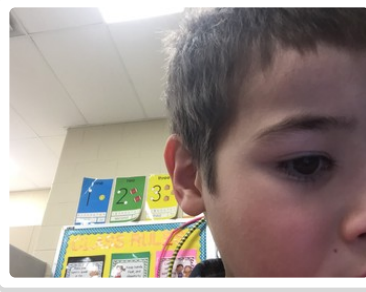
So, remember to take care of your vision as part of your overall health and wellness as this can significantly reduce the risk of long term vision problems.

Featured Class of the Month - Class 4

Class 4 has been working hard these past few weeks.

- For **Math** our kids have been working on money and time. The students who are working on money are learning to recognize individual coins and their value. Also, how many quarters equal a dollar. Some students are learning about analog clocks and telling time. What does the Long hand represent versus the Short hand. And then telling time on the hour.
- For **Reading** we've been working through **Reading Milestones** and reading short stories. Reading Milestones is a program for students with language delays, autism, developmental delays, deaf or hard-of-hearing.
- We have also been using simple **prepositions** in Math and Reading as well when following directions. (Words like at, for, in, off, on, over, and under can be used to describe a location, time or place.) Please sit on the chair. We are in the lunch room. We have Art at 11:00 o'clock.
- Class 4 is looking forward to enjoying the nice weather that Spring brings. Being outside is something we all enjoy!



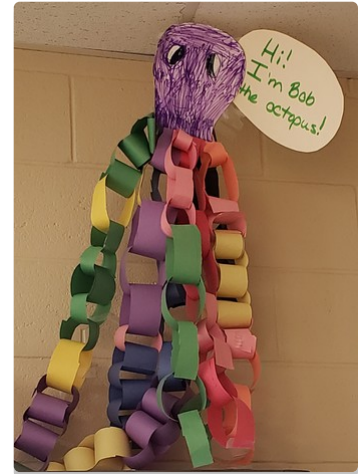


Featured Class of the Month - Class 5

Around Class 5 in 80 Days

If you're looking for an energetic classroom with a ton of different talents, do we have the thing for you! Since welcoming a new student and teacher into our group in December, we've had quite the trip together so far!

To name a few: Bob our class Octopus was 'born' in January. We have sung "The Pizza Song", "Seasons Song", "The Friday Song", and "Sight Words" with Jack Hartman so many times that we can read and sing them in our sleep! In February, we wrote and made so many Valentines that all of our hands are still tired!! Throughout the winter, Ann-Marie, Latte and Molly from SAVE Animal Shelter visited us and we learned so much about caring for animals. We have become "more" trilingual (English – check! Spanish – getting there! Sign – Let's try it!). Some of us have improved on our art skills, traveled the world, tamed dragons (fact or fiction??), improved our math skills, we've become better poets, we are currently planning our next field trip and trying to come up with more creative ways to high five. We know about traditional fives and air fives – any other ideas??



REMINDER - Sunday, March 8 - Daylight Savings Time Begins - Spring Forward One Hour

While discussing the changes of seasons Class 6 learned about the earth orbiting the sun.





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://planningforadulthood.org/calendar>

or

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

908-431-9500, ext. 12

jessica.gosses@rock-brook.org



AccessingFlyerRockBrook (1).pdf



Download

737.5 KB



Wacky Wednesdays at RBS

We will continue having Wacky Wednesdays in March and the beginning of April. These mid-week activities help break up the long weeks in March and April. We began with Crazy Sock Day this week and there were so many fun socks!!

March 11th - Wacky Hair Day

March 18th - Bye Bye Winter Blues!!!

Wear all BLUE

March 25th - Inside Out Day

Wear your clothes inside out.

April 1st - Winning Wednesday
Wear clothing from your favorite sports team!!

April 8th - Rainbow Day
Wear rainbow items or all clothing in a different color.

Mother's Day Plant Sale - Preorder Form - Due March 27, 2020

Please return your preorder form and payment to school no later than, Friday, March 27.

Make checks payable to Rock Brook School.

It's time again for Rock Brook School's annual Mother's Day Plant Sale! Now is the time to plan ahead and preorder some plants for May delivery. These high quality plants are available to you at excellent prices and your purchases will help to support our school.

We have narrowed our PREORDER offerings to help with the delivery issues we have had the last few years. Flats will be offered in mixed color options and we will not be offering small pots of herbs. We trust that you will understand.

Please fill out the preorder form and note that most of these items can only be purchased in advance on a preorder basis. Most will not be available for purchase on the sale days.

Preorders will be ready on Thursday 5/7 & Friday 5/8. Small orders can be sent home on your child's bus, but you must get permission from the bus driver. Please note that we cannot be responsible for the health of any plants which are not picked up promptly.



Plant Sale ltr and preorder form.pdf
DUE FRIDAY, March 27, 2020

[Download](#)
1.8 MB



Grandparent Visiting Day - April 3, 2020

Please invite your child's grandparents to join us at RBS on Friday, April 3. The event is from 9:30 am - 11:00 am. Hosted by Jessica Gosses, our school counselor, we all look forward to this informational and fun filled event. The RSVP form below.



GP Day invite 2020.pdf
RSVP by March 30, 2020

[Download](#)
84.6 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?raceld=42623>

Recent links that you may be interested in.

Here is a short movie that was found by one of our staff members. It is thought provoking and insightful. <https://www.theunconditionalfilm.com/>

When the Police Stop a Teenager With Special Needs:

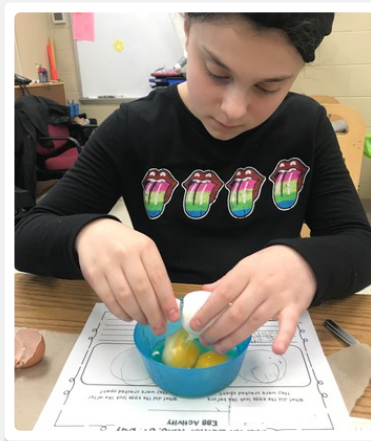
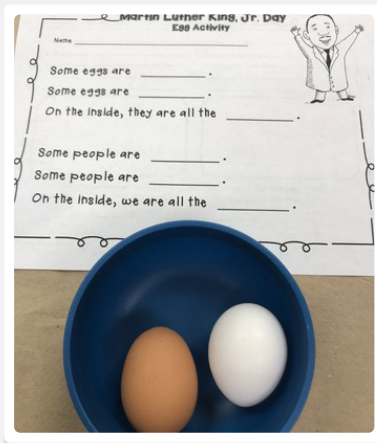
<https://www.nytimes.com/2020/02/27/well/family/autism-special-needs-police.html?referringSource=articleShare>

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.

Class 2 - How to make a salad!



Class 6 - ML King Day Activity - Different & Same



Class 6 continues Yoga with Miss Natalie.



Fun at RBS

Miss A. takes a turn!!



Almost there!!



Class 3 - 100th
Day of School



Shoe Lacing in OT



OT is on a roll!



Friends



Staff relaxing & making knitted blankets after school.



I am a Walrus!



OT Time



WW Crazy Socks



Hi there!!!



Oh so fun!!



More WW Crazy Socks



Rock Brook Family News

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🌐 rock-brook.org