

Rock Brook Family News

December 2, 2019

Our Executive Director, Glenn Famous

I am hopeful that you were all able to enjoy some quality time with family and friends over the Thanksgiving holiday. I had many opportunities to see old friends and they were eager to hear about my “new” job at Rock Brook School. What a great feeling it was to share so many wonderful stories about our terrific staff, wonderful parents, and our truly amazing students. For sure, I have much to be thankful for this year and being part of the Rock Brook family is near the top of the list! Thank you all for your warm welcome and your ongoing support.



Well, we certainly didn't have to wait until the dead of winter to start dealing with weather related school disruptions! Everyone keeps saying that a difficult winter lies ahead, so best to make sure that we always have your most up to date contact information for our **Parent Reach** emergency notification system. Please note that we sent out an **Early Dismissal** message via phone call and email from our *Parent Reach* system on Monday, December 2. If you did not receive this notification through both means, please call the school so that we can verify your contact information.

Wishing you all a warm and safe December and the happiest of holiday seasons!

Our Principal, Katie Hardgrove

NEWS FROM KATIE

The holidays are upon us! Although the holidays bring excitement, they can also be a time of stress. Stress is felt by the adults as well as the children. There are changes in routines, a variety of holiday related functions, and sometimes just too much noise and unpredictability. It is important for caregivers to take time to care for themselves. Five tips include:

1- giving yourself permission to say “no” to invitations



- 2- maintaining routines as much as possible
 - 3- focus on what's most meaningful
 - 4- expect the unexpected
 - 5- prioritize self-care (make time for exercise, time outside, etc.)
- Enjoy the holiday season and spending quality time with your loved ones.



Our School Counselor, Jessica Gosses

NEWS FROM MISS G.

Dear Parents and Loved Ones of Rock Brook Students,
In the spirit of gratefulness at Thanksgiving time, I wanted to share some thoughts with you.

First off, **thank you for allowing me to be a part of your child's life.** I consider myself fortunate to be able to work with each and every student at Rock Brook School.

Thank you for communicating. As we all know, it is the key to any effective relationship. From your emails about your weekend outings that help facilitate conversations with your child (often with pictures!) to a quick update about something that went on at home- these are all appreciated. I know how busy everyone is, and taking this time out to collaborate with the teaching team here at Rock Brook does not go unnoticed.

Thank you for your support! Your efforts at helping out, helping your child follow the themes during weeks like the Week of Respect and Wacky Wednesdays, support for our fundraisers and book fairs, and all the other zillion ways you support your child and Rock Brook as a school are SO appreciated!

Thank you for being flexible and open to trying new things with your child! We know that some days one thing works, then the very next day it doesn't! Flexibility is key and something we here at Rock Brook try to instill in each and every student. Thank you for modeling this day in and day out. We know it's not easy!

Lastly, thank you for giving it your all. Being a parent is tough work! I appreciate you trying your best like we all do here at Rock Brook to collaborate, and work together to help make sure your child grows emotionally, academically, and socially.

Please remember to take care of yourself over this holiday time when things get hectic, and at all times. Your child needs you and Rock Brook does too! Thank you for all that you do. Happy Thanksgiving!

Our School Nurse, Nurse Lisa

Winter is right around the corner, but with our first snow, it's time to start preparing. There are many fun things to do outside winter, however, it is important to consider safety. The American Academy of Pediatrics has some helpful winter health and safety tips:



Outdoor Winter Activities Ice skating, skiing and sledding are great ways to have fun and get exercise on a cold winter day. It is important that children be supervised with these activities.

Safety Tips: Sled with your feet first or sitting up instead of lying down head-first or backwards. Sled on slopes that are not too steep and are free of obstructions like trees or fences. Skate only on approved surfaces. Skate in one direction with the crowd and do not chew gum or candy. Never skate alone. When skiing, wear a helmet and choose slopes appropriate for your level. Stay away from crowded areas. If you are learning to ski, take some lessons first.

Other winter health concerns:

Nosebleeds: If your child suffers from winter nosebleeds it may be from the dry air. Try using a cold air humidifier in the child's room at night. Saline nose drops may help too. If severe, consult your pediatrician.

Hypothermia/Frostbite: If it is very cold outside, set a reasonable time limit on outdoor play and have children come inside periodically to warm up. Dressing in layers is best.

School Nurse Notes:

******If you have any older size Large to Extra Large sweatpants, or other comfortable clothing including socks that you would like to donate, please consider sending them to the school. Extra clothes come in handy when students fall in a puddle at recess or spill water or milk on themselves at lunch. *Thank you and Happy Holidays! ***

*Lisa Mantz, RN CSN
Rock Brook School Nurse*

Featured class of the month is High School A

Coffee Cart

Coffee cart is when High school A delivers coffee to all the teachers at Rock Brook on Fridays. We serve coffee, tea and hot chocolate for \$1. People can add creamer, milk, sugar, splenda or honey. Sometimes we sell baked goods like brownies or banana bread. My favorite part of coffee cart is using the Keurig machine. We use the money raised for our birthday trips.
By: Matilda, featuring a picture of Gabriella



Boon Supply Order

Thank you to all of the Families and their friends, Staff and Board Members who purchased items from the Boon Supply Catalogs and online. The merchandise was delivered and we all love our items! Rock Brook had a profit just over **\$800!** Profit from fundraisers like this helps to purchase materials for the classrooms that are not covered by tuition dollars.

You can still continue to support RBS with Boon Supply Orders. Here is a link to one of their Holiday promotions!!

https://www.boonsupply.com/products/hostess-gift-bundle?utm_campaign=Current%20Fundraisers%20-%20Reminder%3A%20Hostess%20Bundle%2011.21.19%20%28HiHUXf%29&utm_medium=email&utm_source=Fall%202019%20Signed%20Fundraisers%20%28School%20and%20General%29&_ke=eyJrbF9lbWFpbCI6ICJjaHJpc3R5LnRyYWNIeUByb2NrLWJyb29rLm9yZyIsICJrbF9jb21wYW55X2kljogIktRTkVrUiJ9

Holiday Sale - November 7th

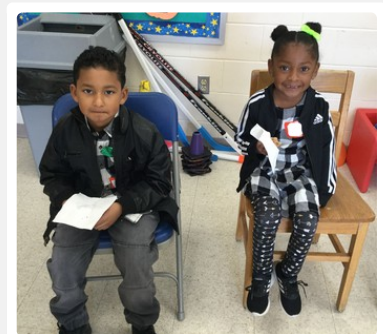
We would like to thank the Girl Scouts from Troops 70052, 70058, 71582, 72806 for hosting a Fantastic HOLIDAY SALE for our students.

We also had a former RBS student come help with the sale it was a fantastic surprise to see her and her mother. This event that takes a lot of coordination through out the year. First the Girl Scouts purchase gifts. Then they come to RBS and sort and display them for our students. Our students "shop" for their list. Finally all 300 + gifts are wrapped, tagged and delivered to the students after the student's shopping is completed. We would also like to thank Ms. Lori's daughters (Class 6 Instructional Paraprofessional) and their friend for coming to wrap on the day of the sale. It was a lot of fun and a huge success.



RBS SIBLING DAY - November 8th

It was great to see all of the siblings and cousins at our Sibling Day. This annual event is coordinated by Jessica Gosses our school counselor. We look forward to seeing you all again next year.





RBS Spirit Wear

The new RBS Spirit Wear has been ordered. We expect it to arrive to RBS the week of December 9th. We are excited to see the new items!!

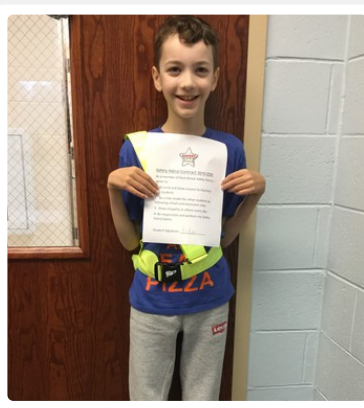


Scholastic Book Fair

Thank you all of the students, staff and families that purchased books from the Scholastic Book Fair. We had many families purchase from the teacher/staff "wish lists" and RBS was able to purchase the remainder of the "wish list" books with our profits!! THANK YOU!!

If you want to do some additional holiday shopping here is the Scholastic Book Fair link.

<https://bookfairs.scholastic.com/bf/rockbrooksch>



Congratulations

Our newest member of the
RBS Safety Patrol.

Rock Brook School 2020 Cook Book - Submission Date EXTENDED to December 20, 2019

All students and staff are encourage to submit entries that will be used to create at Rock Brook School Cook Book. The HS students will be compiling the submissions into a book which will be available for sale in the Spring.

Please submit the following to Becky Mercurio via Google Doc or email a PDF titled with your first and last. becky.mercurio@rock-brook.org

PLEASE SUBMIT #1-4 by Friday, 12/20/19 and #5 by Friday, 1/10/20

1. Name
2. Classroom
3. 1 or 2 sentences about the recipe
(ie: " I remember making this every New Year with my Grandma Rose")
4. Recipe
5. Photo of yourself making the recipe



Rock Brook Cookbook.pdf

Download
50.6 KB

Recent links that you may be interested in.

10 of the Best Shoe Brands for Kids with Disabilities

<https://themighty.com/2019/11/shoe-brands-kids-disabilities/>

Compression Shirt

<https://mollyfullerdesign.com/>

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.



THANK YOU!

To all of our Families who participated in the Boon Supply Fundraiser, the Spirit Wear Sale and the Scholastic Book Fair. We appreciate all of you!!



Rock Brook Family News

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