



ROCK BROOK SCHOOL

Family Flyer

September 2025

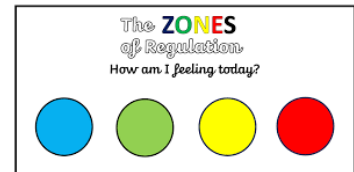
Back-to-School and Family Night! It was a pleasure to welcome our families and staff to our 3rd Annual Back-to-School and Family Night event. We appreciate your participation and joining us on this beautiful evening. This evening was such a wonderful opportunity for our school community to come together and celebrate the beginning of the school year!



School-Wide Initiative: Zones of Regulation: We're excited to launch a school-wide initiative led by Gloria Anderson, Coordinator of Clinical and Instructional Practices, to support students' social, emotional, and self-regulation needs through the Zones of Regulation framework.

This approach helps students:

- Recognize and identify their emotions
- Develop strategies to self-regulate
- Build lifelong skills for emotional awareness and success



Our goal is to create a shared language around emotions and regulation that will be consistently reinforced both at school and at home.

Stay tuned for more updates, resources, and ways to get involved as we roll out this important initiative school-wide!

Air Therapy Dogs Program: Once again, RBS is welcoming back our therapy dog program beginning in October! We are looking forward to this fantastic program throughout the year.



Message from the School Nurse: With the start of the new school year, we are seeing lots of viruses circulating. The chart below might help decipher between these viruses.

HOW TO TELL THE DIFFERENCE BETWEEN FLU, RSV, COVID-19, AND THE COMMON COLD				
Common symptoms may include cough, headaches, sneezing, runny nose, and congestion. Different symptoms may include:				
				Rarely Sometimes Often
	COLD	FLU	COVID-19	RSV
ACHES				
DIFFICULTY BREATHING				
FATIGUE				
FEVER				
LOSS OF TASTE OR SMELL				
SORE THROAT				
WHEEZING				



The New Jersey Department of Health (NJDOH) current guidelines for COVID are below, please reach out to the health office with any questions or concerns.

If you test positive for COVID or develop symptoms, follow these steps to prevent spreading the virus:

- Stay home and avoid contact with others, including household members.
- Resume normal activities when, for at least 24 hours, symptoms are improved, and you are fever-free without the use of fever-reducing medication.
- Wear a mask and take extra precautions for 5 days after returning to normal activities.

Standardized Assessments: Please see the message below from Jenie Vargas, Supervisor of Curriculum and Instruction, regarding standardized assessments:

As we welcome students and staff back to school, all New Jersey school districts, NJ-approved private schools for the disabled, charter schools, and renaissance school projects are required by statute (N.J.S.A. 18A:7C-6.6) to annually notify parents or guardians of the scheduled standardized assessments that will be administered over the course of the school year.

Please refer to the document linked below for the state assessment testing schedule for the 2025–2026 school year: [RBS State Testing](#)

Student Absences: If your child will be absent from school, please call Tammy Quick, Program Secretary, in the main office by 9:00 AM at 908-431-9500, ext. 110.

- Our automated attendance line is available 24 hours a day for your convenience.
- Please remember to call each day your child is absent.
- In addition to notifying the main office, you may also contact your child's teacher.

When your child returns to school after an illness, please send a written note to the homeroom teacher, which will be forwarded to the main office and/or school nurse.

Important: For absences due to serious illness, accident, or hospitalization, medical clearance is required before the student can return to school.

If the school does not receive notification of your child's absence, we will follow up with a phone call to confirm the reason for the absence.

Birthday Celebrations at School: To keep celebrations manageable and allergy-conscious, we limit birthday celebrations to a simple treat and/or activity sent in by the parents. If parents wish to send in food items, please adhere to the following guidelines:

- All food must be pre-approved by the school nurse at least three days in advance to allow time to reach parents of students with allergies so they can send in a safe snack alternative.
- Only store-bought items with labeled ingredients will be accepted.
- Once the school nurse has reviewed the food and ingredients, both the parent and teacher will be contacted with the approval status.

If food is not an option due to allergies or other concerns, parents are welcome to send in a birthday craft or activity for the class instead.

Calendar: Please click the link below to view the school calendar.

- [2025-2026 School Calendar](#)

School Safety: All schools in New Jersey are required to conduct two emergency drills per month, specifically one fire drill and one security drill. Please know that all of our drills continue to be conducted with a seriousness of purpose, but without using terms or simulations that could potentially frighten or upset students.



In September, our students and staff successfully participated in:

- A Fire Drill
- A Non-Fire Evacuation Drill

We thank our staff and students for their cooperation and attentiveness during these important safety exercises.

RBS Facebook Page: Please like, follow, and share today!



- [RBS Facebook](#)

Looking Ahead

- Wednesday, 10/1 - Rett Syndrome Day, Wear Purple
- Thursday, 10/2 - School Closed for Students and Staff - Yom Kippur
- Thursday, 10/9 - Traveling Farm Visits RBS
- Friday, 10/10 - AIR (Attitudes in Reverse) Therapy Dogs Return to RBS
- Thursday, 10/30 - Halloween at RBS - Trunk-or-Treat - Details to Follow
- Friday, 10/31 - 12:30 Early Dismissal for Students

