



Family Flyer

November/December 2025

Special Messages & Reminders

Parent Conferences

It was great to see so many parents in-person and virtually during our Parent-Teacher Conferences in November. Thank you so much for your continued support and partnership in your child's education.



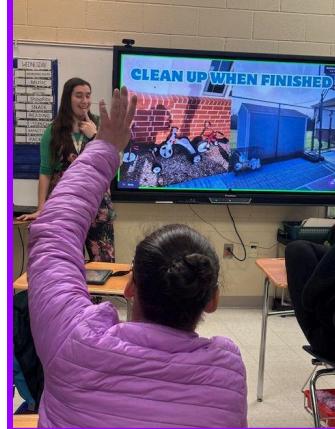
Our next round of conferences is scheduled in March. More details will follow.

Playground Renovation

We are excited to share that our playground has been renovated, which includes 2000 square feet of artificial turf and a new four-bay swing set. This new design provides easy accessibility for all of our students.

In anticipation of the opening, Eliana Johnson visited each class to review playground safety guidelines and rules. She led students through a walk-through of the new space, complete with an engaging scavenger hunt.

We are enjoying the newly renovated space!



Holiday-Grams

Janet Campbell, our Art and Music teacher, along with the Middle School 1 class, will be delivering Singing Holiday-Grams to Rock Brook staff and students on December 22. Our students have been busy preparing music for this festive event. This tradition has been a huge success in previous years, and our students are ready to spread holiday cheer once again!



This year's charitable partner is the New Jersey Animal Alliance, an organization dedicated to saving homeless animals and reducing pet overpopulation. They focus on rehabilitating, restoring, and rehoming animals in need, especially those who are injured, ill, or victims of neglect.

Many thanks to Janet Campbell, our teaching team, and students for participating in this incredible opportunity.

Basically Bugs

A Naturalist from the Environmental Education Center in Basking Ridge joined us for a special presentation titled "*Basically Bugs*."

This engaging session invited all students to explore the fascinating world of insects, including their unique characteristics and how they differ from other arthropods. Students also learned about insect life cycles, adaptations, and diversity, and had the opportunity to observe live creatures and mounted specimens up close.



Partnerships: Princeton Health and Wellness / ARC of Mercer County

The post-graduate class has extended their partnership with Princeton Fitness and Wellness. Students are able to use the health club's equipment and aquatic center on a weekly basis. Access to a health club isn't just about exercise, it's about health, independence, inclusion, and empowerment.



Rock Brook has partnered with The Arc of Mercer to offer our post-graduate students the opportunity to participate in Pre-Employment Transition Services (Pre-ETS), a program provided through the New Jersey Division of Vocational Rehabilitation Services (DVRS). Pre-ETS program is designed to help students with disabilities build and strengthen their skills in several key areas, including job exploration, personal readiness, social skills, workplace basics, and workplace success.



Read Naturally's December Star of the Month

We are thrilled to share that Lelyla Vega, a student in High School 2 (HS2), has been selected as the December Star of the Month for the Read Naturally program.

The Read Naturally Star of the Month program celebrates students who work hard to improve their reading skills using Read Naturally's intervention programs. Each month, a student is selected and is featured in Read Naturally's blog and newsletter. Leyla won a Barnes & Noble gift card, and her teacher, Margie Rina received an Amazon gift card in addition to a gift certificate for Read Naturally materials for the school.



A special thanks Chrissy Souloff, Speech-Language Pathologist, for her hard work with Orton-Gillingham instruction, which has helped make Leyla a reader. Thank you as well to Jenie Vargas, Supervisor of Curriculum and Instruction, for submitting an application and testimonial to Read Naturally on behalf of her teacher and Leyla to highlight their work using the program in the HS2 classroom.

Please click on the link below to read Leyla's nomination, which is now posted on the Read Naturally website.

- [Congratulations to Leyla, Star of the Month](#)



Middle School 1 (MS1)

MS1 has been enjoying their class novel, *Percy Jackson and the Lightning Thief*, and students are using the Zones of Regulation to analyze characters' emotions as the plot unfolds. In math, the class has begun a new unit on money, learning to identify coins and bills, calculate sums, and make change.

Science has been exciting as students explored fossils and earth science. MS1 examined dinosaur bones and compared them with modern animals to identify similarities and differences.

Outside the classroom, MS1 students love learning and playing together, recess is filled with games, puzzles, and friendship. The class also celebrated Halloween and Thanksgiving traditions, and in culinary class, held a mashed potato competition, unanimously deciding that homemade potatoes are far superior to boxed ones!



Middle School 2 (MS2)

MS2 has been busy with hands-on learning and seasonal fun! In cooking class, students whipped up several delicious treats, including chocolate chip cookies, sugar cookies, stuffed muffins, and grilled cheese. Yum!

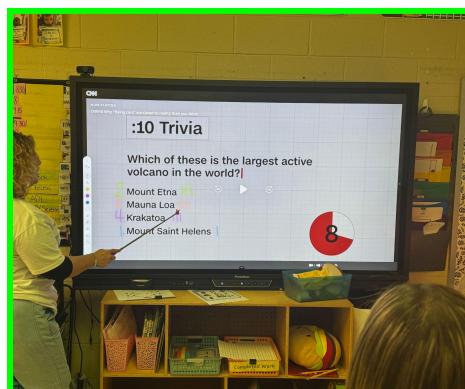
Each week, MS2 polls the Rock Brook community with a new "Would You Rather?" question. A favorite this month was: "*Would you rather make a gingerbread house or an igloo?*" Students love collecting responses and comparing results!

We've also been strengthening our Activities of Daily Living (ADL) skills by sorting and folding socks, folding shirts, and keeping our workspaces clean by wiping down our desks. To get into the winter spirit, students decorated the classroom with coffee filter

snowflakes and created their own gingerbread houses. They also had a blast making snowmen for the RBS Snowman Competition.

Every day, the class enjoys CNN 10's daily trivia. Students vote on their answers, count the votes, and then discover the correct response together. Our weekly reading selections this month have included *Cookies for Santa*, *Let's Decorate the Tree*, and *Christmas Time*.

MS2 is learning, creating, and celebrating together, all season long!



A Moment from Movement

We have been busy in Movement! Since our last column, we wrapped up our kickball unit, worked on regulation skills, and went on a virtual scavenger hunt on the new playground!

As part of our regulation work, students have been learning a new yoga skill each week. Yoga is fantastic for increasing strength, flexibility, improving posture, and following multistep directions. Students have also been learning different breathwork techniques. Breathwork helps increase focus and regulation skills as well as decrease anxiety and improve sleep quality.

We are so excited for the improved playground! As we move into this next season, movement class will focus on playground games and skills. The new playground layout will provide more opportunities for our students to engage in activities like soccer, hopscotch and much more. Collaborative play supports communication, problem-solving, social, and emotional skills.



Art and Music

Students have been engaging in a variety of music and art activities for our students. Everyone enjoyed learning a new song and video, “*What If I Can?*”—*The Self-Regulation Song*, which encourages confidence and positive thinking. We also explored Raffi’s “*Thanks a Lot*,” reading, singing, and even learning accompanying sign language to support expressive communication.

- [What If I Can? - The Self-Regulation Song](#)
- [How to Sign "Thanks a Lot" by Raffi](#)

In arts and crafts, students created festive turkey drawings and assembled adorable pinecone turkeys with pom-pom heads—projects that showcased their creativity and fine-motor skills.

Our High School 1, High School 2, Middle School 1, and Post-Graduate classes continue to make great progress with their ukulele. Students are becoming more confident with rhythmic strumming and transitioning between chords using color cues. With the holiday season approaching, we also introduced new seasonal songs, including “*Jingle Bells*.”

This month, students have been enjoying a joyful selection of holiday music and several new musical books. Two highly recommended additions to any family library include:

- [Chicka Chicka Ho Ho Ho \(Chicka Chicka Book, A\)](#)
- [Jingle Bells: Iza Trapani: 9781580890960: Amazon.com: Books](#)
 - *Jingle Bells* by Iza Trapani, which highlights holiday traditions from around the world.

In art class, students will revisit Vincent Van Gogh’s *A Starry Night*, creating inspired backgrounds using mixed media with a winter theme. Additional seasonal projects include marbled-paint ornaments and creative wooden disc designs.

Dance Class

Please click on the link below to view a very popular dance performed by our students and facilitated by Mr. David and Miss Carissa. Enjoy!

→ [The Baking Dance!](#)



Occupational Therapy (OT) Corner: December Fun!

This month was full of excitement, routine changes, and lots of sensory experiences. Below are simple, fun activities that are family-friendly, quick to set up, and supportive of your child's sensory, fine motor, and visual skills.

Snowy texture, messy play

- Try these fun fake snow recipes for winter-themed sensory play at home!
 - [Recipes to make fake snow](#)

Temperature Sensory Play

- Freeze small toys in ice and use water droppers to squeeze warm water onto the ice cubes to free the small toys

Snowy texture play (no mess!!)

- Fill a bin or bowl with cotton balls, crumbled paper, pom-poms, tissue paper, or tissues. Hide small toys inside and use tongs to find them. Or they can use their hands to sift through to find the toys.
- *Supports tactile exploration and hand strength*

Hot Cocoa breathing

- Pretend to smell warm hot cocoa slowly...and blow to "cool it off".
- *Great for calming and slowing down the body*

Holiday I Spy

- Look for something red, something sparkly, something round, 3 stars, 2 snowflakes, etc.
- Can be done around the house, at the store, in the car
- *Supports visual scanning, visual discrimination, attention, and focus*

Bring some winter fun indoors! These movement activities are a great way to warm up, get the wiggles out, and support motor skills all season long.

Snowball toss

- Use rolled socks as "snow balls" and toss them into a laundry basket or knock down holiday targets.

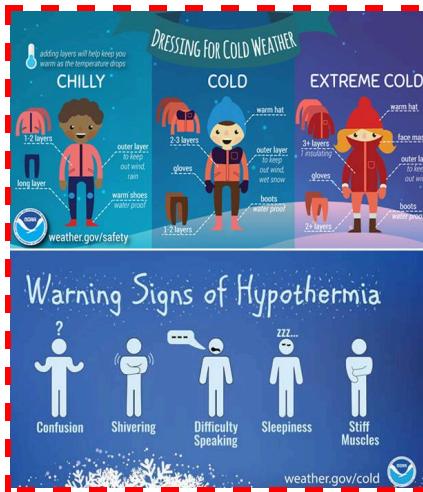
Winter Obstacle Course: Create a simple indoor course using pillows, chairs, and tape lines

- Use pillows to "step over the snowbanks."
- "Crawl through the tunnel": under a table or make a tent with chairs
- "Ice Skate Walk" with socks on a slippery floor

Recess/School Safety: With the cold weather upon us, please ensure your child is dressed appropriately for the season, including a jacket or coat, hat, gloves, and other warm clothing. We will continue to go outside for recess even in colder temperatures.

Additionally, safety drills will continue throughout the winter season, and students should be prepared to follow directions and exit the building safely as required.

- [Extreme Cold Safety Tips - National Weather Service](#)



Message from the School Nurse: The recommendations from the New Jersey Department of Health for children and adults include following the steps below to help prevent the transmission of infections such as influenza;

- Cover your cough and sneezes
- Avoid touching your eyes, nose, and mouth
- Wash your hands frequently, especially after coughing and sneezing
- Stay home if you're sick, especially with a fever
- ★ As a reminder, students who are experiencing cold and flu symptoms with a fever, need to be fever-free for at least 24 hours, without fever reducing medication before returning to school. In addition, any intestinal issues need to also be resolved without medication for 24 hours. Should your child be exhibiting symptoms, you are encouraged to contact the school nurse (nurse@rock-brook.org).



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

- [RBS Facebook](#)



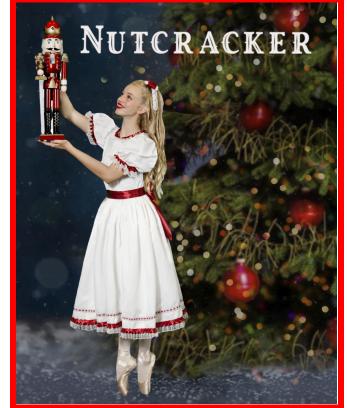
COMMUNITY EVENTS

The Dance Connection's Nutcracker, December 19-21

Click on the link to view information regarding The Dance Connection's Nutcracker being performed at the Kelsey Theatre on December

- [The Nutcracker 2025](#)

Rock Brook School is not sponsoring this event and will not receive any benefit from your attendance. We are sharing this information as we feel you and your family may enjoy this performance should you be interested.



Parent Webinar: Assessing Functional Life Skills for Individuals with Autism & other Developmental Disabilities



We invite you to join a [free parent webinar](#), *Assessing Functional Life Skills for Individuals with Autism & Other Developmental Disabilities*, on Wednesday, January 21, 2026, from 6:30–8:00 PM (EST) via Zoom. This session will help families understand how to identify and build essential life skills, with practical strategies that can be used at home and school. The webinar will be presented by Dr. Bianca Coleman, a licensed psychologist and behavior analyst specializing in developmental disabilities. To attend, please register using the link provided.

- [Register here](#).

RBS is not sponsoring this event and will not receive any monetary benefit from your attendance. RBS is sharing this information as we feel you may enjoy this free parent webinar.

