



ROCK BROOK SCHOOL

Family Flyer

January 2026

Special Messages/Reminders

Special Community Event

Montgomery Township is excited to host a special family-friendly event on Saturday, 1/31

You're Invited!

BEAT THE WINTER BLUES

Saturday, January 31
11 am - 1 pm
Montgomery Municipal Building
Snow Date: February 7

Step out of the cold and into the warmth of community where we will help you tackle the **winter blues!**

Connect with friends and neighbors, share a smile, and experience fun, FREE, family friendly activities that will help you thrive this season.

Workshops ~ Kids Activities
Resources ~ Refreshments

Enjoy hot chocolate and conversation with members of MTPD with **Cocoa with a Cop!**



SPHAB
Serving the People of Montgomery and Rocky Hill

MAYORS WELLNESS CAMPAIGN
MAKING HEALTHY CONNECTIONS

Montgomery Township Health Department
Serving Montgomery and Rocky Hill
MontgomeryNJ.gov/Health
(908)-359-8211
updated 01.07.2025

MONTGOMERY
Parks & Recreation

MUNICIPAL ALLIANCE

Public Health

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 and your family may enjoy this special community event.

Holiday Grams - Update

Back in December, our MS1 class delivered Singing Holiday-Grams to Rock Brook staff and students. Janet Campbell, Art and Music Teacher, organized and facilitated this incredible opportunity for our students.

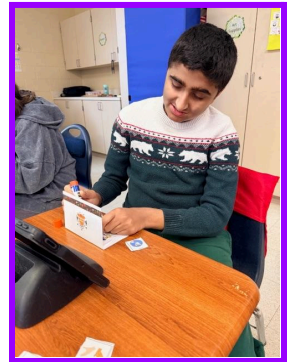
This event was a huge success, and the students had a wonderful time singing and shaking their jingle bells. A total of \$150.00 was raised, and all of the proceeds were provided to the New Jersey Animal Alliance.

High School 1 (HS1)

Before winter break, HS1 students learned about civic engagement and community services. They explored meaningful ways to support others during the holiday season. Students learned about the local community's needs and worked together to choose a project that helps others. The students put their civics lessons into practice and visited the Montgomery Food Bank and Senior Center. At the community center, they unpacked and organized food donations. They also decorated the Senior Center Christmas tree. They experienced firsthand how a small act of kindness can spread lots of joy, especially during the holiday season. Along with the donations, the students delivered handmade holiday cards to the seniors. Throughout this Civics unit, the class worked together to find a need in the community, plan for and prepare the service project, culminating in our visit to the community center.

In January, the class began a health and science unit. The unit focused on health and life science by exploring different body systems and how they function. Instruction is supported through familiar routines and functional academic skills, such as reading comprehension, listening comprehension, and functional writing. The unit also reinforces essential health and grooming skills, helping students build confidence and develop lifelong habits needed for everyday situations both in and out of the classroom.

The class continues to reinforce consistency, independence, and engagement through familiar structures and functional academics, including financial literacy, functional writing, reading comprehension, and listening comprehension. These activities continue to strengthen life skills and help students build confidence and readiness for everyday situations, both in and out of the classroom.



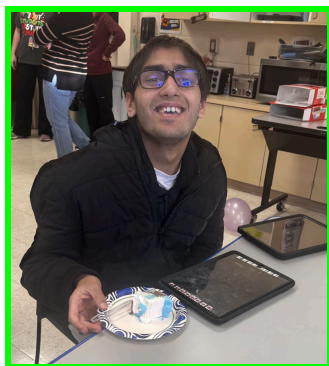
High School 2 (HS2)

HS2 has been busy building important functional life skills that support independence, confidence, and real-world success. Students have been practicing sorting coins, counting money, and determining how much money is needed to purchase items. Each week, students proudly work the Rock Brook Dash, where they serve customers and practice real-time money exchanges. HS2 also works at the Rock Brook Coffee House, where students prepare coffee to match each customer's order and serve everyone with a big smile.

In addition to money skills, HS2 practices table-setting and cooking every Monday. Students follow functional recipes that help build independence, sequencing, and confidence, and these are recipes they can also recreate at home with parents and siblings. So far, students have made scrambled eggs, French toast, pancakes, a variety of cakes, and even hot chocolate for staff during the holidays.

HS2 also enjoys weekly trips to ShopRite, where students gather the items needed for Monday cooking and for their lunches. During these trips, students practice making grocery lists, totaling the cost of their items, collecting groceries, navigating the shopping cart, loading the conveyor belt, bagging items, carrying bags, and putting groceries away in the correct locations, such as the cabinet or refrigerator. These real-world experiences give students meaningful opportunities to apply their academic and functional skills in everyday situations.

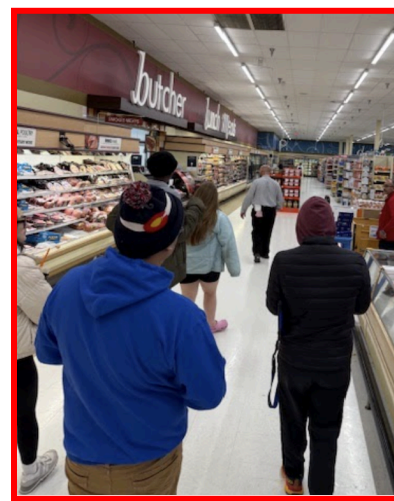
We are so proud of the teamwork, growth, and increasing independence that HS2 demonstrates every day.




Post-Graduate (PG)

The PG students have been busy with hands-on learning and meaningful community experiences. Students recently tried a new bread recipe, learning how to make bread from scratch from start to finish. They also took a tour of the Weis grocery store, where students explored different jobs and career opportunities. The visit even included a fun chance to pet the lobsters and enjoy ice cream sandwiches as a special treat!

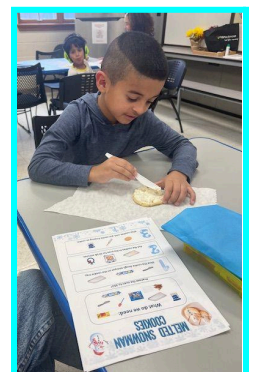
PG and HS2 students partner together to host the RBS Coffee House every Thursday. The PG class prepares and sells a variety of delicious food items to staff. This fun and meaningful collaboration gives students hands-on experience with cooking, working together as a team, and serving others. Menu favorites have included walking tacos, chicken and waffles, chicken and cheese quesadillas, and grilled cheese with tater tots. This in-school work-based learning experience allows students to gain work skills, independence, and practical life skills to prepare them for future success.



Occupational Therapy (OT) Corner


 **New year, Healthy Habits:** The start of a new year is a wonderful time to reflect, reset, and build healthy habits as a family. Many families set New Year's resolutions such as eating healthier foods, spending more quality time together, and creating positive routines at home. Occupational therapy supports these goals by helping children develop the skills they need to participate successfully in everyday activities—especially those done together as a family.

 **The Power of Quality Family Time:** Quality time doesn't have to be complicated or expensive. Simple, fun activities—like cooking a meal together—create meaningful connections between parents and children. When




kids feel engaged and supported during shared activities, they build confidence, strengthen relationships, and develop important emotional regulation skills.

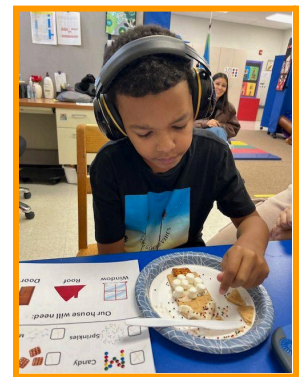
Cooking together allows children to feel included, capable, and proud of contributing to the family. These shared moments often lead to great conversations, laughter, and memories that support both social-emotional growth and family bonding.

 **Cooking Together Builds Functional Life Skills:** Cooking is more than just making food—it's a powerful learning experience! When children help in the kitchen, they practice many important occupational therapy skills, including:

- **Following directions** – Listening to and carrying out multi-step instructions
- **Visual scanning** – Finding ingredients and tools in cabinets or on the counter
- **Organization & checklists** – Checking items off a grocery or recipe list
- **Sequencing** – Completing steps in the correct order
- **Sensory processing** – Exploring different textures, smells, tastes, and temperatures
- **Fine motor skills and Bilateral Coordination** – Pouring, stirring, pinching, chopping (with supervision), and opening containers



 **Make It Fun and Flexible:** Cooking together doesn't have to be perfect. Simple recipes, short tasks, and child-friendly jobs (washing produce, mixing ingredients, setting timers) can make the experience successful and enjoyable. The goal is participation, connection, and learning—not perfection.



 **Simple Recipe Ideas:** [Click Here](#) for a website with a variety of recipes with visuals included

- [Visual recipe and experiment cards](#)

Art and Music

Students have enjoyed bucket drumming on Tuesdays. There are some great beginner bucket drumming videos on YouTube that we watch and play along to.

-  Best Day of My Life - Beginner | bucketdrumming.net

Students can practice at home with chopsticks and markers on a pan or a Rubbermaid container.

We're getting ready for the Great Kindness Challenge by learning "Kind-Hearted Hand." Both the lyrics and hand motions.

- [Kind-Hearted Hand - The Great Kindness Challenge Theme Song](#)
- ["Kind-Hearted Hand" Motions](#)

A fabulous self-regulation song is "What if I Can?" by Michelle Urban, which is highly recommended to share with your students.

- [What If I Can? - The Self Regulation Song](#)

In Arts & Crafts, students have been busy creating winter-themed projects, such as snowman ornaments, penguins, and Valentine gnomes. Looking ahead to February, classes will begin exploring famous artists and their works.

In Music, students continue to make great progress with the ukulele. Using large guitar picks has supported successful strumming, and rhythm patterns are incorporated into weekly lessons. Younger classes enjoy strumming during Thursday sessions, while rhythm instruments and unique options like steel drums provide many opportunities for joyful musical expression.

A Moment from Movement

This winter, students are building playground skills through a soccer unit. They are learning how to stop, kick, and pass a soccer ball while working collaboratively with peers. These activities support improved coordination, core strength, posture, agility, bilateral coordination, and attention skills. Students began the unit by developing foot coordination through cone-tapping activities and are now progressing to passing and scoring.

Families who would like to support these skills at home can use the linked video resource, which breaks down simple agility and coordination exercises for soccer.

- [Soccer Skills](#)





The Listening Program (TLP)

We are sharing information about an exciting opportunity for your child through The Listening Program (TLP), and to let you know how we are ready to support implementation at school.

What is TLP?

TLP is a neuroscience-based, music-listening program designed to strengthen brain pathways, improve auditory processing, attention, communication, regulation, and overall learning readiness. Many children with difficulties in focus, sound sensitivity, language, or sensory regulation have shown positive gains in functioning and engagement.



How can we support your child?

- If you choose to subscribe to TLP, we will integrate listening time within the school day so your child can benefit in a consistent, structured environment.
- We will assist you with setting up the program here at school, ensuring that equipment is prepared and your child's listening schedule is incorporated into their daily routine.
- Please note that the subscription and the cost of the recommended headphones are the responsibility of the family. Once purchased, we will work with you to ensure everything is set up appropriately at school so your child can fully participate.
- Our team will continue to provide ongoing support, scheduling, and monitoring to help maximize your child's success with the program.

Why consider TLP?

- Improved auditory and processing skills that support reading, language, attention, and regulation
- Enhanced self-regulation, reduced sensory overload, and increased communication and learning engagement
- A simple, daily routine that can be embedded into the school day for consistency and meaningful outcomes

Next steps if you're interested:

1. Review the TLP website for more detailed parent information:
<https://advancedbrain.com/about-tlp/>
2. Let us know if you would like to move forward. We will coordinate school-based listening times, set up the program here, and ensure staff are equipped to support it.

Thank you for partnering with us to explore every tool that can enhance your child's experience, growth, and success. Please feel free to reach out to Gloria Anderson, Coordinator of Clinical & Instructional Practices, with any questions or to express interest.



An Overview of Social Security Income (SSI) & Medicaid for Adults with Intellectual and Developmental Disabilities (IDD)

Please join Rock Brook's Transition Coordinator, Monica Wall, and Supervisor of Secondary Education, Jennifer Dinardi, for a virtual parent/caregiver presentation on **Tuesday, February 24, at 6:00 PM**, in partnership with **The Arc of New Jersey**.

Presentation: *An Overview of SSI & Medicaid for Adults with IDD*

Connor Griffin, Director of Health Care Advocacy at The Arc of New Jersey, will provide an overview of SSI and Medicaid and their role in accessing adult services through the NJ Division of Developmental Disabilities (DDD).

Topics include:

- Benefits of applying for SSI at age 18
- Pathways to Medicaid eligibility
- The SSI and Medicaid application process

Please [CLICK HERE](#) to RSVP.

The presentation link will be sent to registered attendees closer to February 24.

Should you have any questions, please feel free to contact Jennifer Dinardi, Supervisor of Secondary Education. She can be reached at 908-431-9500 or at jennifer.dinardi@rock-brook.org.



Absences and Early Pick Up

- a. **Student Absences:** In the event your child is going to be absent, please call Tammy Quick, Program Secretary, in the main office by 9:00 am.
 - i. 908-431-9500, ext.110.
 - ii. tammy.quick@rock-brook.org

Our automated system is available 24 hours a day for your convenience, and please be sure to call the school each day your child is absent. In addition to contacting the main office, you may contact the teacher and nurse.

For students with a serious illness, accident, or hospitalization, medical clearance to return to school is required. If contact is not provided by the parent regarding a student absence, the school will make contact with the parent.

- b. **Student Early Pick Up:** Should you be picking your child up early from school on a particular day, please notify the main office 908-431-9500 and your child's teacher so we are aware of your child's early dismissal from school.

Birthday Celebrations at School

We love to recognize our students' birthdays safely and inclusively. 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.

Thank you for helping us keep all students safe while celebrating these special moments for our students.

Early Dismissals and Emergency Closings

When we must close school or delay the opening time due to inclement weather or an emergency condition, you and your bus company will receive notification from our automated system as early as possible. We will also post this information on our website <https://www.rock-brook.org>.

Please be sure to contact Tammy Quick, Program Secretary, should you have any questions.

Emergency Closing Make-Up Day: 12:30 Early Dismissal for Students/Staff PD Day

Due to RBS being closed on Monday, 1/26 because of inclement weather, Friday, 2/13 will serve as our first Emergency Closing Make-Up Day. On Friday, 2/13, RBS will be open with a 12:30 p.m. early dismissal for students. The remainder of the day will be a staff professional development day.



Progress Reports (Trimesters)

Progress reports are scheduled to be sent home in March. Please note that progress reports are issued three times per year, with an additional progress report provided at the conclusion of our ESY program.

Conferences – March 5 & 6

Please mark your calendars for our upcoming conference days on March 5 and March 6. Our staff looks forward to meeting with you to discuss your child's progress, share recommendations, and answer any questions you may have. Additional details will be shared in the weeks ahead.

Security Drills

All schools in New Jersey are required to conduct two emergency drills (one fire drill and one security drill) each month.

In January, we conducted a **Fire Drill** and a **Lockdown**.



Message from the School Nurse

Students who are experiencing cold and flu symptoms need to be fever-free for at least 24 hours, without fever-reducing medication, before returning to school. In addition, any intestinal issues, such as vomiting or diarrhea, need to be resolved within 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](#)

