

Family Flyer

February 2026

Special Messages/Reminders

Sports Jersey Day

Team Rock Brook was in full swing as our students and staff showed their school spirit by wearing their favorite sports jerseys and team gear to school! We had a blast!



JERSEY
DAY



Valentine's Day & 100th Day of School Celebrations

We celebrated the 100th Day of School and Valentine's Day during the week of 2/10. There were many activities for the students to participate in throughout the week.



Great Kindness Challenge

Students had opportunities to learn about, witness, and practice kindness. We shared many experiences as a school and in our classrooms, such as making cards and pictures for others and recognizing acts of kindness in our celebration of the Great Kindness Challenge.



Early Childhood Center (ECC)

In ECC, we've been getting our groove on with dancing and music! Students had a blast celebrating the 100th Day of School with a special 100th Day dance party. Recently, students have also been enjoying exploring new instruments during music class, including ukuleles and drums, as they play along to familiar tunes.

This month, ECC students participated in the school-wide Great Kindness Challenge, learning about kindness and taking part in fun spirit days. One of the highlights being students showing off their favorite football team gear!

In addition, students learned about the Winter Olympics and had fun participating in a variety of games designed to build turn-taking, cooperation, and social skills.



Elementary

Our elementary students have been busy learning and celebrating important school milestones, including the Great Kindness Challenge and the 100th Day of School. Throughout these activities, students have participated in acts of kindness that brought smiles to classmates and schoolmates alike.

In the classroom, students have been focused and working hard on mastering individual targets within their goals, showing strong engagement and growth in their academic learning. We have also been spending time learning and practicing the attributes that make a good friend.

In science, students have been exploring germs and learning why handwashing is such an effective way to stay healthy. While we are enjoying the snow, we are also looking forward to spring and the many learning and exploration opportunities it brings.

We are especially excited to celebrate Read Across America during the first week of March!



OT Corner ❄️ There is “snow much” to do!!

With these endless cold temperatures and snow, students are spending more time indoors and getting less movement during the day. While it may not seem important, movement plays a big role in learning, attention, and regulation. The body helps organize the brain, and movement helps make this happen. Here are some ideas to keep them movin’ and groovin’.



Some simple “heavy work” activities you can try indoors include:

- carrying groceries
- pushing a vacuum
- wall push-ups
- animal walks
- shoveling or moving snow
- pulling a laundry basket
- building with large blocks or boxes

Movement breaks can also help: freeze dance, obstacle courses, jumping, or short activity breaks **GoNoodle** is a great resource for fast-paced energy breaks.

- [Go Noodle](#)

Even 10-15 minutes of these activities can make a noticeable difference.

🧑‍🌾 Use the snow too!

There is plenty of snow to turn into movement and play:

- Help shovel
- Carry buckets of snow
- Build a snowman
- Make snow angels or do animal walks
- Stomp paths in the snow
- Pull a sled
- Pack and stack snow blocks
- Snowball target practice
- Blow bubbles and watch them freeze



Try Snow Painting! 🎨

Fill spray bottles with water and add a few drops of food coloring. Children can spray and paint the snow outside to make pictures, designs, or even practice letters and shapes. This activity works on hand strength, coordination, and creativity while also encouraging outdoor movement and fresh air.

Music/Art

In music, we've been exploring rhythm on our Conga (tubano) drums! Students are excelling at pattern play and are even creating their own patterns for the class to follow. It's been especially fun to take short phrases like *"Peanut-Butter Sand-Wich"* and *"Peppermint Ice Cream"* and translate them into drum patterns. These activities provide lots of opportunities for creative participation and group collaboration.

During the Great Kindness Challenge, we also celebrated friendship and kindness through song. Students have been learning and singing a variety of "Kindness" songs, reinforcing positive social-emotional skills while enjoying music together.

▶ **"Kind-Hearted Hand" Motions**

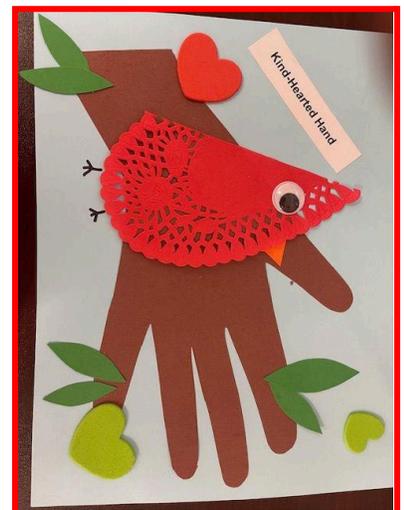
▶ **Harry Styles - Treat People With Kindness (Official Video)**

▶ **Bruno Mars - Count on me lyrics**

We've added some new instruments to our music classes, including wooden castanets and finger cymbals! Our younger students continue to explore the conga drums and other percussion instruments, building rhythm and creative expression.

Thursdays are ukulele days, where students are practicing correct fingerings and rhythmic strumming, steadily improving their playing skills.

In art, students have been busy with projects centered on "Kind-Hearted Hands", Valentine's Day, and musical notation. We'll return to studying the works of great artists in March, continuing to build both creativity and art appreciation.



Movement Class

This month, students are continuing to build skills for playground activities with a focus on catching and throwing. Students are learning how to catch, throw, and pass a variety of ball sizes to their peers.

As they practice these skills, students are strengthening coordination, posture, agility, bilateral coordination, and attention skills. Just as importantly, students are enjoying the community building and peer interactions that this unit encourages



Dance

Click the link below to watch *The Rooster Dance*! This fun and energetic dance, led by Mr. David and Ms. Carissa during dance class, is a student favorite. It's a great activity for the whole family to join in on. Enjoy!

- [Click Here - The Rooster Dance](#)



ARC of New Jersey Family Presentation

This month, Transition Coordinator Monica Wall and Supervisor of Secondary Education Jennifer Dinardi hosted a family workshop led by Connor Griffin, MPH, Director of Health Care Advocacy at The Arc of New Jersey.

The session, *An Overview of SSI & Medicaid for Adults with Intellectual and Developmental Disabilities (IDD)*, provided families with practical information and resources to better navigate benefits and supports across the lifespan.

We appreciate all who attended and value our continued partnership with The Arc of New Jersey in supporting our students and families.



Cold and Flu Season

As we continue in the cold & flu season, please be diligent to keep our school safe and stay home when feeling ill.

- ★ Handwashing is super helpful in keeping everyone healthy through this season!
- ★ Reminder of our illness policy
 - Fever > 100.4F will be sent home & must be fever-free without medications for 24 hours before returning to school.
 - Diarrhea, excessive sneezing/cold symptoms will also be excluded for at least 24 hours, must have improvement of symptoms WITHOUT medication.

A doctor's note with an alternative diagnosis and clearance for school is the best way to keep our school safe and diagnose between a common cold, RSV, Flu, and COVID-19.

Should your child be exhibiting symptoms, you are encouraged to contact the school nurse (nurse@rock-brook.org).



Transportation Expectations: Transportation is an extension of the school day. All school behavior expectations apply while students are at the bus stop and riding on the bus. These expectations are in place to ensure the safety and well-being of all students and staff.

Students are expected to:

- Follow directions from the bus driver and bus staff at all times
- Remain seated while the bus is in motion
- Keep hands, feet, and objects to themselves
- Keep aisles clear
- Use appropriate language and behavior that contribute to a safe and respectful environment

Bus drivers are expected to report student misconduct to the principal. In serious or repeated situations, disciplinary action may be taken, including the loss of bus privileges.

For safety reasons, students may only board or exit the bus at their assigned bus stop unless prior approval has been granted by transportation.

Student Absences and Early Pick Up

As a reminder, in the event your child is going to be absent, please call Tammy Quick in the main office by 9:00 am at 908-431-9500, ext.110. 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 as well. Upon your child's return to school from illness, please provide a note to the homeroom teacher which will be delivered to the main office and/or nurse. For students with a serious illness, accident, or hospitalization, medical clearance to return to school is required.

Should you be picking your child up early from school on a particular day, please notify the main office so we are aware of your child's early dismissal from school.

Thank you for your attention to our procedures as the safety of our students continues to be a top priority.

RBS Facebook Page Please like, follow and share today!

→ [RBS Facebook](#)



March 2026		
3/2 - 3/6	Monday - Friday	Read Across America Week
3/5 & 3/6	Thursday & Friday	12:30 p.m. Early Dismissal for Students Parent Conferences
3/17	Tuesday	Celebrate St. Patrick's Day - Wear Green
3/20	Friday	World Down Syndrome Day Observed at RBS (Official Day is Saturday, 3/21)
3/20	Friday	12:30 p.m. Early Dismissal for students Staff PD
3/30 - 4/3	Monday - Friday	Closed for ALL - Spring Break 