



## Family Flyer

March 2026

### Special Messages/Reminders

#### A Wonderful Celebration of Reading

Read Across America is a time to celebrate the joy of reading, and we know there is great value, importance, and fun in reading wherever we may be. To mark this special day, we were thrilled to welcome guest readers into our classrooms to share meaningful stories with our students.

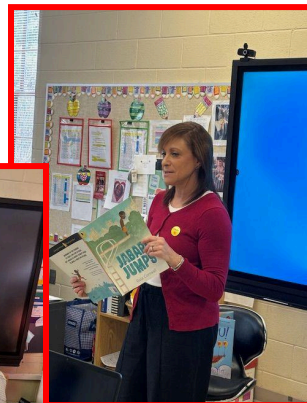
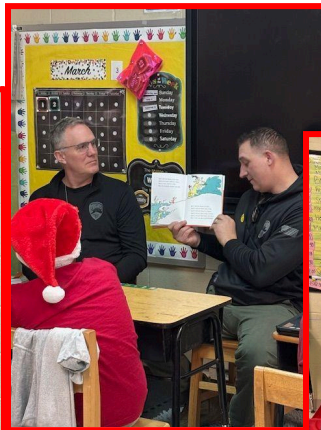
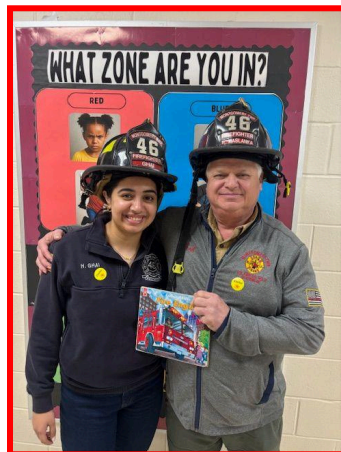


Our readers included many of our community partners and parents, and we are truly grateful to everyone who helped make the day so special.

In addition to our guest readers, students and staff joined in the fun by wearing red, white, and/or a crazy hat, adding an extra layer of excitement to the celebration. It was a joyful and memorable experience for all!

As Dr. Seuss so perfectly said, *“The more that you read, the more things you will know. The more that you learn, the more places you’ll go!”*

Thank you for helping make Read Across America Day such a success!



## St. Patrick's Day

Students and staff wore their green gear on St. Patrick's Day. Everyone looked great!



# World Down Syndrome Day

RBS *Rocked Their Socks* as we recognized World Down Syndrome Day!



## Middle School 1 (MS1)

MS1 had an exciting end to January with a field trip to the Princeton University Art Museum! Students explored the galleries, participated in a hands-on art project, and enjoyed learning about a variety of works and artistic styles.

In reading, the class completed a full study of *Charlotte's Web*. Each student created a book report using Google Slides and participated in a Reader's Theater adaptation of the story. Students also made hand puppets of their characters and helped design the scenes for their performance.

In math, students used hands-on manipulatives to build and strengthen their understanding of multiplication and division.

During culinary lessons, MS1 students practiced independence by making their own sandwiches, baking cupcakes, and preparing fruit snacks.

In science, the class began an engaging plant unit, learning about the plant life cycle and identifying plants by the shapes of their leaves. Students decorated their own planters and planted chia seeds to observe the growth process firsthand. After spring break, they will extend their learning outdoors by working in the school garden—planting, weeding, and caring for vegetables and flowers.



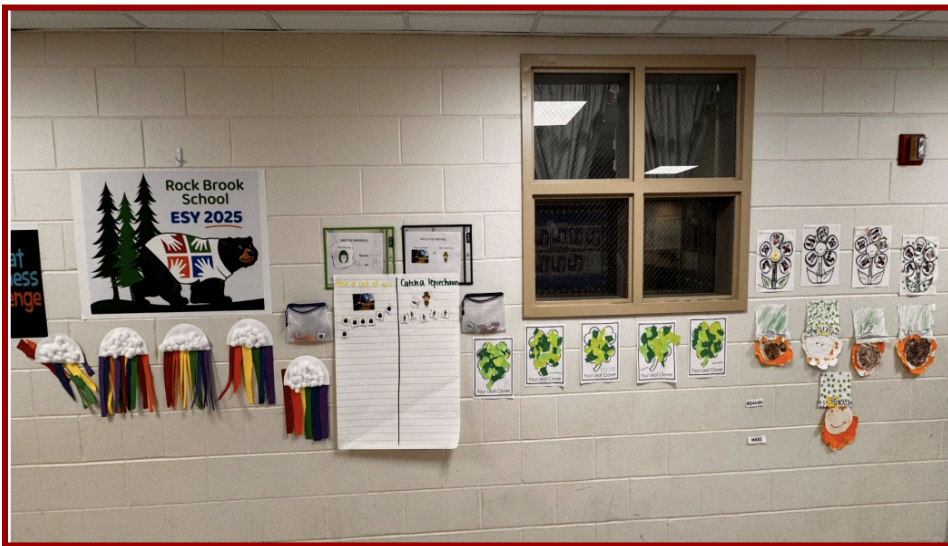
## Middle School 2 (MS2)

Our class has been staying busy and having lots of fun! With the Olympics in February and the Paralympics in March, students learned about different sports and enjoyed watching Olympic events during lunch.

Throughout March, we have been celebrating St. Patrick's Day with festive activities. In cooking class, students made delicious treats such as Froot Loop parfaits with green vanilla pudding and Shamrock Shakes. In reading, we explored stories about Leprechauns and St. Patrick's Day, and students created leprechauns, clovers, and rainbows as part of their morning work.

During Language Lessons, students have been enjoying a new game called *Spot It*, which helps build turn-taking and social skills. We are also practicing different greetings during morning meetings, where students can choose how they would like to greet others—whether it's a wave, fist bump, high five, or elbow bump.

Our class recently received job boxes, which students have been excited to use during Activities of Daily Living. These tasks help build independence and include activities such as sorting silverware, organizing paper, and assembling nuts and bolts.



## Music and Art

This month in Music and Art, we celebrated Women's History Month.

High School and Post-Graduate students have been reading *Ella Fitzgerald: The Tale of a Vocal Virtuoso*, written by Andrea Davis Pinkney and illustrated by Brian Pinkney.



You can enjoy excerpts from the book here:

[Watch the Video](#)

NJASEPS (previously ASHA) is hosting the 2026 Special Education Day Art Contest. Special Education Week will take place from May 10–16, 2026. This year's theme is *The Magic of Education*. Rock Brook School is proud to have submitted artwork from the following students: Anna, PJ, Brandon, and Johnny. Winners will be notified in early April, and all participants will receive a Certificate of Recognition. Prizes and awards will be presented at the ASAH Special Education Day event on May 15, 2026.



Our arts and crafts projects have been fun and creative, with students enjoying a variety of art mediums and techniques. We recently created Note-able Mittens, Rainbows and Leprechauns.

Our students are getting better at playing chords in ukulele on Thursdays. We use large and regular-sized picks and color-coded systems for playing 3 basic chords - C, F and G7. The younger students also get an opportunity to strum along to a few familiar songs during their classes.

We purchased three more large conga drums, so now there are enough for each student to play. We're doing rhythm patterns and word patterns like "Peanut Butter Sandwich" and "Peppermint Ice Cream."

Our singing continues to focus on "What If I Can" by Michelle Urban. Students using communication devices have the words to the song's chorus in their device and are encouraged to play the words each time the chorus occurs in the song.

Lastly, students have been playing engaging guessing games where they identify songs after hearing just a few notes through singing or humming. This fun musical activity has been a favorite, encouraging listening skills and active participation.

## Occupational Therapy (OT) Corner

Spring is finally here! Hello sunshine and goodbye snow!! 🌸

In OT this month we are focusing on real-life independence and taking advantage of the change in season. As routines shift and we spend more time out and about, it's a great time to practice skills in natural ways.



### Ideas that don't feel like "work":

- **Get outside with purpose**  
Have your child carry items, help pack a bag, or clean up outdoor toys—great for coordination and responsibility.
- **Make errands count**  
At the store, let them find items, carry something light, or help at checkout.
- **Keep it functional**  
Simple food prep (opening containers, spreading, assembling snacks) builds real independence.
- **Sneak in thinking skills**  
Instead of worksheets, you can play games, follow directions during crafts, or problem-solve during everyday tasks.
- **Regulation happens naturally**  
Movement, fresh air, and small responsibilities can go a long way in helping kids stay organized and calm.

The goal isn't to add more; it's to use what you're already doing to build skills. For great parent resources and activities, you can visit [OT Toolbox](#).

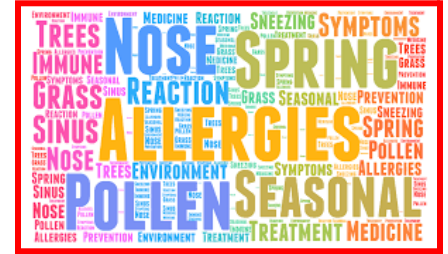


## Seasonal Allergies: Nip Them in the Bud

*By Mayo Clinic Staff*

Spring brings blooming flowers and budding trees—but for many, it also signals the start of seasonal allergies. Symptoms like sneezing, congestion, and a runny nose can make this beautiful time of year uncomfortable.

Seasonal allergies—also known as hay fever or allergic rhinitis—affect millions of people each year. Before you resign yourself to staying indoors, there are simple, effective strategies that can help keep symptoms under control and allow you to enjoy the season.



Click the link below to read more and learn helpful tips for managing seasonal allergies.

- [Seasonal Allergies Information](#)

## Understanding Preference Assessments: Finding What Motivates You

A preference assessment is a tool for identifying the items, activities, or experiences that most motivate your child. We can use those preferences to encourage learning, communication, and positive behaviors by understanding what they enjoy.

We conduct preference assessments in various ways, depending on your child's needs and abilities. Some methods involve offering choices between items, while others observe how long your child engages with different activities. The goal is to determine what excites and interests them, so we can incorporate those motivators into teaching and reinforcement strategies.



By using preference assessments, we can design learning experiences that are not only more engaging but also specifically tailored to your child's unique interests. This approach helps make learning and skill-building both enjoyable and effective!

Click the link below for more information.

- [Preference Assessment](#)

## **New York Metro Disability Expo – May 1-3**

The New York Metro Disability Expo is happening May 1-3, at the New Jersey Convention & Expo Center! This event is free, but registration is required.



This event offers a fantastic opportunity to explore cutting-edge disability products, technology, and resources. It's a great chance to learn, engage, and discover innovations. Here's what you can look forward to:

- Accessible Climbing Wall – Test your skills and conquer the wall!
- Adaptive Sports – Experience hands-on adaptive sports activities.
- Dance Workshops – Learn new moves and have fun.
- Informative Workshops – Attend sessions packed with valuable knowledge.
- And so much more!

Click the link below to learn more and to register:

- [Abilities Expo Information & Registration](#)

## **Too Good To Go: Save Food & Save Money**

Too Good To Go is a free app that helps reduce food waste by connecting users with local restaurants, cafés, pizzerias, and grocery stores offering surplus food at discounted prices.

Instead of throwing away unsold items, businesses package them into “Surprise Bags” filled with fresh, high-quality food. This food is available to you at a fraction of the cost.

How It Works:

1. Download the app on your smartphone
2. Reserve a “Surprise Bag” from a local business
3. Pick it up at the scheduled time

Click the link to learn more about this great resource

- [Save Good Food From Going To Waste](#)



## Security Drills

All schools in New Jersey are required to conduct two emergency drills (one fire drill and one security drill) each month. Security drills are categorized into the following types: active shooter, bomb threat, non-fire evacuation, and lockdown. Schools are also required to notify parents following each monthly "security" drill.

This month, students participated in a fire drill and a bomb threat drill. Our students continue to follow all the necessary procedures when we are conducting our emergency drills.

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