ROCK BROOK SCHOOL

Family Flyer

October 2026

Special Messages/Reminders

Trunk or Treat Celebration: Thank you to all of our Rock Brook families, guests, and community partners who joined us for our annual Trunk or Treat celebration! What a wonderful afternoon filled with plenty of Halloween spirit!

We were so impressed by the creativity and effort that went into the decorated trunks, the fun costumes, and the enthusiasm everyone brought to the event. Most importantly, our students had an absolute blast! Seeing their excitement as they paraded through the parking lot, visited the decorated trunks, and collected treats made the day truly special.

We are grateful to those who joined us for this successful event. Your support and involvement help create amazing experiences and lasting memories for our students.

We can't wait to do it again next year!













Rett Syndrome Day: Students and staff were invited to wear purple as we brought awareness to Rett Syndrome, a rare genetic disorder.

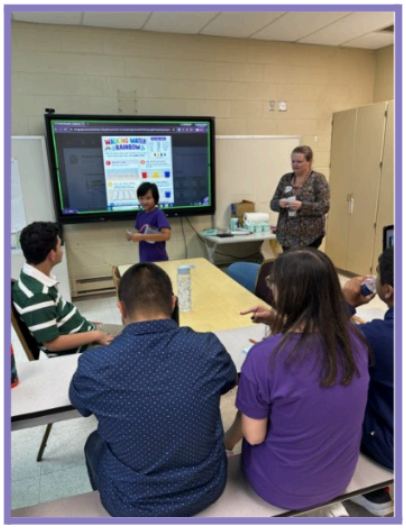












Building Connections with The Pingry School: This month, Rock Brook School welcomed seven freshman students from The Pingry School for a special visit with our students and staff. During their time at RBS, the visiting students had opportunities to interact, connect, and participate in classroom activities while getting to know members of our school community. The Pingry School has a strong commitment to service learning, community engagement, and social responsibility, and we are grateful for their continued partnership.

For several years, Pingry has also provided our students with opportunities to experience and enjoy the performing arts. Each year, Pingry's Drama Department presents several student performances, and our students are invited to attend. Following the shows, they have the opportunity to join the Pingry cast for lunch, creating additional opportunities for conversation, friendship, and connection.

These experiences go beyond the stage, allowing our students to enjoy the arts, build meaningful peer relationships, and strengthen connections within the broader community. We look forward to continuing this wonderful partnership!



Air Therapy Dogs Program: Our therapy dogs were back in action at RBS to visit with our students and staff. Our furry visitors included Lily, Nomie, McKenly, and Journee. The students enjoyed their time with the dogs, and they are always learning new and interesting things about the dogs such as their favorite food and what they like to do during the day.

WHO LET THE DOGS OUT!





Montgomery Township Fire Department No.2: Thank you to the Montgomery Township Volunteer Fire Department for visiting with our students and staff. Our students learned about fire safety, equipment used by firefighters, and had the opportunity to see inside the truck! We appreciate the firefighters' time to talk with our students and for always keeping our community safe!







Music, Art, and Movement: Our school year is off to a great start with lots of instrument play, bucket drumming, ukuleles, and singing. We received some amazing 3-D printed shakers made by a local high school student.



Students get to play tambourines, finger cymbals, egg shakers, jingle bells, hand drums, and frog drums. Play-along time includes triangles, clappers, caterpillars, and clappers.

The Zones of Regulation are included each day, with students invited to choose a colored ball matching the zone they feel and placing it in a matching bucket. We often listen to Michelle Urban's song "What if I Can?" at the beginning of classes.

- **What If I Can? - The Self Regulation Song**

Movement has been a lot of fun. We do the following yoga warm-up:

- **5 min Standing Yoga Stretch For SHOULDERS & BACK | Yoga without mat | Offi…**

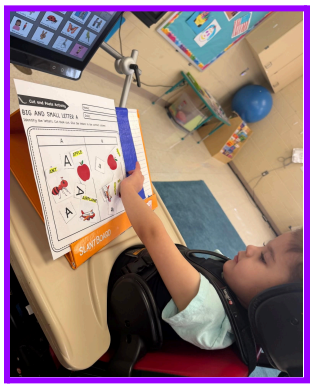
Something new this year during movement is "body percussion" videos with popular songs and simple movements like tapping knees, clapping, and tapping feet.

- **Body Percussion Play Along | Zootopia 2**

Frida Kahlo was the theme for arts and crafts. An awesome book for the students with great pictures and history is "13 Artists Children Should Know" by Angela Wenzel.

- **Frida Kahlo for Kids ! 🎨 | Art History for Kids**

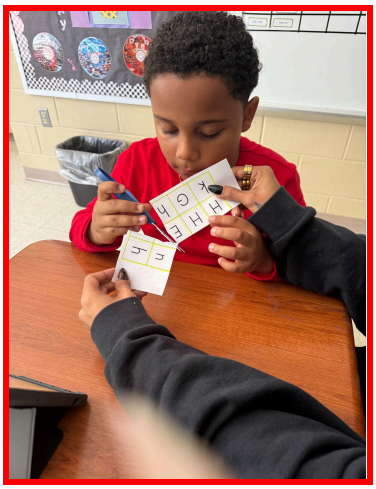
Preschool: There's been a lot happening in Pre-K this month! We've been matching uppercase and lowercase letters, identifying beginning sounds, exploring morning and nighttime routines, and learning what happens when we add one more to a number. We're also becoming more familiar with our eye-gaze technology and were excited to welcome a high school student who joined us for a music lesson. We've been busy learning, exploring, and building new skills together!







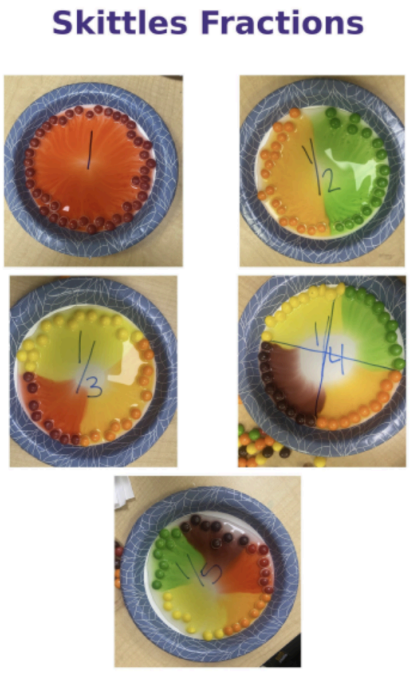
Elementary 1 Classroom: Our students have been working hard on building their independence, communication, and everyday life skills! They have been practicing walking together in a line and stopping at stop signs throughout the school to promote safety and following directions. During our walks, we also incorporate our core words of the week, such as **stop, go, want, and help**. Students practice recognizing these words and locating them on their AAC devices to strengthen their communication skills in real-life situations!



Students have also been strengthening their fine motor skills by practicing cutting paper with scissors independently, without direct TA support. We are encouraging them to become more confident and independent while completing classroom activities.

For Halloween, the students helped fill the Halloween buckets for all the classrooms in preparation for our schoolwide trick-or-treating event! This was a wonderful opportunity for our students to practice teamwork, following directions, and helping others while getting into the Halloween spirit!

Elementary 2 Classroom: Our students have been busy exploring and learning this fall! Students have been investigating numbers, shapes, and fractions while strengthening their reading and writing skills and exploring simple machines in science.



During a Social Connections class, students conducted a colorful experiment by placing Skittles on a plate and adding warm water. The result was magical! One student noticed that the colorful patterns could represent fractions, inspiring the class to investigate further.

Later that week, students put their idea to the test to see how accurately the experiment could visually represent fractions within a circle. The results were **SO COOL** and sparked excitement, curiosity, and meaningful learning!

What a wonderful example of how student observations can lead to new questions, hands-on exploration, and exciting discoveries!

Counselor's Corner - Mr. Christopher Cruz, School Counselor

Mr. Chris facilitates weekly Social Skills groups for all classes at Rock Brook School. Held every Thursday, these sessions focus on the Zones of Regulation, a framework that uses four color-coded zones to help students recognize, communicate, and manage their emotions.

Students explore how they are feeling on a particular day, why they might be feeling that way, and what strategies they can use to manage their emotions. These discussions help build self-awareness, strengthen emotional regulation skills, and encourage students to identify strategies that support their success throughout the day.



The OT Corner: October Sensory Edition:
Theme of the Month: Fall Sensory Adventure



This time of year brings cozy scents, crunchy leaves, and lots of opportunities for sensory play. Let's combine calming sensory exploration with fun movement to help stay regulated and focused.

Try these at home:

Make a Fall Sensory Box:

- Take a bin and fill it with things like crunchy leaves, dry beans, rice, or shredded paper.
- Add cozy scents like cinnamon sticks, cloves, star anise, or nutmeg.
- Hide small Fall or Thanksgiving-themed items like tiny pumpkins, twigs, pinecones, acorns, or beads, and have your child search for them. You can also click the link below for more sensory play suggestions.
    - **Fall Sensory Activities**

Outdoor mindfulness:

- What is mindfulness: a state of present-moment awareness involving paying

attention to your thoughts, feelings, and bodily sensations

- *Blow bubbles:* A strategy for focusing on deep breathing, blowing bubbles is an interactive and fun way to practice mindfulness.
- *Watch wildlife:* Spend time watching wildlife in your backyard, a local park, or on a hike. Once you spot something, spend time actually watching the behavior of the animal.
- *Stack rocks*. Find some different-sized rocks. Stack them and try to see how high your rock tower can go. This activity works on mindfulness and balance.
- *Go on an outdoor scavenger hunt*
- *Paint and hide rocks*

    - **Mindful Walking - Goldilocks Yoga**
    - **Outdoor Mindful Walk Activities**

Fall Fun Exercise Ideas:

- Take advantage of the last few weeks of warmth and visit your local parks and playgrounds
- Fall animal walk ideas:
    - *Squirrel Scramble*: Mimic squirrels gathering nuts. Run quickly for short bursts, then stop and "bury" a pretend nut by patting the ground.
    - *Bear Lumber:* Move slowly and heavily, like a bear preparing for hibernation. Take big, stomping steps with your arms swinging loosely.
    - *Bat Hang:* Find a low branch or playground bar and hang upside down for a few seconds, then "fly" forward by moving your hands along the bar.
    - *Frog Hop:* Squat down and hop forward, just like a frog

Message from Lynne Traina, School Nurse

- ★ As we move into the cold & flu season, please be diligent in keeping 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
    - Students experiencing diarrhea or vomiting must remain home until they have been symptom-free for at least 24 hours and are tolerating meals well.
    - For strep throat, the student may return 24 hours after starting treatment.
    - If diagnosed with Conjunctivitis (Pink Eye), a medical note will be required before returning to school.
- ★ If you would like your student to have Tylenol or Ibuprofen at school for pain or fever, please submit a medical order from their doctor.



As always, please contact our health office by emailing **lynne.traina@rock-brook.org** and/or **nurse@rock-brook.org** with any questions.

Parent Conferences: We look forward to seeing you on **Wednesday, November 11**, whether you will be joining us in person or virtually!

We strongly encourage all families to participate, as conferences provide a valuable opportunity to discuss your child's progress, share suggestions and recommendations, and address any questions or concerns you may have.

Thank you for your continued partnership and collaboration to support your child's growth and success!

Special Note: Picture Day: Rock Brook School typically holds student picture day in November. However, this year, school pictures will be scheduled for a later date. Please be on the lookout for additional information regarding picture day. More details will be shared soon!

Have you checked out our RBS Facebook page? Be sure to like, follow, and share to stay up to date on all the amazing things happening at RBS!

- **RBS Facebook**