

## PLEASE STAY FOCUSED



**Want to stay healthy? Wear a mask and stay 6 feet from another person.**

### **DURING OUR REMOTE-ONLY LEARNING MODEL**

The Department of Health and the Black Horse Pike Regional School District family is urging our students, staff, and those in our communities to continue to be vigilant against the spread of COVID-19. Remember that transmission can occur even when an individual is asymptomatic (showing no signs of illness). Please wear a mask, wash your hands frequently, and stay socially distant (at least 6 feet).

Please utilize the services that are still available to students, even though we will be on a remote learning model. Our school counselors are ready to assist students and parents with college and career planning and providing students with strategies to improve their outlook. We have reading specialists, language arts literacy tutors, math tutors, and over 300 eager teachers to assist students with academic support. As caregivers, please remember to check your child's grades by logging into the Genesis Parent Portal. Please direct any questions to your child's teachers and they will respond in a timely fashion.

We believe that both the school and the caregiver are partners in a child's success. We recognize that what has resulted from this Pandemic has been difficult for families, those working in schools included, and so if we can assist your family in any way, please let us know.

## Having Trouble Staying Motivated and Focused During a Remote-Only Learning Model?

-by Abigail Altman, MHAC, Highland Regional High School

- 1. REMIND YOURSELF WHY YOU CARE**
  - Think about why you are in school. Why do you care about your actions?
  - Think of the major or careers in which you're interested. *How does the school work you're doing now help you make progress toward your career goals?*
  - Think of what you value about yourself. You might be creative, patient, detailed, the social butterfly, or comfortable working independently. How does this relate to how you want to act during this remote learning schedule?
- 2. SET SMALL DAILY GOALS**
  - Setting goals help us feel productive and less anxious about everything we need to accomplish.
  - Pick no more than five things you want to focus on each day.
    - Make sure at least one goal is personal and not related to school
  - If you only get four done, celebrate anyway! Especially if you feel more productive and motivated than last week.
  - It's okay to adjust your plan. If something did not work for you on Monday, change it for Tuesday.
- 3. PAIR DOING SCHOOL WORK WITH SOMETHING YOU ENJOY**
  - Pick a comfy spot to do your school work or play a song you love while you are working. However, avoid doing school work in your bed or really soft couch...you could go to sleep.
  - Have a treat you only have while you are working, like tea, hot chocolate or your favorite snack.
  - Ask a friend to be a study buddy so you can talk through assignments or check in on each other's progress.

**November 30, 2020 – January 8, 2021** - The Black Horse Pike Regional School District has been advised by the Camden County Department of Health and our School Physician that as a result of increased [local positive COVID-19 cases](#) and other school districts transitioning to a remote-only learning model, we must operate as **a remote-only instructional model for a period of time from November 30, 2020 through January 8, 2021, unless health data suggest a longer period of time.**

- The remote-only learning model will follow the same Monday, Tuesday, Thursday, and Friday half-day schedule, where all students will log into Google every day and participate in remote, live, synchronous instruction and asynchronous learning every day.
- Wednesday will remain the same as a remote, synchronous live schedule as it has been.
- On the afternoons of Monday, Tuesday, Thursday, and Friday, students can receive extra academic support, counseling services, or remote tutoring.

**Remember to follow the directives of your teachers. They should be providing direction on how and when to log in for classes.**

**In need of internet? We can help. In need of headphones? We can help. Contact the school for anything you think will help your child succeed because we are here to ensure the success of all of our students.**

**Please remember to check our website for valuable information and updates about this school year at [www.bhprsd.org](http://www.bhprsd.org).**

# SECOND MARKING PERIOD BEGAN NOVEMBER 16, 2020

## Inclement Weather Days

In preparations for potential inclement weather, the school calendar has been adjusted to allow students to participate in an all-remote learning day rather than the cancellation of school.

### Career Corner

By Dr. Sarah Smith, Triton School Counselor

There are many places hiring and you would like to apply, so now what? You're planning on applying for a job and now need to either update your current resume or need to make a resume. So, where do you start? Indeed.com (a free service where you can upload your resume, create job alerts and search for jobs) has posted 10 resume writing tips along with a 5-minute video on how to write a resume that stands out. [Click here](#) to visit the website and view a video. By putting together an awesome resume that highlights your qualifications and skills to your potential employers, it increases your chances of getting an interview. Don't know where to even start with a resume? [Click here](#) for help building a resume using some common resume templates.

And don't forget a cover letter, this is an important way to introduce yourself and be more personal. Don't rewrite what is on your resume, you should present what you would bring to the company, pick two or three skills to highlight, then provide some examples of times that you have demonstrated those skills. [Click here](#) for cover letter examples by job title.

You've submitted your application, cover letter and resume and got a call for an interview! Is it an in person interview or a virtual interview? A lot of the preparation for an interview is the same whether in person or virtual.

1. Research the company prior to the interview via their website and social media. This can give you important information about the company, like their goals and possibly information on how the company got started.
2. Find someone to practice answering interview questions.
3. Prepare questions to ask your interviewers.
4. Remember to not speak negatively about any previous employers.
5. At the conclusion of the interview, ask about next steps.
6. Don't forget to send a personalized thank you after the interview (so make sure you write down the names of your interviewers).

[Click here](#) for a video with some in person interviewing tips.

[Click here](#) for a video with some virtual interviewing tips.

## BHPRSD Shifts to Remote Learning Model November 30, 2020 – January 8, 2021

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- Wednesday will remain the same as a remote, synchronous live schedule as it has been.
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Monday	Tuesday	Wednesday	Thursday	Friday
<b>Period 1</b> 7:45 am – 8:42 am	<b>Period 2</b> 7:45 am – 8:42 am	<b>Period 1</b> 8:00 am – 8:30 am	<b>Period 1</b> 7:45 am – 8:42 am	<b>Period 2</b> 7:45 am – 8:42 am
		<b>Period 2</b> 8:35 am – 9:05 am		
<b>Period 3</b> 8:46 am – 9:43 am	<b>Period 4</b> 8:46 am – 9:43 am	<b>Period 3</b> 9:10 am – 9:40 am	<b>Period 3</b> 8:46 am – 9:43 am	<b>Period 4</b> 8:46 am – 9:43 am
		<b>Period 4</b> 9:45 am – 10:15 am		
		<b>BREAK 30 MIN</b>		
<b>Period 5</b> 9:47 am – 10:44 am	<b>Period 6</b> 9:47 am – 10:44 am	<b>Period 5</b> 10:45 am – 11:15 am	<b>Period 5</b> 9:47 am – 10:44 am	<b>Period 6</b> 9:47 am – 10:44 am
		<b>Period 6</b> 11:20 am – 11:50 am		
<b>Period 7</b> 10:48 am – 11:45 am	<b>Period 8</b> 10:48 am – 11:45 am	<b>Period 7</b> 11:55 am – 12:25 pm	<b>Period 7</b> 10:48 am – 11:45 am	<b>Period 8</b> 10:48 am – 11:45 am
		<b>Period 8</b> 12:30 pm – 1:00 pm		
<b>Afternoons: M-R until 2:40pm, Friday until 2:10pm Teacher Office Hours, Planning and Academic Extra Help... AND...</b>				
Students complete Asynchronous Work for Periods 2, 4, 6 and 8 (20 minutes each)	Students complete Asynchronous Work for Periods 1, 3, 5 and 7 (20 minutes each)	Students work on asynchronous assignments	Students complete Asynchronous Work for Periods 2, 4, 6 and 8 (20 minutes each)	Students complete Asynchronous Work for Periods 1, 3, 5 and 7 (20 minutes each)

### How you can help your child embrace change and achieve success:

1. Make sure that your child **logs on** to their teachers' Zoom or Google Meet at **7:45 am sharp every day** that they are not physically in school.
2. Have your child **email their teacher** to schedule a private zoom session for **extra help** and/or to have their **questions** answered starting at 12:35 pm each day.
3. Sign in to the **Parent Portal** to **check your child's grades** and view teacher comments.
4. Check the **calendar links** on teacher websites for your child's classes to see the **assignments** given.

**Remember, TOGETHER we can accomplish anything!**



## **ATHLETICS UPDATE**

The Black Horse Pike Regional School District will continue to support co-curricular programs where possible dependent upon health conditions and COVID-19 data.

The [NJSIAA has released additional guidance](#), which delays the Winter Athletic Season as per their schedule. When permitted by the NJSIAA, the Black Horse Pike Regional School District will work with coaches, parents, student-athletes, and faculty members so that we can continue participation sensibly as to not contribute to infection rates in accordance with the NJSIAA. Obviously, what we know and have learned is that we cannot control a virus if those in the local and larger communities, especially those participating in co-curricular activities, are not responsible about personal hygiene, mask wearing, and social distancing. Those who are advising clubs and other co-curricular programs, except athletic programs, can continue to do so after 2 pm, so long as there is no contact between participants, masks are worn, social distancing is adhered to, and good personal hygiene are followed. We will inform you if that determination changes.

If a student-athlete is not exerting his or herself, they must wear a mask on the sideline. Cheerleaders and any Music participants must do the same when they are not exerting themselves. This is a directive from the Department of Health.

For detailed information on eligibility and forms for your student athlete, please go the following school web links:

[Timber Creek](#)  
[Triton](#)  
[Highland](#)

## **Breakfast & Lunch: Free to All Students**

ALL students are eligible for free breakfast and lunch every day, whether they are in school or not, so long as New Jersey continues their support of this food service program. This is great news for our families.

Food service will be available to all students even while the school district is operating a remote learning model. **The 7-day meal package will be available for students/families to pick up at each school between the hours of 12 pm-2pm and 5pm-7pm on Wednesdays.** Need a gallon of milk...for free? Get one of our 7-day meal packages.

If you have any questions or concerns regarding food service or have a need for delivery, please call 856-227-4100 extension 4012.

Click the links below for the food service form.

[Timber Creek](#)

[Highland](#)

[Triton](#)

## **IN NEED OF TECHNOLOGY ASSISTANCE?**

Here is a link to solutions to common Chromebook issues. These solutions can help get you back up and running with minimal effort and without the need to come into the building for a replacement/repair.

<https://www.bhprsd.org/cms/lib/NJ01001930/Centricity/Domain/4/Common%20Chromebook%20Troubleshooting.pdf>

If these solutions do not work and your technology issue requires repair and assistance, please follow these directions:

### Chromebook Repair Procedures

Chromebook Repairs will take place at your building and will continue to follow the procedures that have been in place.

If your chromebook is in need of repair, you may come to the school during building hours to pick up a replacement.

You do not need to make an appointment. Loaner chromebooks will be available at the front desk/office.

You will be instructed to fill out a form when dropping off your chromebook and picking up a loaner.

Technology will contact you when your chromebook is repaired and ready to be picked up.

### Chromebook Question/Assistance

If you have a general chromebook question please email:

[tritonhelpdesk@bhprsd.org](mailto:tritonhelpdesk@bhprsd.org)

[timbercreekhelpdesk@bhprsd.org](mailto:timbercreekhelpdesk@bhprsd.org)

[highlandhelpdesk@bhprsd.org](mailto:highlandhelpdesk@bhprsd.org)

[How Do I Properly Wear A Mask](#)

[How To Strengthen Your Immunity](#)

[Learn Who Is Hiring In Your Community](#)

[Unemployed and Need Assistance](#)

If you have any questions or concerns about COVID-19 or need support, Call 2-1-1 for information or text "NJCOVID" to 898-211 or click this [link](#) for more resources.