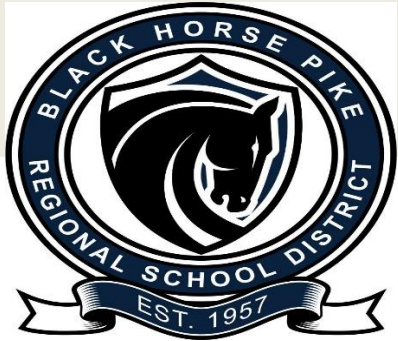


WEEK 8 OF REMOTE LEARNING PERSEVERE...YOU CAN DO THIS

THE MOST IMPORTANT THING YOU CAN DO IS TO STAY HEALTHY



How Do I Stay Healthy?

FOLLOW CDC GUIDELINES

How do you keep your family safe during this pandemic? Practice good hygiene and keep at least 6 feet away from others outside of your home.

- Wash your hands with soap and water or use hand sanitizer, especially after touching high frequency surfaces.
- Avoid touching your face.
- Sneeze or cough in a tissue, or the inside of your elbow.
- Disinfect surfaces or materials as often as possible.
- Strongly consider using face coverings in public.

Remaining healthy depends on social distancing. So stay home, stay inside as much as possible, and when you need to venture outside, stay at least 6 feet away from others. Here are some other health tips:

- ✓ Establish routine, eat healthy, get at least 7 hours of sleep a night, and don't sweat the small stuff.
- ✓ Go for a walk, follow your PE teacher's directions, participate in an exercise app, or dance like no one is watching.
- ✓ In the middle of a storm, it is difficult to find tranquility, but utilize mindfulness breathing exercises to find peace. I know we taught you how.

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.



Seven teachers were nominated by the Gloucester Township Police Department for their heroic act in saving a student's life. Pictured are Mayor Mayer, TJ Schug, Christine Merulla, Jay Senft, Christina Durante, and GT Police Chief Harkins. Not pictured are Katie Harper, Rob Mortka, and Jeanine Tronmater.

Department of Education & NJ State Attorney General Office Release Directives Limiting Celebrations

On May 8, 2020, the New Jersey Department of Education released a directive limiting in-person graduation ceremonies. Governor Murphy's Executive Order No. 107, signed on March 21, 2020, "...prohibits gatherings of individuals for parties, celebrations, and other social events, which includes all in-person graduation ceremonies. Since that Executive Order remains in effect until further notice, only virtual graduation ceremonies can be planned at this time." You can find the Department of Education's memorandum [here](#).

On Saturday, May 9, 2020, the New Jersey State Attorney General Office released an additional directive stating, "in the best interest of the health and safety of the public, in-person ceremonies, including graduations, all parades, including "wave parades," that invite people to gather at a certain location, proms, and other similar celebrations violate the enumerated conditions of the [Executive] order, and should therefore be cancelled or postponed until such time as these restrictions are lifted." You can find the New Jersey State Attorney General Office memorandum [here](#).

Obviously, our senior students, their families, and our staff are disappointed by this news. We are going to continue to plan graduation ceremonies and parades for seniors just in case the Executive Orders are lifted.

WHAT'S INSIDE THIS UPDATE

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COPING DURING COVID- 19



The outbreak of coronavirus disease may be extremely stressful for people. It is important to remember that everyone reacts differently to stressful situations. Our students, and families are dealing with sudden changes to their regular schedules. According to the CDC, stress during an infectious disease outbreak can include...

- Fear and worry about your own health and the health of your loved ones
- Changes in sleep or eating patterns
- Difficulty sleeping/concentrating
- Worsening of mental health conditions

If your child is experiencing mental health issues we have a counselor in each school prepared to help you with this, please reach out to them via the emails below:

Rio Brodeur, Triton

rbodeur@bhprsd.org

Abigail Altman, Highland

aaltman@bhprsd.org

Ashley Reese, Timber Creek

areese@bhprsd.org

Additionally, these two local resources are offering teletherapy:



Center for Family Services offers

comprehensive outpatient counseling throughout South Jersey. CFS is currently providing teletherapy for individuals struggling with mental health challenges. Students can transition to an outpatient office as they reopen. CFS accepts state and private insurance. To schedule an intake appointment, caregivers should call the access line at 1.877.922.2377.



Center for Family Guidance

Guidance is offering teletherapy services and in-person visits at their locations in Marlton and West Deptford on select days. Clients can be seen at the Marlton office on Monday's, Wednesday's, and Thursday's. Clients can be seen at the West Deptford office on Wednesday's and Thursday's. To schedule an intake appointment, caregivers should call 856.983.3900.

FOOD SERVICES

Since the Governor's Executive Order #107 and in the interests of everyone's health, we are going to serve bagged meals to eligible students on Monday, Wednesday, and Friday between 10 am and 12 noon. Bagged meals will cover multiple days. Students residing in the District can also pick up meals at any Gloucester Township Middle School on the same days.

And, since the pandemic has spread and caused severe economic changes, we understand that families may be struggling to eat. It is so difficult even ordering food in markets. **Please do not hesitate to email cafe@bhprsd.org or call 856-227-4106 extension 7777, to let us know how we can help provide food to your family.** We can drop it off to your home if you cannot find transportation to the school.

We are so appreciative of our cafeteria workers for providing this service to the community.

- The USDA Food and Nutrition Service website has a map where parents can "Find Meals when Schools Are Closed" (It works best if you change the "Show results" to within 15 miles.)
 - <https://www.fns.usda.gov/meals4kids>
- Food Texting service :
 - Text 'Food' to 877-877 to find sites near you that are serving free emergency meals to kids and teens 18 years old and under during the pandemic and throughout the summertime.
 - Text 'Comida' to 877-877 to find sites in Spanish.
 - How it works: Users text 'FOOD' or 'Comida' to 877-877 and receive a text back prompting them to enter a street address, city, and state and/or zip code for their desired location. While the service is able to return results for inputs that include only city and state and/or zip code, including a full street address will return results that are more accurate. The service then provides information about nearby meal sites or information about how to access other food resources if no sites are operating in the vicinity.

How To Strengthen Your Immunity

<https://www.cnn.com/2020/03/25/health/immunity-diet-food-coronavirus-drayer-wellness/index.html>

Learn Who Is Hiring In Your Community

<https://jobs.covid19.nj.gov/?Facets.filterbox.filter0=%5B%5D&Facets.filterbox.filter1=%5B%5D>

Unemployed and Need Assistance

<https://myunemployment.nj.gov/labor/myunemployment/covidinstructions.shtml>

THIS DARN COMPUTER! I NEED TECH HELP

If you are having difficulties with your technology, have an issue with connectivity, have a broken/unresponsive Chromebook, or need a new charger, please call any of the school's main phone numbers...plus extension 4357

Highland is 856-227-4100 extension 4357

Timber Creek is 856-232-9703 extension 4357

Triton is 856-939-4500 extension 4357



OR

Email the technology

department at

helpdesk@bhprsd.org.

The IT department members will assist students, at Highland High School, by appointment only starting Tuesday, March 24, 2020. Contact the technology departments using the contact information above, anytime, and establish an appointment time. You can expect to drop off and pick up technology devices and other needs, curbside, at Highland Regional High School's Library Media Center side entrance (entrance B-2).

School and District Information Can Be Found:

www.bhprsd.org

www.facebook.com/bhprsd/

Twitter Feeds

@HighlandHS

@TimberCreekHS

@TritonHigh

GOOGLE CLASSROOM

By Dr. Kristen Ferrari

Online Learning Classroom Management Tip for Students!

With everyone online and all work being submitted on Google classroom, it is important to keep up with your assignment due dates, what you have handed in, what is missing, what was graded, what needs revisions, and teacher comments. Wow! That can seem overwhelming. However, it can be done with a few clicks!

Google classroom has put that all together for you in three different ways. You can easily check due dates, the status of your work and teachers comments in 3 different ways. Each way is designed for your organizational preference:

1. A To-Do List
2. A Classwork List
- 3: A Calendar view.

Please [click this link](#) for brief directions on how to access the three views.

MENTAL HEALTH TIP

by Ms. Rio Brodeur

MENTAL HEALTH APPS



The Calm app is an app focused on teaching users how to meditate and practice daily mindfulness techniques. While the app does have a monthly subscription price, users can enjoy a number of meditation exercises for free. If you are new to the world of meditation, I encourage you to begin with "How to Meditate," a simple 30-day program for everyone, by Jeff Warren.



Moody app is a journaling app that allows users to identify their mood and the contributing factors. There is also a designated place for notes. The Moody app tracks your moods on a graph each week. If you tend to forget things, users can turn on a daily reminder.



What's Up? App Is a free app that uses therapeutic techniques to help individuals cope with depression, anxiety, stress and more. This app includes a positive and negative habit tracker to maintain your good habits, and break those that are counterproductive. There is also a "Get Grounded," page which contains a number of questions to assist users in identifying how they are feeling. Try it out!

What is Google Classroom Anyway?

Want to know what your kids are doing in Google Classroom? Check out this video tutorial:

<https://www.youtube.com/watch?v=-Inif8Khwqp0&feature=youtu.be>

All of Governor Murphy's Executive Orders can be found at:

https://nj.gov/infobank/eo/056murphy/approved/eo_archive.html

Other BHPRSD News:

BHPRSD approves budget with a 2.42% Tax Decrease

<https://patch.com/new-jersey/gloucestertownship/black-horse-pike-school-budget-includes-tax-cut-approved>

Looking at every angle for graduations

<https://patch.com/new-jersey/gloucestertownship/black-horse-pike-schools-looking-every-angle-graduation>

Despite the disappointment separation from our students brings the Black Horse Pike Regional School District staff, we are hopeful that our students remain healthy and will remain conscientious about their local and global community. At the end of the day, at the end of a school year, and at the end of the high school career, we are really hopeful and are so proud when our students leave our high schools just really good people.

~ Dr. Brian Repici
Superintendent