

WEEK 11 OF REMOTE LEARNING PERSIST...YOU ARE THE FUTURE WE BELIEVE IN

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.

A Roller Coaster...Governor's Declaration Requires Reading the Fine Print

by Mrs. D. Beatty and Dr. B. Repici

Many people would agree that roller coasters are fun to ride. The build-ups and drops, the acceleration in the loops and turns causing adrenaline rushes that fuel excitement! But the COVID-19 rollercoaster ride we have all been on over the last 11 weeks has been anything other than exciting, especially for our Class of 2020 seniors. At the beginning of March the anticipation of prom, a senior trip to Disney World, and graduation consumed their every thought. But March 16th and the announcement of a statewide quarantine crushed that senior enthusiasm and brought many to an all-time low as life as they knew it changed in the blink of an eye.

With dashed hopes of celebrating monumental milestones with family and friends, students of the Class of 2020 showed that they were a class to be remembered; that they had perfect 20/20 vision. Although sad, their school spirit and positive attitude remained high and they showed the adults that they were overcomers. They clung to the motto that we are not given a good life or a bad life. We are given a life. And it is up to us to make it good or bad. Adversity was all around them but they refused to let it define them. They pressed on, thankful for the little things in life. A lesson hard learned in the face of sickness and death.

While continuing their daily studies and hoping to go back to school with each passing week, reality finally settled in. But with ongoing remote learning came a ray of hope, the idea of virtual graduation and other virtual celebrations. Administrators and staff worked tirelessly, around the clock to plan the intricate details that would make a virtual commencement feel as normal and realistic as possible. A sense of excitement began to swell as seniors learned of plans for them to come to school, hear their name being called and walk across the stage in their cap and gown while having it filmed for the online ceremony. Photographers would even be there to capture the moment, just like every year before this one. It was of no consequence that the auditorium would be empty. They were just grateful for the small traditions that would now be made possible.

But Tuesday, May 26, 2020, Governor Murphy announced that in-person graduations could be scheduled in July! The resilience and perseverance that teachers had drilled into them (persisting in the face of obstacles instead of giving up) proved true not only for writing research papers and studying for benchmarks. Unfortunately, the Governor's statement requires us to read the fine print. In the guidance issued by the Department of Education, even outdoor graduations are still held to the 25 person capacity limit, which means a class of 300 seniors graduating in one ceremony still remains not possible. Yet, we hold onto hope that the State of New Jersey will raise those capacity limits and we will be able to hold a more traditional, outdoor graduation. Don't unbuckle your seatbelts yet, as we are still on the roller coaster. Hang tight...don't give up hope...there are better days ahead.

[Department of Education Memorandum Detailing Graduations](#)

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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.

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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

CAREER CORNER

by Mrs. L. McElroy

Next week will be our final installments to the Career Corner for the school year. Remember, please don't hesitate to reach out to your School Counselor or Career Counselor with any questions.

I will focus on different types of Careers in the Healthcare/Medical Field in this installment. Did you know that there are probably more than 100 different jobs you could have that would allow you to be a part of this Career category? It's not just doctors and nurses. The Healthcare/Medical Field is probably one of the broadest sectors of Careers offered when comparing it to other categories.

As we have discussed in previous newsletters, choosing a Career will be dependent upon your interests, strengths, what's important to you, what you value, and how much schooling/training you can commit to completing upon graduating from High School. For example, if you are thinking of becoming a doctor, are you willing/able to commit to 7 more years of school? If you are thinking nursing, there are different degrees/licenses you can earn (LPN, ADN, BSN/RN, MSN) and still be a nurse. I use those as examples because that's typically what everyone wants to be, but not all that is offered.

I found this great resource online called <https://www.thebalancecareers.com/>. This website offers many different resources for researching all types of Careers, in terms of jobs, descriptions, type of schooling/degree needed and much more.

If you are considering entering the Healthcare/Medical Field and would like to see all that it can offer, please visit <https://www.thebalancecareers.com/healthcare-medical-job-titles-2061494> to learn about all of your options.

As always, please feel free to contact the Career Counselor in your building or your School Counselor with any questions.

Dr. Sarah Smith - Triton High School - ssmith@bhprsd.org

Ms. Lisa Draper - Timber Creek High School - ldraper@bhprsd.org

Mrs. Lauren McElroy - Highland High School - lmcelroy@bhprsd.org

Together we are #BHPRSD STRONG!

MENTAL HEALTH TIP

by Ms. Abigail Altman, Mental Health Counselor, Highland High School

MENTAL HEALTH

Part of maintaining positive mental health is checking in with yourself and noticing when you may need to spend some extra time reducing anything that may be affecting you negatively. These are six simple questions you can ask yourself once a week. You can set a reminder on your phone, write it in your planner, do anything that may help you remember to check-in with how you are feeling.

1. Am I getting enough sleep?
2. Have I spent time with friends and family?
3. Am I eating healthy?
4. Have I taken some time out for myself?
5. What is taking up most of my headspace?
6. Have I done something that I enjoyed?

When we check-in with ourselves we get a better idea of where we can make improvements. What contributes to our mental health? Every person is going to answer this question differently. The better we are able to answer that question the easier it will be to cope with stressors and other triggers. Your answer may also change over time. The more we take care of ourselves the better we are able to help our students do the same.

SCHOOL STAFF AVAILABILITY HOURS::
Monday - Thursday from 7:10 AM - 2:40 PM
and Friday 7:10 AM - 2:10 PM

Emails/inquiries received after school hours will be answered during the next business day.

If you or someone you know is in crisis, please dial 911 or call Jefferson Crisis Center at 856-428-4357. You can also call 1-800-273-TALK (8255) to reach a 24-hour crisis center or text MHA to 741741 at the Crisis Text Line. Additional resources can be found at the "[NJ Mental Health Resources](#)" page.

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>