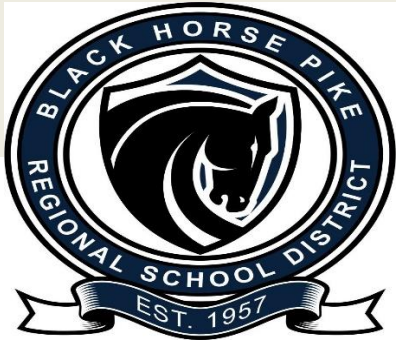


## WEEK 6 OF REMOTE LEARNING HANG TOUGH...WE'LL GET THROUGH THIS

**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 safety 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.



Our Highland maintenance personnel delivering critical personal protective equipment, gloves, to Gloucester Townships's Office of Emergency Management. Thank you to our maintenance personnel.

Thank you Triton, Highland, and Timber Creek's Science Department for donating your gloves to first responders.

**We are all in this together. We have to come to the mutual aid of our community members.**

### Governor extends school closures to at least May 15...and we really miss our students.

We are paying attention to Governor Murphy's Executive Orders as is law enforcement. The New Jersey Attorney General has given the authority to enforce these Orders to local law enforcement. For example, gatherings of over ten people, even in parked cars, is not allowed.

Our students and staff continue to balance remote teaching and learning with all of the trials of being home...for a long amount of tedious hours. It causes irritability at times and frustration, but we have staff that can help students cope and manage their emotions a little better, each day. So please reach out to a trusted adult in the school, especially our school counselors, who understand what it is like, as we are all living through these times.

Check out these mindfulness resources:  
[https://drive.google.com/file/d/1Uxd47ek9Rkg5ljs1oA0i2PXkg9p\\_p-eB/view](https://drive.google.com/file/d/1Uxd47ek9Rkg5ljs1oA0i2PXkg9p_p-eB/view)

Struggling with increased anxiety and stress, look at these resources:

- <https://www.virusanxiety.com/>
- <https://pulse.seattlechildrens.org/helping-children-and-teens-cope-with-anxiety-covid-19/>
- <https://www.samhsa.gov/coronavirus>

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.

#### WHAT'S INSIDE THIS UPDATE

- This darn computer!  
Need tech help, see page 2.
- Put Me In Coach!  
Athletics Update, see page 2
- Food Service, see page 2
- Send Us Your Pics, see page 2
- Senior Class Events, see page 3
- Educators of the Year, see page 3

All of Governor Murphy's Executive Orders can be found at:  
[https://nj.gov/infobank/eo/056murphy/approved/eo\\_archive.html](https://nj.gov/infobank/eo/056murphy/approved/eo_archive.html)



## IN THIS ISSUE

### PUT ME IN COACH...

#### Athletics Update

The NJSIAA, which governs high school athletics in New Jersey, met and modified expectations as follows:

- They extended the Spring Sports season to June 30, but nothing beyond that date.
- If athletics are permitted to resume prior to May 25, NJSIAA will run modified sectional tournaments up to June 30.
- If athletics are permitted to resume after Memorial Day, NJSIAA will not run sectional tournaments. Leagues and Conferences may run competition up to June 30.
- No contact restrictions still remain in place, so no in-person practices are permitted.

Unfortunately, our fields and facilities remain closed and coaches/student athletes cannot schedule or participate in practices, but our student athletes are busy building their strength and agility at home. Our coaches remain in contact with the student-athletes, some are providing home workouts, and all are providing comfort as our student-athletes just want to hit, run, hurdle, catch, jump, or spike. We are hopeful that they get those opportunities. Continue to do those workouts while home.

Thank you coaches for mentoring our student-athletes while they are off the field.



### 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](mailto: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.

**We want to see what you are up to.**

Please send us pictures of what remote learning looks like in your home. We will post the pictures on the school's web pages so that we can virtually celebrate all of the great work our students are doing. Please send your pictures to the following individuals:

Highland Regional High School: Ms. Kim Simon at [ksimon@bhprsd.org](mailto:ksimon@bhprsd.org)

Triton Regional High School: Ms. Laura Greenwood at [lgreenwood@bhprsd.org](mailto:lgreenwood@bhprsd.org)

Timber Creek Regional High School: Ms. Holly Bradley at [hbradley@bhprsd.org](mailto:hbradley@bhprsd.org)

Thank you Mrs. Dressel at Timber Creek.

### 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](mailto: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).

So far, our technology team has helped over 75 students or staff with their technology needs. We have also provided Kajeets, Wi-Fi hotspots, to over 50 families in need of connectivity. Whether it was a complete overhaul, providing a new Chromebook, or fixing connectivity issues, our technology personnel are here to help.

Thanks to our technology gurus for keeping us connected.



## SENIOR EVENTS

### Here is an update on senior events

Missing the last couple of months has been difficult for all students, but especially the senior class. We are all facing additional school closures and the prospect of missing out on so many senior events.

The school administration and class advisors have been working so hard to plan as many senior events as possible, even if some extend into the summer or next school year, if permitted. The Governor's guidelines, which are enforced by the New Jersey Attorneys General, prohibits gatherings of 10 or more people, so with those limitations in place, it will be difficult to create traditional end of year senior events, like proms, senior awards banquets, and even graduation.

**However, every senior will receive a letter around May 1 detailing all of the plans school staff have designed and organized on behalf of the twelfth grade students.**

Celebrating with twelfth grade students is important to all of us and so is the health and welfare of our students, staff, and community. Like the State government, we are going to continue to place science before emotion, so the events and celebrations that we put into place will have to be designed and executed with safety as the top priority.

Please know that your school administration, teachers, advisors, and the entire staff are planning events to celebrate the seniors in the best ways possible given the current context, scientific facts, and government-placed limitations. They have been working on logistics, personnel, organizational details, and purchasing resources specifically for the seniors. This takes time to do it well and we believe our seniors deserve something special.

Remember that we do not have a crystal ball and cannot foresee the immediate future (45 days from now), nor can we predict what limitations will or will not be in place 6 months from now.



ABOVE: Tom Gratton – Highland's Educator of the Year



ABOVE: Candace Vrooman – Triton's Educator of the Year. BELOW: Chuck Newsom – Timber Creek's Educator of the Year.



## 2020

### Educators of the Year

Every Spring, educators and staff in each school pause to nominate and select an educator who is a model for all others, inspires students and staff to be their best, and gives selflessly to the profession, the school, the students, and their peers.

This year, it gives me great pleasure to share with the community, this year's honorees.

Highland Regional High School  
Tom Gratton – Mathematics

Triton Regional High School  
Candace Vrooman – Social Studies

Timber Creek Regional High School  
Chuck Newsom

Congratulations to these three amazing educators. Thank you for providing your time and talents to our students each and every day. These great educators open doors for students to show them possibilities they never knew existed. They exercise this responsibility with kindness, enthusiasm, and a zeal for the wonders of teaching.

So, it is difficult to plan, but we are developing many options and "what-ifs" with great care on your behalf.

Please try your best to empathize with those most impacted by the coronavirus, those who have lost loved ones, those on the front lines providing healthcare, food, or care to the elderly. If there is anything we wish our seniors leave our halls doing well, it is your ability to show compassion for others.

Take care, be well, hang in there...more detailed information is coming your way this coming week.



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>

