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.

“In like a lion and out like a lamb” is how we usually refer to the month of March. COVID-19 entered the lives of New Jerseyans in early March like a lion. Unfortunately, it did not leave us like a lamb at the end of the month. Sadly, 2 months later, we are still under a stay at home order issued by our Governor. We all know that this is best for our health and safety and as Governor Murphy has stated time and time again.

On the educational side, we at the Black Horse Pike Regional School District know how difficult this has been on our students, teachers, parents, administration and support staff. Our hearts go out to our seniors who have missed out on their long awaited senior trips, senior prom and most especially graduation.

Teachers have been working hard to continue to teach the New Jersey Student Learning Standards. And although our teachers have used Google Classroom in the past, they were thrown into virtual learning with no training. Counselors have continued to be available to assist students virtually and our students with special needs have had their case managers available to assist them with their IEP’s.

School staff will continued to meet several times per week through Zoom Meetings to assess the situation and plan for the remainder of the school year and beyond. These times are unprecedented. There is no rule book. We were not taught how to deal with school closures during a global pandemic in college. What we were taught as educators was to put our students first. To that end, I will share with you that we do not know what the future holds for returning to school in the fall. All summer classes will be held virtually. We are holding meetings on what the opening of school will look like and will release information to the public when we have definite guidance from the NJ State Department of Education and the Centers for Disease Control. We will do whatever changes are required while continuing to give our students the quality education that they have become accustomed to from our staff. Stay safe, stay healthy and stay active.

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.

Curriculum & Instruction Continues to Move Forward
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.)
  o 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.

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).
The role of technology in the field of education is growing at an exponential rate. Over the past two decades, chalk boards have been giving way to erasable white boards while SmartBoards and Smart LCD monitors have been replacing projectors. Internet ready portable devices such as laptops and Chromebook have replaced hefty desktops while Internet access, access points, and hotspot devices are taking center stage.

With the State of New Jersey’s Department of Education shifting to online State Assessments and Digital Learning in 2014-2015, districts and schools have had to redesign their technology plans to embrace the use of technology in schools. Providing 1:1 devices is essential while costs of technology remain a challenge to the budget.

Regardless, the capacity for technology to aid educators in the delivery of differentiated instruction in meaningful ways while simultaneously providing greater capabilities for educators to individualize learning experiences for every child to grow to their potential has never been more immediate to so many stakeholders than over these past few months.

Teachers and students alike are learning how to engage in virtual education. Some processes have remained constant such as utilizing online textbooks and resources, Google classrooms, documents, spreadsheets, and forms. Determining how to best deliver direct instruction in a variety of teaching styles to meet a variety of learning styles can be more challenging in the virtual learning environment. Herein is where technology is driving change to meet those needs.

Thank you for your patience as we all learn best practices for how to utilize technology appropriately to modify our delivery of a fair and equitable education to every student in our virtual learning environment.

Together we are #BHPRSD STRONG!