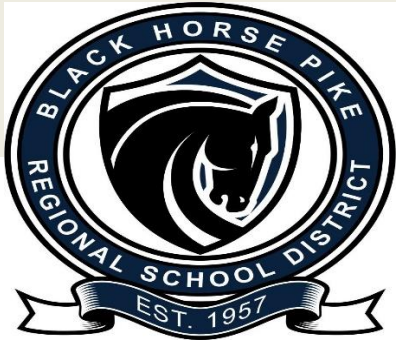


WEEK 7 OF REMOTE LEARNING WE GOT THIS...TOGETHER

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.



We all appreciate the efforts of our Technology Department employees. Thank you!!!

Educator Appreciation Week

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.

Please reach out to your teachers this week and thank them. We all need a boost of inspiration and your teachers have provided this to you over your school years. Return the favor this week. Reach out to teachers and tell them what they mean to you and how they made a difference in your life.

Our teachers have dedicated hours of preparation in response to COVID-19 and are teaching while balancing their home lives, so let's find a way to show our teachers we care. Send them a message expressing your thanks this week.

To all of our para-professionals, administrative support staff, technology staff, food service providers, maintenance and custodial staff, administrators, supervisors, transportation staff, and educators, we appreciate you for dedicating your time and energy to our students and community.

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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.

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 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).

So far, our technology team has helped over 100 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.



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.

Career Research

Every week, our Career Counselors, Mrs. Draper (TC), Ms. Smith (Triton), and Mrs. McElroy (HH) produce three (3) emails sent to students about career resources. You can find all of their shared research, tips, and advice at our [Career Corner](#) web link.

Please continue to be goal oriented by keeping in touch with your school counselor even while you are away from school. Be sure to ask them career and college questions after reading the various [Career Corner](#) resources posted by our Career Counselors.

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

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

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>

Our Technology Teachers Donating Time and Resources to Help Essential Workers

Stephen Arena, Dustin Keyse, and Ygor Carvalho used the 3D printer and Laser Engraver to design and manufacture mask clips for nurses at Lourdes Hospital and for Gloucester Township Police Department. Thank you Mr. Arena, Mr. Keyser, and Mr. Carvalho for your selfless assistance.



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/1Uxd47ek9Rkg5ljs1oA0i2PXkq9p_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.

