

MAYWOOD

Michael Jordan
Superintendent

Telephone
201-845-9114

School Closure Update March 19, 2020

March 19, 2020

Hello all. I thank everyone again for all of their support during our school closure. I expect to hear news within the next few days as to what the short term future looks like regarding the length of the school closure. Although the requirement right now is two weeks, I expect an update from the County as to whether that will change. If indeed the closure is for a longer period of time than two weeks then we will adapt. This is not within anybody's control so we cannot let it get to us but instead just keep moving along. Our "attendance" data has been very strong. Remind your child to check their school email address as we are trying to dialogue with them to have some fun. Today we asked them to submit pictures of their pets so that we can send out via email and on twitter to break up the day and make them smile. We have also had two virtual scavenger hunts. These items are going directly to the students' email accounts so just nudge them to keep an eye out. Next week we are planning to conclude a day or two with a mindfulness moment that will feature our guidance counselors stepping the kids through video and audio a mindfulness exercise to end the day.

Please find below some new information as well as reminders of items that have been sent before.

Take care

Emotional Well-Being

Continuing to focus on all of our mental health and stress levels I am providing further resources below.

Here are some online mental health resources:

- [Emotional Well-being During the COVID-19 Outbreak](#)
- [Top Helpline Resources from National Alliance on Mental Illness \(NAMI\)](#)
- [Corona Virus Anxiety Help from NAMI](#)

Helpful Apps for Coping with stress:

[Breath to relax](#)

Breathe2Relax is a portable stress management tool which provides detailed information on the effects of stress on the body and instructions and practice exercises to help users learn the stress management skill called diaphragmatic breathing.

[HAPPIFY](#)

Happify is the single destination for effective, evidence-based solutions for better mental health. The link is to the website, but you can also download the App through Apple.

[Sanvello for Stress and Anxiety](#)

Whether you manage a condition like anxiety or depression, deal with stress, or want to improve your overall mental well-being, Sanvello gives you the help, support, and resources you need to feel more in control and happier over time.

Zensational Kids

Maywood Schools has been working closely with Zensational Kids to teach our students mindfulness techniques to use in times of anxiety and feelings of being overwhelmed. Therefore we are pleased to tell you that Zensational Kids is offering a FREE online Zoom Call for Caregivers and Parents.

Details can be found through this link.

<https://zensationalkids.com/mindful-tools-call/>

[Educators](#)

Date: Friday, March 20, 2020

Time: 12pm EST

Length of call: 1 hour

Added Pick Up Date - March 20

If for any reason you need a backup paper packet of materials and/or a Chromebook, we are providing the following hours on Friday, March 20th for pick-up. All pick-ups take place in the MAS small gym.

Friday, March 20

MAS Small Gym

7:30 AM - 8:30 AM

11:00 AM - 12:00 PM

2:30 - 3:30 PM

Check Website

Due to the delay that Blackboard Connect has been experiencing because of unprecedented use, we ask that all families please check the website sporadically throughout the day for update information. However, we ask that you please check the website between 8 and 8:30 pm each day and click on the link labeled "SCHOOL CLOSURE UPDATE." That link is found in the middle of the homepage at <https://www.maywoodschoools.org>

Distance Learning Daily Schedule

Period 1 9:30 - 9:55 AM

Period 2 10:00 - 10:25 AM

Period 3 10:30 - 10:55 AM

Period 4 11:00 - 11:25 AM

Period 5/6 11:30 - 11:55 AM

LUNCH 12:00 - 12:30 PM

Period 7 12:30 - 12:55 PM

Period 8 1:00 - 1:30 PM

Free/Reduced Lunch

Lunch Distribution will take place at MAS for both schools on the backfield from 12:00 - 12:30 PM daily beginning on March 18th for those students who are eligible.

Technology Troubleshooting/Questions

Please email any of the following staff members:

kmarie@maywodoschools.org

sdamania@maywoodschoools.org

jerryv@maywoodschoools.org

Parent Resources (Virus Related)

Families are again encouraged to read and stay updated through official communication channels such as:

[2019 Novel CoronaVirus -Site to be Updated Frequently](https://www.nj.gov/health/cd/topics/ncov.shtml)

[Communicable Diseases - New Jersey Dept. of Health](https://www.nj.gov/health/cd/topics/ncov.shtml)

<https://www.nj.gov/health/cd/topics/ncov.shtml>

<https://www.cdc.gov/coronavirus/2019-ncov/specific-groups/guidance-for-schools.html>

Teacher/Parent Resources (Technology/Distance Learning)

These sites are offering very good tools for free at times as well as ideas to assist in distance learning planning and related activities.

<https://chalkbeat.org/posts/us/2020/03/12/coronavirus-schools-testing-department-of-education/>

<https://www.albert.io/blog/tools-for-distance-learning/>

<https://twitter.com/numbots/status/1238489028053340161?s=09>

<https://educators.brainpop.com/2020/02/19/free-brainpop-access-for-schools-affected-by-the-corona->

[virus/?utm_source=organic&utm_medium=social&utm_campaign=coronavirus&utm_content=free-access](https://educators.brainpop.com/2020/02/19/free-brainpop-access-for-schools-affected-by-the-corona-virus/?utm_source=organic&utm_medium=social&utm_campaign=coronavirus&utm_content=free-access)

<https://newsela.com/about/distance-learning/>

<https://teachercenter.withgoogle.com/resources/general/details?key=ahpzfmd3ZWItZWR1LXRyYWluaW5nLWNlbnRlcnlCxCxIPR2VuZXJhbFJlc291cmNlGICAqKzjo8cIDA>

<https://kahoot.com/blog/2020/02/27/kahoot-free-access-schools-higher-education-coronavirus/>

https://www.engadget.com/amp/2020/03/03/google-makes-hangouts-meet-features-free-in-the-wake-of-coronavirus/?_twitter_impression=true

<https://mysteryscience.com/school-closure-planning>

<https://t.co/paSYxd8e00>

<https://t.co/FbzInQsl3f>

[4thekids.idecorp.com](https://www.thekids.idecorp.com)