

GLEN ROCK PUBLIC SCHOOLS

Brett Charleston, Ed.D.
Superintendent of Schools
charlestonb@glenrocknj.org



620 Harristown Road
Glen Rock, NJ 07452-2398
(201) 445-7700
Fax (201) 389-5019

March 25, 2020

Today we have quite a few updates for you ranging from health to technology.

- **State Testing:** NJSLA has been canceled for this year.
- **Email Reminder from Middle School:** Students should be periodically checking and deleting items from their school email. Teachers are sending out information and finding mailboxes full. Students can go to the district website - www.glenrocknj.org and click on the STUDENTS tab and then find EMAIL LOGIN on the left hand side to get to their email.
- **Thank you to our amazing Tech team:** They processed over **250** help desk tickets last week. Common requests included, but were not limited to: device requests and Schoology issues. Every day was outstanding and in particular on Wednesday of last week there were 90 tickets opened, with 88 closed!
- **Community Notification of Presumptive/Confirmed Positives** – As with many topics related to this crisis there has been much confusion and misinformation related to notification. Community members and staff have asked about the district's responsibility to notify school/community members of presumptive or confirmed test outcomes. I received guidance from the Director and Deputy Director of the Bergen County Health Department on this topic and the response was a strong recommendation that districts refrain from any notification. As the DOH gets notified of a positive test, they interview the affected person and determine who has been in contact with him/her and who needs to be notified. I expressed a concern that no notification from my office would create the perception that the district is withholding vital information. **Please be advised that the Bergen County Health Department will notify anyone deemed to have had contact with a student or employee found to have tested positive for the COVID-19 virus.**
- **Updates from the Glen Rock Nurse Team:** The nurses at Glen Rock Public Schools wish to provide tips and information to help us get through this difficult time. Our nurses are available via email should you have questions or concerns.

Robin Leone, HS Nurse // leoner@glenrocknj.org

Stephanie Nerney, MS Nurse // nerneys@glenrocknj.org

Maria Xylas, Byrd Nurse // xylasm@glenrocknj.org

Ellen Rosenberg, Central Nurse// rosenberge@glenrocknj.org

Alice Wright, Coleman Nurse // wrighta@glenrocknj.org

Mary Glackin, Hamilton Nurse // glackinm@glenrocknj.org

From the Nurses: We want to make sure you are all feeling safe and informed. We have been on Webinars related to COVID-19 amongst other important health-related webinars so we can keep up on the ever-changing information as it relates to COVID-19 and your health. Below are some tips and information we would like to relay to you and also websites to keep you informed.

TIPS

1. Wash your Hands: After using the bathroom, blowing your nose, coughing, and before eating. Use soap and water. Don't forget between the fingers and under the nails. Scrub for at least 20 seconds.
2. Use hand sanitizer: If soap and water is unavailable with at least 60% alcohol.
3. Don't touch your face with dirty hands.
4. Avoid close contact with people who are sick and maintain social distancing, at least 6 feet away from each other. If someone feels sick, they need to self-isolate for 14 days.
5. Cover your mouth when you cough or sneeze: Try to cough or sneeze into the crook of your elbow to help prevent droplets from being released into the atmosphere. If you are unable to do this, use a tissue to cover your mouth. If you use a tissue, always throw it in the trash and wash your hands afterwards.
6. Clean and disinfect objects and surfaces: Use bleach or disinfectant to wipe down the bathroom and kitchen surfaces, your phones, door handles, and toys.
7. Exercise: 30 plus minutes a week and 3-4 times per week.
8. Reach out to family and friends via computer.
9. Elementary school parents need to sign in for attendance and notify the nurse if their child is ill. Middle School students sign into attendance with Mrs. Kellerman and the High School students sign into attendance with Mrs. Crowley.
10. Boost your immune system: Eat well: to boost your immune system // Keep hydrated: by drinking lots of water to help fight infection and flush out toxins. // Eat fruits and vegetables that keep you healthy and your immune system happy.// Combat stress: Stress can impact your health. Try relaxation exercises such as yoga, deep breathing. Talk to your family and/or friends and share your concerns. // Get enough sleep: The body needs to recover and lowers stress.

WEBSITES

[Bergen County Department of Health](#)

[New Jersey Department of Health](#)

[Center for Disease Control \(CDC\)](#)

- **Restrictions are in place and children are not allowed on the school grounds or playgrounds.**

Closures and social distancing measures are in place to protect everyone, and it is vital that everyone adhere to the restrictions issued.

- **Technology issues**, please contact helpdesk@glenrocknj.org.

- **Schoology Disruptions**: Check for outages on the Schoology Status Page:
<https://status.schoology.com>

- **Instructional questions**, please contact your child's teacher and/or the building principals.

Feedback: In closing, here is an excerpt from feedback we recently received about virtual learning:

"I just wanted to take a moment and applaud your administrative teams and staff for the FANTASTIC job they are doing during such turbulent and anxious times. The speed with which your staff was able to get up and running was nothing short of extraordinary. Truly, your staff has set a precedence for the manner in which such an endeavor should unfold. We could not be happier with the product being served daily right into our home. As an individual who works in a school and is now working virtually, I understand the magnitude of work that is going into this. Well done!!! We are also LOVING the daily updates that come our way. They are a highlight of my day for sure. The connectedness it inspires in this time of social distancing is wonderful. Keep it up Glen Rock!! Thanking you is not nearly enough..."

We are Glen Rock Schools!

Sincerely,



Dr. Brett Charleston
Superintendent of Schools

Allison De Meulder
Director of Communications

Facebook @GRBOE // **Instagram** @grpublicschoolnj // **Twitter** @grpssupt
@GRPSByrd @GRPSCentral @GRPSColeman @GRPSHamilton @GRMiddleSchool
@GRPSHighSchool // **Updates** glenrocknj.org/communications