

March 22, 2020

Dear Students,

First and foremost, I am reaching out with great hope that everyone is in good health. I am deeply concerned about your health and safety and want to encourage all of you to remain in your home as much as possible use social distance if you have to go out for emergencies, food or fresh air. Do your best to protect yourself and others from the spread of the corona virus. As you may be aware, there are more cases of the corona virus in the tri-state area (NY, NJ, CT) for young people (millennial generation) between the ages of 20-44. <https://www.nytimes.com/2020/03/18/health/coronavirus-young-people.html?auth=login-google> March 18, 2020

Young people you are not invincible. You can get COVID-19. You may also run the risk of giving it to someone older or medically fragile/vulnerable.

Please do not endanger your own health or the health of others. You have the power to help slow the spread of this contagious disease. If you are feeling stressed, anxious, bored or irritable (“cabin fever”) you may want to consider the resources and activities below to help you manage anxiety, practice self-care and maintain social connections with friends and family.

Rest assured in knowing that anxiety is normal and has a purpose. You need not to be worried about the fact that you are worried. Feeling some level of anxiety makes sense right now. We are constantly being bombarded with emerging and rapidly changes news almost daily or every few hours. On a positive note, the good news is... More people will continue to recover from the Corona Virus. There is an 88% recovery rate worldwide as of March 21, 2020. <https://www.worldometers.info/coronavirus/coronavirus-cases/#cases>

Keep your Health and Mental Health in Check while at Home



@Calm Take a deep breath, Train your mind to sleep more, stress less and live better. #mentalfitness

@thelatestkate When you are struggling to speak to yourself kindly, The latest Kate has a cute animal to do it for you. The adorable characters in her original artwork cover themes like body positivity, self-love and self-care, and battling depression and anxiety.

@werenotreallystrangers Purchase WNRS card game online at www.werenotreallystrangers.com This game allows participants to connect in meaningful and empowering ways. A perfect social distancing/quarantine activity.



Face Book

Self-Care.Tips Health & Wellness website: <https://www.self-care.tips/>

Stay Connected w/Family & Friends

Facetime Party: Keep in contact with friends and family. Have virtual celebrations in the evening.

Take up a new Hobby: Cooking, Baking, Sewing, Exercise (walking/jogging), hair braiding/hairstyling, self manicure or pedicure, read a book (hardcopy or on audible)

Doodling: Sketchpad 5.1. Draw, Create, Share Free online drawing application Sketch.IO

Netflix Party: A new way to watch Netflix with your friends online. Only available on Chrome browsers on desktop or laptop computers.

Time to Laugh: If you enjoy comedy you may want to spend time with your family or siblings watching old episodes of Martin on BET, SpongeBob or something else that brings you joy 😊
Whatever you decide, give yourself permission to laugh.

Help Others: It's a small gesture but someone in your neighborhood may benefit from have a young person pick up groceries from the local corner store or a prescription from the local pharmacy. If you are in a low risk area or a low risk group you can find out if there is anything your neighbor(s) needs. A key to protecting yourself is by not entering another person's home. Instead drop off items at the doorstep or wash your hands in between actions/transactions. Always be sure to obtain parent permission before carrying out these types of acts of kindness during this time.

March 15, 2020

Dear Students,

I hope this message finds you in the best of health. I know that many of you look forward to attending school each day and the recent school closures will mean that you will be at home for the next two (2) weeks. I hope you will find creative and useful ways to spend your time over the next two (2) weeks.

I imagine many of you are not “fans” of social distancing. Humans tend to find comfort in social interaction and physical touch. However, given the current recommendations from the Center for Disease Control (CDC) I suspect social isolation and loneliness can become a problem for some of us. The Support Staff at BHSEC Newark will do all that we can to keep in contact with you and provide you with useful resources.

Below you will find some resources and information you can utilize over the course of the next few weeks. My philosophy is, “If it works for you, use it!” I know it’s not easy to replicate structured school routines at home as some students may not have adequate space or a quiet place to work or study. However, the schedule below may serve as a basis for helping you to manage your time at home.

COVID- 19 Daily HS (Home) Schedule

By 9:00 am or 9:30am	Wake Up	Eat Breakfast; make bed, change out of PJs
10-12noon	Academic Time	Each morning visit website and check your online assignments or start work packets. Limit use of electronics in the morning.
12:00-12:30pm	LUNCH	
12:30-1:30pm	Leisure Time/Down Time	Drawing, reading, play music, stay in bedroom, video games or social media.
1:30-2:30pm	Chores/Family Time	Clean tables, chairs and other surfaces. Wipe bathroom and kitchen sinks. Spend time with family playing board games or watching a movie. Whatever you do, don't fight!
2:30-4:00pm	Academic Time	Completing academic assignments. Read material. Email professors if you have questions.
4:00-5:00pm	Relaxation or Employment	Take a nap or have some quiet time. Go to work! Try to avoid working extra hours during the weekday. Gain extra work hours on the weekend
5:00-6:00pm	Evening Fresh Air or Employment	Sit outside on your porch/stoop. Take a walk. Walk the dog, etc. Utilize IG Live to connect with friends
6:00-7:00pm	Dinner or Employment	
7:00-8:00pm	Study Time or Employment	Finish up any assignments you have a deadline to complete
8:00-9:00pm	Netflix & Chill; TV Time or Employment	
9:00 pm – until curfew	Choice Activity or HW	You've had enough structure today! What will you do next?

Shared by Aj Mansour March 15, 2020 (kfhan.iheart.com). Original creator unknown. However, schedule was slightly modified

Student Resources: Take Care of Your Emotional Well- Being

Tips for social distancing, quarantine, and isolation during an infectious disease outbreak

(<https://store.samhsa.gov/system/files/sma14-4894.pdf>)

What Is Social Distancing?

Social distancing is a way to keep people from interacting closely or frequently enough to spread an infectious disease. Schools and other gathering places such as movie theaters may close, and sports events and religious services may be cancelled.

What Is Quarantine?

Quarantine separates and restricts the movement of people who have been exposed to a contagious disease to see if they become sick. It lasts long enough to ensure the person has not contracted an infectious disease.

What Is Isolation?

Isolation prevents the spread of an infectious disease by separating people who are sick from those who are not. It lasts as long as the disease is contagious.

This sheet provides information about social distancing, quarantine, and isolation. The government has the right to enforce federal and state laws related to public health if people within the country get sick with highly contagious diseases that have the potential to develop into outbreaks or pandemics.

The information below describes feelings and thoughts you may have during and after social distancing, quarantine, and isolation. It also suggests ways to care for your behavioral health during these experiences and provides resources for more help

Concern about not being able to effectively manage and complete your school work due to limited online access

Uncertainty or frustration about how long you will need to remain in this situation, and uncertainty about school re-opening

Loneliness associated with feeling cut off from the world and from loved ones and friends

Anger if you think you were exposed to the disease because of others' negligence ☒

Boredom and frustration because you may not be able to work or engage in regular day-to-day activities
Uncertainty or ambivalence about the situation ☒

A desire to use alcohol or drugs to cope ☒

Symptoms of depression, such as feelings of hopelessness, changes in appetite, or sleeping too little or too much ☒

Symptoms of post-traumatic stress disorder (PTSD), such as intrusive distressing memories, flashbacks (reliving the event), nightmares, changes in thoughts and mood, and being easily startled

If you are experiencing any of the above reactions please contact one of the school workers for support. In addition, we have included the following information below for any student who needs to speak with someone and may be experiencing a crisis.

- **Suicide Prevention Lifeline**
Phone: 1-800-273-TALK (8255)
- **Imagine Newark: Grief and Loss**
A center for coping with loss. **Phone:** 908-264-3100
- **2NDFloor: Youth Helpline of New Jersey**
2NDFLOOR is a confidential and anonymous helpline for New Jersey's youth and young adults. We are here to help you find solutions to the problems that you face at home, at school or at play.
Phone: 888-222-2228
- **Trans Lifeline**
A Trans-led organization that connects trans people to the community, support and resources they need to survive and thrive. Translifeline.org. Phone 1-877-565-8860
- **The Trevor Project**
Saving Young LGBTQ Lives. Need Help. 24/7. **Phone:** 1-866-48807386