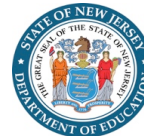




**Orange Township
Public Schools**
Orange Preparatory Academy
Mr. Dana Gaines, Principal



Laura W. Sacks, RN, BA, BSN, MA
School Nurse

Gerald Fitzhugh, II, Ed.D.
Superintendent of Schools

MEMORANDUM

Date: March 14, 2020

Re: Important message for this time

Dear Families,

I wanted to reiterate what I shared with most of our students at Orange Prep on Friday, March 13th. I communicated a message that stressed "kindness." Although at the time, we did not know we would be home for at least two weeks, I wanted to students to be prepared. I highlighted we are all in this together. We have to be there for each other, support each other and, especially, be kind to each other.

Many students will be in contact with friends through their social media. The message from doctors is "social distancing," but it is really important to remain physical distant since the virus can be spread by people who are asymptomatic. Thus, we have to talk about social media. It is important for all of us to try to maintain our social supports via technology.

We have to encourage students to share kindness with their friends on their social media platforms. This is a challenging time, and it is not a time for drama. Since we are all dealing with this situation, it is best to "come together" and be good to each other. We are dealing with this as a school community, as part of the local Orange community, as well as on a much larger level – our state, our nation, and our world.

In order to best minimize the possibility of getting the virus, the following suggestions were shared: hand washing for at least 20 seconds each time, respecting social distancing with friends, getting enough uninterrupted sleep, eating healthy meals, staying home if you are not feeling well, not touching your face – especially your eyes, nose and mouth, and exercising daily. If it is possible, being outside in open non-crowded environments, is also very beneficial.

I also encouraged the students to try to keep to a schedule - wake up at the same time every day, do school work at the same time, and try to have meals at the same time. It is so important to have as much continuity and consistency as possible. This also helps maintain students' social-emotional and physical wellbeing.

Students were also encouraged to relax. Some suggestions I shared included listening to music, writing poetry, drawing, reading, and talking to friends and family members. And, finally, if needed, counseling was advised to deal with the current stresses. It was also suggested to get information about what is happening from reliable sources such as the CDC website (and not youtube videos).

I hope we follow the best measures to keep each other protected, which, in turn, will minimize the number of people who get the virus.

We will get through this, and in doing so, if we respect each other and act with a sense of responsibility to each other, we will strengthen our community. And, if we act with kindness, a virtue I emphasize, it will make a difference.

Please stay safe and be well.

Take care,

Laura W. Sacks, RN, BA, BSN, MA
School Nurse