

ORANGE PUBLIC SCHOOLS

Plan for Return to Sports

Summer Recess and Fall Sports

SY2020-2021



“Good to Great”

DR. GERALD FITZHUGH, II
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Orange Public Schools



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Orange Public Schools

Orange High School Athletics

A Message from the Assistant Principal of Athletics

Good Day Orange Township Public School District Families,

The health, safety, and well-being of our school community are the top priorities of the Board of Education, administration, faculty, and staff within the Orange Township Public School District. These concerns also extend to our student-athletes, families, and coaches involved in our Athletics programs offered at Orange High School. The closure of schools, as well as the cancelation of high school sports across the State, was done to protect our communities and slow the spread of the COVID-19 pandemic. Since our District closed on March 17th, we have closely adhered to the guidance and guidelines set forth by the Office of the Governor, the NJ Department of Education, and the NJ Department of Health.

In the past weeks, the Governor has reviewed and revised many restrictions, including those on public gatherings and youth sports. With the revision of these restrictions, the New Jersey State Interscholastic Athletic Association (NJSIAA) has developed guidelines for the return to high school sports in NJ, starting with the Summer Recess period. The NJSIAA summer recess period will run from Monday, July 13th, through Friday, August 28th, with specific guidelines for each 2-week phase. Phase 1 will begin on July 13th, and run through July 26th, to allow student-athletes and their coaches to begin training and conditioning in preparation for the anticipated return of high school sports in the Fall. Phase 2 will be dependent upon directives from the Governor and changes in the prevalence of COVID-19 throughout the State. NJSIAA's Medical Advisory Task Force has finalized and released Phase 2, which will begin July 27th and run through August 9th. Guidelines for Phase 3 are anticipated to be released near the start of Phase 2. From Saturday, August 29th, through Sunday, September 13th, **FALL** coaches only may have **virtual contact** with their student-athletes. Therefore, there may be no in-person practices, scrimmages or games during this time.

On June 26th, the NJ Department of Education released, "The Road Back", an outline on the reopening of New Jersey schools. With the emphasis on reopening of schools and to allow for student-athletes to focus on their academic responsibilities, the NJSIAA has released their "Return to Play" model for New Jersey high school Fall sports. "Model 1 – Delayed Fall Season" will push the official start of Fall sports back approximately one month, beginning on September 14th. Competition will start on October 1st for all sports except football, which will kick off its season on October 2nd. Regular seasons will conclude on November 7th for football, and November 12th for all other Fall sports. Limited postseason play will run from November 13th through November 22nd for all sports. Schools that do not participate in the postseason may continue to play until November 22nd, with the exception being Thanksgiving football games. These are permissible after November 22nd, at each school's discretion. No other Fall sports competition will be allowed after November 22nd.

While restrictions have been eased across the State, we must stay vigilant and continue to practice all social distancing measures to minimize exposure to, and spread of, COVID-19. This plan is in alignment to what has been set forth by the NJSIAA's Medical Advisory Task Force and must be strictly adhered to for the safety and well-being of our Orange families and staff. We will do all that we can to ensure the safest environment for Orange student-athletes and coaching staff to participate during the Summer recess period. We must work together as a team in order for this process to be safe and successful. Everyone, from Dr. Fitzhugh, Superintendent of Schools, Principal Belton and myself, to the coaching staff, athletic trainer,



nurses, parents and family, and the student-athletes themselves, needs to take an active role in following these guidelines.

In closing, I ask that we, as the Orange Community, be patient and cooperative during this difficult time. High school sports will certainly not be as they were and we all must adjust to this “new normal”. Orange High School Athletics is focused on providing the best participation opportunities for our student-athletes during the Summer recess period and during the Fall sports season. Please allow time for the plans concerning the Fall regular season to evolve as more information is gathered by the State and the NJSIAA. If you have questions or concerns, please do not hesitate to contact me. My contact information, as well as all Orange Athletic information, is available on our website:

<https://www.orange.k12.nj.us/domain/93>

Additionally, please use our social media platforms to check for updates. Follow Orange Athletics on Instagram @orange_athletics and on Twitter @OHSTornadoes.

Stay safe and be well, Orange.

WE ARE PROUD.

WE ARE ONE.

WE ARE TORNADOES.

Professionally yours,

Anthony Frantantoni

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Table of Contents

A Message from the Assistant Principal of Athletics	2
Timeline of Events.....	5
Roles and Responsibilities of Administration, Coaches, Student-Athletes, & Families	8
Planning and Preparation - Resources	8
Roles and Responsibilities – Orange High School Athletic Department	10
Roles and Responsibilities – Coaching Staff.....	11
Roles and Responsibilities – Student-Athletes	12
Roles and Responsibilities – Parents & Family.....	13
Social Emotional Supports, Self-Care, and Celebrating Successes	14
Social Emotional Supports	14
Self-Care	15



Timeline of Events

Below outlines the timeline of events and actionables that were delivered to faculty/staff, students, parents, and district administration to date in response to the COVID-19 pandemic and in preparation for possible return to high school sports.

May 4	Governor Murphy officially closes NJ schools for the remainder of the year. The NJSIAA officially canceled New Jersey's 2020 high school spring sports season.
May 30	NJSIAA releases a statement addressing Executive Order #149. https://www.njsiaa.org/events-news-media/news/njsiaa-statement-executive-order-149-return-sports-may-30-2020
June 12	NJSIAA releases weekly memo that includes updates on Summer Recess Period, Fall Sports, COVID-19 Medical Advisory Task Forces, among other information. http://forums.njsiaa.org/uploads/FileUpload/a3/ad27234a948d6d43e8eff7fa6e2f8b.pdf
June 15	NJSIAA posts COVID-19 FYI's in Athletic Director's Forum, indicating July 13 th as the tentative start date for Summer Recess
June 17	Emailed all head coaches the NJSIAA memo and COVID FYIs
June 19	NJSIAA releases return-to-play guidelines – Phase 1 https://www.njsiaa.org/events-news-media/news/njsiaa-provides-return-play-guidelines-phase-1
June 20	Emailed all head coaches NJSIAA guidelines for review. Posted a Google Form for coaches to complete regarding Summer participation. Created a Google Classroom page for coaches to join and review NJSIAA documents Posted NJSIAA Phase I Guidelines on OHS Athletics Website
June 22	Emailed Ms. Morfin, athletic trainer, NJSIAA guidelines and clarifications for her review and feedback
June 24	NJSIAA releases clarifications to Phase 1 guidelines. Sent clarifications to Ms. Morfin and coaches for review. Added clarifications in Google Classroom. http://forums.njsiaa.org/uploads/FileUpload/cf/74b154f65347c06952e1351fdb54c2.pdf Posted Clarifications on OHS Athletics Website
June 25	Emailed Ms. Sacks, OPA Nurse, NJSIAA guidelines and clarifications for her review and feedback
June 27	Emailed all NJSIAA guidelines and documents to head coaches for review and to determine what teams will participate in Phase 1 Created Google Classrooms for sports participating in Phase 1 for coaches and student-athletes to access and complete necessary documents for participation
June 29	



June 30	Phone conference Diana Toto, director of Sports Medicine at RWJBarnabas and Ms. Morfin to discuss guidelines, clarifications, and how to respond to students/coaches who are symptomatic.
July 1	Met with Coach Randy Daniels to discuss guidelines and procedures for football Summer conditioning during Phase 1
July 2	Met with Coach Jon Bilbao to discuss guidelines and procedures for boys soccer Summer conditioning during Phase 1
July 6	NJSIAA Memo providing further clarifications to Phase 1 Guidelines http://forums.njsiaa.org/uploads/FileUpload/10/a0e3a129ee61f94ae45bbde12eec6d.pdf
July 7	Updated OHS Athletics website with additional Phase 1 Clarifications and Google Classroom links for Football and Boys Soccer
July 8	All coaches have been asked to complete the course, “COVID-19 for Coaches and Administrators” offered by the NFHS.
July 10	Reviewed and updated Google Classrooms for COVID-19 Questionnaires in preparation for start of Phase 1
July 13	Reviewed coaches plans for week of July 13 th Phase 1 conditioning workouts NJSIAA releases Return to Play update “Model 1 – Delayed Fall Season” http://forums.njsiaa.org/uploads/FileUpload/7b/41da2a4f57e8eae8fbe2cba35333ad.pdf NJSIAA releases Phase 2 Guidelines, to begin on July 27 http://forums.njsiaa.org/uploads/FileUpload/4e/7da96bb50a45798d62245bd7b958ce.pdf Updated OHS Athletics website with NJSIAA Return to Play Update and Phase 2 Guidelines
July 17	Phase 1 conditioning begins. Meeting with student-athletes and coaches prior to first conditioning session. All student-athletes and coaches must complete a daily pre-screening form and have a temperature check at every session before being allowed to participate. Student-athletes will be placed in groups of no more than 10 and remain in those groups during Phase 1
July 20	Meeting with coaches to review first week. Review plans for conditioning sessions for week of July 20
July 26	Week 2 of Phase 1 begins. All student-athletes and coaches must continue to complete a daily pre-screening form and have a temperature check at every session before being allowed to participate
July 27	Phase 1 ends. Coaches must submit plans for week of July 27 for review. Anticipated release of NJSIAA guidelines for Phase 3
July 30	Phase 2 begins. Meeting with all student-athletes and coaches prior to start of the first practice of Phase 2. All student-athletes and coaches must continue to complete a daily pre-screening form and have a temperature check at every session before being allowed to participate. Student-athletes groups may be expanded up to 25-30 for duration of Phase 2.



July 31	Free athletic physicals provided by RWJ-St. Barnabas at OHS (time TBD)
August 3	Meeting with coaches to review week and plans for week of August 3
August 7	Week 2 of Phase 2 begins. All student-athletes and coaches must continue to complete a daily pre-screening form and have a temperature check at every session before being allowed to participate.
August 10	Meeting with coaches to review week and plans for week of August 10
August 14	Phase 3 (conditionally) begins. All student-athletes and coaches must continue to complete a daily pre-screening form and have a temperature check at every session before being allowed to participate.
August 17	Meeting with coaches to review week and plans for week of August 17
August 29	Week 2 of Phase 3 begins. All student-athletes and coaches must continue to complete a daily pre-screening form and have a temperature check at every session before being allowed to participate.
September 8	Virtual Contact Period begins: From Saturday, August 29th, through Sunday, September 13th, FALL coaches only may have virtual contact with their student-athletes. Therefore, there may be no in-person practices, scrimmages or games during this time. Additional Free Athletic Physicals will be scheduled during this time period
September 14	<u>Fall Timelines for Sports</u> First day of school for Orange students.
September 24	First official Fall practices may begin.
October 1/2	First scrimmages can be played
November 7	Regular season games begin for all sports. Regular season football games can begin October 2
November 12	Regular season Football finish
November 13 - 22	All other sports regular season finish Possible post-season games may occur
November 26	Thanksgiving Day Football games may be scheduled at school's discretion, otherwise no more Fall sports after November 22.




Roles and Responsibilities of Administration, Coaches, Student-Athletes, & Families

Planning and Preparation for OHS Athletics

It is important for all involved in OHS Athletics have access to current information and required documents and forms. Information is constantly being updated and released from multiple sources, so it is imperative that coaches, student-athletes, and their families stay up-to-date with the latest guidelines. This will not only keep you prepared for what's to come, but also make sure you are following the required health and safety guidelines. The best way to access information for OHS Athletics is on our district website.

Visit the **Orange High School website – Athletics**. From here you can scroll for updates and use links on the left-side menus to access other important sites and information.

<p>OHS Athletics</p>	<p>Dear Parents, Students, Coaches, and Community members: Welcome to the Orange High School Athletics website. Here you will find information and resources for the sports programs offered at OHS. There are links to updates from the NJSIAA, as well as updates, documents, and forms necessary for participation in OHS Athletics. https://www.orange.k12.nj.us/Page/371</p>
<p>Office Hours</p>	<p>I will always do my best to be available to answer any questions you may have. During the remainder of the Summer months, I will be in my office at Orange High School, as well as working remotely. Please feel free to call or email to set up an appointment in person or through a video call.</p>
<p>Contact Information</p>	<p>Should you have any questions about the current situation or OHS Athletics, you can contact me through the following channels: Email: frantoan@orange.k12.nj.us Phone: 973-677-4050 ext. 5003</p> <p>Remind App: OHS Athletics @ohsathlete https://www.remind.com/join/ohsathlete</p>
 <p>Google Classroom for Athletics</p>	<p>Currently, there are several Google Classroom pages set up for OHS Athletics. One page is dedicated to coaches only, to provide updates, information, and communication. For the Summer Recess period, Google Classroom pages have been created for student-athletes to submit their pre-screening documents, as well as provide a means of communication between student-athletes, parents, coaches, and administration. As we move through the Summer, and into the Fall sports and beyond, each sport and team will have a dedicated Google Classroom and Remind group. Parents will be asked to provide an email address to join their child's Google Classroom, as well.</p> <p>Below are the links and codes to Google Classrooms: OHS Football https://classroom.google.com/u/0/c/MTIxMTgxOTk1MDIz OHS Boys Soccer https://classroom.google.com/u/0/c/MTIxMjcyNDU0MTM1</p>



<p>General Expectations</p>	<p>Student-athletes, families, coaches, and administrators all have a shared responsibility in the health and safety of the Orange Community. We must all work together to follow the guidelines from the NJ DOE, NJSIAA, and Orange Public Schools to make this Return to Play as successful as possible. As a community, we must:</p> <ul style="list-style-type: none"> ✓ Ensure the health and safety of all student-athletes, coaches, and families. ✓ Re-engage all student-athletes as soon as possible for their social, emotional and mental well-being. ✓ Maximize participation across all sports and all student-athletes. ✓ Understand that Orange Athletics will not be the same as past years and be patient as situations evolve. ✓ Understand that the Fall season will focus on providing athletic opportunity, engagement and participation – not winning championships.
<p>Other Possible Issues</p>	<p>We recognize the fluidity of the COVID-19 pandemic and realize that conditions are changing regularly. We will continue to provide updates on all potential plans as timely as possible to ensure student-athletes, their families, coaches, and the Orange community are prepared. The NJSIAA has several contingency models in place in the event that the COVID-19 pandemic worsens in our area. High school sports are school-based and in the event there are any changes to the NJ DOE “The Road Back” plan, the models and plans for athletics will change accordingly. Orange Public Schools and Orange High School Athletics continue to emphasize patience, undersanding, and collaboration as we navigate this unprecedented time together.</p>
<p>Important Links for OHS Athletics and NJ High School Sports</p>	<ul style="list-style-type: none"> ✓ https://www.orange.k12.nj.us/Page/371 ✓ https://www.orange.k12.nj.us/Page/345 ✓ https://www.orange.k12.nj.us/Page/10171 ✓ https://www.orange.k12.nj.us/Domain/1 ✓ https://www.njsiaa.org/ ✓ https://www.nj.gov/education/ ✓ http://www.sec.powermediallc.org/ ✓ Follow on Instagram: @orange_athletics ✓ Follow on Twitter: @OHSornadoes



Roles and Responsibilities – Orange High School Athletic Department

- ✓ Posting the NJSIAA and Orange High School Athletics guidelines on the Athletics website
- ✓ Creating Google Classroom for coaches to review NJSIAA and district guidelines
- ✓ Creating Google Classrooms for each sport participating during the Summer recess period
- ✓ Posting all necessary NJSIAA and Orange Public Schools documents in Google Classroom for student-athletes and coaches to complete
- ✓ Making print copies of documents for student-athletes and coaches that have limited access
- ✓ Monitoring coaches and student-athletes to comply with pre-screening and NJSIAA guidelines
- ✓ Updating the Orange High School Athletics website regularly as new information is released
- ✓ Communicating with coaches, student-athletes, families, the Superintendent's Office and the community as we progress into the return of Orange Athletics this Fall.

The image shows two screenshots. The top screenshot is the Orange High School Athletics website. The navigation bar includes: Home, About Us, Administration, Athletics, Clubs, Committee, Curriculum, Programs & Services, Faculty, Library, Parents & Students, Resources, Staff Information, Technology, and Calendar. The main header features the Orange High School logo with the tagline "Good to Great" and the address "400 Lincoln Avenue, Orange NJ 07050". Below the header, there are links for "DISTRICT HOME", "SCHOOLS", "LANGUAGE", and "USERS". The main content area is titled "TORNADOES IN ACTION" and includes a sidebar with links like "Overview", "Meet Mr. Frantantoni", "Tornadoes Manuals & Forms", "OHS Live Athletic Schedules", "Orange HS Athletic Event Sites", "Meet The Coaches", "Option II Application", "Non- Contact Period Policy", "Coaches & Athletes Resources", and "Athletics Trainer Corner". The main text area contains a "Welcome to Orange High School" message and a notice dated June 19, 2020, regarding NJSIAA Return to Play guidelines. Below the notice are links for "Orange Athletics Summer Recess", "NJSIAA Phase I Guidelines", "NJSIAA Clarifications to Phase I (A)", and "NJSIAA Clarifications to Phase I (B)".

The bottom screenshot is a Google Classroom page for "Orange Athletics Summer/Fall 2020". The page shows the class name, class code "xwfd7v", and options for "Meet link" and "Generate Meet link". Below the class header, there is a section for "Upcoming" with the message "No work due soon" and a "View all" link. There is also a section for "Share something with your class..." and a post by Anthony Frantantoni dated Jul 7. The post says "Coaches, please consider taking these free course by the NFHS. Thank you" and includes two links: "The Collapsed Athlete Co..." and "COVID-19 for Coaches an...".



Roles and Responsibilities – Coaching Staff

All Coaches are expected to:

- ✓ Read, understand, and comply with all NJSIAA and Orange Public Schools guidelines
- ✓ Monitor student-athletes in Google Classroom and ensure proper documentation is submitted
- ✓ Wear a face covering at all times during training sessions
- ✓ Assist with daily pre-screening process
- ✓ Provide detailed plans for each workout
- ✓ Ensure student-athletes are following guidelines
- ✓ Immediately report any student-athlete or coach showing signs/symptoms of COVID-19 or that answers “yes” to any question on the pre-screening form
- ✓ Supervise student-athletes before and during sessions to maintain proper groupings and social distancing.
- ✓ Ensure all equipment and touch points are properly cleaned and sanitized before and after every practice session
- ✓ Communicate with student-athletes and families as we progress to the return of sports at Orange High School



Roles and Responsibilities – Student-Athletes

It is important for student-athletes to take an active role in this return to sports plan. Understanding the guidelines and following the proper procedures will help to ensure Orange Athletics returns in a safe and healthy manner.

- ✓ Read, understand, and comply with all NJSIAA and Orange Public Schools guidelines
- ✓ Complete and submit all required documents prior to and during the Summer Recess period.
- ✓ Student-athletes who have pre-existing medical conditions and/or are immunocompromised (e.g., diabetes, asthma, auto-immune disorders, etc.) shall provide written clearance from a medical doctor before he/she will be permitted to participate in workouts.
- ✓ If you are not feeling well, **please stay home and contact your coach immediately.**
- ✓ Be sure to have a face covering and plenty of water to drink. **You cannot share water bottles.**
- ✓ You must complete the Daily Pre-Screening Questions every day prior to practice. You can do this in your Google Classroom page or bring in a completed hard copy.
- ✓ Arrive early to practice to allow time for screenings.
- ✓ If you are placed in groups for Phase 1, you must stay in the group for the whole Phase and only interact with those in your group. In Phase 2, the groups will become larger.
- ✓ There is to be no physical contact at all during practice. This includes shaking hands, fist bumps, huddles, and contact while playing.
- ✓ Face covering should be worn when not participated in high-intensity activities and proper social distancing must be maintained at all times.
- ✓ Phase 1 is focused on conditioning and getting prepared for the Fall season. There will be no practice games or competition.
- ✓ Equipment, such as soccer and footballs, can be used within each group and must stay within that group during a practice. All equipment must be properly cleaned after every practice. No helmets or shoulder pads.
- ✓ Student-athletes shall wear their workout gear to the workout and shall return home in the same workout gear. Be sure to wash your workout clothes as soon as possible.

We all are very excited to return to sports in Orange and we all want this to be as safe as possible. It is up to you, the student-athlete, to be responsible for your actions. Do not take this situation lightly and ignore sign and symptoms simply because you want to play. The COVID-19 pandemic is literally a life or death situation for many people, and we will not put anyone's life at risk for any reason. Use common sense, be honest with your answers, and we can keep Orange as safe as possible.



Roles and Responsibilities – Parents & Family

As parents and family of an Orange High School student-athlete, it is important that you understand the situation we are currently going through. We are all excited about sports coming back to Orange and across New Jersey. Even though we have made many positive steps forward, we must still remain vigilant in daily lives to reduce the spread of COVID-19. As a parent, guardian, and/or family member, you must:

- ✓ Read, understand, and comply with all NJSIAA and Orange Public Schools guidelines
- ✓ Complete and submit all required documents prior to and during the Summer Recess period.
- ✓ You must provide a **working cell or phone number and a working email address** on the included pre-screening documents.
- ✓ Your email address will be used to invite you to your child's Google Classroom page for their sport. There you can view updates, review all NJSIAA and Orange Public School guidelines, and ask questions.
- ✓ If your child has a pre-existing medical condition and/or are immunocompromised (e.g., diabetes, asthma, auto-immune disorders, etc.) you shall provide written clearance from a medical doctor before he/she will be permitted to participate in workouts.
- ✓ Provide your child with a face covering and water bottles for practices.
- ✓ If it is possible, please drop off your child at practice and wait for them to clear the pre-screening process. If for any reason they are unable to practice, you can immediately take them for a medical visit.
- ✓ If you believe you, your child, anyone in your household, or someone you have regular contact with has COVID-19 or has been exposed, please do not send your child to practice. Contact the coach immediately and seek out medical assistance.



Social Emotional Supports, Self-Care, and Celebrating Successes

Social Emotional Supports

Social Emotional Supports during this time is critical to the landscape of the distance learning plan.

- The following information for additional supports outside of the school through our social media handles as well as website and staff communication to families: Mental Health Resources-To access mental health services contact Performcare at 1-877-652-7624. Website is performcare.org.
- To get immediate assistance with an emergent mental health crisis: Contact 911 or go to your nearest hospital. The listed hospitals scripted were as follows: Mountainside Hospital, East Orange General Hospital, and Clara Maass Medical Center

Information to speak with a counselor 24 hours a day; information below can assist accordingly:

- Suicide Prevention Hotline: 1-800-273-8255
- NJ Hope Line: 1-855-654-6735
- 2nd Floor Teen Helpline: 1-888-222-2228

The following links have been given to staff during this pandemic for support for families and students as well as self-care for the staff (Articles and Workshops):

- <https://www.eventbrite.com/e/self-care-in-overwhelming-times-registration-101723668230>
- <https://mhccnetwork.org/sites/default/files/2020-03/Taking%20Care%20of%20Yourself%20During%20a%20Public%20Health%20Emergency.pdf>
- <https://cc-bc.com/rental-counseling?fbclid=IwAR1-DMKzAzIWPMwzLomLIMPmRWU4yQqh3a24D53kjpYn2jDahnPvYTtMLH0>
- [Improving Student Mental Health.](#)



Self-Care

The following were tips for students that we posted and provided to families:

- Keep a schedule-wake up at the same time everyday
- Have meals at the same time everyday
- Share kindness with friends on social media platforms; continue interactions as this time can be deemed as lonely
- Relax: Listen to music, write poetry, draw, read, talk to friends and family

Directory to Contact School Guidance Counselors & Social Workers (Social Emotional Supports/Trauma), Nurses (Medical), and Child Study Team Members (Special Services):

- <https://www.orange.k12.nj.us/Page/24120>
- We provided this scaffold to families in the effort of providing additional supports through this time.



WE ARE PROUD

WE ARE ONE

WE ARE TORNADOES