

Superintendent's Report Orange Public Schools “Good to Great”



Gerald Fitzhugh, II, Ed.D.
Superintendent of Schools
“The Teaching Superintendent”
December 8, 2020

Importance of Self-Care



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Importance of Self-Care

- **The Importance of Self-Care**
- While you are supporting and helping someone who may be in crisis, it is especially important for you to also take care of yourself. Practicing self-care does not mean you are choosing yourself over your loved one. It means that you are simply being mindful of your own needs, so you are better able to support the people you care about. When you take care of yourself and are not stressed, you are better able to meet the needs of others.
- Self-care comes in a variety of forms. It does not require an elaborate plan; self-care can be as simple as taking a deep breath when you notice you are becoming stressed. By maintaining your physical and mental health, you will likely be better equipped to handle the stressors that come along with supporting someone you care about.

4 Dimensions of Self-Care

- **Physical (the body) – to live, move, and breath**
- *Physical self-care* involves ensuring an overall healthy lifestyle that includes eating healthy, drinking lots of water, and getting plenty of exercise. Consider decluttering your home and office so that you have a feeling of spaciousness and manageability. Take time away from computers, TV, and your smartpone (sedentary lifestyles are a health issue). Enjoy moments to rest and replenish.

4 Dimensions of Self-Care

- **Emotional (heart) – to love, care, and be in relationship with yourself and others**
- *Emotional self-care* might include setting clear boundaries on your time and energy. Engage emotional boundaries within helping relationships, surrounding yourself with positive people and affirmative and inspiring messages. Address any issues or problems so that they don't build up. Give and receive love, kindness, and support. Spend time with people you care about and who care about you.

4 Dimensions of Self-Care

- **Spiritual (the spirit) – to connect with essence, purpose, and meaning**
- *Spiritual self-care* might include meditation. You may want to visualize, practice gratitude, spend time in nature, and be aware of the non-material aspects of your life. Identify what is meaningful to you in your work and life. Practice mindfulness and being present in the moment.

4 Dimensions of Self-Care

- **Psychological (the mind) – to learn, think, and grow**
- *Psychological self-care* activities might include personal and professional development. Give attention to things that are in your control (your sphere of influence). Take time for personal reflection. Notice your inner experiences, thoughts, and feelings. Cultivate self-awareness through things such as journaling, getting feedback from others, meditation, coaching/counseling, and consultation or supervision – places where you have the opportunity to grow, learn, and reflect.

District Updates

- Congratulations to Forest Street Community School's Math teacher, Ms. Tyarra Hunter, for being recognized for outstanding mathematics teaching and leadership. Ms. Hunter has completed the first year of the competitive New Jersey STEM Innovation Fellowship program as the first cohort and has been invited to join its second year. (District Goal One)
- Congratulations to Heywood Avenue School's Math and Science teacher, Mrs. Jamillah Rawls, for being recognized for outstanding mathematics teaching and leadership. Mrs. Rawls has completed the first year of the competitive New Jersey STEM Innovation Fellowship program as the first cohort and has been invited to join its second year. (District Goal One)
- Now this is what we consider Good to Great! Congratulations again Ms. Hunter and Ms. Rawls on your accomplishment! A job well done!

District Updates

- The Orange Public School District Early Childhood Program is holding virtual Preschool Registration for the 2020-2021 school year, from Monday, December 7 - Friday, December 11. See the flyer for details and visit <http://orange.k12.nj.us/preschoolregistration> for the registration process.
- Some more great news from Gifted and Talented, Mrs. Machuca, Principal of Scholars Academy was invited by the New Jersey Department of Education to participate in a Podcast on Gifted and Talented Education. When great work is happening, districts are recognized and this what is happening! Thank you Principal Machuca for leading the way!
- Look out for our school pride and spirit days! As mentioned, we are developing the whole child. Let's make sure that students and staff participate accordingly. We use Dojo and Remind to get this information out as well as our social media handles!

District Updates

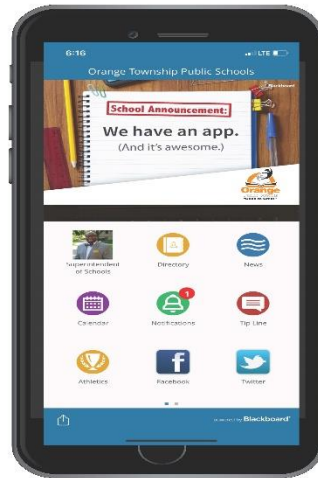
- As you know, we continue to provide breakfast and lunch to our school community. With that being said, we have distributed over 85,000 meals since March 17th. Continue to come out and grab a meal students.
- Interim Report Card Two will be distributed electronically on Wednesday, December 23, 2020 at 12:30 PM
- Have you signed up for the Genesis Parent Portal? Parents are able to see grades and assignments posted in real time. Should any concerns regarding the portal be directed to reopeningofschools@orange.k12.nj.us.
- Reminder: School is NOT over at 12:30 PM. In fact we have office hours for additional support. Asynchronous assignments are placed in Google Classroom for additional support. Let's not take this lightly. Instruction is paramount during these times and beyond...Cameras being on as discussed at the Curriculum Committee Meeting as well as the November 10th Board Meeting is mandated. If there is a camera malfunctioning issue, please reach out to reopeningofschools@orange.k12.nj.us so we can connect you with your child's principal.

Reminder: The New Orange App

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District Updates

- The Superintendent's Parent and Student Council took place on November 12th between 3:45 PM and 8:00 PM. The following items were discussed:
- The State of the School District
- The Successes of Virtual Learning
- The Areas of Improvement Needed for Virtual Learning
- Technology
- Social Emotional Supports

The next meeting will take place this upcoming Thursday... Thank you schools for selecting parents/guardians as well as students to be a part of these councils. Community please be reminded that these councils are part of District Goal Number 2: Community Engagement

District Updates

- Schools will continue to have Town Hall Meetings to discuss academic and social-emotional supports. Coming into the meetings virtually, have allowed parents to have questions answered as well as here about the virtual school spirit and pride days as well as updates on the Return to School Plan.
- Families, we continue to educate everyone regarding health and safety. It is vital when out in the community, masks are worn and social distancing enforced. As we move through the phases, the most important item is to not spread COVID-19. Continue to review vital points under the Nurse's Corner tab as well as the COVID-19 Resources Tab.
- Professional Development as well as Instructional Walk Throughs continue district wide. We need to ensure that the instructional program continues with fidelity. Alongside the principals, we are working as teams to provide instructional support that is individualized and aligned to goals and objectives
- Reminder: Cameras-Required to be on...this is school...During the office hours, students are scheduled to come in for additional supports (individualized). This is necessary. Yes we have seen a marked improvement with cameras being on and students being focused.

Reminder: District News- Breakfast/Lunch Grab and Go Update

- Please be reminded of food locations beginning at 7:30 AM and concluding at 1:30PM
- Rosa Parks Community School
- Lincoln Avenue School
- Forest Street Community School
- Scholars Academy

District News-Breakfast/Lunch Grab and Go Update

- Please be reminded of food locations beginning at 7:30 AM and concluding at 1:30PM
- Heywood Avenue School
- Orange Early Childhood Center
- Park Avenue School
- Oakwood Avenue Community School

Important Dates for the Return to School

- **On November 30, 2020, Governor Murphy put an order in place that indoor sports are to not to be conducted through January 2, 2021. As a district and alongside our health department, we will continue to monitor the Governor's stance and provide an update in the beginning of January regarding inside winter sports; more specifically basketball for our young ladies and gentlemen as the season per the NJSIAA is set to begin on January 11, 2021. Wrestling and Volleyball have been moved to March 1, 2021 as of this time and date. Track and Field is slated for February 1, 2021. Please check the district website for the most up to date information in a letter from Mr. Frantantoni, Vice Principal of Athletics and Academics.**
- **Continuation of Phase II effective through January 15, 2021**
- **Phase III – January 19th – January 29, 2021 (MLK Jr's Birthday Observance is on Monday, January 18, 2021)**
- **Phase IV – February 1st – June 24, 2021 All staff and students return (Staggered Schedules)**
- Please note: If any changes need to occur based on conversations with the City and County Health Directors, staff and families will be apprised in the a timely fashion as always for continued planning.
- **Families, as shared last month, if you are opting for Remote Learning, an email to reopeningofschools@orange.k12.nj.us must be submitted.**



Reminders to the School Community

- For further supports, please be reminded that we still answer emails via reopeningofschools@orange.k12.nj.us for questions or concerns during this pandemic period as it relates to any facet of the plan or support needed. Responses will be generated within 24-48 hours of receipt.
- It is encouraged that you continue to visit our district COVID-19 Resources Tab on the district website www.orange.k12.nj.us for additional resources for families on mental health as well as updates on self care for students, families, and staff. We have posted instructional supports within the COVID-19 Resource Tab for your assistance. As you are aware, we update our COVID-19 Resource Tab weekly in the effort of providing further supports for our school community. Thank you to the Trauma Informed Team for supporting this work since March 17th.



Special thank you to our staff, families, and students for being resilient during these trying times.

Always know we are in this together. Families, remember when the district calls and I know we do a lot, pick up the phone. Sometimes it is a recorded message but other times we are giving personalized calls to you about supporting your child. To the staff, continue to provide the best instructional program for the students. I am in classrooms daily and see the delivery of instruction occurring. I also see parents with our youngest learners working alongside our teachers and paraprofessionals. This is the true example of partnership. In closing, each of us are the solution to ensure that the development of the whole child is garnered.

Orange Public Schools Social Media

Social Media





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