



April 2, 2020

Dear Ridgewood School Community,

During times of adversity and stress, I find myself thinking of others who are going through the same experience, but in this case, I am particularly aware of those who are on the front line in a much riskier position than myself. I think of the medical community who took an oath to treat any patient who needs care, even when that care puts them in harm's way.

This reminds me of years ago when my wife, Sue, started her medical career as a resident/intern right when the HIV/AIDS epidemic was at its peak in NYC. There was not much known about it, except that it was deadly and not very treatable at that time. Now, I have a son in his medical residency/internship facing another life-threatening disease. I am not a medical person and make no comparisons between COVID-19 and HIV/AIDS. But I do think of the analogy our leaders are using that we are at war with this virus. Every day, medical professionals, our family, friends, and neighbors, must face their own fears and treat those who have fallen victim to this horrific virus. Today, on Thankful Thursday, I am grateful for the bravery and compassion of each and every one of them. We thank you and hope your knowledge and care keeps you safe.

We must also recognize the other people working on our behalf to keep this very fragile society moving forward. It may not appear that we are moving forward, but we are. Some that come to mind are:

- First responders
- Mail Service Providers
- Delivery Service Providers
- Grocery Workers
- Food Service Providers
- Factory Workers

This week is Elementary School Spirit Week! For me, I have celebrated our Elementary School Spirit Week as follows:

- Maroon Monday: Ridgewood gear! As Superintendent of the Ridgewood Public Schools, I have plenty. Back in the good old days when my wife, Sue (she asked me not to only refer to her as my wife.... done) and I cleaned out some closets, we found 17 Ridgewood sweatshirts, dozens of t-shirts, and much more. We did not donate any. My kids participated in sports at RHS, so we had plenty of gear to go around.
- Team up Tuesday: I am a Dallas Cowboys fan. Ok, stop rolling your eyes and muttering under your breath. For all of you Giants fans, Jason Garret is your problem now.
- Exercise Clothes Day: If you haven't gotten the hint, I workout daily. I am an early riser and start my day with exercise. There is a lot of research out there about exercise and brain chemistry. For me, it is therapy.... I probably could use the old fashioned kind of therapy, but this has worked for me for decades. I am old school...cotton t-shirt (probably says Ridgewood on it or OBX or one of the colleges my kids have gone to or go to) and running shorts. Shoes - NIKE! Swoosh!
- Thankful Thursday - See above



STRINGING TOGETHER RIDGEWOOD - STUDENT LEAD FUNDRAISER

While we can't get out and host a traditional fundraiser, some RHS students have come up with an idea that can be done remotely. They are selling friendship bracelets to raise money to be donated to Valley Hospital to help with COVID-19 relief. This will all be done online. Please see the link below.

<https://forms.gle/dfCJ29WjRgksF2dt5>

FEEL YOU MAY HAVE SYMPTOMS: If you feel sick with COVID-19 symptoms, you should contact your physician. The physician will be able to assist you and provide the next steps. Additionally, the NJ Department of Health (NJDOH) has set up the following to answer your questions:

- Call: **2-1-1**
- Call (24/7): **1-800-962-1253**
- Text: **NJCOVID** to **898-211**
- Visit <https://covid19.nj.gov/> or nj.gov/health for additional information
- **Valley Hospital: 201-447-8000** If you feel you have symptoms, Valley Hospital has set up a system to answer your questions.

SOCIAL/PHYSICAL DISTANCING: Please start thinking about how you will handle social distancing during the spring break, which is the week of April 6-10.

VIRTUAL TOURS and ACTIVITIES FOR OVER THE BREAK (DON'T DO THEM UNTIL THE BREAK):

TODAY'S THEME IS CRAFTS

- Needle Point Kits
<https://www.herrschners.com/category/herrschners/needlework/needlepoint/needlepoint-kit.do>
- Weaving Bracelets <https://www.amazon.com/Choose-Friendship-Bracelet-Jewelry-Making/dp/B008B7BC8S>
- Candle Making (Must be done with an adult) <https://www.amazon.com/Best-Sellers-Arts-Crafts-Sewing-Candle-Making-Kits/zqbs/arts-crafts/262599011>
- Carpentry Bird House Kits <https://www.homedepot.com/p/Houseworks-Bird-House-Wood-Kit-94503/100659246>

REMINDER: Use the links below for important information from the Village and the district.

- Sign up for Village E-Notice System - <http://www.ridgewoodnj.net/village-info/enotices-and-alerts-registration>.
- Twitter Accounts - [@RwdPub Schools](#) and [@RWDSupt](#)
- District Facebook Page - [@RidgewoodPublicSchools](#).

ANNUAL SCHOOL ELECTION: The Annual School and Municipal Election will be held on Tuesday, May 12. All registered voters will be receiving vote-by-mail ballots, and there will be no polling places in the May 12, 2020 elections. For more information, click [here](#) to visit the website of the Bergen County Clerk's Office. You can still register to vote if you have not already done so. Information can be found [here](#).

CENSUS 2020: Don't forget to send your redacted "receipt" to your principal or just let your principal know it is complete. Let's see which school has the highest percentage of completed questionnaires. If you have multiple children in a school, each one counts. If you have children in multiple schools, send the receipt to each principal.

- Fill out the Census online at <https://my2020census.gov/>
- Or you can respond by phone at 844-330-2020.

Contest results as of 4.1.2020 (The contest is open until the Census 2020 closes.)

- 1st - Somerville
- 2nd - Willard
- 3rd - BF
- 4th - RHS & Orchard
- 5th - GW
- 6th - Travell
- 7th - Ridge
- 8th - Hawes

TODAY'S GAME SUGGESTIONS:

- Racko

Other things you can do:

- Keep moving! GET OUTSIDE! And...No sit-ups for you, do this instead. <https://www.businessinsider.com/fitness-experts-sit-ups-worthless-what-to-do-instead-2018-7>
- Movie/TV - Academy Award Winning: *Forrest Gump*. No chocolate chips out there, but I bet you can get a box of chocolates.
- Book Club Book 2 - **Radium Girls** by Kate Moore. Read in our RAHP program. This is an emotional read due to human suffering. Here is a link to some discussion questions: <https://www.litlovers.com/reading-guides/13-fiction/10968-radium-girls-moore?start=3>
- Baked goods: You can never go wrong with pudding. I am sure they have it in stock. <https://www.foodandwine.com/desserts/pudding/pudding-recipes>
- Home Project: Wash your car.
- Remember, the Ridgewood Public Library has online resources. <https://www.ridgewoodlibrary.org>
- Call someone. They will appreciate it. If you can make a video call, that's even better for face-to-face connection.
- **REMINDER: 38 Days - This is for dads and students only.** Moms, look away! Mother's Day is Sunday, May 10th. If you are like me, you purchase gifts for your wife at the last minute because she sees every credit card transaction. Online banking! So, strategize now about how to pull Mother's Day off without a florist, restaurant, or last-minute shopping trip. You do not want to mess this up when you have no place to escape! **NOT TIME TO PANIC YET!**

VALLEY HOSPITAL NEEDS OUR HELP: Please drop off the following items Monday-Friday from 8 a.m. to 5 p.m. at the main entrance on 223 North Van Dien Avenue in Ridgewood.

- N95 masks
- Surgical masks
- Face shields and goggles
- Fluid resistant isolation gowns
- Non-latex (nitrile) gloves
- NEW oral thermometers

The **Red Cross** is alerting everyone to blood and platelet shortage. Please donate if you can. <https://www.redcrossblood.org/>

Keep supporting our local businesses. Many restaurants are offering curbside pickup and delivery. Here are some helpful tips (www.today.com) if you want something besides a home-cooked meal:

- Order from a restaurant you trust
- Order directly from the restaurant when possible
- Opt for contactless delivery or pick up
- Discard all packaging
- Don't share, and wash your hands before and after

I wish you good health!

Sincerely,

A handwritten signature in black ink, appearing to read "Dan Fishbein".

Daniel Fishbein, Ed.D.
Superintendent of Schools