



April 13, 2020

Dear Ridgewood School Community,

I hope you had a restful break. I was able to tackle many of the house projects that I have been peddling these past few weeks. My kids may not agree that the food and laundry responsibilities were a good swap for the hard labor of spreading 8 yards of mulch. A neighbor walked by and commented that it looks like “Fishbein Landscaping” is back in business.

On a serious note, while I do not have any inside information, it appears that we will continue with remote learning for some time. When the school closures were first announced, most people did not expect this situation to last for an extended period. We may hear some news from the Governor later this week. Moving forward, I will only send a weekly update; however, any important announcements or information will be shared immediately.

Stay Positive; Keep Learning:

Following are some helpful tips.

- Set and stick to a routine. Get up at a regular time, except on the weekend. Plan your day to include exercise, work, and play.
- Be creative. Paint, build, knit, sew, or put together a puzzle. Do something you always wanted to do.
- Set screen time limitations: work, entertainment, and news. Give yourself downtime from the screen, especially an hour before bedtime.
- Get outside and be active. While our parks are closed, we are fortunate to live in a pedestrian municipality. Hopefully, one of the example exercise routines has stuck. Wouldn't it be great if we were all in better physical health when this is over?
- Reach out and talk. It is hard to be grateful without feeling a bit selfish when we are surrounded by grief. But we do still have much to be grateful for, and it is important to find creative ways to maintain relationships, support those who are struggling, and honor those who have helped us during this time.

RIDGEWOOD NEEDS YOUR HELP:

While we can't get out and host a traditional fundraiser, we can still help our community. Below are links to help during this time of crisis.

Stringing Together Ridgewood

- Some RHS students have come up with an idea for a fundraiser that can be done entirely remotely. They are selling friendship bracelets to raise money to be donated to Valley Hospital to help with COVID-19 relief. Please see the link below.

<https://sites.google.com/view/stringingtogetherridgewood>



Ridgewood Helps - Senior Citizen Help

- Right now, our senior citizens need our help. Below is a link to opportunities to help our senior citizens in Ridgewood. Please take a look at it and help in any way you can. If you have a neighbor who is a senior citizen, please check in with them. We must continue to look out for each other. Thank you in advance for all of your assistance.

http://mods.ridgewoodnj.net/pdf/covidinfo/RidgewoodHelpsV3.pdf?fbclid=IwAR2xLK5-VLkT7qz68jgdu8AcnQ50lNnTWuY9-Efoe_2v83AGtshg2p8m8sc

Feed the Frontlines Initiative

- *Feed the Frontlines Initiative* is a call-to-action to provide meals prepared by local Ridgewood restaurants to first responders and community groups during the Coronavirus pandemic. It is an organized way for people to help feed local healthcare workers and first responders while supporting local restaurants who have been hit hard economically. *Feeding the Frontlines* is made up of The Ridgewood Chamber of Commerce, HealthBarn Foundation 501(c)(3) and many resident volunteers under the leadership of Mayor Hache. It is a creative solution to help where help is needed.
 - To donate: <http://www.healthbarnfoundation.org/donations/feed-the-frontlines/>
 - To help deliver: feedthefrontlinesvolunteer@gmail.com

T-Shirts for Valley UNITED

A Ridgewood community member has created t-shirts that honor and memorialize this common experience we are all going through together. 100% of the proceeds go to Valley. <http://unitee.biz/>

SOCIAL/PHYSICAL DISTANCING:

- Stay at least 6 feet away from each other.
- Wear a mask.
- Do not gather in groups; stay out of crowded places and avoid mass gatherings.
- Follow the rules and directions of store personnel when shopping.

ACTIVITIES FOR OVER THE BREAK: Thanks to all who offered suggestions!

GET INFORMATION FROM THE VILLAGE OF RIDGEWOOD AND THE RIDGEWOOD PUBLIC SCHOOLS:

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

- **MOST RECENT--Important Message from the Village of Ridgewood:**
<https://mail.google.com/mail/u/0/#inbox/WhctKJVqtvJplSJmhMfqrRtZVMzjfCxbHLSklpwbfmMNQgtnpGzNqJbrjjMghDPHwffmhVv>
- 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: I heard Glen Rock is ahead of us on census response. Come on Ridgewood! 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 4.13.2020 (The contest is open until the Census 2020 closes.)

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

TODAY'S GAME SUGGESTIONS:

- Quiddler

Other things you can do:

- Keep moving! Indoor cardio, push-ups, and abs. Exercise every day; remember Hershhal Walker!
- **Ridgewood High School - New Players Company:** During the week of April 13th, the following link to the Thursday Cast A Show performance of New Players in Concert will be available. **Yes, these are RHS students! Be sure to check it out!**
<https://youtu.be/nG0SMXxh468>
- **Ridgewood High School - School Newspaper** <http://www.rhshightimes.com/> Enjoy!
- Movie/TV Fix For the Week - Academy Award Winning: **Hacksaw Ridge** - WWII movie about a conscientious objector who's heroic acts demonstrate faith and courage
- Book Club Book 4 -The Immortal Life of Henrietta Lacks by Rebecca Skloot. Read in our English 10H. Here is a link to some discussion questions:
http://www.literacymn.org/sites/default/files/attachments/the_immortal_life_of_henrietta_lacks_book_discussion_questions_related_resources.pdf
 - If you have read all three book suggestions so far... email me and let me know. They are *The Boy Who Harnessed the Wind*, *Radium Girls*, and *The Kite Runner*.
- Book Club Book 4 - *The Immortal Life of Henrietta Lacks* by Rebecca Skloot read in our English 10H. Here is a link to some discussion questions:
http://www.literacymn.org/sites/default/files/attachments/the_immortal_life_of_henrietta_lacks_book_discussion_questions_related_resources.pdf
- Bake/Cook: Homemade pie. The easy way. <https://www.thecountrycook.net/homemade-banana-pudding-pie/>

- Home Project: Curbside yard waste and bulk debris pick-up start this week. Get rid of all the rubbish from your projects. Getting it to the curb is going to be a project. Just remember why you had kids...free labor!
- 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: 27 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!**
- Email your principal or teachers! They would love to hear from you!
- Start a journal. Keep track of what you're doing during this crazy time in history! It will become a first-person historical source someday.

#07450together Campaign to inspire and uplift our community by Ridgewood Walks.

Ridgewood Rocks Each week, starting Sunday, April 12th, colorfully painted rocks with inspirational messages will be hidden throughout the Village. Take time to walk through the central business district and neighboring streets to find them. We ask that you do not touch the rocks, but instead take photos of them and post on your favorite social media platforms with the hashtag **#07540together**.

Thankful Tuesday Every Tuesday at 7 pm, go outside and make some noise for our frontline warriors! Bang, clap, and cheer for the doctors, nurses, healthcare workers, grocery store employees, postal workers, educators, emergency service personnel and all the other fearless helpers that are keeping us safe, fed and informed.

Feeding the Frontlines One way Ridgewood thanks our healthcare workers, first responders and those in need, is by donating to our local restaurants who are preparing two meals a day for various organizations, which are then delivered by local volunteers. Mayor Hache, the Ridgewood Chamber of Commerce, Health Barn Foundation 501(c)(3), Ridgewood Walks, and many resident volunteers are working around the clock to fulfill this mission. Please consider assisting our neighbors as they bear the weight of this crisis. Donation information is listed above.

Where to Eat? Where to Shop? We love paying tribute to our local businesses.

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. See #07450together above: 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

Sincerely,

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

Daniel Fishbein, Ed.D
Superintendent of Schools