



May 26, 2020

Dear Ridgewood School Community,

I hope everyone had a great Memorial Day weekend. Please remember the members of our Armed Forces who made the supreme sacrifice in service of their country. As we approach the summer season and the end of school, a time when we traditionally look forward to vacation plans, beach and lake outings, and family gatherings, I ask everyone to continue to follow social distancing guidelines and wear face coverings when outside of your home. These proven measures are designed to minimize the spread of COVID-19 and keep us all safe. Relaxing the stay-at-home order requires diligence on our part to prevent a spike in cases. As much as we all want our lives to return to normal, we must focus on doing what we can right now to make that possible in the future.

Please visit the link below to listen to the RHS Wind Ensemble playing our National march - John Philip Sousa's "The Stars and Stripes Forever." For nearly a century, the RHS band has performed at the American Legion Post 53 Memorial Day Remembrance Ceremony. This year, the band was proud to provide a virtual performance as we remembered and honored those American servicemen and women who gave their lives in defense of our nation.

https://www.youtube.com/watch?v=Z9QKn0IxLh4&feature=youtu.be&disable_polymer=true

MESSAGE FROM THE BERGEN COUNTY DEPARTMENT OF HEALTH SERVICES

Below is a link for Bergen County Mental Health and Community Support Resources accessible during COVID-19.

<https://drive.google.com/file/d/1z4-ESuSCQqgVPdSW97Jc0jhXG3Xv0g9d/view>

VIDEO MESSAGES FROM OUR SCHOOLS AND OUR SENIORS

- May is Mental Health Awareness Month. Through a collaboration of our School Based Mental Health Team and the RHS Wellness Department, a mental health awareness video series has been created. Please watch these two important videos.
 - <https://drive.google.com/file/d/1nNthpaahXY6o6lWZo5qQB57Z1VTedowD/view?usp=sharing>
 - https://drive.google.com/file/d/131HcP_S43BwR9JvolThtulfA94VK_6eB/view?usp=sharing_eil&ts=5ec6d8f6
- Enjoy the RHS TV virtual newscast for May 20, 2020 <https://youtu.be/-c2AxVeCS-4>
- The senior class is sharing their post-graduation plans on Instagram. Follow them @ridgewoodseniors.



RIDGEWOOD NEEDS YOUR HELP

While we can't get out and host a traditional fundraiser, we can still support our community. Below are links to help during this time of crisis. Please note these are community-based people or organizations who are working to help.

Blood Donations: The **Red Cross** is alerting everyone to blood and platelet shortage. Please donate if you can. <https://www.redcrossblood.org/>. If you are having difficulty finding a Red Cross site to donate, look at <http://vitalant.org/>. They have a local office for donations.

Ridgewood Social Services Association: The Social Services Association of Ridgewood (SSA) continues to serve our community amid the COVID-19 pandemic. While their physical pantry is closed due to the shelter-in-place, SSA is still providing food security via grocery store vouchers and door-step deliveries. They serve over 400 individuals who are already financially devastated prior to COVID-19. See the link below for donations. <https://ssaridgewood.us3.list-manage.com/track/click?u=532accffb616cd716abce83de&id=4421d27480&e=fd87ce9123>

A message from SSA:

Even though the SSA Pantry is closed for donation drop-offs and client visits, we are still very active in creatively collecting donations in other ways, packing up bags of food, and delivering them to our clients.

We are asking our friends and neighbors to help out in a small way that is meaningful.

Whenever you go to the grocery store, pick up an item (or more) from the list in the red box below, and drop it at:

Barb Crowe – 738 Hillcrest Rd. (bin on side porch)
Ann Levitan – 256 Ivy Place (bin on the front porch)
Martha Fickinger – 385 Beechwood Rd. (bin on the front porch)
Mary Barnes – 413 Meadowbrook Rd. (bin outside the front door)

Items requested: Canned Tomatoes/Tomato Puree, Pasta Sauce, Canned Meats, Tuna, Rice, Peanut Butter, Cereal, Snacks, Canned Fruit, Boxed Milk, Coffee, Juice

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-VLkT7qz68jgdu8AcnQ50INnTWuY9-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

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.

- 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](#).

THIS WEEK'S ACTIVITY SUGGESTIONS

- **Go for a walk:** Attached is a flyer describing a program sponsored by the RPS Art and Design Department titled Art Unites Us! Neighborhood Art Walk. This special art show is open to all K-12 students during the week of June 1-5.
- Remember, the Ridgewood Public Library has online resources. <https://www.ridgewoodlibrary.org>
- Movie/TV Fix for the Week - Academy Award Winning: *Bridge of Spies* and *The Revenant*
- Book Club Book 10 - *The Kitchen House* by Kathleen Grissom. Read in our English 10 classes. Here are some book group questions. <https://www.readinggroupguides.com/reviews/the-kitchen-house/guide>
- Call someone. I challenge you to call someone you have not spoken to in years.
- **REMINDER: Fathers turn away. Father's Day is June 21. 27 days away.**

Support our local businesses. As all our local businesses start to open up, please consider making your purchases from a local small business instead of going to your favorite online store.

I wish you good health, both physically and mentally! Most importantly, I wish you the strength to continue proper social distancing and the use of PPE as our community opens up.

Sincerely,



Daniel Fishbein, Ed.D.
Superintendent of Schools



We are asking students to proudly display artwork of their choosing on windows, doors, front porches or yards during the week of June 1-5.

**As you enjoy your Neighborhood Art Walk,
please remember to stay a safe distance from others.**

We miss you, and we are so proud of you!

Ridgewood Public Schools Art & Design Department

By participating, families understand that visitors and members of the press may photograph artwork that is displayed for public consumption.



RIDGEWOOD PUBLIC LIBRARY PRESENTS:

STRESS MANAGEMENT FOR YOUTH IN THE TIME OF COVID19

THURSDAY, MAY 28TH
AT 8PM VIA ZOOM.

JOIN US IN WELCOMING DR. KEVIN
GIANGRASSO IN A DISCUSSION ABOUT
MANAGING HOME-SCHOOLING AND
QUARANTINE STRESS FOR YOU AND
YOUR CHILD.

Dr. Kevin Giangrasso is a licensed psychologist who specializes child and adolescent psychology and the treatment of anxiety and stress. Dr. Giangrasso has extensive experience working with youth as a clinician, educator and parent consultant. He practices in Midland Park, NJ.

