



# WEST LONG BRANCH PUBLIC SCHOOLS

## Administrative Offices

**Frank R. Alfano, Ed.D.**  
**Interim Superintendent of Schools**

**Corey Lowell SFO**  
**School Business Administrator**

Dear West Long Branch Community:  
 In my remarks at the July 28<sup>th</sup> Board meeting, I stated I would provide a letter to you with regard to our reopening plans for September 2020. Listed below is that detailed letter starting with our school schedules. Please be advised that all **students will return to school on Tuesday, September 8<sup>th</sup>**.

The following ALL-IN schedule was created after many discussions, incorporating input and feedback from various stakeholders including but not limited to: parents and teachers; colleagues in the county; the NJ State Department of Education; the NJ State Department of Health; and our Governor’s daily briefings. In addition, a detailed analysis of our school buildings, provided by our school business administrator, Ms. Corey Lowell, provided useful data and shaped our thinking and decisions for the reopening plan that would be appropriate, safe and effective, for the students and faculty of the West Long Branch School District. Below is a summary of the ALL-IN schedule for the reopening of the West Long Branch Schools.

<b>ALL- IN SCHEDULE – Grades K-4</b>			
<b>FACE COVERINGS ARE MANDATORY FOR ALL STUDENTS</b>			
<b>Please Note: THERE IS NO BUSING FOR THIS SCHOOL YEAR FOR WLB RESIDENTS ONLY</b>			
<b>PLEASE CHECK YOUR CHILD DAILY FOR SYMPTOMS – IF SICK PLEASE KEEP THEM HOME</b>			
TIMES	Grades K-4 Periods	Schedule	Opt-Out Remote Only Student Schedule
8:25–8:35 am	Arrival	All-In Person Learning for all students	Opt-Out students will follow in-person schedule at home
8:35–8:40 am	Homeroom	All-In Person Learning for all students	Opt-Out students will follow in-person schedule at home
8:42–9:10 am	Period 2	All-In Person Learning for all students	Opt-Out students will follow in-person schedule at home
9:12–9:40 am	Period 3	All-In Person Learning for all students	Opt-Out students will follow in-person schedule at home
9:42–10:10 am	Period 4	All-In Person Learning for all students	Opt-Out students will follow in-person schedule at home
10:12–10:40 am	Period 5	All-In Person Learning for all students	Opt-Out students will follow in-person schedule at home
10:42–11:10 am	Period 6	All-In Person Learning for all students	Opt-Out students will follow in-person schedule at home
11:12–11:40 am	Period 8	All-In Person Learning for all students	Opt-Out students will follow in-person schedule at home
11:42 am–12:10 pm	Period 9	All-In Person Learning for all students	Opt-Out students will follow in-person schedule at home
12:12–12:40 pm	Period 10	All-In Person Learning for all students	Opt-Out students will follow in-person schedule at home
12:42–12:50 pm	Homeroom & Dismissal	All-In Person Learning for all students	Opt-Out students will follow in-person schedule at home
1:20 - 3:35 pm	After School	Extra help, small group targeted instruction, parent/student communication, etc.	Opt-Out students will follow in-person schedule at home
1:00 - 6:00 pm	Childcare	YMCA - Call for more information at	732-566-9266 or <a href="http://www.ymcanj.org">www.ymcanj.org</a>



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**Pre-K AM: 8:50 AM – 10:35 AM**  
**Pre-K PM: 11:00 AM – 12:45 PM**  
**Grade K - 4 – Eliminate Lunch Period 7 (Grab/Go Lunch offered at the end of day)**

**ALL- IN SCHEDULE – Grade 5**

**FACE COVERINGS ARE MANDATORY FOR ALL STUDENTS**

**Please Note: THERE IS NO BUSING FOR THIS SCHOOL YEAR FOR WLB RESIDENTS ONLY**

**PLEASE CHECK YOUR CHILD DAILY FOR SYMPTOMS – IF SICK PLEASE KEEP THEM HOME**

TIMES	Grade 5 Periods	Schedule	Opt-Out Remote Only Student Schedule
7:55 –8:10	Arrival/Homeroom	All-In Person Learning for all students	Opt-Out students will follow in-person schedule at home
8:10-8:55	CORE SUBJECT 1	All-In Person Learning for all students	Opt-Out students will follow in-person schedule at home
8:55- 9:10	CORE SUBJECT 2	All-In Person Learning for all students	Opt-Out students will follow in-person schedule at home
9:10-9:40	SPECIAL (ART, MUSIC, GYM, HEALTH, TECHNOLOGY)	All-In Person Learning for all students	Opt-Out students will follow in-person schedule at home
9:40-10:10	CORE SUBJECT 2 CONTINUED	All-In Person Learning for all students	Opt-Out students will follow in-person schedule at home
10:10-10:55	CORE SUBJECT 3	All-In Person Learning for all students	Opt-Out students will follow in-person schedule at home
10:55-11:40	CORE SUBJECT 4	All-In Person Learning for all students	Opt-Out students will follow in-person schedule at home
11:40-12:10	SPECIAL (ART, MUSIC, GYM, HEALTH, TECHNOLOGY)	All-In Person Learning for all students	Opt-Out students will follow in-person schedule at home
12:50 - 2:55 pm	After School	Extra help, small group targeted instruction, parent/student communication, etc.	Opt-Out students will follow in-person schedule at home
12:30 - 6:00 pm	Childcare	YMCA - Call for more information at	732-566-9266 or <a href="http://www.ymcanj.org">www.ymcanj.org</a>

**ALL- IN SCHEDULE – Grade 6**

**FACE COVERINGS ARE MANDATORY FOR ALL STUDENTS**

**Please Note: THERE IS NO BUSING FOR THIS SCHOOL YEAR FOR WLB RESIDENTS ONLY**

**PLEASE CHECK YOUR CHILD DAILY FOR SYMPTOMS – IF SICK PLEASE KEEP THEM HOME**

TIMES	Grade 6 Periods	Schedule	Opt-Out Remote Only Student Schedule
7:55 – 8:10	Homeroom	All-In Person Learning for all students	Opt-Out students will follow in-person schedule at home
8:10-8:40	CORE SUBJECT 1	All-In Person Learning for all students	Opt-Out students will follow in-person schedule at home
8:40-9:10	SPECIAL (ART, MUSIC, GYM, HEALTH, TECHNOLOGY)	All-In Person Learning for all students	Opt-Out students will follow in-person schedule at home



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9:10-9:25	CORE SUBJECT 1 CONTINUED	All-In Person Learning for all students	Opt-Out students will follow in-person schedule at home
9:25-10:10	CORE SUBJECT 2	All-In Person Learning for all students	Opt-Out students will follow in-person schedule at home
10:10-10:55	CORE SUBJECT 3	All-In Person Learning for all students	Opt-Out students will follow in-person schedule at home
10:55-11:10	CORE SUBJECT 4	All-In Person Learning for all students	Opt-Out students will follow in-person schedule at home
11:10-11:40	SPECIAL (ART, MUSIC, GYM, HEALTH, TECHNOLOGY)	All-In Person Learning for all students	Opt-Out students will follow in-person schedule at home
11:40-12:10	CORE SUBJECT 4 CONTINUED	All-In Person Learning for all students	Opt-Out students will follow in-person schedule at home
12:50 - 2:55 pm	After School	Extra help, small group targeted instruction, parent/student communication, etc.	Opt-Out students will follow in-person schedule at home
12:30 - 6:00 pm	Childcare	YMCA - Call for more information at	732-566-9266 or <a href="http://www.ymcanj.org">www.ymcanj.org</a>

<b>ALL- IN SCHEDULE – Grade 7</b>			
<b>FACE COVERINGS ARE MANDATORY FOR ALL STUDENTS</b>			
<b>Please Note: THERE IS NO BUSING FOR THIS SCHOOL YEAR FOR WLB RESIDENTS ONLY</b>			
<b>PLEASE CHECK YOUR CHILD DAILY FOR SYMPTOMS – IF SICK PLEASE KEEP THEM HOME</b>			
TIMES	Grade 7 Periods	Schedule	Opt-Out Remote Only Student Schedule
7:55 –8:10	Homeroom	All-In Person Learning for all students	Opt-Out students will follow in-person schedule at home
8:10-8:55	CORE SUBJECT 1	All-In Person Learning for all students	Opt-Out students will follow in-person schedule at home
8:55- 9:40	CORE SUBJECT 2	All-In Person Learning for all students	Opt-Out students will follow in-person schedule at home
9:40- 10:10	SPECIAL (ART, MUSIC, GYM, HEALTH, TECHNOLOGY)	All-In Person Learning for all students	Opt-Out students will follow in-person schedule at home
10:10 -10:40	SPECIAL (ART, MUSIC, GYM, HEALTH, TECHNOLOGY)	All-In Person Learning for all students	Opt-Out students will follow in-person schedule at home
10:40-11:25	CORE SUBJECT 3	All-In Person Learning for all students	Opt-Out students will follow in-person schedule at home
11:25-12:10	CORE SUBJECT 4	All-In Person Learning for all students	Opt-Out students will follow in-person schedule at home
12:50 - 2:55 pm	After School	Extra help, small group targeted instruction, parent/student communication, etc.	Opt-Out students will follow in-person schedule at home
12:30 - 6:00 pm	Childcare	YMCA - Call for more information at	732-566-9266 or <a href="http://www.ymcanj.org">www.ymcanj.org</a>



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<b>ALL- IN SCHEDULE – Grade 8</b>			
<b>FACE COVERINGS ARE MANDATORY FOR ALL STUDENTS</b>			
<b>Please Note: THERE IS NO BUSING FOR THIS SCHOOL YEAR FOR WLB RESIDENTS ONLY</b>			
<b>PLEASE CHECK YOUR CHILD DAILY FOR SYMPTOMS – IF SICK PLEASE KEEP THEM HOME</b>			
TIMES	Grade 8 Periods	Schedule	Opt-Out Remote Only Student Schedule
7:55 – 8:10	Homeroom	All-In Person Learning for all students	Opt-Out students will follow in-person schedule at home
8:10-8:40	SPECIAL (ART, MUSIC, GYM, HEALTH, TECHNOLOGY)	All-In Person Learning for all students	Opt-Out students will follow in-person schedule at home
8:40-9:25	CORE SUBJECT 1	All-In Person Learning for all students	Opt-Out students will follow in-person schedule at home
9:25-10:10	CORE SUBJECT 2	All-In Person Learning for all students	Opt-Out students will follow in-person schedule at home
10:10 -10:40	CORE SUBJECT 3	All-In Person Learning for all students	Opt-Out students will follow in-person schedule at home
10:40-11:10	SPECIAL (ART, MUSIC, GYM, HEALTH, TECHNOLOGY)	All-In Person Learning for all students	Opt-Out students will follow in-person schedule at home
11:10-11:25	CORE SUBJECT 3 CONTINUED	All-In Person Learning for all students	Opt-Out students will follow in-person schedule at home
11:25-12:10	CORE SUBJECT 4	All-In Person Learning for all students	Opt-Out students will follow in-person schedule at home
12:50 - 2:55 pm	After School	Extra help, small group targeted instruction, parent/student communication, etc.	Opt-Out students will follow in-person schedule at home
12:30 - 6:00 pm	Childcare	YMCA - Call for more information at	732-566-9266 or <a href="http://www.ymcanj.org">www.ymcanj.org</a>

**Grade 7 & 8 – Eliminate Lunch Period 5 (Grab/Go Lunch offered at the end of day)**  
**Grade 5 & 6 – Eliminate Lunch Period 6 (Grab/Go Lunch offered at the end of day)**

Listed and explained below are highlights from the Reopening Plan for parents and students...

**Reopening Plan Highlights** (The full reopening plan is located on our website):

- General Health and Safety Guidelines p5 – School staff and visitors are required to wear face coverings... Students are also required to wear face coverings at all times with breaks...
- Classrooms, Testing, and Therapy Rooms p5 – At WLB, we will follow a 3’ radius (or 6 foot between students) guideline in the classroom which is permissible as stated by the DOE/DOH and the American Academy for Pediatrics (AAP). Also as a *supplement* to wearing face coverings, where younger students may have difficulties keeping their masks on, we will install and use plastic desk guards/barriers in these classrooms to further insure compliance with the 6 - foot social distancing guidelines.
- Transportation p7 – Busing is suspended for residents/students who live in WLB due to safety reasons for the 2020-21 school year.
- Student Flow, Entry, Exit, and Common Areas p8 – Students and staff temperatures will be monitored at each entrance. Students schedule start and ending times will be staggered to



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- assist with social distancing (see schedule above). Signage will be posted throughout the schools and parking lots to assist everyone entering and exiting the school. In both schools, we created an entry/drop-off plan that will be forwarded to the community before September.
- Screening, PPE, and Response to Students and Staff Presenting Symptoms p9 – We strongly encourage all parents to be on the alert for signs of illness in your children and to keep them home when they are sick and not send them to school. Holding rooms for those students who enter school with symptoms will be utilized. Additional information on when to quarantine/test out: <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html>
  - Contact Tracing p11 -- Contact tracing is the process used to identify those who come into contact with people who have tested positive for many contagious diseases, including COVID-19. Our district and the DOH will coordinate efforts to notify appropriate individuals. See CDC Procedures here: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/social-distancing.html#:~:text=Social%20distancing%2C%20also%20called%20%E2%80%9Cphysical,both%20indoor%20and%20outdoor%20spaces.>
  - Facilities Cleaning Practices p12 -- WLB is creating a scheduling plan for disinfecting and sanitizing the school buildings. Cleaning, sanitizing and disinfecting of both schools will be done consistently according to CDC guidelines that are attached here: <https://www.cdc.gov/coronavirus/2019-ncov/community/disinfecting-building-facility.html>
  - Recess/Physical Education p14 – PE will run outside for as long as possible... WLB will comply with the 150 minutes of Health and PE per week for each student.
  - Field Trips, Extra-curricular Activities & Use of Facilities Outside of School Hours p15 – All field trips are cancelled until further notice. ALL Extracurricular Activities (Clubs, Sports, etc.) are suspended, as part of the Restart Plan, until further notice. We will revisit their start date around October 1<sup>st</sup>.
  - Social Emotional Learning (SEL) -- WLB counseling/administrative teams will concentrate on implementing SEL. Here are some SEL guidelines from the CDC: <https://www.cdc.gov/healthyschools/sec.htm>
  - Multi-tiered Systems of Support (MTSS) p20 -- WLB will use MTSS this fall to select and implement social and emotional, academic, behavioral, and wraparound supports. Listed here is a resource from the NJDOE on MTSS: <https://www.nj.gov/education/njtss/overview/script.htm>
  - Food Service and Distribution p24 – For the duration of the pandemic, WLB will serve pre-ordered grab/go meals for breakfast and lunch. Breakfast will be in classrooms.
  - Quality Child Care p24 – A child care provider (YMCA does before/after care at WLB) will provide basic care at an affordable cost for WLB students until 6 pm.
  - Pandemic Response Team (PRT) p28 – The PRT will keep most of the same committee members from the Restart Committee and also incorporate the School Crisis Team members.
  - Scheduling p29 – The Restart Committee and the Board approved the “All-In” schedule. Half day schedule for students only (with opt-out/remote students). Every attempt will be made to keep student classes together remote/opt-out and in-person. If we go all remote the schedule remains the same whether in-person or full remote. (See above schedule)
  - Remote Home Option – Parents/students who choose this remote only option is bound to one full marking period. Any student participating in the remote learning option must receive the same quality and scope of instruction and educational services as any other in-district student.



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In an effort to provide families with the most up to date information regarding the decision to select remote learning for your child/children, the following outlines the specifics that will be adhered to throughout the duration of distance learning:

- All remote learning will run on the half day abbreviated schedule as will in person learning.
- Students who participate in remote learning will receive schedules and times for all academic and special classes.
- Students will follow the same schedule as if they were in person via a Google Meet or another digital platform. In the case of BME, if your child/children is scheduled to be with his or her classroom teacher for ELA, he or she will be attending the ELA lesson via Google Meet or another digital platform. In the case of FAS, if your child/children is scheduled to attend math, he or she will attend via a Google Meet or another digital platform. The only exception to this will be Physical Education where they will be provided with activities to complete.
- Students who participate in remote learning will submit all assignments through Google Classroom and/or another digital platform utilized by the teacher.
- Students with Individualized Education Plans will attend Google Meets with their in class support teacher and will have the opportunity to attend breakout sessions, as needed to receive further support during that classroom session.
- BME and FAS teachers will conduct small group targeted instruction virtually, as needed during the afternoon hours until the end of the school day.
- Staffing p32 – Additional staff will be needed to implement this plan. Additional sections will be created in each grade level as a result of reduced class sizes.
- Revised Policies p36 -- 1250 Visitors; 3510 Operations and Maintenance; 3541.33 Transportation Safety; 5141.2 Illness/Contact Tracing; 5141.3 Health Examinations and Immunization – PPEs/screening, symptoms, preparedness, notification; and 6173.1 Remote Learning. These policies will be approved at the August 25<sup>th</sup> BOE meeting and posted on the district website.
- Ensuring the Delivery of Special Education and Related Services to Students with Disabilities p39 -- Accommodations and modifications to instruction, speech-language services, occupational therapy (OT), physical therapy (PT), and counseling will be offered.
- Technology and Connectivity p40 – WLB will make every effort that all families have a device/connectivity at home.
- Curriculum, Instruction and Assessments p41 -- Any learning gaps that might prevent students from meeting grade-level New Jersey Student Learning Standards (NJSLs) will be addressed. This will be done through additional afterschool basic skills programs and making teachers aware of student deficiencies through regional diagnostic analysis of student grade cognitive levels.



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### **Other factors associated with school opening in September:**

**School Calendar Change** – Students are scheduled to start on September 8<sup>th</sup>. Staff will return September 1<sup>st</sup> – 3<sup>rd</sup> for Professional Development.

**Student Email** – We plan on providing all students with an email in September to make communication with students and their families easier. We are in the process of getting this done. Parent approval is still required.

### **What is New @ The BME**

We are fortunate to have several new professionals join the Betty McElmon Elementary School family. Rebecca Toohig will serve as our new Kindergarten teacher. Additionally, Brittany Balzofiore will be second grade teachers. Frances Farnung will be our new nurse (for the entire district). Lastly, Taylor Shea was added to the WLB staff as an extra school counselor. She will be a valuable resource to our student body in the area of social emotional learning. Please join me in welcoming these professionals to the BME family and making their transition into our school district seamless.

With regard to the master schedule, Betty McElmon Elementary School students will run through an abbreviated schedule inclusive of special area classes. To adhere to social distancing guidelines, extra sections were added in each grade level. Lastly, there will be designated arrival and dismissal locations that are grade as well as time specific. A letter from the principal explaining arrival and dismissal procedures will be sent home with class placements in late August.

### **What is New @ The FAS**

For this upcoming school year, Colleen Rutz will serve as our new special education teacher. As related to the abbreviated schedule, we have increased the number of sections in grades 5 and 6 from three sections to four sections. This allows us not only to create smaller class sizes, it also allows us to design a schedule where students attend social studies and science class every day, as opposed to the three day a week schedule in the previous school year.

With regard to the schedules for grades 5, 6, 7, and 8, students will attend four core classes, as well as specials and electives each day. Core classes refer to the following: English language arts, mathematics, social studies, and science. When reviewing the abbreviated times and schedules, please note that students will attend classes in the order they appear on the student schedule, the times have been altered to accommodate a half day schedule.

Additionally, students who attend in person learning will remain in their homeroom for all core classes, however they will move for specials and elective classes, as their schedule dictates. Students will travel in cohorts by homeroom to their special area and elective classes to reduce the number of students they come in contact with each day. Lastly, students will not be utilizing lockers. All personal items will remain in their homeroom with each of them throughout the day.

Please know, all new staff listed in both the BME and FAS are subject to board approval which is scheduled for the August 25th meeting.



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**Parent checklist for planning for in-person classes** – The CDC has created a checklist to help with back to school planning for school year (SY) 2020-2021. Listed below is the checklist for planning for in-person classes to what you need to know:

- Check in with your child each morning for signs of illness. If your child has a temperature of 100.4 degrees or higher, they should not go to school.  
<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html>
- Make sure your child does not have a sore throat or other signs of illness, like a cough, diarrhea, severe headache, vomiting, or body aches.
- If your child has had close contact to a COVID-19 case, they should not go to school. Follow guidance on what to do when someone has known exposure.  
<https://www.cdc.gov/coronavirus/2019-ncov/php/public-health-recommendations.html>
- Be familiar with local COVID-19 testing sites in the event you or your child develops symptoms. These may include sites with free testing available.  
<https://www.hhs.gov/coronavirus/community-based-testing-sites/index.html>
- Make sure your child is up-to-date with all recommended vaccines, including for flu. All school-aged children should get an influenza flu vaccine every season, with rare exceptions. This is especially important this year because we do not yet know if being sick with COVID-19 at the same time as the flu will result in more severe illness.  
<https://www.cdc.gov/vaccines/schedules/hcp/imz/child-adolescent.html>
- Review and practice proper hand washing techniques at home, especially before and after eating, sneezing, coughing, and adjusting a face cover. Make hand washing fun and explain to your child why it's important. <https://www.cdc.gov/handwashing/handwashing-family.html>
- Develop daily routines before and after school—for example, things to pack for school in the morning (like hand sanitizer and an additional (back up) cloth face covering) and things to do when you return home (like washing hands immediately and washing worn cloth face coverings).  
<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/how-to-wash-cloth-face-coverings.html>
- Talk to your child about precautions to take at school. Children may be advised to:
  - Wash and sanitize their hands more often.
  - Keep physical distance from other students.
  - Wear a cloth face covering.
  - Avoid sharing objects with other students, including water bottles, devices, writing instruments, and books.
  - Use hand sanitizer (that contains at least 60% alcohol.)Monitor how they feel and tell an adult if they are not feeling well.  
<https://www.fda.gov/drugs/drug-safety-and-availability/fda-updates-hand-sanitizers-consumers-should-not-use>
- Develop a plan as a family to protect household members who are at increased risk for severe illness.  
<https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-at-increased-risk.html>
- Make sure your information is current at school, including emergency contacts and individuals authorized to pick up your child(ren) from school. If that list includes anyone who is at increased risk for severe illness from COVID-19, consider identifying an alternate person.





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- Be familiar with our school plan for how we will communicate (via Realtime phone/text message, email and website) with you when a positive case or exposure to someone with COVID-19 is identified.
- Plan for possible school closures or periods of quarantine. If transmission is increasing in your community or if multiple children or staff test positive for COVID-19, the school building might close. Similarly, if a close contact of your child (within or outside of school) tests positive for COVID-19, your child may need to stay home for a 2-week quarantine period. You may need to consider the feasibility of teleworking, taking leave from work, or identifying someone who can supervise your child in the event of school building closures or quarantine.
- Plan for transportation: If carpooling, plan on every child in the carpool and the driver wearing cloth face coverings for the entire trip.
- If your child has an Individualized Education Program (IEP) or 504 Plan or receives other learning support (e.g., tutoring), ask your case manager (IEP) or principal (504) how these services will continue.
- If your child receives speech, occupational or physical therapy or other related services from the school, ask your case manager how these services will continue.
- If your child receives mental health or behavioral services (e.g., social skills training, counseling), ask how these services will continue.
- Reinforce the concept of physical distancing with your child.

### **Cloth Face Coverings**

- Have multiple cloth face coverings, so you can wash them daily and have back-ups ready. Choose cloth face coverings that ◦ Fit snugly but comfortably against the side of the face ◦ Completely cover the nose and mouth ◦ Are secured with ties or ear loops ◦ Include multiple layers of fabric ◦ Allow for breathing without restriction ◦ Can be washed and machine dried without damage or change to shape
- Label your child's cloth face coverings clearly in a permanent marker so that they are not confused with those of other children.
- Practice with your child putting on and taking off cloth face coverings without touching the cloth.
- Explain the importance of wearing a cloth face covering and how it protects you and other people from getting sick.
- Consider talking to your child about other people who may not be able to wear cloth face coverings for medical reasons (e.g., asthma).
- As a family, model wearing cloth face coverings, especially when you are in situations where physical distancing is difficult to maintain or impossible.
- If you have a young child, help build their comfort wearing a cloth face covering and become comfortable seeing others in face covers. ◦ Praise your child for wearing a cloth face covering correctly. ◦ Put a cloth face covering on stuffed animals. ◦ Draw a cloth face covering on a favorite book character. ◦ Show images of other children wearing cloth face coverings. ◦ Allow your child to choose their cloth face covering that meets any dress requirements your school may have. ◦ Suggestions from the American Academy of Pediatrics <https://www.healthychildren.org/English/health-issues/conditions/COVID-19/Pages/Cloth-Face-Coverings-for-Children-During-COVID-19.aspx>
- Consider providing your child with a container (e.g., labeled resealable bag) to bring to school to store their cloth face coverings when not wearing it (e.g., when eating).



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### **Mental Health and SEL Wellbeing Considerations** -- Actions to take and points to consider:

- Talk with your child about how school will look different (e.g., desks far apart from each other, teachers maintaining physical distance, possibility of staying in the classroom for breakfast or lunch).
- Talk with your child about how school is going and about interactions with classmates and teachers. Find out how your child is feeling and communicate that what they may be feeling is normal.
- Anticipate behavior changes in your child. Watch for changes like excessive crying or irritation, excessive worry or sadness, unhealthy eating or sleeping habits, difficulty concentrating, which may be signs of your child struggling with stress and anxiety.  
<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/for-parents.html>
- Try to attend school activities and meetings. We will offer more of these virtually the first half of the school year. As a parent, staying informed and connected may reduce your feelings of anxiety and provide a way for you to express any concerns you may have about your child's school.
- Check with the school counseling team, who will identify and provide mental health services to those students in need of support.
- Check with the school counseling team who will help students adjust to being back in school. Students might need help adjusting to how COVID-19 has disrupted their daily life. Support may include school counseling and psychological services (including grief counseling), social-emotional learning (SEL)- focused programs and curricula, and peer/social support groups.
- Check with the school counseling team who will provide training for students in mindfulness, incorporating SEL into classroom curriculum (either virtually or in-person), or support a child's ability to cope with stress and anxiety.
- You can be a role model for your child by practicing self-care: ◦ Take breaks ◦ Get plenty of sleep ◦ Exercise ◦ Eat well ◦ Stay socially connected

**Frequently Asked Questions (FAQ)** -- These questions and answers are meant to supplement information provided in our Restart Plan (on our website), which outlines anticipated minimum standards for WLB Schools. Listed here is the FAQ site:

<https://nj.gov/education/reopening/faqs/index.shtml>

Once again, I THANK YOU for your continued cooperation and support during these extraordinary times. Together, as a community, we will do all we can to protect our students, staff, and learning community. If you have questions, please feel free to reach out to the building administration or me. I wish you a happy and healthy summer!

Sincerely,

***Frank Alfano***

Frank Alfano, Ed.D.

Interim Superintendent of Schools