

# OCEAN CITY SCHOOL DISTRICT

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[www.oceancityschools.org](http://www.oceancityschools.org)



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## Directions and Information Regarding Remote Schooling, Food Service, Mental Health & Wellness Services Due to a Health-Related School Closure for Coronavirus (COVID-19)

March 2020

The Ocean City School District has submitted a School Health-Related Closure Preparedness Plan as required by the New Jersey Department of Education in the event of a school closure due to Coronavirus (COVID-19). The plan delineates how the School District will ensure continuity of instruction for ALL students as well as providing breakfast and lunch for eligible students while the School District is closed for students.

**To be clear, even though the district will be closed for students, they are expected to attend school remotely through PowerSchool to complete and return assignments posted online by their individual teachers, communicate with their teachers, and to have their attendance recorded.**

Teachers will be using PowerSchool's Unified Classroom ([classroom.powerschool.com](http://classroom.powerschool.com)) to provide remote instruction, provide access to assignments, and for communication while the closure is in effect. The School District conducted infrastructure tests last week to confirm that all students can successfully access PowerSchool. Additionally, School District credentials will provide remote access to both Microsoft and Google software and applications. Providing remote instruction through PowerSchool will enable the days the School District is closed for students due to a health-related closure to count towards the 180-day State mandated instructional requirement. By implementing this remote learning plan and providing the instructional opportunities outlined in this communication, the closure days will not need to be added to the end of the school year or made up. Because instruction is being provided, all students can be recorded as present for applicable days unless the district knowingly determines a student was not participating in any such instruction during health-related school closures.

Below are questions and answers to assist students and their families transitioning to a remote learning environment during a health-related school closure.

### **(1) How will a health-related school closure for students be initiated?**

A health-related school closure will be initiated by the School District's messaging platform and will include electronic communication via Swift K-12 messaging, posting the message to our district and school webpages and our social media accounts. For High School students, the first day of closure will start the rotational schedule and will be a Day 1. For the Intermediate School, the first day of closure will be an A Day. A calendar of the rotational days during the closure will be posted to the appropriate website to assist students and parents.

### **(2) How will the School District provide computer and internet access to students that do not have access at home?**

The School District conducted an internet and computer accessibility survey. The survey results were utilized to identify students in need of a computer or who were lacking internet access at home. Xfinity is providing free WiFi for everyone. Xfinity WiFi



hotspots across the country will be available to everyone who needs them for free, including non-Xfinity customers. Additionally, the School District would like to share that Xfinity is offering two months of free service for qualified new customers (<https://www.internetessentials.com/>). For students that are in need of a device to engage in remote learning, parents are asked to complete this [form](#) in order to reserve a district-owned Chromebook. The School District will reach out to those students to provide times and a location when they can sign out and take home a Chromebook that will provide them access to PowerSchool to complete assignments. Please know that the home will have to be equipped with wireless internet access in order to utilize the Chromebook. Parents/guardians will assume any responsibility for the Chromebook, including remuneration for lost or damaged devices. All Chromebooks will need to be returned at the conclusion of the health-related school closure. For any student without internet access at home, please contact your building in order to receive instructions on how to receive paper copies of the necessary assignments.

**(3) What is the daily expectation for students?**

Students will be expected to log on to PowerSchool daily for any official school day. Understanding that a home may have a limited number of devices which may also be required for other uses, we are not setting any predetermined time periods or requirements other than daily access. Students are expected to follow the guidance of their teachers and to submit work in accordance with the schedule determined by each teacher. For students that do not have internet access, please see the recommendations above. As a last resort, parents can make arrangements to receive paper copies of any assignments and to establish individual timelines and expectations.

**(4) Are there any time requirements or expectations for each class or day of instruction?**

Each student and each scenario bring with it unique variables. With that in mind, the School District is not expecting any specific amount of time per day, nor setting any specific timelines for completion. Students are expected to access PowerSchool daily for each class scheduled to meet that day and obtain their assignments and due dates. The School District understands that these are difficult times and that we must all remain flexible. Our expectations for a remote environment are to provide instruction for the number of days and length of time sufficient to continue the student's academic progress. Our remote learning plan will provide instruction that meets the New Jersey Student Learning Standards and meets the New Jersey Department of Education and the Ocean City Board of Education's requirements for promotion to the next grade level.

**(5) What is the expectation for students that have family members or siblings that also need to log on to the internet for their remote instruction due to a health-related school closure?**

Students are expected to log on to the individual PowerSchool Unified Classroom page for each class to obtain their assignments. After a student has logged on and received their assignments, students can then log off to let family members and siblings access the



internet. We encourage each family to come up with an appropriate schedule to ensure that all individual needs are met. If necessary, please complete the form linked above to request a Chromebook for use by an Ocean City School District student.

**(6) How can a student contact their teacher with questions or concerns during the health-related school closure?**

Teachers can be contacted via their school email, school voicemail or within the PowerSchool environment. Teachers will be checking email and voicemail daily and will respond to any messages within one school day. If, for some unforeseen reason, communication attempts are not successful with your student's primary contact point, please reach out directly to the building's main office for assistance.

**(7) What should I do if I am having difficulty accessing PowerSchool?**

Infrastructure tests were completed last week ensuring that all students could successfully access PowerSchool. We also understand that issues can arise. Should you need assistance, please contact the Ocean City School District's Technology Help Desk by emailing questions or issues to [help@ocsdnjathome.on.spiceworks.com](mailto:help@ocsdnjathome.on.spiceworks.com). This will generate a ticket in our system and one of our support team members will respond as quickly as possible. Please make sure that you include the student's name or ID number, your email address, and your phone number in all messages. If you are unable to reach us by email, you can call and leave a message at (609) 399-1290 ext. 1234. For any parent that has not set up a parental PowerSchool account, please submit your request via this [form](#). Until a parental account is created, you will still have access through your student's account.

**Food Service**

**(8) When and where will students that are on the School District's meal program be able to get a pre-packaged breakfast and lunch?**

The District is currently waiting for necessary federal waivers to provide meals during this closure. Once these waivers are obtained, food distribution will take place out of the High School, located at 501 Atlantic Avenue, Ocean City, New Jersey 08226.



### **Additional Questions**

#### **(9) What should I do if I need something from my locker or other materials?**

Please contact the appropriate school building's main office to make individual arrangements.

#### **(10) What will I do if I need medication that was left in the School Health Office(s)?**

Contact the school nurses in the Health Office to make arrangements to pick-up your medication.

- Primary School: Cheryl Cantwell ([ccantwell@ocsdnj.org](mailto:ccantwell@ocsdnj.org))
- Intermediate School: Rosemary Millar ([rmillar@ocsdnj.org](mailto:rmillar@ocsdnj.org))
- High School: Candita Suppi ([csuppi@ocsdnj.org](mailto:csuppi@ocsdnj.org))

#### **(11) Who can I contact should my student need mental health assistance?**

Continuing with school protocol, our mental health professionals be available for check-ins during any school closure. We encourage to visit Remind.com or download the Remind app. Our mental health professionals will be available via Remind and school email between the hours of 8am and 3pm Monday through Friday.

Download the Remind app or go to Remind.com

\*If you do not have an account, please create one using your personal email address.

- Go to 3 lines to on top left of screen and click on "Join a Class"
- Enter "ocwellness" for you class code
- Please know that these check-ins are confidential

In the event that a mental health crisis occurs, we have provided a state-run emergency service provider. If you are unable to communicate with this resource and you have an emergent mental health crisis, please call 911 or your local police department.

Perform Care & Mobile Response: 1-877- 652-7624

*Mobile Response and Stabilization Services are available 24 hours a day, seven days a week, to help children and youth who are experiencing emotional or behavioral crises.*

*The services are designed to defuse an immediate crisis, keep children and their families safe, and maintain the children in their own homes or current living situation in the community.*

Staff Contact Information:

- Faye Noble: High School Mental Health Social worker ([tnoble@ocsdnj.org](mailto:tnoble@ocsdnj.org))
- Jill Berenato: High School Nurse/SAC ([jgeller@ocsdnj.org](mailto:jgeller@ocsdnj.org))
- Stephanie Grisinger: Intermediate School Social Worker/SAC ([sgrisinger@ocsdnj.org](mailto:sgrisinger@ocsdnj.org))



**(12) Will athletic practices/games and co-curricular activities be held during a health-related school closure?**

No, athletic practices/games and co-curricular activities are cancelled, postponed and/or rescheduled. It is the recommendation of the Cape Atlantic League that all scrimmages and games be postponed. Additionally, the league has recommended that if a school is closed there will be no school-sponsored practices. Coaches will contact their student athletes with instructions on how to stay in shape, hone their skills, and work on their techniques.

**Quick Reference Sheet: How to Access PowerSchool**

Use any Internet browser and navigate to [classroom.powerschool.com](http://classroom.powerschool.com). This website will serve as the access portal for students and parents/guardians. Students will access by clicking on “Sign In With Google.” Parents/guardians will access by entering their self-created PowerSchool ID and Password.

**Welcome to Unified Classroom!**

Sign in with your PowerSchool ID.

PowerSchool ID

Password

[Forgot Password?](#)

**Sign In**

— OR —

Sign In With Microsoft

Sign In With Google

If you do not have a PowerSchool ID

Start the process of creating a PowerSchool ID by starting in your PowerSchool SIS. Contact your administrator if you need the address of your PowerSchool SIS.



## TIPS AND IDEAS FROM YOUR OCEAN CITY SCHOOL DISTRICT COUNSELORS

### Talking to Children About COVID-19 (Coronavirus)

A Parent Resource from the National Association of School Psychologists  
and the National Association of School Nurses

*A new type of coronavirus, abbreviated COVID-19, is causing an outbreak of respiratory (lung) disease. It was first detected in China and has now been detected internationally. While the immediate health risk in the United States is low, it is important to plan for any possible outbreaks if the risk level increases in the future.*

*Concern over this new virus can make children and families anxious. While we don't know where and to what extent the disease may spread here in the United States, we do know that it is contagious, that the severity of illness can vary from individual to individual, and that there are steps we can take to prevent the spread of infection.*

*Acknowledging some level of concern, without panicking, is appropriate and can result in taking actions that reduce the risk of illness. Helping children cope with anxiety requires providing accurate prevention information and facts without causing undue alarm.*

*It is very important to remember that children look to adults for guidance on how to react to stressful events. If parents seem overly worried, children's anxiety may rise. Parents should reassure children that health and school officials are working hard to ensure that people throughout the country stay healthy. However, children also need factual, age appropriate information about the potential seriousness of disease risk and concrete instruction about how to avoid infections and spread of disease. Teaching children positive preventive measures, talking with them about their fears, and giving them a sense of some control over their risk of infection can help reduce anxiety.*

### Some Guidelines

1. **Remain calm and reassuring.**
  - Children will react to and follow your verbal and nonverbal reactions.
2. **Make yourself available.**
  - Children may need extra attention from you and may want to talk about their concerns, fears, and questions.
3. **Monitor television viewing and social media.**
  - Constantly watching updates on the status of COVID-19 can increase anxiety—avoid this.
  - Be aware that developmentally inappropriate information (i.e., information designed for adults) can cause anxiety or confusion, particularly in young children.
4. **Maintain a normal routine to the extent possible.**
  - Keep to a regular schedule, as this can be reassuring and promotes physical health.



### CALM DOWN MOMENT

Set a 10-15 minute timer and go to a quiet room in your house. Turn off all noise and electronics. I want you to sit or lay down and design your 'happy place' in your mind. Then take a couple minutes to draw what you created in your mind and share it!

### BREATHING EXERCISES

- **Finger breathing:** Trace your hand. Inhale as you go up your finger, exhale as you trace down the other side
- **4-7-8 Breathing:** Inhale for 4 seconds, hold for 7 seconds, exhale for 8.
- **Soup breathing:** Smell the soup (inhale); Cool the soup (blow out slowly)
- **Star breathing:** Trace the shape of the star, as you trace up the point inhale, exhale down the other side

### STRESS BUSTERS!

- Talk a walk
- Have a dance party
- Write a story
- Draw a picture
- Read a book
- Coloring
- Sidewalk chalk
- Blowing bubbles
- Games involving others (Charades, board games, etc)
- Listen to music.
- Play outside
- Painting
- Playdoh/clay
- Playing with sand or water
- Legos
- Make up your own board game!
- Exercise
- Yoga

### ONLINE RESOURCES

- [www.Worrywisekids.org](http://www.Worrywisekids.org)
  - [www.Stopbreakthink.com](http://www.Stopbreakthink.com)
  - [www.Headspace.com](http://www.Headspace.com)
  - YouTube
- Try searching:
- Mindfulness for kids
  - Calming activities for kids
  - Yoga for kids