

# Penns Grove Middle School COVID-19 Resources.



In the midst of this situation, PGMS wants to keep you informed and help with distance learning, student/teacher expectations, educational technology assistance, special services, and food services.

If you need further clarifications on items contained within this site, please contact your building administration via email.

# Stay Connected!

Near or Far we are here to support you!

Dr. Allen's email: [tallen@pgcpschools.org](mailto:tallen@pgcpschools.org)

Mr. Mendoza's email: [amendoza@pgcpschools.org](mailto:amendoza@pgcpschools.org)



# Stay Connected with our Guidance Counselors!

Ms. White's email: [swhite@pgcpschools.org](mailto:swhite@pgcpschools.org)

Ms. Johnson's email: [djohnson@pgcpschools.org](mailto:djohnson@pgcpschools.org)

We will get back to you as soon as we can. Please be mindful that we will not be logged on around the clock. However, if you have an emergency call 911 or a local crisis center for immediate assistance.

# Immediate Assistance

| Location  | Contact information   | Hours  |
|---|---|--|
| Healthcare Commons<br>500 S. Pennsville-Auburn Rd.<br>Carneys Point, NJ 08069                                 | 856-299-3001<br><a href="http://www.hcommons.com/">http://www.hcommons.com/</a>             | 8:30am-9:00pm<br>Crisis Intervention and outpatient treatment options  |
| Salem Memorial Hospital<br>310 Woodstown Road<br>Salem, NJ 08079  | 856-935-1000<br><a href="https://www.smc.health/">https://www.smc.health/</a>               | 24/7 Crisis Intervention   |
| Perform Care<br>NJ Children's System of Care  | 1-877-652-7624<br><a href="https://www.performcarenj.org">https://www.performcarenj.org</a> | 24/7 Mobile Response<br>Access to state funded programs  |
| Rockford Center<br>100 Rockford Drive<br>Newark, DE 19713<br>2ndfloor.org                                     | 1-302-996-5480<br><a href="https://rockfordcenter.com/">https://rockfordcenter.com/</a>     | 24/7 Crisis Intervention and in/out patient treatment options  |
| Cumberland County Guidance Center at Inspira Health Center<br>333 Irving Avenue<br>Bridgeton, NJ 08302        | 856-455-8316  | Confidential and anonymous helpline for New Jersey's youth and young adults (10-24 yr old)<br>24/7 Crisis Intervention |
| Newpoint Behavioral Health Care at Inspira Health Center Woodbury<br>509 N Broad Street<br>Woodbury, NJ 08096 | 856-845-9100  | 24/7 Crisis Intervention   |
| Inspira Medical Center Mullica Hill<br>700 Mullica Hill Road<br>Mullica Hill, NJ 08062                        | 856-508-1000  | 24/7 Crisis Intervention   |

# Special Services

During this closure, the Office of Special Services will continue to provide support to students, families, and district staff members regarding our most vulnerable population of students.

School Psychologist: Dana Comstock

Email: [dcomstock@pgcpschools.org](mailto:dcomstock@pgcpschools.org)

School Nurse

Email: [danderson@pgcpschools.org](mailto:danderson@pgcpschools.org)

# Forgot Your Google Account?



No worries we got you covered! Please use the link below to reset, all you need is your student ID number:

<http://pgcpschools.org/pgcp/Announcements/PGCPSCH OOLS%20%20Google%20Email%20Password%20Reset.pdf?1584359765>

# Breakfast & Lunch Provided

## PGCP School District Drive-Through Meal Service

- FREE MEALS for ANY child 18 & under
- No paperwork required
- Children must be present in car
- Meals should be consumed off-site



Starting Tuesday 3/17/20 Served Daily  
11:00 AM-1:00 PM

Daily Meal Sites are Penns Grove High School and Penns Grove Middle School

For special dietary requests please call (856) 299-6300 ext. 3225

[cgreen@pgcpschools.org](mailto:cgreen@pgcpschools.org)

\*Meals served while supplies last\*!

Desayunos y almuerzos serán provistos diariamente en nuestras facilidades en frente de nuestra escuela.

## Districto Escolar PG-CP

### Servicio de Comida para Conducir

- Comidas Gratuitas para CUALQUIER niño menor de 18 años
- No se requiere papeleo
- Los niños deben estar presentes en el automovil
- Las comidas deben consumirse fuera del sitio



A partir del martes, 17/03/2020 Servido Diariamente

11:00 AM-1:00 PM

Los sitios de comidas diarias son Penns Grove High School y Penns Grove Middle School para solicitudes dieteticas especiales, llame al (856) 299-6300 ext. 3225  
[cgreen@pgcpschools.org](mailto:cgreen@pgcpschools.org)

Comidas servidas hasta agotar existencias.



# Distance Learning Expectations

## Students

1. Log in at 8:30 AM to view assignments
2. Complete assignments in a timely fashion
3. Contact teacher through Classroom, Email, Hangouts, or Meet for questions
4. Must demonstrate participation in order for online learning to count towards the 180-day mandate.

## Teachers

1. Lessons and activities must be posted by 8:30AM daily.
2. Communication with students or parents via district email or via Google Meet/Hangout is required.
3. Teachers must be available for students and parents during student contact time (8:30-11:30 AM & 1:00-2:15 PM).
4. Student expectations for online learning should be posted in your Google Classroom

# Let's Get Organized!

## COVID-19 DAILY SCHEDULE

|               |                     |   |
|---------------|---------------------|---|
| Before 9:00am | Wake up             | Eat breakfast, make your bed, get dressed, put PJ's in laundry  |
| 9:00-10:00    | Morning walk        | Family walk with the dog<br>Yoga if it's raining  |
| 10:00-11:00   | Academic time       | NO ELECTRONICS<br>Sudoku books, flash cards, study guide, Journal   |
| 11:00-12:00   | Creative time       | Legos, magnatiles, drawing, crafting, play music, cook or bake, etc   |
| 12:00         | Lunch               |   |
| 12:30PM       | Chore time          | A- wipe all kitchen table and chairs.<br>B - wipe all door handles, light switches, and desk tops.<br>C - Wipe both bathrooms - sinks and toilets |
| 1:00-2:30     | Quiet time          | Reading, puzzles, nap   |
| 2:30-4:00     | Academic time       | ELECTRONICS OK<br>Ipad games, Prodigy, Educational show   |
| 4:00-5:00     | Afternoon fresh air | Bikes, Walk the dog, play outside   |
| 5:00-6:00     | Dinner              |   |
| 6:00-8:00     | Free TV time        | Kid showers x3  |
| 8:00          | Bedtime             | All kids  |
| 9:00PM        | Bedtime             | All kids who follow the daily schedule & don't fight  |

# Student Self-Care Tips For Virtual Learners.

1. Have a dedicated workspace.
2. Get work done during “School Hours”.
3. Have a routine written down.
4. Take breaks during your day.
5. Intentionally end your day.
6. Practice gratitude.
7. Check in with a positive friend.
8. Get enough sleep.

# Gotta Love The Apps!!

Below is a list of Apps that are good for dealing with stress:

- Calm
- Happify: for Stress & Worry
- AntiStress Anxiety Relief Game
- Super Slime Stimulator
- Daylio Journal



# Mindful Breathing



With this exercise, you focus your attention on breathing. You want to pay attention to your breath in an easy way — on purpose, but not forced.

- \* Sit up in a comfortable way. Close your eyes.
- \* Notice your breathing as you inhale and exhale normally. Just pay attention to your breath as it goes in and out. Can you feel the place where the air tickles your nostrils?
- \* Pay attention to how the breath gently moves your body. Can you notice your belly or your chest moving as you breathe?
- \* Sit for a few minutes, just paying attention to your gentle breathing. See how relaxed you can feel just sitting, breathing in and out.
- \* When your mind starts to wander and think about something else, gently guide your attention back to your breathing.


# Free time Activities.

## Educational

- \* Read a book
- \* Practice in a subject that is not your strong area
- \* Career Exploration
- \* Learn something new in your favorite subject
- \* Write about changes you want to make for next school year.

## Fun/Relaxing

- \* Journal
- \* FaceTime friends
- \* Make tic tok videos
- \* Watch Netflix
- \* Do yoga (on YouTube)
- \* Bake a cake
- \* Play games



Although none of us expected to be out of school & learning from home, we must continue to be optimistic, hardworking, and remain as calm as possible.

“When the unexpected meets with the unprepared, over there we find the greatest astonishments!”

— Mehmet Murat ildan

You are not alone... We will overcome this together... We are Penns Grove Leaders & Achievers.