








# RAMAPO HIGH SCHOOL WEEKLY BULLETIN March 30 – April 3, 2020



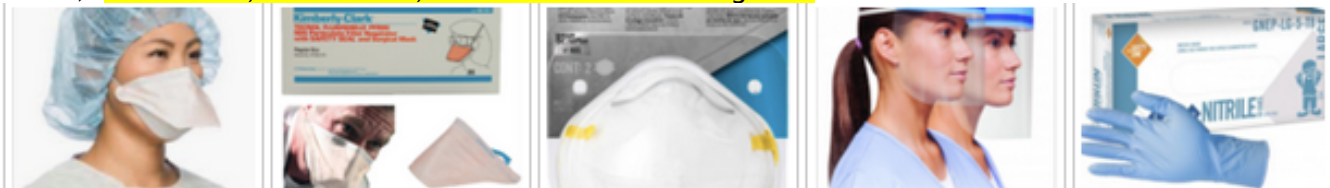
Monday, March 30	Tuesday, March 31	Wednesday, April 1	Thursday, April 2	Friday, April 3
A Day	B Day	A Day	B Day	A Day
				 <b>Last Day of 3<sup>rd</sup> Marking Period</b>

**Thought for the Week from UNICEF:** Being a teenager is difficult no matter what, and the coronavirus disease (COVID-19) is making it even harder. With school closures and cancelled events, many teens are missing out on some of the biggest moments of their young lives — as well as everyday moments like chatting with friends and participating in class. For teenagers facing life changes due to the outbreak who are feeling anxious, isolated and disappointed, know this: you are not alone. We spoke with expert adolescent psychologist, best-selling author and monthly *New York Times* columnist Dr. Lisa Damour about what you can do to practice self-care and look after your mental health.

<https://www.unicef.org/coronavirus/how-teenagers-can-protect-their-mental-health-during-coronavirus-covid-19>

### INTERACT CLUB

In this time of a global pandemic, **we have a way you can help!** As we're safely quarantined, many nurses, doctors, & EMTs are true heroes on the front lines, often exposed to the COVID virus with limited resources to protect them as they save lives. **The Interact Club is asking our entire school to look into finding masks & gloves that many hospitals are running out of!** Ask your families if they have any, & also if they have connections to construction businesses, paint suppliers, welders, and more! These professions often use the same masks & gloves. Also let me know if you have connections to Valley or Hackensack hospitals because we would like a contact person there to help us organize a donation. Reach out to me if you find people/business with the following items to donate (no amount is too small!): **N95 Masks, face shields, and 5 and 8 mil Nitrile gloves**



### NO SURPRISE THAT RAMAPO RALLYS IN FUND RAISING FOR THE CDC

One of Ramapo's students, Jonathan Grossman, has set up an account on Venmo. If you're interested in helping, please read on how to contribute:

Around the country, Centers for Disease Control and Prevention (CDC) are working tirelessly to help protect Americans from the current coronavirus outbreak. To help the Ramapo community contribute to fighting COVID-19, and support the scientists and researchers putting their lives at risk, I have set up a Venmo account with the username "**SupportTheCDC.**" 100% of proceeds are being donated to the CDC Foundation, which supports CDCs around the country. If you can, please donate. Any amount is greatly appreciated. Stay healthy everyone.

**To support people in the COVID-19 crisis, Oasis is in great need of canned foods** (soup, beans, vegetables, fruits, tuna, etc.) and **hygiene items** (toilet paper, diapers\*, menstrual products\*, etc.) They have drop-off locations all around the **FLOW area**.

**Drop off Locations:** <https://oasisnj.org/ways-to-give/food-clothing-diapers>

**Needed Goods:** [https://s3.amazonaws.com/media.cloversites.com/3a/3afdf930-4a3a-47d3-9b03-2fb1ccfcd3ac/documents/COVID\\_Supply\\_List.pdf](https://s3.amazonaws.com/media.cloversites.com/3a/3afdf930-4a3a-47d3-9b03-2fb1ccfcd3ac/documents/COVID_Supply_List.pdf)

Please remember that all students are required to be online during their regularly scheduled classes Referenced in the following table:

PERIOD	START	END
1	9:30	10:00
2	10:03	10:33
3	10:36	11:06
4	11:09	11:39
5	11:42	12:12
6	12:15	12:45
7	12:48	1:18
8	1:21	1:51
9	1:54	2:24