



# Florham Park Public Schools

## ADMINISTRATIVE OFFICE

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March 13, 2020

Dear Florham Park Parents/Guardians,

### **RE: COVID-19 – Parent Resource, Metal Health, Purpose of School Closure**

- **Parent Resource**

As a parent of two young children, I understand how challenging these times can be and the stress and anxiety that accompanies it, both at work and at home. Everyone reacts differently to stressful situations. When you have a few moments this weekend, please take time to read the article I forwarded to you in my March 6th letter– [Talking To Children About Covid-19: A Parent Resource](#). This resource provides guidelines and recommendations to assist conversations at home with your child, as I am sure there are many questions.

- **Mental Health**

Our mental health is just as important as our physical health. [Protecting Your Mental Health During the Coronavirus Outbreak](#) and [Mental Health and Coping During COVID-19](#) provides strategies and resources to care for your and your family's mental health during moments of uncertainty.

Though we all have many items on our mind during this time, please rest assured that the Florham Park Schools will be assisting you as much as possible during this transition to our distance learning platform and you will be receiving additional information/guidance on a regular basis. I was present in all three buildings today speaking with many staff members and they are definitely ready to embark on this journey with you. The Florham Park staff is second-to-none! I would like to again thank the administrative team and staff for their efforts and planning for our distance learning initiative, a planning process that started weeks in advance.

- **Purpose of School Closure**

While driving around the community, I could not help but notice large groups of children congregating at our local establishments. Please be reminded, in an effort to protect the health and safety of the communities, the purpose of school closure is to take a proactive approach to help mitigate the spread of illness through the practice of social distancing. It is recommended that families make arrangements to self-isolate at home and avoid social gathering in order to limit potential exposure.

Please continue to check your emails regularly as updated information will be provided. We will get through this together!

Sincerely,

*Steven Caponegro*

Dr. Steven Caponegro  
Superintendent of Schools

*“Instead of worrying about what you can't control, shift your energy to what you can create.” - Roy T. Bennett*