



Florham Park School District

Brooklake School
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Florham Park, NJ 07932

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03/23/20

Dear Parents/Guardians,

We are thinking of you and wishing you and your families the best of health as we share this challenging time together. We encourage you to cherish your family togetherness. Here are some suggestions for steps you can take moving forward:

Do spend time in favorite activities that give your family joy such as: playing games, reading together, exercising outdoors, cooking together, listening to music and sharing family memories.

Do limit checking the news to keep anxiety levels lower. Select a specific time in the course of the day to keep yourself informed.

Do continue to utilize the following reliable websites:

Florham Park School District: [COVID-19 Information](#),

CDC: [Coronavirus Disease 2019 \(COVID-19\)](#)

NJ Dept. of Health <https://www.nj.gov/health/cd/topics/ncov.shtml>

We recommend: The CDC's [Tips to keep children healthy while school's out](#)

Do strictly practice the daily protocols for hand washing and social distancing which are critical to protecting ourselves, our families and communities now.

Do reach out to other family and friends by facetime, video chats, text or virtual meetings.

Do be kind and ask older friends or neighbors if you can assist them when they are homebound.

Do continue to practice mindfulness alone or in the family group to encourage a sense of calm in your daily lives.

Do call your family physician if your child is ill for his/her guidance.

Do continue to call the school's designated attendance line to communicate if your child is sick and unable to complete school work. This information is important for your child's teachers and your school nurse.

We are here to support all of you! Stay safe and well!

Your District Nurses,

Marge Aromando, Kristen Castellano, Marian Kentner