



BERGEN COUNTY TECHNICAL SCHOOLS / SPECIAL SERVICES

District Administrative Office

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Howard Lerner, Ed.D.
Superintendent

COVID-19 Educational Update 5/22/20 BCSS

Dear Administration, Faculty, Staff and Parents/Guardians,

As another week ends in these unprecedented times I want to remind everyone that May is recognized across the United States as Mental Health Awareness Month. Everyone faces challenges in life that can impact their mental health. According to the organization "Mental Health America", one in five people will experience a mental illness at some point during their lifetime. The public health crisis we are living under has led to pressures and anxieties that only amplify the stresses and challenges we already face under normal circumstances.

BCSS has always seen the protection and promotion of social/emotional well-being, for both students and staff members, as priorities that parallel our focus on student learning and development. Our administrators, counselors, therapists and staff work daily to anticipate and minimize areas of foreseeable stress and pressure, and also respond to individual situations of concern or crisis as they arise. I encourage everyone in our BCSS community to remember that we are, and have access to, tremendous resources. Whether you are a parent/guardian, or a staff member yourself, please remember that support is here. If you feel that you or someone else in our community may need it, please reach out for it.

Finally, Monday (May 25th) is Memorial Day. I'm sure we are all looking forward to the long weekend break from our day-to-day responsibilities; and with more beaches and outdoor activities opening up in the state, many of us will celebrate the "unofficial start of summer" with a bit more "normalcy" than we have been used to. As we do, please remember to be safe and responsible. Our progress through this crisis continues to depend on us taking care of ourselves and each other even as the "health news" in New Jersey seems to be improving. More importantly, though, as we enjoy the time off, we should remember what this holiday is for: to reflect on all the members of our country's Armed Forces who died while serving our country. We owe every one of them a debt of gratitude for the ultimate sacrifice they made for us all.

Stay safe, be well and enjoy the well-deserved break.

Howard Lerner, Ed.D.
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