

Ottawa, September 24, 2020

## **IMPORTANT UPDATE | COVID-19 CASES INCREASE**

Dear parents and guardians,

In recent weeks, we have seen an upsurge in COVID-19 cases across the province.

We remind you of the importance of respecting physical distancing, of wearing a mask when requested, of continuing to wash your hands regularly and of keeping your children at home if they are ill.

We are aware that there are numerous reminders. It is normal to feel worn out by the many health measures, but caution is one of the best ways for us to fight the virus.

### **COVID-19 Symptom Self-Assessment**

We are asking parents whose children attend school in person to continue completing the COVID-19 Symptom Self-Assessment each morning. Self-assessments specific to your region can be accessed through the [Conseil des écoles publiques de l'Est de l'Ontario \(CEPEO\) website](#) or on your child's school's website.

You do not need to print the self-assessment or notify the school that you have completed it unless you receive a request from your child's school. The self-assessment is an important tool to make sure your child has no symptoms of COVID-19 before they arrive at school.

If your child has symptoms related to COVID-19, we remind you of the importance of keeping them at home and following the recommendations of public health authorities.

### **Students in isolation**

Students who are in isolation will receive a learning plan and activities from their teacher. During this period, these students do not take virtual lessons. Rather, they have activities to do at home, similar to lessons and homework.

### **Well-being and mental health**

As the current situation continues, it is normal to feel fatigue, anxiety, stress, frustration or impatience. We remind you that the CEPEO has made several health and [well-being resources available online](#), which are aimed at both students and their families. We encourage you to consult them.

Finally, I would like to take a moment to wish you all a Happy Franco-Ontarians Day tomorrow, September 25! The current situation in no way alters our pride in being part of our great, resilient, dynamic, and proud community!

Thank you for your usual cooperation.

Sylvie C. R. Tremblay  
Director of Education