

Ottawa, November 12, 2020

IMPORTANT UPDATE | INSTRUCTIONS FOR APPROACHING WINTER

Dear parents and guardians,

I hope you are doing well and have taken advantage of the beautiful weather we have had these past few days.

Winter clothing

With the change of seasons approaching, public health units recommend washing winter clothing (coats, hats, mittens) regularly in hot water with a detergent suitable for these items. It is also advisable to disinfect the bin or bag in which the items are stored. We encourage you to remind your children not to share their clothes at school.

Mask-wearing

Requirements for wearing a mask remain in effect. Public health units specify that neck warmers and scarves cannot substitute for wearing a mask.

Masks should be changed at least twice a day and/or after going outdoors, since wet masks lose their effectiveness. We ask you to provide your children with spare masks and remind them to change their mask if it is wet, especially after recess.

Public health resources

Public health resources, also available on the [CEPEO website](#), continue to be updated and we encourage you to consult them regularly.

Mental health resources

It can be difficult to cope with all the changes and upheavals that have occurred in our habits and routines this year. Children look to their parents for comfort and for how to respond. We invite you to consult the [wellness and mental health resources](#) on the CEPEO website. They were designed specifically to help you support your children.

Report cards

Students who attend school in person will receive their school progress report card through their teacher.

Student Virtual Learning Program (PAVÉ) student reports will be sent through the [Parent Portal](#). A communication was sent yesterday to the parents of the PAVÉ students.



Parents' meetings with teachers will take place virtually. Details will be communicated to you by your child's school.

I thank you for your cooperation and wish you and your family a happy and safe weekend.

Sylvie C. R. Tremblay
Director of Education