

Ottawa, February 4, 2021

## IMPORTANT UPDATE | SELF ASSESSMENT AND SAFETY GUIDELINES

Dear parents and guardians,

I hope you and your loved ones are doing well. The first week of the return to in-person learning for all our schools is drawing to a close and I would like to thank you for your support. Thanks to you and the staff and due to the respect we all have for health and safety instructions, your child's return was able to take place safely.

### REMINDER - Self-assessment

- We remind you to complete the COVID-19 Symptom Self-Assessment for each of your children every morning. This is available on your child's school website and on the [CEPEO website](#).
- As of February 10, every student in Grades 9 to 12 will be required to verbally confirm to their teacher that they have completed the self-assessment and that the results indicate that they can attend school.  
Self-assessment tools:
  - **Students from Ottawa schools only:** Grades 9 to 12 students from De La Salle, Gisèle-Lalonde, Louis-Riel, Maurice-Lapointe and Omer-Deslauriers will be required to complete the [Ottawa Public Health Self-Assessment Tool](#). This is available on the website of the concerned schools.
  - **Students from schools outside of Ottawa:** Grades 9 to 12 students from all other schools will be asked to complete their region's self-assessment tool available on the school's website.

### REMINDER - Wearing a mask

Wearing a mask remains mandatory for all students in grades 1 to 12 and is strongly encouraged for kindergarten and senior kindergarten students. By wearing a mask, your child protects themselves and everyone they come into contact with.

We realize that it is not always easy to explain to your children the importance of wearing a mask. We therefore encourage you to consult regional public health unit websites, which contain several resources on the types of masks to choose and how to wear them effectively to ensure your safety and that of others.

- [Ottawa Public Health](#)
- [Eastern Ontario Health Unit](#)
- [Leeds, Grenville and Lanark Health Unit](#)
- [Renfrew County and District Health Unit](#)
- [Kingston, Frontenac, Lennox and Addington Health Unit](#)
- [Hastings Prince Edward Health Unit](#)

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

The well-being and mental health of your children remain a priority for CEPEO. In this regard, a virtual conference is being organized by Kids Come First Health Team, affiliated with the Children's Hospital of Eastern Ontario (CHEO). This will take place on February 11. For more details and to register, [click here](#).

## **Public health resources**

Public health resources continue to be updated regularly. We invite you to consult them by [clicking here](#).

## **P.A.V.É. survey**

We inform you that parents / guardians and grades 7 to 12 students will receive a survey next week on your appreciation of the Schools Virtual Learning Program (P.A.V.É.) (for those who are registered this year), as well as your intentions to register for the P.A.V.É. during the 2021-2022 school year. This survey is confidential and represents a first step in preparing for the next school year.

I wish you a safe and happy weekend with your family.

Sylvie C. R. Tremblay  
Director of Education