

Ottawa, May 6 2021

IMPORTANT UPDATE: Vaccination and well-being resources

Dear parents and guardians,

I hope you are well.

During this Education Week, I would like to thank you for your support of your children's learning. Throughout this special year, your support has allowed us to continue to provide a caring learning environment for our students.

Vaccination

Vaccination is underway in our different communities. For more information on vaccine eligibility, we invite you to visit the [health unit websites](#) as well as the [Ontario Vaccines web page](#).

Vaccination is an effective way to fight the virus, as it provides protection for you and your loved ones and contributes to herd immunity. Once vaccinated, however, it remains important to continue to follow health and safety instructions.

Mental health and well-being resources

The current situation and learning from home present significant challenges for many families. Especially during National Mental Health Week, I wish to remind you of the importance of continuing to care for yourselves and your loved ones. There are many [health and well-being resources](#) available on our website. We encourage you to consult them.

In closing, I wish a happy Mother's Day to all the mothers in the CEPEO family.

Thank you for your cooperation and have a safe and enjoyable weekend with your family.

Sylvie C. R. Tremblay
Director of Education