

March 27, 2020

Good day families and friends,

This has been a different week as we have begun to figure out what it means to be at home and social / physical distancing and, in some cases, self-isolating. Currently, school staff is taking direction from the Ottawa-Carleton District School Board.

Here are a few tips you may find helpful right now as children are physically distancing from their friends:

Little children like to be involved. If you are doing laundry get them to sort clothes by colour, size etc. If you are washing dishes have them dry cutlery. They can help to set the table, match the shoes in the hallway, sort their toys, help carry out trash to the bin and more.

Children in Grades 1 to 3 have varying a balance of screen and playtime is important. Children need time to explore and create. There are many challenge examples that may be done on-line. Scavenger hunts with family members outside.

Children in grades 4 to 6 may benefit from riding their bicycle, building an indoor fort with things found around the house, cooking / preparing a meal for family, contributing to daily chores for family.

Please remember play structures in parks are not a good idea as they are not being cleaned and are sources of contamination.

Different people have indicated different types of concerns as they adapt to having children at home. As educators we are aware of how change can affect our children and their supporting adults. Here are a few resources that you may find helpful.

The Kids Help Line	www.kidshelpphone.ca 1-800-668-6868, or text CONNECT to 686868
Youth Services Bureau (Youth age 12+)	613-260-2360 or chat.yzb.ca
Crossroads Children's Services	Crossroads Children's Services an agency supporting families and struggling children under 12, is offering pre-booked video or phone 'walk in' appointments. To

	book your 'walk-in' session, please leave a message at 613-723-1623 x232
Parents Lifeline of Eastern Ontario	continuing their services including a Parent Help Line 9:00 am to 7:00 pm Monday to Friday. 613-321-3211 or 1-855-775-7005
The Walk In Counselling Clinic	has made changes to their services and it is suggested that students and families contact the centre closest to them directly. Here is a link to their website: https://walkincounselling.com/
Ottawa Food Bank	The Ottawa Food Bank 613-745-7001 Monday to Friday: 8:00 a.m. – 4:00 p.m. or email: foodbank@ottawafoodbank.ca
Ottawa Distress Center	613-238-3311
Children's Aid Society of Ottawa	child protection services: 713-747-7800

Stay well friends. Our next update will be in seven days. Feel free to reach out to your child's teacher by email. You may also reach us by email, should you have any questions.

Take care,

janis.st-germain@ocdsb.ca Mary.Conroy@ocdsb.ca

Mary Conroy and Janis St-Germain

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