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## TOM LONGBOAT JUNIOR PUBLIC SCHOOL

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Andrea Chisholm, Principal

March 24, 2020

Dear Tom Longboat Families,

As many of you heard at yesterday's press conference, Premier Doug Ford made a statement that schools will not be reopening on April 6th, as previously planned. We expect more details to be communicated by the government soon. Please know that we recognize these continue to be challenging times. Please stay tuned for more information in the coming days from both the TDSB and our school. Below, I have put some links that you may find useful until then.

### **Mental Health**

For many of us, elevated stress levels have been a part of our lives for the past 10 days or so. Please be sure to take the time to take care of yourselves over the coming weeks - not just physically, but emotionally as well. The impact of the events taking place in our community and around the world on our mental health is important to be aware of, and to address through various means. Please refer to the links below to assist students who may be struggling emotionally.

Center for Addiction and Mental Health

- <http://www.camh.ca/covid19>

What's Up Walk-In Clinic

- <https://www.whatsupwalkin.ca/>

Kid's Help Phone

- 1-800-668-6868
- <https://kidshelpphone.ca/live-chat>

### **COVID-19 Info**

If you have just returned from a March Break trip please follow advice from our local, provincial and federal governments and public health agencies with regard to containing the spread of COVID-19.

Travellers who have returned from anywhere outside of Canada, including the United States, should:

- Self-isolate (i.e. stay at home and avoid close contact with others, including those in their home) for a total of 14 days

- Call Telehealth Ontario at 1-866-797-0000 or their primary care provider's office if they experience symptoms of COVID-19 (e.g. fever, cough, difficulty breathing)
- Call ahead prior to visiting any healthcare provider and let them know about travel history and symptoms (e.g. fever, cough, difficulty breathing) so that they can make special arrangements to see you quickly, provide testing, and ensure that they use proper infection control measures

### **Internet Access**

Much of the learning students will be trying to do over the coming weeks will be online. @ShawInfo has opened its Wifi networks. See <https://shaw.ca/internet/wifi> if you are close to one of the hotspots. No login required.

### **Learning at Home**

On Friday, March 20, 2020, an update was provided to all staff regarding the continuation of learning for our students in these unprecedented times. This was in response to an announcement made by the Ministry of Education regarding their Phase 1 support for student learning through the launch of their Learn at Home website. The TDSB also provided additional online resources to support the Ministry's Phase 1.

- <https://www.ontario.ca/page/learn-at-home>
- <https://www.tdsb.on.ca/Elementary-School/Supporting-You/Health-Active-Living/Coronavirus/Learning-Resources>

### **Reading A-Z**

This is an online reading program that provides leveled books for students to read and listen to. It is now free for the rest of the school year.

- <https://www.readinga-z.com/>

### **Amazon**

Amazon is providing audio stories for children and students of all ages as long as schools are closed. Children can instantly stream a collection of stories, including titles across six different languages, that will help them continue dreaming, learning, and just being kids. All stories are free to stream on your desktop, laptop, phone or tablet.

- <https://stories.audible.com/start-listen>

I will continue to try and update you with important information over the coming days and weeks. In the meantime please stay safe.

Sincerely,  
Andrea Chisholm  
Principal  
Tom Longboat Jr. PS