

April 9, 2020

Covid-19 Weekly Update for Students and Parents

Dear WQSB students and parents,

First and most importantly, I send best wishes from all of the administrators in our school board; we hope that you are safe and well during these challenging times.

The purpose of this memo is to provide you with relevant information and resources that you may find useful.

The following documents have been uploaded to our board website today:

- Letter from Minister of Education, Mr. Jean-François Roberge; in his letter (uploaded in both English and French), Mr. Roberge provides information regarding: a) weekly learning kit and materials for students; b) Open-School online learning platform; c) partnership with Télé-Québec (available in French only); d) directives re: collection of personal effects and school materials; and e) partnership with Breakfast Club of Canada.
- A letter from WQSB Director General, Mr. Mike Dubeau (uploaded in both English and French) outlining the Emergency Food Aid program.
- A pamphlet from Télé-Québec (available in French only) outlining its educational programming for children from kindergarten through to grade 11.

Below, you will find a series of links that may be useful:

- Coronavirus (COVID-19) INFO lines in QC - 1-877-644-4545 (toll free)
- Connexions has a comprehensive document for available shelters, foodbanks and community resources for youth and their families (Connexions is based in Outaouais but also has general links)
<http://centreconnexions.org/community-services/youth/>
- Teen Mental Health.org has some documents for teens, related to staying connected, active and establishing a routine during COVID19 self-isolation <http://teenmentalhealth.org/toolbox/>
- Quebec Resources on Anxiety (cause, signs, what to do as a parent):
<https://www.quebec.ca/en/health/advice-and-prevention/mental-health/anxiety-in-children/>
- CSSS (your regional Health and Social Services – 811 (9 for English and 1 (health) or 2 (social support))
- Tel-Jeunes – 1-800-263-2266 or text 514-600-1002 or live chat <https://www.teljeunes.com/Home>
- Kids Help Phone - Call 1800-668-6868 or text “CONNECT” to 686868 or download “Always there” app to your device <https://kidshelpphone.ca/>
- Hope for Wellness Helpline *FNMI-Indigenous support line, counselling provided in English, French or upon request Cree, Ojibway, Inuktitut - Call 1-855-242 3310 <https://www.hopeforwellness.ca/>
- Youth Mental Health Canada has resources and is available on multiple platforms (Facebook, Twitter, Youtube, Instagram) https://ymhc.ngo/resources/covid-19/?fbclid=IwAR29LWNUFyQVcJHVkiGmzao6-y70JOnYo820BG_40un5-kxOE8lfvDXZuUo



- Regional Services
 - List of services in Outaouais (with update re. open/closed/reduced hours) - <https://docs.google.com/spreadsheets/d/1Uou6tBqVfKtNzIBjmAxGq3YjjRDQn3-gB3Y7GdLDsvE/edit#gid=473865145>
 - CISSSAT main page of tools and information re. COVID-19 impact on services (includes French resource on dealing with anxiety in children during the pandemic) - <https://www.ciissat.gouv.qc.ca/covid-19-information-pour-la-population/>

I ask that you please direct questions to the following email address: WQQuestions@wqsb.qc.ca

Sincerely,



GEORGE SINGFIELD
Secretary General – Director of Corporate Services and Communication