

Monday, November 23, 2020

Dear Parents/Guardians:

I hope that everyone has had a smoother start to their second quadmester courses. As always, there are updates and lots of new information to share. Please review the following information:

Report Cards:

Quadmester 1 Final report cards will be distributed on Thursday, November 26th in an electronic format. You will be required to have your child's OEN number to access this information. Please note that this number can be found on any previous report card. This will continue to be the process while we remain in COVID restrictions and as a result, it is highly recommended that you keep their number in a location that is safe and accessible for you throughout the year. Be sure to check your junk mail if you do not see it in your inbox.

Picture Day & Grad Photo's:

We are still unable to book photography in the school. Should restrictions due to COVID 19 change so that we can book photography in the school, we will absolutely do so. In the meantime, Edge Imaging has set up a pop-up shop where students can have their photos taken <https://edge-imaging.wishpond.com/popup/> Use code ECA.

Commencement/Graduation Survey:

We are asking that all families take a moment to complete the survey at the following link: <https://forms.gle/FXMJymLiYZYw26JZ9> . This survey is very short, just two questions and should only take 1 minute of your time. This will help us to determine the date of future graduation ceremonies. We appreciate your input.

DDSB@Home Waitlist:

At this point, the option for a parent to add their child to the previous 'waitlist' for DDSB@Home Secondary has been closed. We anticipate that timetables will be developed for all transfer requests made up to November 2.

Due to the current lack of available class placements for students wishing to transfer, those looking for other options should contact your current school's administration to have a discussion about learning options for your child. Specific requests may be considered on a case-by-case basis with a valid reason and if space is available in the virtual school and/or in-person school. If a transfer is accepted, the courses available to your child will likely be different. Please note that secondary students are currently learning in-person for approximately 25% of their time in classes of approximately 15 students, with the remainder of class taking place virtually."

Health Canada Mask Information:

<https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/prevention-risks/about-non-medical-masks-face-coverings.html#a2>

Masks with exhalation valves

Masks with exhalation valves or vents are **not** recommended. These masks do **not** protect others from COVID-19 or limit the spread of the virus. This is because they allow infectious respiratory droplets to spread outside the mask.

Neck gaiters (neck warmers)

Neck gaiters (also known as neck warmers) aren't recommended because they aren't well secured to the head or ears and are likely to move or slip out of place and are difficult to remove without contaminating yourself. If a neck gaiter must be used as a face covering it should be folded to provide at least 3 layers of fabric and should include a filter or filter fabric added between layers

- lift it away from your face, especially when taking it off
- wash your hands or use alcohol based hand sanitizer anytime you need to adjust it, especially when putting it on and taking it off

Proper material, structure and fit

Well-designed and well-fitting masks or face coverings can prevent the spread of your infectious respiratory droplets. They may also help protect you from the infectious respiratory droplets of others. How well a mask or face covering works depends on the materials used, how the mask is made, and most importantly, how well it fits. A mask or face covering can be homemade or purchased, and **should**:

- be made of at least 3 layers
 - 2 layers should be tightly woven material fabric, such as cotton or linen
 - the third (middle) layer should be a filter-type fabric, such as non-woven polypropylene fabric
- be large enough to completely and comfortably cover the nose, mouth and chin without gaping
- allow for easy breathing
- fit securely to the head with ties or ear loops
- be comfortable and not require frequent adjustments
- be changed as soon as possible if damp or dirty
- maintain its shape after washing and drying

Reminder: School-Based Clinics

Due to COVID-19 restrictions, the Durham Region Health Department will not re-enter schools for immunizations, oral health screenings or vision screenings. School Administrators would have received information about this last week. Below is a summary of the information you can share with families.

Immunizations

- Families of Grade 7 and 8 students can book an appointment at a location in their community by visiting www.durham.ca/immunizationclinics
- Families of Grade 9 students will receive a call from a Public Health Nurse this fall to discuss options to complete vaccines missed at the end of Grade 8

Oral Health Screenings

- Free dental screening services are available to all children and youth under the age of 18
- Families can schedule a free appointment by contacting the Oral Health Division between 8am – 8pm, Monday to Friday at 905-723-1365 extension 4567

Vision Screenings

- Please visit the Ontario Association of Optometrists website or call 1-800-540-3837 to find an optometrist in your community
- A yearly eye exam is free for children up to 19 years of age with a valid Ontario Health Insurance Plan (OHIP) card


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FALL WELLNESS SERIES
 NOVEMBER 2020

| | | |
|--------|---|---|
| WEEK 1 | Mindful Monday – Nov. 2 YOGA FOR MENTAL WELL-BEING Link will be shared |  |
| WEEK 2 | Talk About Tuesday – Nov. 10 AUTHOR READING Link will be shared |  |
| WEEK 3 | Food Friday – Nov. 20 COOKING TOGETHER Link will be shared |  |
| WEEK 4 | Wellness Wednesday – Nov. 25 MENTAL HEALTH 6:30-7:15pm - Live Virtual Event <i>Details and Link to follow</i> |  |

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FRONTENAC YOUTH SERVICES

What you need to know about our services during COVID-19

Attention:

Frontenac Youth Services is currently open for telephone and virtual counselling services in addition to re-opening in-person support to new and existing clients.

Community Services

- Individual and Family Therapy-currently offering phone and virtual sessions and in-person support on a scheduled basis.

Day Treatment

- Classes have resumed as of September 8.

Live-in Treatment

- Please contact your case manager or (905) 579-1551.

Crisis Services

- Mondays - Thursdays 10 a.m. - 5:30 p.m. & Fridays 9 a.m. - 4:30 p.m. - please contact (905) 579-1551 ext. 245.
- 24 hour, 7 day crisis support please contact Durham Mental Health Services Crisis Access Linkage Line at (905) 666-0483 or 1-800-742-1890.

Walk-In Clinic

- If a referral has been completed through the Central Intake phone line and our intake coordinator has invited you to our walk-in we are currently offering phone and virtual sessions. In-person support will be available on a scheduled basis. Please contact (905) 579-1551 ext. 234.



***For referrals for Walk-in and on-going services please contact Central Intake first (1-888-454-6275).**

We have a dedicated team committed to supporting you and your families through this challenging time.

As always, please contact the school via email at eastdalecvi@ddsb.ca for any general inquiries. You may also contact your child's teacher by accessing their email through the staff directory on our school website.

Sincerely,

Michelle Monk - Principal