

We recognize that this March Break has presented significant and unprecedented challenges for families, and as it draws to a close, we understand that there will be questions about teaching and learning.

PSB, CSLF and the Department of Education and Lifelong Learning are working together to determine what home learning options might be available to students after the break. As of yesterday, the Chief Public Health Officer has limited access to buildings, so we will be working with administrators to coordinate brief periods of access for teachers as needed. Next week, our education system will be working with teachers to develop plans to support students in the event that they return to school on April 6, or if they are to remain out of school for a longer period of time.

Education authorities recognize the pressing needs of our graduating class, and students can be assured that graduation opportunities will not be compromised due to school closures. The Department of Education and Lifelong Learning, CSLF, PSB and regional post-secondary institutions are committed to working together in the best interests of students and their transitions from high school to post-secondary. Locally, Holland College, UPEI and Collège de l'Île are willing to be accommodating and flexible to facilitate the admissions process for new students.

Well-being is an equally important consideration in these challenging times, and some children will be feeling anxious. Signs to look for are irritability, excessive questions and worry, poor sleep and/or eating habits, and other unexplained behaviors.

It is important to remember that our children will look to us for our reactions to the situation and will model what they see. Please remind your children that education and health authorities are working hard to make sure our schools remain safe, clean and healthy.

Tips for parents:

- Take the time to practice safe hygiene strategies and model these for your children
- Try to maintain a normal schedule
- Try to remain calm, and remember your children may need extra reassurances and more of your attention than normal.
- Use caution with the Covid-19 information that you let into your home. Children require facts but do not need to listen to the news all day.
- Remember that your teens could be receiving a lot of false information via social media.
- Try to incorporate daily exercise and get out in the fresh air if possible
- Limit screen time

Most importantly, take care of each other; and try to answer questions in an honest and age appropriate manner.

- For more information visit www.princeedwardisland.ca/covid19
- For general questions about COVID-19, call 1-800-958-6400
- If you have just returned from outside of Canada and have symptoms, including a cough, fever or difficulty breathing, call 811.