

Dear Students,

### **Welcome to High School Information Sessions**

OCDSB Secondary Schools will be hosting “Welcome to High School Virtual Information Sessions.” These virtual sessions are a wonderful opportunity to know about the exciting pathways available for your future and a great chance to interact with the friendly staff at your local high school.

Visit [ocdsb.ca/highschool](https://ocdsb.ca/highschool) for the dates, times and links of the sessions for each school. This webpage will also have links to ask questions in advance of these sessions.

### **Secondary calendar update**

All OCDSB secondary schools will continue to offer remote learning until the end of the quadmester/octomester on January 29th. We hope to return to in-person learning to start Quadmester 3 on February 1st, subject to provincial direction and health guidelines. A more detailed message has been sent to secondary parents and students.

We would like to clarify that the correct start date for Quadmester 4 is April 16, 2021. It was mentioned as April 15 in the OCDSB calendar that was shared earlier. The updated calendar is available on the [OCDSB Secondary Calendar webpage](#).

### **Free Virtual Wellness Programs**

Starting in February, YouthNet/ReseauAdo (YNRA) is offering two free virtual wellness programs for youth ages 13-20. The programs use activities such as art, yoga, mindfulness, and music to support mental health. Registration is now open, but spots are limited. Visit: <http://ynra.ca/youth-mental-health-services/youth-programs/>

### **OCDSB Indigenous Speaker Series: Autumn Peltier - January 19th, 2021**

The OCDSB Indigenous Speakers Series will present a [webinar with Autumn Peltier](#) on January 19th at 11:30 a.m., for OCDSB students in grades 7 to 12.

To access the livestream, click the YouTube link before the event: <https://youtu.be/46-wFwNQlu0>

### **Ottawa Virtual Activity Guide**

Looking for something fun to do at home? Ottawa Parks and Recreation released their new virtual program guide of arts and recreation programs. You can [learn more and register here](#).

### **Ottawa Public Health COVID Information**

The current province-wide shutdown is challenging for everyone. It is also our best hope so we can return to school safely and as quickly as possible.

Please stay home and follow the public health guidelines. It is important that we **continue to monitor ourselves for symptoms of COVID-19**, even while school is remote.

**If you have COVID-19 symptoms, or have been exposed to someone with COVID-19, please get tested. There are many appointments available at the testing and**

**assessment centers.** If anyone in the home has symptoms of COVID-19, everyone must stay home while waiting for COVID-19 test results. Visit the OPH [testing page](#) for additional information on where to get tested in Ottawa. See also the [COVID-19 screening tool for school and child care](#).