

To our TR Leger School Students and Families,

We wanted to let you know that we have been thinking of you and your families in this unprecedented time. We are hopeful that you are all taking care of yourselves and your loved ones. Please note that the feelings you may be experiencing at this time are normal. Please prioritize taking care of your immediate needs such as safety, access to food and shelter.

Your health and wellness are key for you and your family and having structure in your day is beneficial. Create a daily schedule that includes a regular time to get up and go to bed. Be sure to include recreation, connecting with others, and physical exercise but also ensure that your activities are safe and respect both physical and social distancing.

Links to UCDSB and Community Services:

- **Ontario 211** is a free helpline that connects you to community and social services in your area 24 hours a day; 365 days a year. It offers help in over 150 languages. For assistance in locating services within your community, please call 211 or visit it online.

Other important services can be found at the links below:

- **Community Mental Health Information and Resources**
- **Local Crisis and Help Lines**

For the most up-to-date information and links to community resources please visit **The Upper Canada District School Board Co-Vid 19 Coronavirus Update**. For learning resources, visit **UCDSB Learn at Home**.

Please continue to monitor **Upper Canada DSB** and this TR Leger School Facebook page for regular updates.

Take care, TR Leger Family. We miss seeing you.

~ The TR Leger School Administrative and Staff Team