During these unprecedented times, we are all managing as best as we can and we will work together to support our children in the days ahead. ADSB has developed this resource for families in support of student Well-being, Engagement and Achievement to further develop our confident learners, as we collectively commit to staying home to protect ourselves, each other and our communities, as caring citizens.

Well-Being

During this coronavirus (COVID-19) pandemic, the well-being of our children is first and foremost. While the physical impacts of this virus have been the center of discussions, there are many other impacts on the well-being of our children. Many of our children may have feelings of concern, fear and uncertainty due to the change in daily routine and heightened media exposure. ADSB is sharing resources for parents to support children’s emotional, physical and mental well-being.

Open Conversation & Kids Help Phone
Parents are encouraged to have open conversations with children about COVID-19 and acknowledge their feelings and reactions during this time. Kids Help Phone, Canada’s only 24/7 national support service offers professional counselling, information and referrals. Please visit their website: http://www.kidshelpphone.ca, call:1-800-668-6668, or text CONNECT to 686868.

School Mental Health Ontario (https://smho-smso.ca)
Strategies and answers for helping to support and promote positive mental health for students.

Children’s Mental Health Ontario (cmho.org)
Strategies for talking to your anxious child about COVID-19.

TVO – Stay Healthy (www.tvokids.com/school-age/videos/stay-healthy-tvokids)
Videos for school-age children to help them understand great practices to stay healthy and safe.

PBS Kids (www.pbs.org/parents/thrive)
A range of strategies and activities to help parents support their children.

Every Day Mental Health (https://smh-assist.ca/emhc/)
While originally designed for elementary (K-8) classroom use, this resource contains a number of useful strategies to support secondary students’ well-being that can be adapted and utilized at home in areas such as:
- Stress Management and Coping
- Healthy Relationship Skills
- Self-Awareness and Sense of Identity
- Understanding and Managing Emotions
- Identification and Management of Emotions
- Positive Motivation and Perseverance
- Critical and Creative Thinking

Daily Physical Activity (DPA) at Home
Keep Moving, Stay Active! Set a goal of 20-60 minutes of Daily Physical Activity each day by turning off the screens and getting active. Physical Activity can relieve stress and anxiety, promote physical health, improve quality of sleep, maintain energy levels, and enhance relationships.

Additional information to support Daily Physical Activity at home can be found in the links below:
- https://www.playsport.net/
- Social Media: Follow OPHEA on Twitter (@opheacanada) or Facebook for daily suggestions and videos to support physical activity at home.

Engagement

ENGAGING YOUR CHILDREN
- Student voice – What would you like to learn more about today?
- Let your child’s interests and passions guide the learning
- Ask children to think about their strengths and needs and develop a plan to empower and advocate for themselves

ENGAGING EACH OTHER
- Recognize the challenges of these times and your family situation, spend time together when you can
- Find a routine that works for your family
- Physical distancing is not social distancing – it is important to stay connected and this can take a variety of forms – letters, phone calls, virtual

ENGAGING COMMUNITY RESOURCES & SUPPORTS
- Keep updated with reliable and credible information:
  - Algoma Public Health
  - Algoma District School Board
  - Ministry of Education
  - Government of Canada

“All forms of parental involvement are beneficial. In every form, parental involvement in education shows children that their parents care about what they are doing and learning, and that they value a good education.”

We know for our secondary youth especially those in a graduating year, there are uncertainties and alongside the Ministry of Education, we want to reassure students and parents that we working to develop a plan to support credit completion and student success. The Ontario Secondary School Literacy Test (OSSLT) graduation requirement has been waived for graduating students this year so that it is not a barrier for students on track to graduate. The Ministry of Education is also working with the Ministry of Colleges and Universities and the Ministry of Labour, Training and Skills Development to ensure students can apply to post-secondary education, regardless of the situation this semester.

**Achievement**

**COURSE SPECIFIC RESOURCES**

**Ministry of Education Website**

The Ministry of Education has developed an online portal, which is available at [Ontario.ca/learn-at-home](http://Ontario.ca/learn-at-home). The secondary area provides students with access to secondary courses to review, refresh and extend this learning. These are offered to support independent learning without the facilitation of a teacher.

### ADDITIONAL RESOURCES

<table>
<thead>
<tr>
<th>Media Smarts</th>
<th>TVO Mathify</th>
<th>Waterloo University: Problem of the Week</th>
<th>1jour1actu</th>
<th>Learn 360</th>
<th>Khan Academy</th>
</tr>
</thead>
<tbody>
<tr>
<td>Teaches kids media and digital literacy skills through workshops, tutorials and interactive games</td>
<td>Build math understanding/confidence with a math coach; gr. 6 to 12; Mon-Fri, Sun</td>
<td>Provides students with a grade specific problem of the week from various areas of math</td>
<td>News for children, one question per day and presentations in French</td>
<td>More than 150,000 multimedia resources (videos, audio, games/activities, printable, maps/flags, STEM)</td>
<td>Short video lessons and practice exercises in variety of areas such as math, science, history, etc.</td>
</tr>
</tbody>
</table>

### PERSONAL DEVELOPMENT RESOURCES

<table>
<thead>
<tr>
<th>MindShift CBT Anxiety Canada</th>
<th>The Learning Portal: Study Skills Hub</th>
<th>My Blueprint</th>
<th>Youcubed: How to Learn Math</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cognitive Behavioural Therapy (CBT) strategies - relax, be mindful, think, take charge of anxiety</td>
<td>Develop practical study skills and a foundation for academic success</td>
<td>A comprehensive education/career planning process that meets learning needs/interests/ aspirations</td>
<td>Self-paced, become a powerful math learner, correct misconceptions and learn about potential to succeed</td>
</tr>
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</table>

Note: The additional resources may not align with Ministry curriculum but serve as supplementary resources.

### GENERAL INTEREST RESOURCES

<table>
<thead>
<tr>
<th>Google Arts and Culture</th>
<th>Google Expeditions</th>
<th>Canadian Virtual Museums</th>
<th>Historic Canada Heritage Minutes</th>
</tr>
</thead>
<tbody>
<tr>
<td>High-resolution images with content from over 2000 leading museums and archives</td>
<td>Immersive learning app (Google/App Store) that lets you go on virtual reality trips of historical landmarks</td>
<td>Directory of over 3000 Canadian heritage institutions with over 600 virtual exhibits</td>
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</tr>
</tbody>
</table>

### Explore

**ECONOMIC DEVELOPMENT**

<table>
<thead>
<tr>
<th>Ontario Virtual Museum of History</th>
<th>Ontario Virtual Library</th>
<th>Ontario Virtual Archives</th>
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</thead>
<tbody>
<tr>
<td>Provides information about Ontario's history and culture.</td>
<td>Access to over 10,000 digitized books and newspapers from Ontario libraries.</td>
<td>Access to archival material from various Ontario institutions.</td>
</tr>
</tbody>
</table>

### On Screen

<table>
<thead>
<tr>
<th>Sync Audiobooks for Teens</th>
<th>Curio – CBC Archive</th>
</tr>
</thead>
<tbody>
<tr>
<td>On left, click on Previous Sync Sessions to access wide variety of audiobook experiences for teens</td>
<td>CBC/Radio-Canada programs, documentaries, audio &amp; archival material, range of topics (English/French)</td>
</tr>
</tbody>
</table>

**Note:** There are many sites offering free audio books - this is an example.

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**Off Screen**

### READ!

- Read a variety of materials every day and talk about what you are reading
- Books
- Newspapers
- Magazines
- Manuals
- Recipes

### WRITE!

- Keep a journal about your day, thoughts about news
- Find quotes of gratitude and appreciation to share
- Reach out the ‘old’ paper way to family/friends
- Write fanfic based on your favorite book or movie
- Write about your family history

### MOVE!

- Healthy active living
- Use exercise equipment
- Shovel snow
- Yoga/stretch
- Walk or hike alone
- Dance
- Help with chores such as vacuuming, sweeping

### SOLVE!

- Jigsaw puzzle
- Crossword
- Sudoku
- Word search
- Logic puzzles
- Anagrams

**Note:** Print online templates

### PLAY!

- Trivial Pursuit
- Cribbage
- 500 Bid
- Scrabble
- Checkers
- Tri-bond

### EXPLORE!

- Explore your creativity and interests:
  - Play music
  - Sketch
  - Draw
  - Paint
  - Build
  - Fix
  - Sing
  - Knit/crochet

### DISCOVER!

- Find a recipe in your drawer you want to make
- Find the ingredients
- Measure
- Make it
- Eat and enjoy it