



Back to School Resources

For Secondary School Students

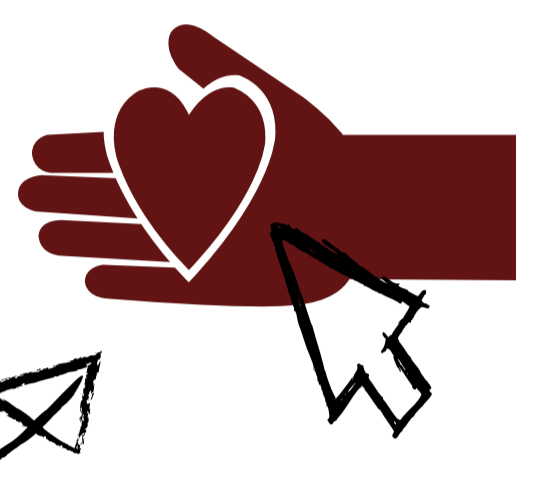


The return to school this year will look different! Here are some resources to support you in this transition.

Mental Health and Well-being

Caring for yourself and your mental health is of great importance during Covid-19.

Resources for parents to support your child's mental health during Covid-19 and the return to school.

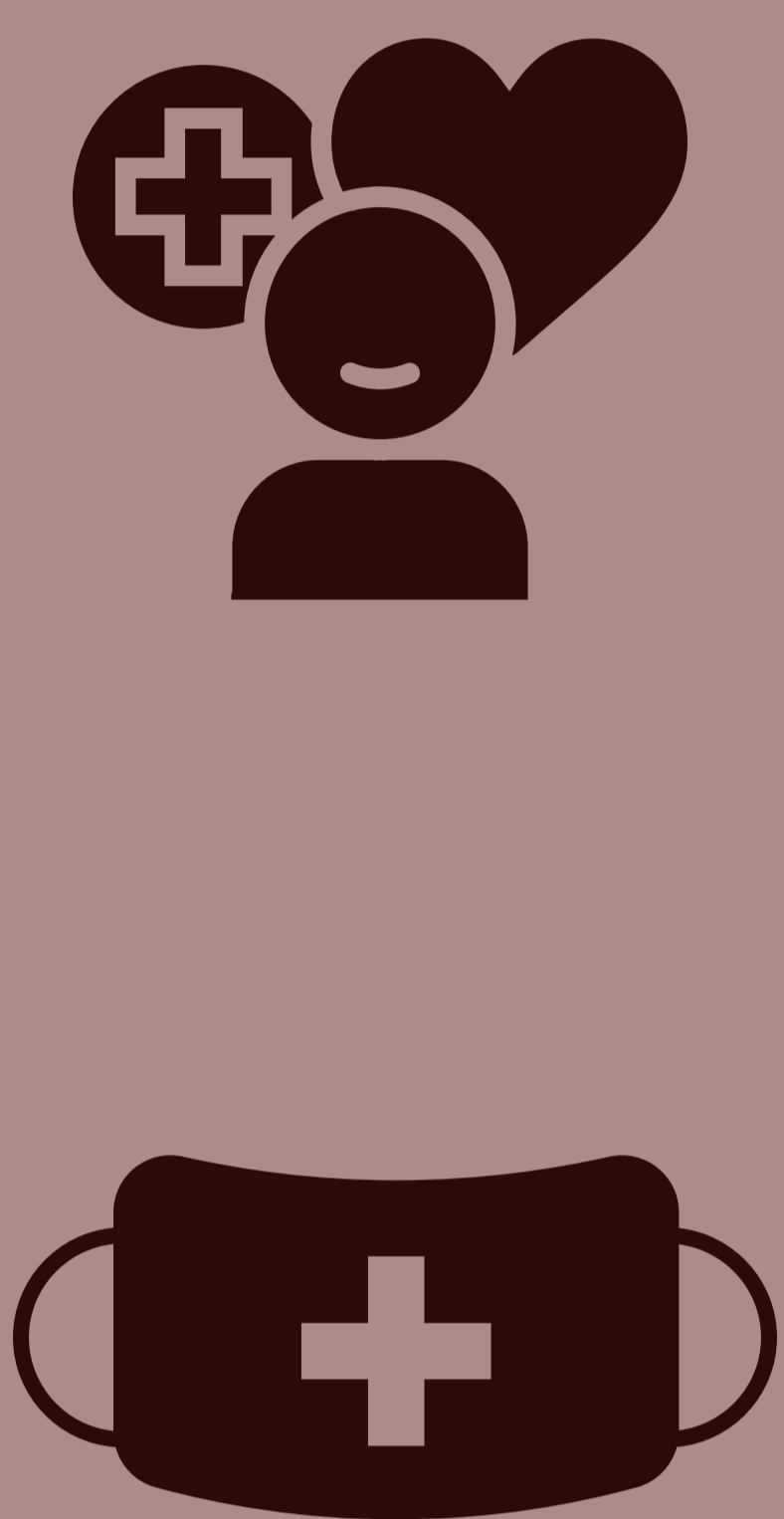
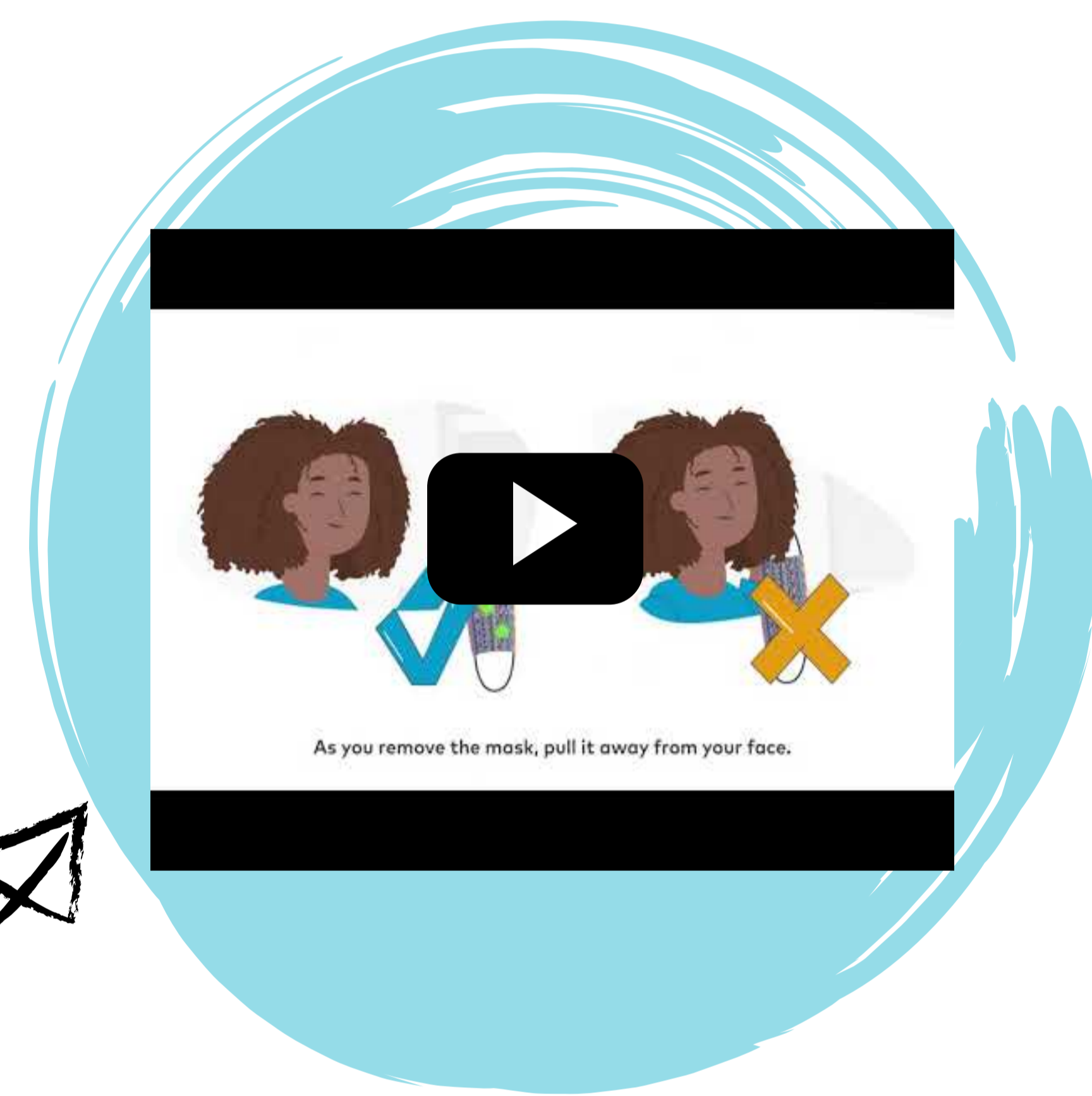


[CLICK HERE](#)

For some healthy coping strategy ideas!

Wearing a Mask

Secondary students will be required to wear a mask. Wondering how to wear your fabric mask safely? Check out this video!



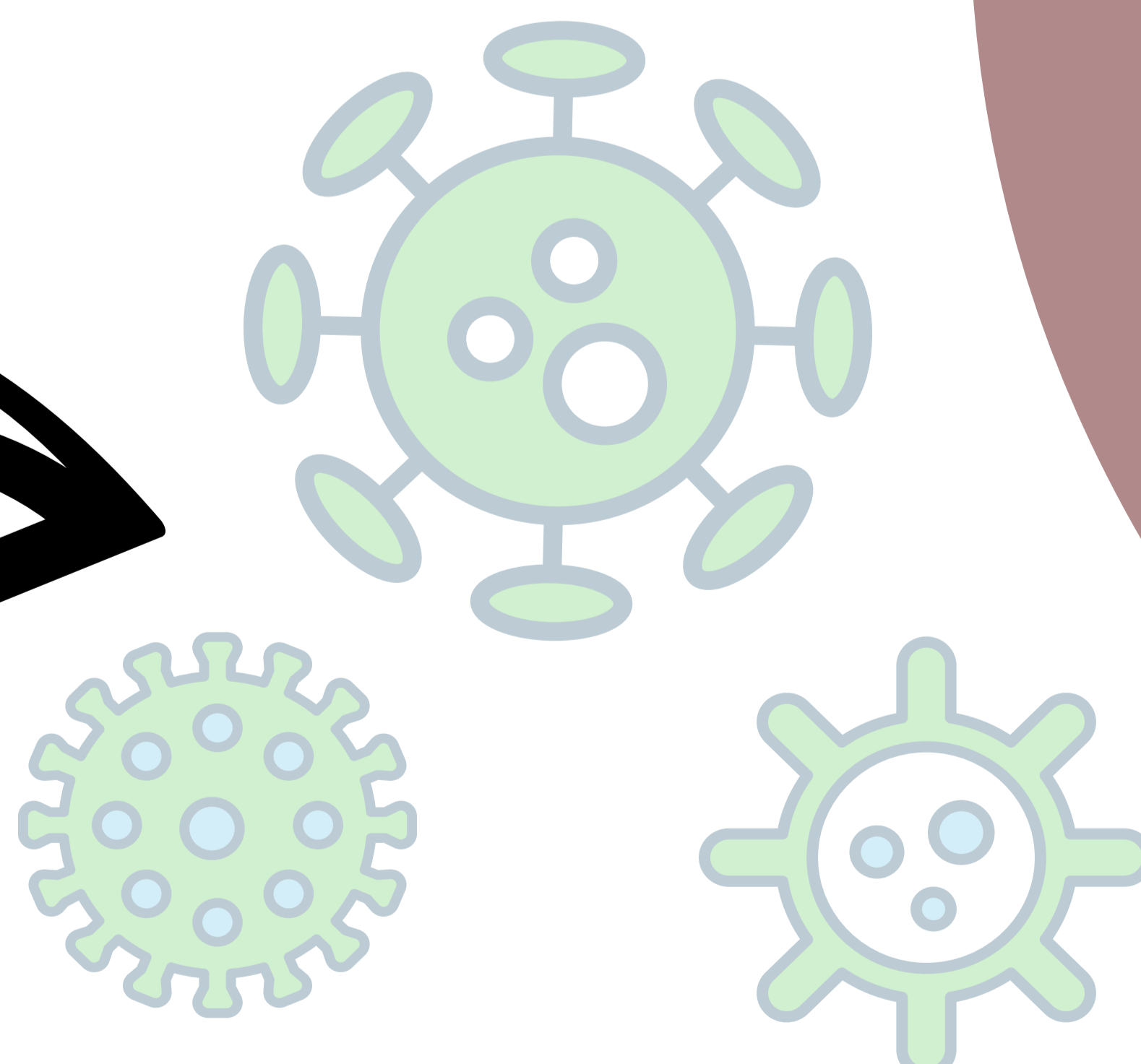
Handwashing and Sanitizing

Regular and proper hand washing is essential in keeping everyone safe! Click the sink to watch a video experiment on handwashing!



Still not sure of the facts about Coronavirus?

Click the germs!



Algonquin and Lakeshore Catholic District School Board - ABA Team, Student Services

References

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