

# Important ETFO Update #5: Responding to COVID-19

April 14, 2020

In update #5 on COVID-19 related issues, you will find information related to: financial support for students to purchase tools; distance learning resources for a number of subject areas; mental health resources; and more.

The information in this newsletter is up to date to the best of our ability and current as of 2:00 p.m. on April 14, 2020. With the situation rapidly changing, ETFO will continue to provide weekly updates on our response to COVID-19.

Keep reading, stay safe, and please wash your hands!

Stay informed at [etfo.ca/link/covid19](https://etfo.ca/link/covid19)

## Frequently Asked Questions

**Is the government offering financial support for children to purchase tools to support learning?**

Yes, the government's new Support for Families initiative offers one-time payments of \$200 per child 0 to 12 years of age, and \$250 for those aged 0 to 21 years of age with special needs. There is no income gap in this program. More information and the online application can be found at [www.ontario.ca/page/get-support-families](https://www.ontario.ca/page/get-support-families)

**I am an itinerant teacher and have been asked to provide resource support for my grade team. What distance learning resources can I use to support my team and my students' learning?**

Here are resources from subject associations, education partners and publishers to help get you started.

### Art Education

The Ontario Art Education Association provides distance learning visual art curriculum resources for teachers, students and families. These resources will be updated regularly. [ontarioarteducationassociation.org/home/distance-learning](https://ontarioarteducationassociation.org/home/distance-learning)



## **Drama and Dance**

Drama and dance resource support for teachers, parents and students is available from the Council of Ontario Drama and Dance Educators (CODE). [code.on.ca/blog/parent-support-elementary-classrooms](https://code.on.ca/blog/parent-support-elementary-classrooms)

## **Science**

The Science Teachers' Association of Ontario (STAO) offers resources including lesson plans for all grades focused on inquiry and critical thinking. The content and methods can be easily be adapted or act as a starting point for online instruction. [stao.ca](https://stao.ca)

## **Environmental Education**

Learning for a Sustainable Future –Learning Inside Out offers a selection of environmental education activities for various grade levels. These guides are released weekly and archived on the website.

[lsf-1st.ca/en/projects/youth-taking-action/learning-inside-out](https://lsf-1st.ca/en/projects/youth-taking-action/learning-inside-out)

## **Health and Physical Education**

The Ontario Physical and Health Education Association (OPHEA) provides resources regarding: mindfulness; physical and dance activities; physical activities with math; health and financial literacy activities; and puberty and health activities.

[ophea.net/hpeathome](https://ophea.net/hpeathome)

OPHEA offers live online Open Class videos for educators every Monday at [youtu.be/kYhq80LRfn4](https://youtu.be/kYhq80LRfn4)

## **French as a Second Language (FSL)**

The Ontario Modern Language Teachers' Association (OMLTA) provides professional learning and advocacy for Ontario French and international languages educators. Its website, [omlta.org](https://omlta.org), and [facebook page](#), also offers resources for new teachers.

## **Can ETFO recommend resources to help foster positive mental health with my students as well as resources to share with parents?**

It is understandable that you would worry about positive mental health given that educator, student and parent routines have changed so significantly due to COVID-19. For a list of mental health resources, please visit the [ETFO website](#). If you have a concern about a student's well-being during the closure period, please speak to your school administrator or seek assistance from the board's professional support personnel who are trained to deal with these issues.

## **I am becoming sore from working at my computer in my home. How can I set up a better temporary workstation at home?**

Since this pandemic may last weeks or even months, it is important to take the time to set up a proper workstation and appropriate work habits. There are many excellent resources to assist you with this:

### **Occupational Health Clinics for Ontario Workers (OHCOW):**

[www.ohcow.on.ca/safely-working-from-home.html](http://www.ohcow.on.ca/safely-working-from-home.html)

### **Canadian Centre for Occupational Health and Safety (CCOHS):**

- [www.ccohs.ca/oshanswers/ergonomics/sitting/](http://www.ccohs.ca/oshanswers/ergonomics/sitting/)
- [www.ccohs.ca/products/posters/pdfs/Positionforsafety.pdf](http://www.ccohs.ca/products/posters/pdfs/Positionforsafety.pdf)
- [http://images.ccohs.ca/products/infographics/lightbox/Sitting\\_at\\_Work.png](http://images.ccohs.ca/products/infographics/lightbox/Sitting_at_Work.png)

### **Centre of Research Expertise for the Prevention of Musculoskeletal Disorders (CRE-MSD) [www.msdpreservation.com/Quick-Start-Guideline-Office.htm](http://www.msdpreservation.com/Quick-Start-Guideline-Office.htm)**

## **How can ETFO members and the Federation support those facing increased food insecurity?**

COVID-19 is affecting us all but, as with any crisis, the most marginalized communities are disproportionately impacted. Many students in our communities who traditionally access breakfast or lunch programs can no longer rely these meals. There is undue hardship that is further magnified for those living in poverty.

As a social justice organization, ETFO is once again taking the lead by financially supporting partner organizations that are providing food assistance. ETFO has donated \$75,000 to FeedOntario in addition to matching donation made by many ETFO locals.

To date, ETFO locals have donated over \$65,000, bringing total donations to over \$205,000.

Members are encouraged to support local organizations that are dedicated to assisting those adversely affected by systemic oppression.

## Resources and Financial Support Links

[COVID-19 Self-assessment Tools](#) tool to determine what steps you should take should you exhibit symptoms.

[Apply for the Provincial Child Benefit.](#) Eligible parents will receive \$200 for children up to 12 and \$250 for children with special needs up to age 21.

[Apply for the Canada Emergency Response Benefit Program](#)

[Learn more about the CERB at etfo.ca/link/FAQ-CERB](https://etfo.ca/link/FAQ-CERB)

### Applying for the CERB? Know your date.

Born in January, February, or March? **Apply on Mondays**

Born in April, May, or June? **Apply on Tuesdays**

Born in July, August, or September? **Apply on Wednesdays**

Born October, November, or December? **Apply on Thursdays**

**Anyone can apply on Fridays, Saturdays or Sundays**

Go to [Canada.ca/Coronavirus-CERB](https://Canada.ca/Coronavirus-CERB)



For updates, please check ETFO's dedicate webpage at [etfo.ca/link/covid19](https://etfo.ca/link/covid19)

