

October 9, 2025

To the parents of Grade 4 and 5 students

Subject: "Stay Safe" Virtual Course
Canadian Red Cross

We are pleased to announce that the virtual "**Stay Safe**" course will be offered to students at your child's school **on the Ped day of November 6**. This course is designed to **prepare young people to safely stay home alone**. Your child will receive the *Stay Safe* manual and a Canadian Red Cross certificate.

General information

Date Thursday, November 6, 2025
Time : 9 a.m. to 2 p.m. (lunch 11-12)
Location: **AT HOME** (via Zoom)
Cost: 49,99\$ plus taxes

Course completion requirements

Age : 9 years and older
Behavior: Must demonstrate responsibility/maturity
Attendance: 100% attendance is required

Topics Covered :

- The importance of taking responsibility and staying safe at home
- How to prepare for and respond to unexpected situations (strangers, surprise visitors)
- Basic first aid techniques

Required Materials :

- Access to a computer or tablet with Internet, camera, and microphone
- Pencils and colored pencils, including a highlighter
- A marker
- Their manual (will be given at school or sent by mail)

*** **Note:** A responsible person must be present in the home to ensure the participant's safety.

Registration :

BEFORE OCTOBER 19

1) ONLINE at www.mebformations.ca 49,99\$, Payment by Visa, Mastercard, or prepaid card.

Go to cours jeunesse en ligne and select Cours Prêts à rester seuls virtuels

Then select the date of your choice:

Option 1: Ped day – November 6, 9:00 AM to 2:00 PM (lunch 11–12)

Option 2: Saturday, November 1 and Sunday, November 2, from 12:30 PM to 2:30 PM - French Course

Other weekend dates are also available if you cannot be home with your child on the Ped day.

Spaces are limited to a first-come, first-served basis.

You will receive a confirmation by email. **No refunds, rescheduling, or date changes in case of cancellation.**

MEB Formations, Training Partner of the Canadian Red Cross

www.mebformations.ca, info@mebformations.ca