

Community Connections – April 20, 2021



Good Morning:

Please feel free to pass this information on to anyone who might be interested.

You can find all of the past editions on Niagara Knowledge Exchange by [Clicking Here](#)

Also, please let us know if there is anything you have found that has inspired you and we will share in future newsletters

SAVE THE DATE

**And plan to attend the first annual
SEESAW & NCPC
Community Connections Conference
October 4 to 15, 2021.
Details coming soon...**

And the winners are. . . .

*Congratulations to the following individuals who participated in our **Anniversary 1st year Giveaway:***

- *Sarah Ragozins*
- *Royanne McRae*
- *Jillian Lowel*
- *Meghan Kiss*
- *Susan Robbins*



Spotlight idea: CMHA Mental Health Week May 3-9,2021



#MentalHealthWeek is just around the corner! Are you ready to #GetReal? Download the toolkit at www.mentalhealthweek.ca

La #SemaineDeLaSantéMentale s'en vient! Êtes-vous prêts à #ParlerPourVrai? Téléchargez la trousse d'outils à semainesantementale.ca

Canadian Mental Health Association: [Click here](#) for self-care myths and facts. To help you carve out time for self-care, and to help you make yourself a priority, [Click here](#) for a printable guide.

Association canadienne pour la santé mentale: [Cliquez ici](#) pour mythes et faits sur l'autogestion de la santé. Nous avons développé un guide à imprimer qui vous aidera à vous réserver du temps pour prendre soin de vous-mêmes et à faire de vous une priorité. [Téléchargez-le ici.](#)

Mental Health & Addictions Access Line: Are you looking for help with mental health or addiction but don't know where to start? Access Line matches you with the support you need from services across Niagara. They provide confidential, free help 24 / 7. [Click here](#) to visit their website to learn more about their services.

Bounce Back: BounceBack® is a free skill-building program managed by the Canadian Mental Health Association (CMHA). It is designed to help adults and youth 15+ manage low mood, mild to moderate depression and anxiety, stress or worry. Much of the program is self directed and includes a variety of videos and workbooks but telephone support is also available. [Click here](#) to learn more

Brock University: [Click here](#) to register for the free "Perspectives on Mental Health" an interdisciplinary virtual symposium. Join in on April 27th to hear about research and activities happening across the University related to the theme of mental health.

Scouts Canada: The Guide to Resilient Children: [Click here](#) to discover the five pillars of resiliency as well as age appropriate resiliency goals.

Niagara Region Mental Well-Being [Click here](#) for mental health tool kits, training opportunities, online tools and other resources.

Pathstone Mental Health: [Click here](#) to access mental health care for your child today that will prepare them for tomorrow.

Pathstone santé mentale: [Cliquez ici](#) pour des soins de santé mentale pour votre enfant aujourd'hui le prépare pour l'avenir

The Importance of Early Childhood Educator Mental Health & Well-Being: A guide to supporting educators: Research tells us that children are affected by how their educators view themselves and that children are at the greatest risk when the people caring for them are experiencing persistent and severe adversities. [Click here](#) to view the College of ECE support resource.

Fiche de conseils Bounce Back Covid 19: [Cliquez ici](#) pour choses que vous pouvez faire dès maintenant pour réduire les inquiétudes, l'anxiété et le stress liés à la COVID-19

Bounce Back Covid 19 Tip Sheet: [Click here](#) for things you can do right now to reduce anxiety, 10 stress, worry related to COVID-19.

Check out these Local Activities and Resources:

Centre de santé: [Cliquez ici](#) pour les activités et plus d'informations

EarlyON: even though still closed, educators continue to provide fun activities for children, and links to community resources for parents / caregivers through daily Facebook posts. [Click here](#) to access the virtual EarlyON Facebook locations.

ON y va: Les centres pour l'enfance et la famille ON y va offrent toujours des services de soutien virtuel. [Cliquez ici](#) pour accéder aux emplacements virtuels de On y va sur Facebook.

Carousel Kids Online: Niagara's beloved Carousel Players Theatre Company have created an on-line activity space for kids. [Click here](#) to find games, crafts, sing-a-long songs, colouring pages and more.

Brock Healthy Youth Project (BHYP) is a community-wide effort to understand how we can collaboratively promote healthy lifestyle choices among youth. Their year 3 infographics are a snapshot of some of what is going on with youth today. The youth included in this project are from ages 9 to 16 and information on a variety of topics is shared as an infographic that includes helpful resources. This information is great for parents, teachers and future planning. [Click here](#) to view all of the infographics.

Collège Boréal: [Cliquez ici](#) Le Collège Boréal reconnaît que poursuivre des études c'est une décision personnelle et chaque situation est unique. Pour ces raisons, Boréal vous offre nombreux programmes et modes de livraison qui répondent à vos besoins de formation. Temps plein, temps partiel, en ligne ou en personne. Boréal est ici pour vous

Y @ Home: The YMCA of Niagara continues to offer great on-line resources to help you cope while the stay at home order is in effect. [Click here](#) for fitness, family and wellness activities all free of charge.

Niagara Community Garden Network [Click Here](#) to find information for your family whether you are new to gardening or have a green thumb, these resources will help you be successful from planting to harvest.

Links for Greener Learning Virtual Earth Week Celebrations: Links for Greener learning have moved all of their Earth Week celebrations on-line so everyone can be part of the virtual activities. [Click here](#) to participate and learn more about how to help our earth.

Activities and Supports for you, your clients and families:

Star Talk: [Click here](#) for videos and podcasts from Neil de Grasse Tyson on space and the stars.

NASA Space Place: [Click here](#) for earth and space science activities to do at home.

Life is Good: Something good for Kids [Click here](#) for fun activities to support children's physical, social and emotional development.

Toronto LEGO® Land: Building with LEGO® is more fun when you build as a family! [Click here](#) for a few tips on how to get started building with your child.

Online Resources for Science at Home: [Click here](#) to explore new spaces through our virtual tours, or visit digital exhibitions through Ingenium's partnership with Google Arts & Culture.

Ressources en ligne pour la science chez soi: [Cliquez ici](#) pour découvrez de nouveaux espaces à l'aide de nos visites virtuelles ou visitez des expositions numériques grâce au partenariat d'Ingenium avec Google Arts & Culture.

Take your children on a Virtual Trip to the Museum:

- Canada Agriculture and Food Museum: [Click here](#)
- Le Musée de l'agriculture et de l'alimentation du Canada: [Cliquez ici](#)
- Canada Aviation and Space Museum: [Click Here](#)
- Le Musée de l'aviation et de l'espace du Canada: [Cliquez ici](#)
- Canada Science and Technology Museum: [Click here](#)
- Le Musée des sciences et de la technologie du Canada: [Cliquez ici](#)
- Royal Ontario Museum: [Click Here](#)

- Le Musée royal de l'Ontario: [Cliquez ici](#)
- CN Tower at home: [Click Here](#)
- La tour CN à la maison: [Cliquez ici](#)
- Canadian Museum for Human Rights: [Click Here](#)
- Musée canadien pour les droits de la personne: [Cliquez ici](#)

Stay Active Outdoors:

Active for Life – Outdoor Play: The Active for Life website is a great Canadian resource that is full of ideas to keep all members of your family healthy and active. They have one section dedicated to Outdoor Play that includes ideas on how to get kids moving more at any age plus play ideas for the woods, the playground and so much more. [Click here](#) to check out the site

Actif pour la vie: L'éducation physique mène à la littératie physique qui est essentielle au développement de l'enfant. [Cliquez ici](#) pour les activités répertoriées ici par catégorie d'âge et de sexe.

Safe Indoor and Outdoor Activities for Families: Looking for some fresh inspiration and new ideas of activities to do with your family? [Click here](#) to visit The Centre for Discovery's article that provides lots of great ideas for safe family activities including a list of outdoor ideas.

Ten Nature Activities: The Children & Nature Network have a great list of ten nature activities that families can do together during a pandemic. My favourite suggestion is to "give a book that inspires an outdoor adventure!" [Click here](#) to check out all ten ideas.

Activités pour découvrir la nature: Le beau temps est enfin de retour! Nous convenons tous que nous devons en tirer le meilleur parti! Le plein air offre une multitude d'occasions aux enfants d'apprendre une variété de choses. [Cliquez ici](#) pour une liste de 10 activités qui familiariseront les enfants avec la nature qui les entoure.

Geocaching – an Outdoor Treasure Hunt: Geocaching is a great outdoor activity for families that requires physical activity to track down geocaches hidden all around your area. Learn more about Geocaching including how to get started by [clicking here](#). You can even create your own geocache to hide within Niagara Parks, [click here](#) to learn more.

Géocaching: [Cliquez ici](#) pour rejoignez la plus grande chasse au trésor au monde. Il y a 3 282 géocaches autour de Thorold. Pour démarrer, créez un compte Géocaching gratuit, puis téléchargez l'application officielle Geocaching® ou servez-vous d'un GPS.

Stay up-to-date:

"Playgrounds will remain open, in Niagara. Please remember while the risk of transmission outdoors is lower than indoors, it's not zero. Keep 2 metres away from those you don't live with, wear a mask if you can't, and stay home if you don't feel well."~ Niagara Region Public Health

Ontario's vaccine distribution implementation plan: [Click here](#) to learn about Ontario's Vaccine Distribution Implementation Plan.

Plan de mise en œuvre de la distribution des vaccins de l'Ontario: [Cliquez ici](#) et en savoir plus sur le Plan de mise en œuvre de la distribution des vaccins de l'Ontario.

COVID-19 response framework: keeping Ontario safe and open: Read how we're keeping Ontario safe and open, including regional health measures and sector-specific public health and workplace safety measures. [Click Here](#)

Cadre d'intervention pour la COVID-19 : Garder l'Ontario en sécurité et ouvert: Apprenez comment nous gardons l'Ontario en sécurité et ouvert, notamment au moyen de mesures de santé régionales et de mesures de santé publique et de sécurité au travail propres à chaque secteur. [Cliquez ici](#)

Niagara Health: The arrival of the first doses of the COVID-19 vaccine in the Niagara region is imminent. We are proud to work with our community partners to deliver the first doses of the vaccine in the Niagara region. [Click here](#) to learn more.

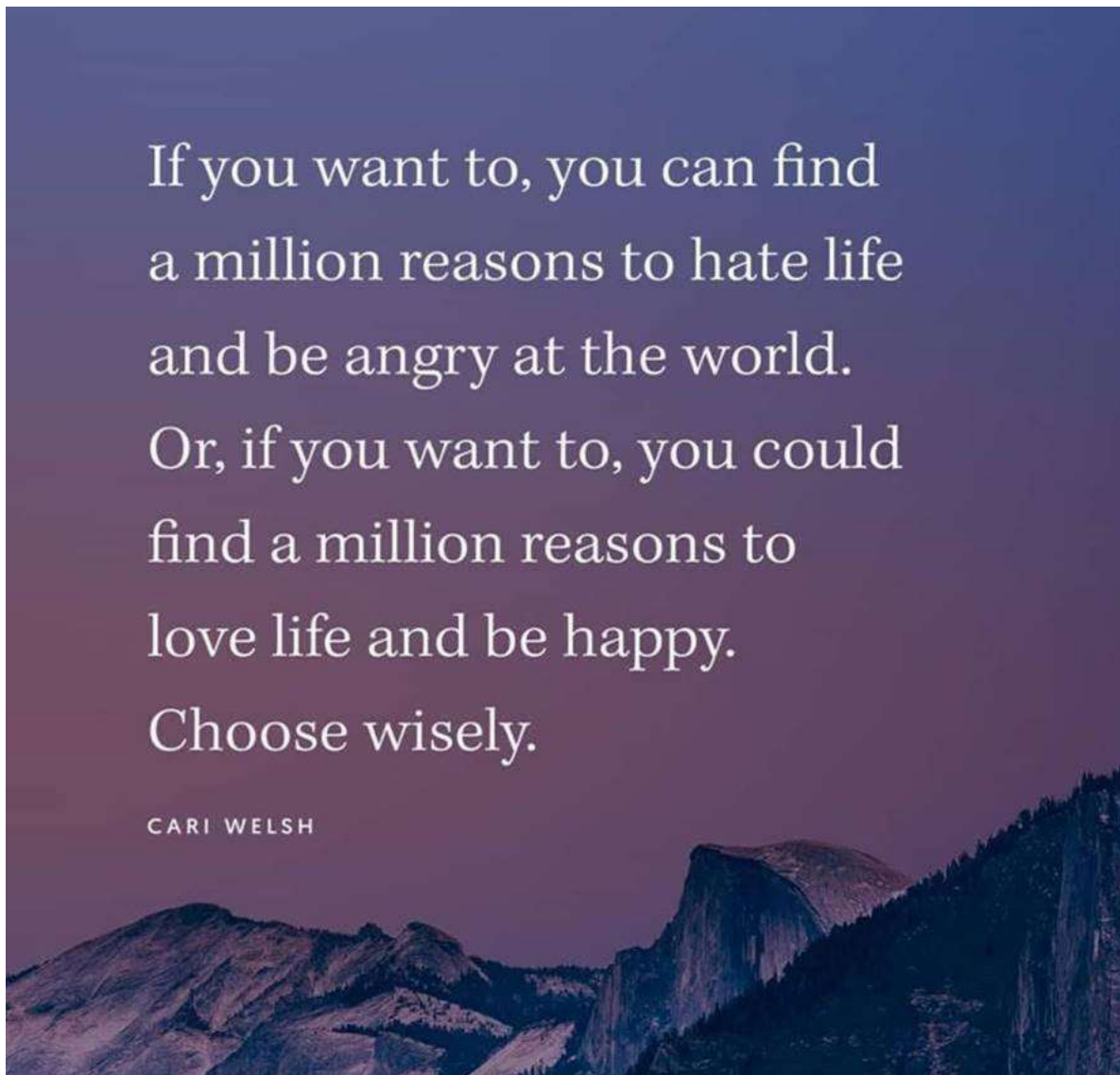
Niagara Health: L'arrivée des premières doses du vaccin contre la COVID-19 dans la région de Niagara est imminente. Nous sommes fiers de collaborer avec nos partenaires communautaires pour administrer les premières doses du vaccin dans la région de Niagara. [Cliquez ici](#) pour en savoir plus.

Ontario Government Covid-19 Update Page: [Click Here](#) (this site has the information available in many other languages)

Mise à jour Covid-19 du gouvernement de l'Ontario: [Cliquez ici](#)

Health Canada Covid-19 Update Page: [Click here](#)

Gouvernement du Canada - Maladie à coronavirus (COVID-19): [Cliquez ici](#)



We would like to apologize if you received multiple copies of this email. We are trying to reach out to as many early years educators and staff as possible. Please share with all of your staff, clients, families or anyone who is not on this email list.

Take Care and Stay Healthy

Karen & Sharon

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HOW TO SAFELY WEAR A FACE COVERING



Wearing a face covering for essential trips, even if you have no symptoms, is an additional measure that you can take to protect others around you.

- ✓ Clean your hands before putting in on and taking it off
- ✓ Wash your cloth face covering in the laundry
- ✓ Make sure it fits. It should cover your mouth and nose.
- ✓ Continue to stay two metres (six feet) away from others
- ✓ Keep your hands away from your face while wearing a face covering
- ✓ Clean surfaces that a dirty face covering touches

Save the medical-grade masks for health care professionals.

Novel Coronavirus (COVID-19) Info-Line 905-688-8248 press 7, then press 2 Toll-free: 1-888-505-6074

niagararegion.ca/health

Niagara  Region