

Community Connections

– August 18



Good morning!

When we started this back in March as a way to stay connected during unsettled times, we never figured we would have gone through so many changes to our system, our Region, our Country and the world! As things begin to reopen, we want to remain connected to you and our community. Supporting each other and sharing resources will help all of us and the families that we work with.

We will continue to share information and resources that are inspiring us. As always, 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.



Spotlight Activity: Explore Niagara

As summer starts to wind down and back-to-school looms in the horizon, why not take this chance to visit your local parks and recreation areas. Here are a few to get you started on your adventure. *be sure to check for facilities and amenities available due to Covid-19 restrictions.

Balls Falls Nature Park: walk along the hiking trails and stop for a visit at the falls. [Click Here](#)

Beamer Memorial Park: Take a hike to the Beamer Falls [Click Here](#)

Brock's Monument: [Click Here](#) Go on a self-guided tour of the Battle of Queenston Heights, then climb to the top for a magnificent view

Bruce Trail: [Click here](#) The Niagara Section of the Bruce Trail goes from Queenston to Grimsby. The southern terminus of the Bruce Trail is located at the stone cairn in Queenston Heights Park, close to the carpark at the Niagara Parkway entrance. The trail follows along the Niagara Escarpment, affording the user a variety of special interest side trails and spectacular scenery and outlooks. Including side trails, there are more than 130km of hiking trails associated with the Niagara Section.

Free Family Activities in Niagara Falls: [Click here](#) to read about all of the free family activities that are available to enjoy in Niagara Falls

Friendship Trail: go for a hike or bike ride on the family friendly trail along Lake Erie. [Click Here](#)

Nelles Manor Museum: Travel back in time in the newly opened museum [Click Here](#)

Niagara Falls Attractions: [Click Here](#) to find out what popular tourist attractions are open this summer.

Niagara Freedom Trail: [Click Here](#) to find local highlights of a little-known part of Black history

Niagara-on-the-Lake Museum: discover the unique stories of historic Niagara-on-the-Lake [Click Here](#)

Niagara Parkway: Take your family for a drive along the Niagara River from Fort Erie to Niagara-on-the-Lake. [Click Here](#)

Ontario Live: [Click Here](#) for a virtual marketplace that brings Ontario together to help support local artists, operators, attractions and businesses throughout the province. Or [Click Here for Facebook](#) ; [Click Here for Instagram](#) and [Click Here for Twitter](#) updates.

Port Colborne Family Fun: [Click here](#) to learn about all of the fun things to discover and explore in Port Colborne along the lake and the canal

Shorthills Provincial Park: Take a hike on the trail. [Click Here](#)

St. Catharines Museum: check out local history. [Click Here](#)

Thorold Trails: Check out the many bicycle and walking trails in Thorold. [Click Here](#)

Welland Canal: Go for a drive to explore the ships and history of the world famous Welland Canal [Click Here](#)

Stay up-to-date:

"With fewer government mandated restrictions on business to slow the spread of infection, the balance has shifted to each of us as citizens to take responsibility for slowing the spread of COVID-19. More than ever, we all need to keep two metres distance from each other, to wash or sanitize our hands frequently, to wear face coverings when we can't keep a 2 metre distance, whether indoors or outdoors, and monitor our health for any symptoms of illness so we can be tested if we do get sick."

~ Dr. Hirji, Niagara Region Acting Medical Officer of Health

Going out safely during COVID-19: Your actions matter. Make informed choices to keep yourself and others safe. [Click Here](#) or [Download in PDF format](#)

Sortez en toute sécurité durant COVID-19: Vos actions comptent – faites des choix éclairés pour assurer votre sécurité et celle des autres. [Cliquez ici](#) ou [Télécharger en format PDF](#)

Niagara Region Public Health Daily Covid-19 Updates: [Click Here](#)

Niagara Region Community Resources: *is working with the community to ensure residents are connected to resources, services, programs and support during the COVID-19 pandemic.* [Click Here](#)

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](#)

Supports for you, your clients and families:

Bethesda: [Click Here](#) to find copies of Tip Sheets and on-line training opportunities

Nutrition Connections: [Click Here](#) for a list of COVID-19 related resources around nutrition and healthy eating that could be helpful during these unusual times

CMHA Niagara Facebook: [Click Here](#) to check their posts on mental health. Watch a virtual classroom of activities to support mental health and wellbeing.

Youth focused mental health resources hub [Click Here](#)

Le carrefour aux ressources en santé mentale des jeunes de la COVID-19 [Cliquez ici](#)

Autism Ontario: [Click Here](#) for a list of resources by category that can help all families manage during this pandemic.

[Cliquez ici](#) pour liste des ressources pour nous aider à travers COVID-19

Check out these Locally Sourced resources and activities:

Check out all the activities in our [Spotlight Activity Section](#)

Things to do to keep you and your children busy:

Free Video Read-Along Storybooks: the Canadian Centre for Child Protection provides free video books. Just [Click Here](#)

The MEHRIT Centre Ltd. [Click Here](#) **What is Self-Reg all about?** Shanker Self-Reg® is a process for enhancing self-regulation by understanding and dealing with stress. In Self-Reg it considers both our responses to stress and our underlying state of energy and tension when we encounter a stress.

Childs Play: The fun isn't over even though you finished the book! [Click Here](#) to view printable activity sheets!

Play and Learn: [Click Here](#) Try activities brought to you by experts in child development at McMaster University and The University of Toronto

Jouez et apprenez: [Cliquez ici](#) Essayez des activités approuvées par des experts en développement de l'enfant de l'Université McMaster et l'Université de Toronto

Cool Shark Facts Kids will Love: Did you know that sharks don't chew their food. They swallow it whole. Some sharks can go a month or more without eating! [Click Here](#) to get more fun shark facts.

KidsAbility: [Click Here](#) for fun arts & crafts, cooking, games, music & movement and virtual tours.

Having a Picnic? [Click Here](#) for tips on how to safely host a picnic gathering this summer

Virtual Field Trips: [Click Here](#) From zoos to museums, landmarks to famous wonders of the world, with these virtual field trips for kids, your children can explore the world right from the living room couch!



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

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