

# Community Connections

## – July 28



### ***Good morning!***

*During these uncertain times, we want to stay connected to you and our community, supporting each other and sharing resources will help all of us and the families that we work with. Below you will find information and resources that are inspiring us – please feel free to pass this information on to anyone who might be interested. Also, please let us know if there is anything you have found that has **inspired you** and we will share in future newsletters.*

WEAR A MASK



### **Spotlight Announcement: Niagara Regional Council adopts mandatory mask by-law to combat the spread of COVID-19**

In an effort to slow the spread of COVID-19, Niagara Regional Council has approved a by-law making it mandatory to wear a face covering or non-medical mask in enclosed public places.

The by-law comes into effect at 12:01 a.m. on July 31, 2020 and will remain in effect until Oct. 1, 2020 unless extended by Regional Council. [Click Here](#) to learn more about the bylaw.

*"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, Acting Medical Officer of Health*

## RIGHT WAY TO WEAR FABRIC MASKS



The mask must be well-fitted, covers both your mouth and nose and still lets you breathe

When wearing a mask, do not touch the mask or pull it off then pull it on again



When taking off the mask, use two fingers to lift it off your face, do not touch the fabric

Put your used masks in a sealed bag, wash them daily using soap for later use



Wash your hands regularly to prevent contact with viruses

[Click here](#) for easy instructions on how to make your own mask both sewing and no-sew options

If you would prefer to purchase a fabric reusable mask, most businesses are now selling a wide variety of colours and fabrics. One option to consider is the social enterprise Eco-Chic 3R's Boutique, they offer well-made fabric masks for \$5 each and each purchase supports the New Canadians who create them. They also indicate on their Facebook page that if you are unable to afford to purchase a mask, to please contact them for assistance. [Click here](#) to learn more

## Stay up-to-date:

Want the latest Covid-19 information from Canada, Ontario and Niagara? Be sure to get your information from dependable sites: (**Facebook Friends are NOT reliable information sources**)

**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](#) français: [Cliquez ici](#) (this site has the information available in many other languages)

**Health Canada Covid-19 Update Page:** [Click here](#) français: [Cliquez ici](#)

**Niagara Parents Resources for Parents during Covid-19.** [Click here](#) to visit their page for up to date resources and assistance.

## Supports for you, your clients and families:

**Anxiety Canada:** Struggling to cope during these uncertain times? Anxiety Canada has tools, tips and resources to help understand and manage your feelings of anxiety. [Click Here](#)

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

**Social Narrative Book: Coronavirus COVID-19** [Click here](#) to create your own social narrative book for your child. Created in honest simple terms to educate without scaring your child. Use the code "STAYSAFE" to access it free of charge.

**Stronger Minds by BEACON** [Click Here](#) for a free digital program for all Canadians – to support your mental well-being through the COVID-19. Français: [Cliquez ici](#)

**The Toronto Hospital for Sick Children:** [Click Here](#) for resources on COVID-19 and how to help you cope. There are resources on how to support your child's mental health and general wellbeing through physical activity, sleep, nutrition and learning. Also included are videos and audio meditations to help you cope with stressful thoughts and experiences that occur throughout your day. Français: [Cliquez ici](#)

**World Health Organization:** [Click Here](#) for support to parents and projects that will engage children in understanding the coronavirus, the challenges it brings to their world and what can be done to protect them. This is updated regularly so check back. *Français:* [Cliquez ici](#) also available in many other languages

## Check out these Locally Sourced resources and activities:

**Niagara Region Covid Response:** With constant updates related to the COVID-19 pandemic, keeping on top of all the information available can be overwhelming, especially when you are also trying to run a business. Niagara Region's Economic Development team has been combing through the information available online and has curated some resources we think will be most useful for small business owners. [Click Here](#)

### **First Ontario Performing Arts Centre - #NiagaraPerforms Live**

The FirstOntario PAC's new online series will feature LIVE concerts from Niagara musicians every Sunday at 7pm and content from community partners every Thursday at 7pm. Performances will be available for FREE viewing through the FirstOntario Performing Arts Centre's website, Facebook and YouTube channels. [Click here](#) to see the upcoming schedule

### **Not at the Museum Thursdays**

The Niagara Falls Museum continues to offer "Not @ The Museum Thursdays – virtual programming for kids and adults. [Click here](#) to see the upcoming Thursday schedule.

### **St. Catharines Museum & Welland Canals Centre**

Virtual programming is on hold for the summer but there is still lots to do on the St. Catharines Museum & Welland Canals Centre website and social media. [Click here](#) to learn more and to connect to their activities and exhibits.

### **Welland Museum Virtual Tours**

The Welland Museum is taking everyone on a series of virtual tours to view parts of Welland and Pelham that might go unnoticed. [Click here](#) to visit their Facebook page and participate in a Virtual Mural Tour or their City Limits Tour.

## Things to do to keep you and your children busy while you are at home:

**How do you measure 6 feet** so that you are maintaining the correct social distance? Forget the tape measure and [click here](#) to learn some fun measurement options. Alternatively, do you have an extra hockey stick around the house? [Click here](#) to learn how a hockey stick can help maintain social distance and be a useful coronavirus tool!

**Window on the World:** Travelling pretty much anywhere is not an option this summer but [click here](#) to enjoy a peek out of a window in countries around the world.

**Mackin “distance learning essentials”** [Click here](#) to see how they have opened up their resources and are offering e-books, reference point digital database and Lightbox subscription all free of charge!

**Literacy Concordia:** Are you looking for more reading material for young children? [Click here](#) to find e-books, literacy supports plus parent and teacher resources all free. *Français:* [Cliquez ici](#)

**Dieticians of Canada** have provided an informative article about nutrition and dietary issues related to Covid. [Click here](#) to visit their website with lots of other articles about food and the science behind it.

**DecouvrezLesAliments:** [Cliquez ici](#) pour conseils pour le public au sujet de la COVID-19 / du coronavirus

**Sandra Boynton:** If you are a fan of “Barnyard Dance” or any of Sandra Boynton’s fun children’s books then this break is for you. [Click here](#) to check out her Twitter feed for great pictures and fun holiday reminders – National Fudge Day anyone?

**Today’s Parent** publishes a great Canadian magazine and their website has lots of great content on everything from Covid to back to school to crafts and fun ideas. [Click Here](#) to check out all that this Canadian website has to offer.

**Social Thinking:** [Click Here](#) for free activities, read-a-loud books and more to help your child become a better listener and therefore improve their Self-regulation, Social-emotional learning, Executive functioning, Perspective taking, and Social problem solving. Updated weekly



*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*

Children's Services  
Niagara Region  
PO Box 344  
1815 Sir Isaac Brock Way  
Thorold, ON  
L2V 3Z3

[Karen.schmidt@niagararegion.ca](mailto:Karen.schmidt@niagararegion.ca)

[Sharon.milne@niagararegion.ca](mailto:Sharon.milne@niagararegion.ca)

**WEAR A MASK SAVE A LIFE**

Together we can help slow the spread of COVID-19

