

# Community Connections – September 22



NIAGARA  
CHILDREN'S  
PLANNING COUNCIL



*True optimism is  
facing the reality of  
your life and still  
having hope*

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## **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 has helped all of us and the families that we work with. We appreciate all of the positive feedback we have received.*

*We will continue to share information and resources that are inspiring us. However, we will be making some tweaks and changes to better support programs and support you as you return to “normal” One change will be that we will publish the newsletter every two weeks instead of weekly.*

*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:



Telling Tales is excited to share with families an all-star line-up of virtual programming. Join your favourite authors, illustrators and storytellers that will share their stories and engage audiences from our own backyard to across the world. When stories connect us, there are no limits to where we can go!

### **Telling Tales Main Event**

- Sept 20 - 10 am [Kindness and Caring](#) (Ages 4-8)
- Sept 20 - 11 am [Storytelling Picnic](#) (Ages 4-8)
- Sept 20 - 12 am [Family, Friends and Neighbours](#) (Ages 4-8)
- Sept 22 - 11 am [Shocking Science and Fab Facts](#) (Ages 8-12)
- Sept 23 - 11 am [Twists & Turns – Secrets of Great Plots](#) (Ages 8-12)
- Sept 24 - 11 am [Telling Your Story](#) (Ages 8-12)

### **Nature Tales**

- Oct 3 - 10 am [Land and Water](#) (Ages 4-8)
- Oct 4 - 10 am [Earth and Sky](#) (Ages 4-8)

### **Telling Tales @Home**

- Oct 8 - 8 pm [CANSCAIP Children's Book Talk](#) (Ages 12+)

### **Imagination Station Workshops**

- Oct 22 - 7 pm [Scare Me, How to write scary stuff.](#) (Ages 8-12)
- Nov 11 - 7 pm [History and Mystery](#) (Ages 8-12)
- Nov 19 - 7 pm [Do the Write Thing](#) (Ages 12-18)
- Dec 3 - 6 pm [Let's Draw](#) (Ages 4-8)

# Check out these Locally Sourced resources and activities:

## Fall and Winter Recreation & Leisure Guides

- **Port Colborne:** fall issue is not yet available on-line, [check here](#) for updates
- **Thorold:** [click here](#) for an event calendar on-line,
- **City of St. Catharines:** [click here](#) for the Fall and Winter guide
- **City of Welland:** [click here](#) for the Fall and Winter guide
- **West Lincoln:** produces one Recreation & Municipal Guide annually [click here](#) for links to drop-in programs and other local opportunities
- **Township of Wainfleet:** no published leisure guide but [click here](#) for the Community Calendar that includes Community events, and [click here](#) for listings of recreation options
- **Town of Lincoln:** [Click Here](#) for the Fall and Winter guide
- **Niagara On The Lake:** [Click Here](#) for the Fall and Winter guide
- **Pelham:** Due to COVID-19 the Town of Pelham has opted not to publish a community guide for the fall/winter of 2020/2021. Updates and announcements to program can be found on the website, social media, and local newspaper advertising. [Click here](#)
- **Fort Erie:** fall issue is not yet available on-line, [click here](#) for updates
- **Grimsby:** fall issue is not yet available on-line, [click here](#) for updates
- **Niagara Falls:** going digital but not available yet, [Click here](#) for updates

**City of St. Catharines Culture Days:** In 2020 this annual event has been expanded to one month – September 25 to October 25 - activities will be led either online or in-person with social distancing and enhanced cleaning considerations. Participants will have the opportunity to get creative, get messy, engage with performances, make art and experience culture! [Click here](#) to view the schedule of activities.

**Carousel Players Puppet Show:** Hurry – registration closes September 22<sup>nd</sup>. [Click Here](#) to register and get your puppet for the September 26<sup>th</sup> event.

**Mad Science:** Virtual Science Clubs allow you to do Mad Science from the comfort and safety of your home. [Click Here](#) for science club registration. Spaces are limited so register today.

**Pathstone offering In-Person or Video Counselling:** Youth and families have the option of making an appointment for an in-person session at any of Pathstone's eight walk-in clinics across the region, or, starting today, opting for a video-counselling session. Either way an appointment can be made by calling their toll free line at 1-800-263-4944.

**Back to School & COVID-19:** School Mental Health Ontario has put together tips and resources to help support student mental health as they head back to school – to view their information, [click here](#). They also offer a wealth of additional resources and links on their twitter feed, [click here](#) to view

**Victoria Lawn Cemetery History Tour** – The very popular annual Victoria Lawn Cemetery Historical Tours are adapting and going on-line this year. [Click here](#) to learn more including how to register. There is no cost to sign up but donations to the St. Catharines Museum are encouraged.

**Niagara Falls Museum:** [Click Here](#) to check out all of the interesting and historic activities at the museum. You can visit the museum virtually and now in person.

**Niagara Falls Public Library – Free Fall Programming:** The Niagara Falls Public Library will have free programming for September, October and November all details are now up on their website. [Click here](#) for all of the options and registration details.

## Activities and Supports for you, your clients and families:

**“Baby’s Sleep” on-line Parenting Course:** [Click Here](#) for parents with infants six to 12 months of age. Parents and caregivers will learn tips on healthy sleep for their babies and the class is led by a public health nurse. Baby's Sleep will: Customize an individualized sleep plan for you and your baby Help you set up a positive sleep environment; Teach you the importance of consistently responding to your baby; Teach you about your baby's sleep cycle; Provide practical tips to help the whole family get more sleep; and Offer one-on-one telephone support following your class.

**Mask etiquette for kids:** Allie Weber from Myth Busters Junior talks to your kids about wearing your reusable mask at school. [Click Here](#) for a fun and informative YouTube video to share with your kids.

**Children’s Mental Health Ontario** understands that this is a very stressful time for parents and children as they head back to school. In an effort to help alleviate some of the stress and provide some tools to help everyone manage their stress, they have created a **Back to School Mental Health Kit** – [click here](#) to explore this Kit

**McMaster Children’s Hospital Back to School Kit:** The staff at McMaster Children’s Hospital have created a great video series that covers almost every topic that is of interest to parents and children as they head back to school, both virtually and in-person. [Click here](#) to view these videos or to explore the additional resources on the site.

**CAA Canadian Bingo:** [Click here](#) to download a Canadian Bingo game for you and your family to play together

**Lysol: Teaching Healthy Habits:** [Click Here](#) for Healthy Habits lesson plans that are fun, easy to teach, and will help your young students learn the importance of basic hygiene practices

**The Great Trail of Canada:** This trail winds its way across Canada and includes Niagara Region. [Click here](#) to discover the local trails, history and stories about the trails as well as local connections for more details. Autumn is a great season to get outside and walking or hiking allows you to maintain a safe social distance. Plan your walk on the Great Trail today!

**We Got This with Dr. Jean Clinton:** [Click here](#) to check out her YouTube channel for some uplifting and educational videos dealing with topics such as Going Back to School or Celebrating the Learning that has been happening.

**Orange Shirt Day Resources:** September 30<sup>th</sup> is Orange Shirt Day, the day when we honour the Indigenous children who were sent away to residential schools in Canada and learn more about the history of those schools. CBC Kids has resources for Orange Shirt Day including why we wear orange shirts, [click here](#) to visit their site. Medicine Wheel Education is releasing a series of videos about Orange Shirt Day, will be releasing a new book and offers free printable downloads, [click here](#) to visit their site. **Spirit Bear has written a children's book - "Guide to the Truth and Reconciliation Commission of Canada Calls to Action"** that explains what people living in Canada can do to help fix the mistakes of the past and present so that all children – including First Nations, Métis, and Inuit children – can grow up happy, healthy, safe, and proud of who they are. [Click here](#) to download a free copy.

**Crayola Canada** has a wealth of ideas and activities to do at home. From colouring sheets to DIY craft ideas, there is lots here to keep everyone busy. [Click here](#) to view all of their colourful ideas,

**City of Toronto Puzzles:** [Click here](#) for digital puzzles of Toronto city.

## 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](#)





*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)

