

# Community Connections

## – September 1



### ***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: Cooking with Kids and Healthy Meal and Snack Ideas

The new school year is around the corner, and it may look different from usual. Whether you are packing lunches and snacks for school or eating at home, involve your kids in planning and preparation. This helps them develop important food skills and healthy eating habits that will last a lifetime. Try these ideas



- Let them choose. Sit down together and make a list of different meals and snacks your kids enjoy. Make sure the list includes a variety of vegetables, fruits, whole grain foods and protein foods.
- Assign a task. Young kids can wash vegetables and fruits. Older kids can assemble their own meals and snacks.
- Try new recipes together. Swap kid-friendly recipes with friends or find recipes online. Let your kids choose ones that look good to them.
- Encourage learning. Talk to your kids about what makes a healthy meal.

Teaching kids skills like reading a recipe, writing grocery lists, measuring ingredients and food preparation supports their learning of math, reading, writing and science!

**UnlockFood:** Check out these 100+ kid friendly recipes developed by dieticians [Click Here](#) and read Cooking with Kids [Click Here](#)

**Decouvrez Les Aliments:** Cuisiner avec les enfants: [Cliquez ici](#) et [Cliquez ici](#) pour recettes gagnantes qui plaisent aux enfants

**Lunch at Home?** [Click Here](#) for an article from Huffpost on what to serve your children for lunch while learning from home.

**Canada Food Guide:** [Click Here](#) Involving kids in planning and preparing meals teaches them food skills and the importance of healthy eating.

**Guide Alimentaire Canadien:** [Cliquez ici](#) Faire participer les enfants à la planification et à la préparation des repas leur permet d'acquérir des compétences alimentaires tout en découvrant l'importance d'une alimentation saine.

**Growing Chefs! Ontario:** [Click Here](#) to join a free virtual Kids Cooking Class.

**Dairy Farmers of Canada:** Encouraging your children to help with meal prep is an excellent way of getting them interested in new foods and flavours, all while helping them develop their independence. [Click Here](#)

**Les Producteurs Laitiers du Canada:** Encourager vos enfants à participer à la préparation des repas est une excellente façon de les intéresser à de nouvelles saveurs et nouveaux aliments, tout en développant leur autonomie [Cliquez ici](#)

## 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:

**Child not want to wear mask?** [Click Here](#) for expert on how you can make the new rules for school a little easier.

**Niagara Parents:** Have a question for a Public Health nurse? [Click Here](#) for Facebook pages or [Click Here](#) for Twitter feed, or [Click Here](#) to access the chat line.

**College of ECE: College Talk:** [Click Here](#) to check out information on making connections while wearing masks and other timely advice from RECE's during Covid. **Français -** [Cliquez ici](#)

**Playworks:** Focuses on the power of play for kids. Recognizing that play is going to look different as they head back to school, Playworks has released their **School Re-Opening Workbook** free of charge – [click here](#) to learn more

## Check out these Locally Sourced resources and activities:

**Niagara Falls:** [Click Here](#) for free things to do around the world famous natural wonder.

**Centre de Sante:** [Cliquez ici](#) pour services et activités. [Cliquez ici](#) pour ON y va Centre pour l'enfant et la famille. [Cliquez ici](#) pour la page Facebook

**Grimsby Library Authors Series:** Unfortunately the very popular Grimsby Library's Authors Series won't be happening in person this fall but the good news is that they are moving it to a virtual format and it is free of charge. [Click here](#) to register for the September session featuring Emma Donaghue and Helen Humphreys.

**Niagara Falls Library:** [Click Here](#) for activities and virtual ideas on their Facebook page.

**St Catherine's Library** has lots of great ideas and multiple ways to connect with them: [Click Here](#) for their Virtual Library; [Click Here](#) for the Facebook page; [Click Here](#) to check them out on Instagram; [Click Here](#) to view their YouTube posts

**EarlyON centres:** are sharing fun and engaging activities through their Facebook pages. [Click Here](#) to see the list of EarlyON Niagara Facebook pages.

## Things to do to keep you and your children busy:

**Z is for Zamboni** by Matt Napier: [Click Here](#) to watch a Zamboni driver Blake Bruns, reads the story.

**Child's Play:** [Click Here](#) Child's Play authors and illustrators have created some fun videos, perfect for story times and also to help keep little ones occupied as well as tips and inspirations for using their kits for parents and teachers.

**While We Can't Hug** by Eoin McLaughlin and Polly Dunbar: It can be hard because we can't hug the friends we love so dearly. Thank goodness there are other ways to show how much we care! [Click Here](#) to see the story read aloud.

**Visit a Farm:** [Click Here](#) to check out local pick-your-own and animal farms and mazes in Ontario.

**Whoever You Are** by Mem Fox: [Click Here](#) for a read aloud story book that introduces children to diversity.

**Nature Conservancy of Canada:** Practicing safe physical distancing doesn't mean staying away from nature. Connecting with nature will help reduce your stress level and improve both physical and mental health during these unusual times. [Click Here](#)

**Conservation de la Nature Canada:** Pratiquer la distanciation physique ne veut pas dire s'éloigner de la nature! Bien au contraire, car s'y connecter aide à diminuer le stress, en plus d'améliorer la santé physique et mentale. Voilà une bonne chose pendant cette période si particulière. [Cliquez ici](#)

**Play and Learn Activities:** Challenge your child with engaging activities that help them learn, grow, and thrive. [Click Here](#) for activities brought to you by experts in child development at McMaster University and The University of Toronto

**Jouez et apprenez:** Stimulez votre enfant en lui proposant des activités attrayantes qui l'aident à apprendre, à progresser et à s'épanouir. [Cliquez ici](#) - Essayez des activités approuvées par des experts en développement de l'enfant de l'Université McMaster et l'Université de Toronto

**Free Printables and Activities:** HP has a whole section of their website devoted to free printables, downloadable activities and craft ideas. [Click here](#) to explore all that they have to offer – it is even searchable by age, activity and category.



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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**Be COVID  
Wise**



**W**ear a mask/face covering



**I**solate yourself when sick and get tested



**S**tay 2 metres apart from others



**E**xercise proper hand hygiene

[niagararegion.ca/COVID19](http://niagararegion.ca/COVID19)