

# Community Connections

## – September 8



### Changes to Community Connections:

*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 continue 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 we all return to "normal" One change is 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*

## Check out these Locally Sourced resources and activities:

**Reopening Niagara Schools During Covid-19:** [Click Here](#) for reopening information and answers to frequently asked questions

**Introducing Solid Foods To Your Baby** presented by Niagara Parents: [Click Here](#) to register for the on-line session hosted by EarlyON Niagara programs

**haveTHATtalk:** [Click Here](#) series of five interactive modules that help to raise awareness about the importance of mental health in all areas of our lives

**Canview Drive-In Theater:** [Click Here](#) to see what is currently playing at the Fonthill location.

**Niagara Parents:** [Click Here](#) to find a variety of services to help you raise a happy and healthy family. [Click here for Facebook](#) or [Click Here for Twitter](#)

## 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. 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.

**Terry Fox Run 2020:** On September 20, the Terry Fox Run will be taking place virtually and you can decide how to participate. [Click Here](#) to visit the website to learn more about how to register, run options and how to create a team. This year is also celebrating 40 years of the Marathon of Hope.

**La Journée Terry Fox virtuelle.** [Cliquez ici](#) pour participer où que vous soyez! Dans votre quartier, dans votre cour, au coin de la rue ou autour du pâté de maisons. Nous serons unis en pensée, et non en personne. Le dimanche 20 septembre 2020

**Although all of the local fall fairs are cancelled this year, there are still fun things to do and see on their websites:**

- **Bobcaygeon Fair:** [Click Here](#) for a virtual event.
- **Caledonia Fair:** [Click Here](#) virtual activities and contests - September 30 to October 3, 2020
- **Lindsay Exhibition:** [Click Here](#) for activities and contests in a virtual format - September 23 to 27, 2020
- **Metcalfe Fair:** [Click Here](#) for a virtual experience and contests - October 1 to 4, 2020
- **Norfolk County Fair:** [Click Here](#) for free fair themed puzzles
- **Spencerville Fair:** [Click Here](#) for virtual activities and contests - September 10 to 13, 2020
- **Western Fair** [Click Here](#) for virtual activities and contests - September 11 to September 20, 2020
- **West Niagara Fair:** [Click Here](#) to start preparing your crafts for next year's event.

**The Niagara Grape & Wine Festival Goes virtual:** Attending the annual Niagara Grape & Wine Festival is a tradition for many families and this year the tradition will continue in a new virtual way. [Click here](#) to visit the Festival website to learn more about their virtual events including the Porch Parade, Saturday Backyard Concerts and the Discovery Pass.

**Handmade Market & Balls Falls Thanksgiving Festival 2020:** Fall markets and craft shows are always a fun outing but this year you will have to enjoy your own backyard as you shop virtually at the on-line version of two local fall favourites.

- [Click here](#) to visit the Handmade Market – the fall market takes place from September 10 to 13 and two additional markets will take place in October and November
- [Click here](#) to visit the virtual Balls Falls Thanksgiving Festival – they will be available virtually from September 12<sup>th</sup> to October 7<sup>th</sup>

**Jam with Jamie:** [Click Here](#) for age specific virtual jam sessions for children.

**Virtual Disney:** [Click Here](#) for rides and virtual programs from Disney.

**Doodle:** [Click Here](#) for free doodle classes

**Sing-a-song:** [Click Here](#) for songs that are fun for both you and the kids that you can sing together.

**1,2,3, nous chantons:** [Cliquez ici](#) pour des comptines, des chansons et des jeux de doigts

**Soccer skills:** [Click Here](#) to improve your soccer skills with this free on-line site

**Dinosaur Pictures:** Have a child in your life that wants to know about all things dinosaur? Then this site is for you! [Click here](#) to visit Dinosaur Pictures.

## 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*

**Niagara Region Mask Bylaw:** [Click Here](#) for information on how and when to where a mask to protect you and your family.

**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](#)

## 30 DAYS TO REFRESH, REVITALIZE AND RENEW

**Day 1:**

- CALL A FRIEND OR FAMILY MEMBER
- TAKE A BREAK & GO ON A WALK
- GO TO BED ON TIME

**Day 2:**

- 15 JUMPING JACKS
- PRACTICE 10 MINUTES OF MINDFULNESS
- SHARE A FUNNY VIDEO WITH CO-WORKERS

**Day 3:**

- GET 7-8 HOURS OF SLEEP
- TAKE A BREAK TO WRITE IN A JOURNAL
- TAKE A FEW MINUTES TO STRETCH

**Day 4:**

- BREW COFFEE OR TEA FOR A CALM START TO THE DAY
- TRY A NEW FRUIT OR VEGETABLE
- BOOST ENERGY WITH A YOGA FLOW

**Day 5:**

- GET FOCUSED BY LIGHTING A CANDLE IN THE AM
- MEAL PREP SOME HEALTHY MEALS
- TRY 15 PUSHUPS BETWEEN CALLS

**Day 6:**

- UNPLUG FROM ALL TECH FOR AT LEAST 1 HOUR
- WAKE UP 15 MINUTES EARLIER THAN NORMAL
- MOVE FOR AT LEAST 10 MINUTES

**Day 7:**

- DO A PUZZLE
- PRACTICE MINDFUL EATING DURING LUNCH
- JOG IN PLACE FOR 1 MINUTE

**Day 8:**

- SHARE A PHOTO OF A PET OR FAMILY MEMBER WITH CO-WORKERS
- EAT A VEGGIE AT EVERY MEAL
- STAND AT LEAST 1 MINUTE OF EVERY HOUR

**Day 9:**

- TRY A NEW HEALTHY RECIPE
- DO 15 MOUNTAIN CLIMBERS
- TAKE A 5-MINUTE BREAK AND GO OUTSIDE

**Day 10:**

- COMMIT TO EATING 5 SERVINGS OF FRUITS & VEGGIES
- WRITE DOWN 3 THINGS YOU'RE GRATEFUL FOR
- DO GENTLE STRETCHES AT YOUR DESK EVERY HOUR

**Day 11:**

- SHARE A PHOTO OF YOUR HEALTHY LUNCH
- FIND A HOMEMADE HUMMUS RECIPE
- FIND AN ACCOUNTABILITY BUDDY

**Day 12:**

- HOLD A 30-SECOND PLANK FIRST THING IN THE AM
- IDENTIFY THE "WHY" BEHIND YOUR GOALS
- KEEP A WATER BOTTLE WITH YOU & REFILL IT ALL DAY

**Day 13:**

- MAKE A SMOOTHIE WITH LOTS OF VEGGIES
- PLAN YOUR WORKOUTS FOR THE WEEK AHEAD
- WORK WITH CLASSICAL MUSIC IN THE BACKGROUND

**Day 14:**

- FIND A NEW MINDFULNESS PRACTICE
- PUT ON SOME MUSIC AND SING AND DANCE
- CLEAN OUT A CLOSET OR MESSY DRAWER

**Day 15:**

- WAKE UP EARLY & KNOCK 1 ITEM OFF YOUR TO-DO LIST
- FIND A FUN WAY TO SHARE LOVE WITH SOMEONE
- DOWNLOAD A NEW BOOK

**Day 16:**

- PERFORM A RANDOM ACT OF KINDNESS
- CALL A FAMILY MEMBER JUST TO SAY HELLO
- REVIEW YOUR FINANCES

**Day 17:**

- CUT 1 OR 2 SWEET TREATS OUT TODAY
- WIND DOWN FOR BED WITH A GOOD BOOK
- PRACTICE 20 MINUTES OF YOGA

**Day 18:**

- PICK UP A NEW HOBBY
- TEACH SOMEONE YOU LOVE SOMETHING NEW
- ADD FLAVOR TO YOUR WATER WITH LEMON

**Day 19:**

- SET A DAILY INTENTION
- DRINK 8 GLASSES OF WATER
- TAKE 5 DEEP BREATHS EVERY HOUR

**Day 20:**

- BRING A SMILE TO SOMEONE WITH A JOKE
- CUT OUT SODA & SUGARY DRINKS TODAY
- DO 15 BODYWEIGHT SQUATS

**Day 21:**

- PLAN OUT TODAY'S SNACKS IN ADVANCE
- WRITE A THANK-YOU CARD TO SOMEONE
- SLEEP IN WITH NO ALARM CLOCK

**Day 22:**

- TELL YOURSELF SOMETHING YOU ADMIRE ABOUT YOU
- SCHEDULE A CHAT WITH A MENTOR OR COACH
- DONATE \$5 TO A CHARITY YOU ADMIRE

**Day 23:**

- FIT IN A WALK BREAK
- SEEK OUT A NEW SALAD RECIPE FOR DINNER
- BE AWARE OF AND CORRECT YOUR POSTURE

**Day 24:**

- PUT YOURSELF FIRST TODAY
- TRY A FULL-BODY STRENGTH WORKOUT
- SIGN UP FOR AN EDUCATIONAL WEBINAR

**Day 25:**

- DO SQUATS DURING A WORK CALL
- AVOID SOCIAL MEDIA ALL DAY
- TRACK YOUR FOOD INTAKE & REVIEW

**Day 26:**

- BAKE SOMETHING FROM SCRATCH
- CHECK IN WITH YOUR ACCOUNTABILITY BUDDY
- SKIP THE TAKEOUT & COOK AT HOME

**Day 27:**

- SET A NEW GOAL WITH A PRIZE AT THE END
- ENJOY A TRUE REST DAY
- VENMO A FRIEND \$5 FOR COFFEE ON YOU

**Day 28:**

- PUT YOUR PHONE AWAY 30 MINUTES BEFORE BED
- INTENTIONALLY WARM UP & COOL DOWN DURING EXERCISE ROUTINE
- ENJOY A SWEET TREAT!

**Day 29:**

- TAKE A BIKE RIDE
- WRITE DOWN A NEW GOAL
- COMPLETE 5-10 BURPEES

**Day 30:**

- WATCH A DOCUMENTARY
- CLEAN UP YOUR WORKSPACE
- PIVOT 1-2 WAYS TO ADD BALANCE TO YOUR LIFE

**PRINT IT TO STAY ON TRACK OR SHARE IT WITH LOVED ONES!**

*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)

