

Community Connections

August 10, 2021



Good Morning:

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: Nighttime Outdoor Fun

One of the best things about summer is the longer hours of daylight and the ability to be outside for longer periods of time but the fun shouldn't stop when the sun goes down, the fun should just be getting started! Summer nights offer an opportunity to learn more about nocturnal animals, star gaze, and share stories around a campfire – so many memories to build! Following are some ideas to get you started.

Stargazing tips: Everyone can enjoy astronomy just by stepping outside on a clear night. [Click here](#) for some tips for you so you will be able to make the most of the night sky and start your own exploration of the universe. Or [click here](#) to download your own Canadian Space Agency's Starfinder.

Conseils sur l'observation du ciel nocturne: L'astronomie est à la portée de tous: il suffit d'aller dehors une nuit où le ciel est dégagé. [Cliquez ici](#) pour à ces conseils, vous saurez mieux comment observer la route céleste et pourrez commencer à explorer vous-même l'Univers. Et [cliquez ici](#) pour Télécharger Recherche-étoiles de l'Agence spatiale canadienne.

AuroraMAX observatory: [Click here](#) to watch the northern lights in high definition, broadcast live from the Canadian North, during the aurora season, between August and May.

Observatoire AuroraMAX: [cliquez ici](#) pour la diffusion en direct et en haute définition d'aurores du Nord canadien rendue possible grâce à AuroraMAX pendant la saison des aurores boréales, entre les mois d'août et de mai.

Easy & fun things to do on a Summer night! Summertime means a not-so-strict-bedtime schedule so get out and enjoy those long summer evenings! [Click here](#) for some favorite (and free!) summer activities for kids and families are those done at night!

5 choses à faire en famille durant les nuits d'été: Il existe bien façons originales d'animer vos nuits d'été en famille. [Cliquez ici](#) pour vous proposer différentes idées adaptées pour les enfants de tout âge et pour tous les goûts.

Outdoor Activities: As the sun sets, a whole new world of activities and games opens up for families. From a Glow Stick Dance Party to Flashlight Tag, so much to explore and learn. [Click here](#) to get started with these family outdoor night time activities.

Night Time Games: Lots of games are easily adapted to night time – add glow sticks or flashlights or moonlight and let the fun begin! [Click here](#) to explore some fun night time games.

Light Pollution: Just like any other type of pollution, too much of something can be bad for the earth and in this case, too much light can cause a lot of damage to people, animals and the environment. Learn more about light pollution and what you can do to help stop it by [clicking here](#) and [here](#)

Réserves de ciel étoilé: [Cliquez ici](#) pour Admirez le paysage céleste dans l'une des 13 réserves de ciel étoilé de Parcs Canada, une belle occasion de s'évader des lumières éblouissantes de la ville.

Dark Sky Preserves: To counter act the damage that light pollution can cause, Dark Sky Preserves are areas that make a special commitment to protect and preserve the night, reducing or eliminating light pollution in all forms. Many plants, wildlife and insects rely on darkness to forage, breed and navigate so protecting the dark sky not only provides a magical experience for you, but it also protects ecosystems! Parks Canada maintains 13 Dark Sky Preserves, discover where they are by [clicking here](#) Find additional Dark Sky Preserves in Ontario by [clicking here](#)

Nocturnal Animals: Once the sun goes down, the nocturnal animals come out to play. Rarely seen during the daytime, these animals are creatures of the night. [Click here](#) to see pictures of nocturnal animals from around the world.

Les animaux diurnes et les animaux nocturnes: Tous les animaux ne vivent pas au même rythme. Certains sont actifs le jour, alors que d'autres le sont pendant la nuit. [Cliquez ici](#) pour en savoir plus.

Nocturnal Animal Crafts: Grab your craft supplies and try these fun craft ideas that feature your favourite nocturnal animals. From Bat Hats to Glowing Eyes Art, these crafts feature nocturnal fun for everyone – [click here](#) to get started.

Nocturnal Animals Activities and Centres for Little Learners: From the website A Pocket of Preschool, check out all of the craft and learning centre ideas all featuring nocturnal animals. There are lots of free downloads and printable items in each idea. [Click here](#) to learn more.

Guess the Nocturnal Animal: Guess the nocturnal animal by listening to the sounds they make at night – how many can you get right? [Click here](#) to get started.

Check out these Local Activities and Resources:

The Music Returns: The very popular Fonthill Band shell Concerts have returned but in a COVID friendly manner. Concerts began on August 5th and you will need to pre-register for each week that you plan to attend. The concert schedule and registration information can all be found by [clicking here](#). Before the concert begins, you can shop for produce and so much more at the Pelham Farmer's Market, follow them by [clicking here](#).

Baseball is Back: With the return of the Toronto Blue Jays to their home stadium and the delayed start of the Welland Jackfish, baseball is back! Even if you can't get to the park to see a game, there are lots of fun activities to do at home. The Jackfish have a fun Kids Zone with lots of activities including mazes, colouring and spot the differences – [click here](#) to check it out. Ace, the Blue Jays mascot has his own page of fun activities for kids, check it out by [clicking here](#). Looking to get the family involved in some fun backyard ball games? [Click here](#) for a variety of fun games for all ages.

Niagara Parks Power Station: The newest destination in Niagara Falls is the newly opened Power Station. The beautiful building along the Niagara Parkway has been brought back to life and is now open for visitors. There is a cost to go inside to explore but their website has lots of great information, video and photos that provide you with a great historical overview. To learn more about the Niagara Parks Power Station, [click here](#).

Welland Canal: How many times have you watched a large boat steam by as you waited for the bridge to come back down and wondered where that boat was going or what it carried or where it came from? Find answers to these questions and so much more on the website for the Welland Canals. Learn more about this historical H2O highway that cuts through the Centre of the Niagara Region. [Click here](#) to get started.

Histoire du canal Welland: La construction du premier canal a été faite par l'homme à l'aide de calèches. Trente-neuf serrures sont fabriquées à partir de poutres taillées à la main. [Cliquez ici](#) pour en savoir plus.

Activities and supports for you, your clients & families:

9 Ways to Train Your Mind: Even as the world re-opens and lives return to some semblance of normal, our minds are still often frantically racing, trying to remember all that needs to be done, schedules, who needs to be where, it is difficult to stop, breathe and be still. From Calm comes this article on how to Train Your Mind plus there is a Mental Fitness Guide free to download at the end of the article. [Click here](#) to learn more

Promotion de la santé mentale positive: Favoriser la santé mentale positive au quotidien profite à tout le monde. [Cliquez ici](#) pour Renseignez-vous sur la santé mentale positive et sur les façons dont vous pouvez la favoriser.

Equity and Diversity Training: Friends of the Simon Wiesenthal Centre for Holocaust Studies in Toronto is committed to countering racism and antisemitism and one component of that is to teach. They are offering a variety of FREE workshops and training sessions to help educate children and educators about equity and diversity. On their website page dedicated to Equity and Diversity Training you will find information on free virtual workshops for students (really for anyone) and the Human Rights Story Corner with a virtual reading of a related story for children plus supporting activities. Near the bottom of the page you will find the Professional Development for Educators section that includes “Unpacking Intolerance” a free two day training opportunity for educators. [Click here](#) to begin exploring all that this site has to offer.

Réseau québécois pour l'équité, la diversité et l'inclusion: Le RQEDI vous donne accès sur cette page à une foule d'informations pour améliorer l'intégration de l'équité, la diversité et l'inclusion dans vos organisations. [Cliquez ici](#) pour en savoir plus.

Find Your Quiet: need a break to take a breath and re-center yourself? Then this is the site for you – Pure Edge Brain Breaks offer options for breathing, movement and rest in formats for adults, youth and animated. Try one of the breaks by [clicking here](#)

Worry Rockets: Kids Help Phone has introduced a fun way to let go of some of your worries, you can blast them away! The Worry Rocket lets you write down a worry and then light the fuse of the rocket to blast it away! Following the blast off are some nice fireworks plus a link to resources that can help you manage the stress that you are feeling. [Click here](#) to launch your Worry Rocket.

Le lance petard: [Cliquez ici](#) pour lance tes soucis au loin! Besoin de plus d'infos ou de soutien? Communique avec Jeunesse, J'écoute 24 heures sur 24, 7 jours sur 7.

Stay up-to-date:

“Help Niagara reopen safely by continuing to follow public health advice:

- *Wear A Mask*

- *Maintain Physical Distance*
- *Wash Your Hands*
- *Stay Home if you are feeling unwell*
- *Get Vaccinated - <http://Ontario.ca/BookVaccine>*

- Niagara Region Public Health

COVID 19 Virtual Q & A Sessions: Are you or is someone in your family hesitant to get the vaccine? These virtual “kitchen table” sessions are offered by COVID-19 Resources Canada - their “aim is to provide a safe space for everyone to bring their questions about the science and social aspects of the COVID-19 pandemic”. [Click here](#) to learn more or to register to attend one of the upcoming public zoom session.

Q&R sur les vaccins le COVID-19: [Cliquez ici](#) pour répondre à toutes vos préoccupations concernant la sécurité, l'efficacité et le développement de ces vaccins afin de vous permettre de faire un choix personnel concernant la vaccination contre le COVID-19.

COVID-19: Health, safety and operational guidance for schools (2021-2022): [Click here](#) to read Ontario's guidance for schools, school boards and school authorities to operate during the 2021-2022 school year.

COVID-19: directives en matière de gestion, de sécurité et de santé pour les écoles (2021-2022): [Cliquez ici](#) pour lire les directives ontariennes que les écoles et les conseils et les administrations scolaires doivent respecter pour pouvoir fonctionner durant l'année scolaire 2021-2022.

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](#)

Niagara Region FAQ's: [Click here](#) if you have any additional questions about vaccines, booking appointments or general information about COVID-19.

Ontario Government Covid-19 Update Page: [Click Here](#) to get the latest case data and updates, learn how to protect yourself and others and get advice on what to do next if you think you might have COVID-19. (This site has the information available in many other languages.)

Mise à jour Covid-19 du gouvernement de l'Ontario: [Cliquez ici](#) pour obtenez les plus récentes données sur les cas et mises à jour, apprenez comment vous protéger et protéger les autres et obtenez des conseils sur la marche à suivre si vous craignez d'avoir contracté la COVID-19.

Health Canada Covid-19 Update Page: [Click here](#) to get the facts about COVID-19 vaccines and find resources for your families

Gouvernement du Canada - Maladie à coronavirus (COVID-19): [Cliquez ici](#) pour les faits sur les vaccins contre la COVID-19 et Ressources de sensibilisation



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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"Vaccines are highly effective in significantly reducing the risk of serious illness and death due to COVID-19. Getting vaccinated is the right thing to do."

Dr. Karim Ali, Director of Infectious Diseases, Niagara Health

#GotTheShot

In It Together

#Vaccinate Niagara

niagarahealth
Extraordinary Caring. Every Person. Every Time.

[Click here for more information and to register for your vaccine](#)