

Community Connections – December 15



NIAGARA
CHILDREN'S
PLANNING COUNCIL



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 idea: Share Hope this Holiday Season and into 2021



7 Ways to Infuse Your Curriculum With Hope: Young people dealing with the effects of the pandemic can be encouraged through lessons that inspire resilience. [Click Here](#) to find ideas.

A newsletter for the good in life: Every Saturday, you will receive the big headlines that make you smile, plus stories of fascinating discoveries, everyday heroes, inspiring movements and great things happening. [Click here](#) to sign up for the weekly newsletter to keep you inspired in 2021

Teaching the hope recipe: Setting goals, finding pathways to those goals and getting motivated : Hope theory research has shown that people with higher hopes are demonstrably higher achievers in life. The authors define hope as goal-directed thinking and suggest that we can increase young people's chances of success by teaching them a three-step recipe for hope. [Click here](#) to learn more.

Activities to Help Kids Have Hope and Change Their Lives: If your children are struggling, you can help by [Clicking here](#) to find hope activities for kids. They will go a long way in teaching them to cope when times are tough.

Comment aider les jeunes à lutter contre la déprime pendant la COVID-19 et la #distanciationphysique: La «distanciation» sociale ou physique, un nouveau terme qui est rapidement entré dans notre vocabulaire, peut conduire à la confusion, la peur, la frustration, l'inquiétude, la culpabilité, la tristesse et un sentiment d'impuissance. isolement des jeunes. [Cliquez ici](#) pour plus d'informations.

Être parent pendant la pandémie : Conseils aux parents et aux soignants: COVID-19 est stressant suffisamment pour les adultes, sans parler des parents. La bonne nouvelle est ce qu'il existe de nombreuses stratégies pratiques que nous pouvons adopter pour aider nos enfants et les supporter durant cette période difficile. [Cliquez ici](#) pour quelques nouvelles idées à essayer.

Pandemic Parenting: Tips for Parents and Caregivers : COVID-19 is stressful enough for adults, let alone parents. On the other hand, although we have gone through a period of relative prosperity, humanity has survived more difficult challenges. The good news is that there are many healthy strategies that we can do to help our kids, as well as survive as parents through this difficult time. [Click here](#) for some new ideas to try.

Finding Hope: Tiny Buddha is a great website filled with beautiful images and inspiring quotes but they also have a blog that has some great articles. One recent post focused on "How I am Finding Hope in the Pandemic" [click here](#) to read more about how one person continues to find hope in what often feels like a hopeless situation.

Check out these Local Activities and Resources:

Free and Fun Things to Do in Niagara This Winter: Are you looking for family-friendly activities to keep your family busy this winter? [Click here](#) for a list of fun and free things to do in Niagara this winter.

Le Niagara en hiver – c'est cool!: Voir les chutes Niagara enneigées et figées dans le froid de l'hiver, c'est impressionnant! Surtout la nuit quand elles sont illuminées aux vives couleurs changeantes. Un phénomène naturel extraordinaire – et après, gâtez-vous en vous offrant une escapade-détente bien au chaud dans un spa! [Cliquez ici](#) pour en savoir plus.

Centre de santé communautaire: [Cliquez ici](#) pour Calendrier d'activités

The Ontario Pantry: Local cookbook author Lynn Ogryzlo has revisited her e-book The Ontario Pantry and the updated version is now available to download for free! With the emphasis on shopping and staying local, this publication can help you to locate local food producers in your area and throughout Ontario. To download your copy of The Ontario Pantry, [click here](#)

Holiday Baking, The Local Way: This e-publication is a perfect companion to The Ontario Pantry, once you have sourced your local ingredients, put them to good use baking up some holiday treats. Lynn has also incorporated recipes that feature one of Niagara's best known products – wine! Be sure to download your copy today, the Cream Cheese Sugar Cookies are first on my baking list! [Click here](#) for your copy of Holiday Baking The Local Way.

Balls Falls Holiday Trail: The Niagara Peninsula Conservation Authority has created a new holiday experience for you to enjoy transforming the Balls Falls Conservation Area into a holiday wonderland for you to hike and enjoy. Operating from 5pm to 9pm each evening to December 20th, for the price of admission you can see the heritage buildings with holiday lights for the first time ever plus view the lighted falls and much more. To view the details or purchase tickets, [click here](#)

Parent Direct Niagara: [Click here](#) for an online directory to help you find information and links to programs, services, and resources for children and families in Niagara. Also available in many other languages.

Parent Direct Niagara: [Cliquez ici](#) pour aspire à aider les parents à trouver de l'information et des liens sur les programmes et les soins d'apprentissage de la petite enfance, les services et les ressources à Niagara. Disponible dans de nombreuses langues.

Activities and Supports for you, your clients and families:

Winter Solstice 2020: Watch the winter solstice live from Stonehenge, wherever you are in the world, on December 20, with our FREE coverage! Find it on [Facebook link](#).

Solstice d'hiver 2020: Célébration gratuite du solstice d'hiver dans les Monts d'Arrée le 20 décembre 2020. [Lien Facebook](#)

Ten safe and fun ways to celebrate the holiday season and stay safe this

holiday season: Changes to holiday traditions can keep everyone safe. [Click here](#) to try some of these fun activities this winter season.

Dix façons sûres et amusantes de célébrer les Fêtes de fin d'année et protégez-

vous durant la période des Fêtes: Des changements dans les traditions des Fêtes peuvent assurer la sécurité de tous. Essayez quelques-unes de ces activités amusantes pendant la saison d'hiver. [Cliquez ici](#) pour essayer certaines de ces activités amusantes cette saison hivernale.

The Art of Charlie Mackesy:

The author of "The Boy, The Mole, The Fox and The Horse" has filled his website and social media with beautiful drawings and simple inspirational messages. Anytime that you feel in need of a little inspiration, check out his daily social media – his messages are sure to become a favourite source of hope – [click here](#) to visit his website.

All Zoomed Out: Most of us have transitioned to having meetings and networking activities all moved over to a virtual platform, usually Zoom but the thought of also moving holiday festivities to Zoom is more than a bit depressing. Thankfully there is help for everyone who is all Zoomed Out – to read about how to deal with Zoom fatigue over the holidays, [click here](#)

Science Nord – La science des oiseaux d'hiver, La chimie de la cuisine, Les animaux d'hiver:

[Cliquez ici](#)

- **Les oiseaux d'hiver:** Ce ne sont pas tous les oiseaux qui s'envolent vers le sud. Même en hiver, les arbres du nord de l'Ontario sont remplis d'oiseaux. Apprenons à identifier ceux qui restent en hiver et à construire une mangeoire à oiseaux pour les attirer dans votre cour. Le 16 Janvier à 9am:
- **La chimie de la cuisine:** La chimie est partout autour de nous, en particulier dans la cuisine! Au cours de cette séance, nous mélangerons différents ingrédients se trouvant dans la cuisine pour créer et comparer des réactions chimiques. Le 23 à 9 :00am :
- **Les méthodes d'adaptation des animaux d'hiver:** Plusieurs animaux demeurent au Canada en hiver. Comment font-ils pour rester au chaud et où trouvent-ils de la nourriture? Examinons certaines méthodes d'adaptation des animaux pour le découvrir. Le 30 Janvier à 9:00am

Your Health Matters: Sunnybrook Hospital in Toronto maintains a number of resources all designed to help with Covid-19. From information pieces, to coping to eating well to calming your thoughts, you can find new ideas and information to help ease your pandemic stress, [click here](#) to visit the site

7 Ways to Protect Your Time In This Busy, Busy World: As life becomes busier and more fast-paced, it's important to take these steps to protect—or defend—your time to make room for what matters the most to you. [Click here](#) for ways to manage your time.

Stay up-to-date:

COVID-19 cases are rising. It's up to all of us to get this second wave under control. So keep following public health rules - and while you're at it, use the COVID Alert app to protect yourself, your loved ones, and our front line workers - Justin Trudeau

COVID-19 response framework: keeping Ontario safe and open: Read how we're keeping Ontario safe and open, including regional health measures and sector-specific public health and workplace safety measures. [Click Here](#)

Cadre d'intervention pour la COVID-19 : Garder l'Ontario en sécurité et ouvert: Apprenez comment nous gardons l'Ontario en sécurité et ouvert, notamment au moyen de mesures de santé régionales et de mesures de santé publique et de sécurité au travail propres à chaque secteur. [Cliquez ici](#)

Celebrate the Holiday Season Safely: Ontario provides public health advice on how to protect you and your loved ones [click here](#). And [click here](#) for key messages about gatherings, ethno-cultural and festive occasions and other events.

Célébrer la saison des Fêtes en sécurité: L'Ontario prodigue des conseils de santé publique sur la façon de vous protéger, vous et vos proches [cliquez ici](#). Et [cliquez ici](#) pour messages clés rassemblements, manifestations ethnoculturelles et festives et autres événements.

Jeunesse, J'écoute: Nous sommes là pour toi pendant l'épidémie du COVID-19. [Cliquez ici](#) pour plus d'informations.

Kids Help Phone: [Click Here](#) to find child and youth related resources to help children cope with Covid-19.

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](#)

hope

If you only carry one thing throughout your entire life, let it be hope. Let it be hope that better things are always ahead. Let it be hope that you can get through even the toughest of times. Let it be hope that you are stronger than any challenge that comes your way. Let it be hope that you are exactly where you are meant to be right now, and that you are on the path to where you are meant to be... Because during these times, hope will be the very thing that carries you through.

- Nikki Banas | *Walk the Earth*

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

We would like to wish you and your loved ones a Merry Christmas and Happy Holidays. We hope that you will take this time to recharge and refresh. We look forward to connecting with you in January.

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
Sharon.milne@niagararegion.ca

What is Christmas?
It is tenderness
for the past, courage
for the present,
hope for the future.
Agnes M. Pahro

