

Community Connections – February 2, 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: Black History Month

2021 theme for Black History Month is: "The Future is Now": Every February, people in Canada are invited to participate in Black History Month festivities and events that honour the legacy of Black Canadians and their communities. [Click here](#) for more information.

There are many **organizations and educational resources** across the country devoted to the promotion and awareness of Black Canadian history. [Click here](#) for some organizations and insightful resources.

En 2021, le thème pour le Mois de l'histoire des Noirs est le suivant « L'avenir c'est maintenant »: Chaque année en février, à l'occasion du Mois de l'histoire des Noirs, les Canadiens sont invités à prendre part aux célébrations et aux activités qui soulignent le patrimoine des Canadiens noirs et de leurs communautés.. [Cliquez ici](#) pour information.

Il existe plusieurs **organismes et ressources éducatives** à travers le pays qui se consacrent à la promotion et à la connaissance de l'histoire des Noirs du Canada. [Cliquez ici](#) pour voir certaines de ces organisations et ressources enrichissantes.

L'histoire des noirs au Canada: [Cliquez ici](#) pour guide annoté concernant les ressources en ligne sur l'histoire de la communauté noire du Canada

Black History in Canada: [Click here](#) for guide to online resources on the history of Canada's Black community.

Niagara Parks Black History Speaker Series: Discover different perspectives on Black history and culture in Canada with this online speaker series. This year's Black History Speaker Series is delivered as a live-streamed, digital event and there is a cost to participate. Learn more by [clicking here](#)

Explore Niagara's Black History Community Stories: Digital Museums Canada has assisted with the collection of community stories that capture Canada's history. The Norval Johnson Heritage Centre, Niagara Falls, Ontario is part of this Digital Museum and has captured the stories of Niagara's proud Black History. Explore the many images and stories by [clicking here](#)

Grant Opportunities - Check out these Funding Grants available to apply for:

In an effort to be sure that everyone was aware of these current funding opportunities, we wanted to share them one more time!

- ❖ **Bertie & Clinton Insurance Funding Opportunity** – Bertie & Clinton Insurance will once again be investing in Niagara with their Community Grants program. Find out if your initiative qualifies plus learn more about how to apply – for all of the details, [click here](#).
- ❖ **All That Kids Can Be** – On Monday, January 11, 2021, United Way Niagara will begin accepting applications in All That Kids Can Be priority area for programs that encourage children and youth to reach their full potential.
If you are interested in applying for continued or new funding, please note:
 - **Letters of Intent are due Monday, February 8, 2021 by 4:30 pm.** Before applying for funding, applicants must submit a Letter of Intent for ALL proposed programs.
 - **Applications for Funding are due Monday, March 22, 2021 by 4:30 pm.**
 - Only Letters of Intent and Applications for Funding submitted through the online grants system will be accepted.To view further instructions and submit a Letter of Intent, [click here](#).
- ❖ **The Niagara Prosperity Initiative (NPI):** The Niagara Prosperity Initiative provides an annual investment to support poverty reduction and prevention activities throughout the region. The application for 2021 will be opening in March and the **Information Session will be taking place on February 11th**. To find out more or to register to attend the virtual Information Session, [click here](#). To learn more about previously funded projects, [click here](#)
- ❖ **Niagara Community Foundation:** The Niagara Community Foundation has a variety of funding opportunities for local organizations. The Community Grants Program will close on March 29th and the first Mini Grant deadline is April 12th. To learn more about these and other funding opportunities, [click here](#).
- ❖ **Get Support for Learners:** Learn about one-time funding being provided by the Ontario Government to support children, youth and students during the 2020-2021 school year. Find out if you are eligible and how to apply by [clicking here](#) the **deadline to apply is February 8, 2021**.
- ❖ **Entreprises : obtenez de l'aide avec les coûts relatifs à la COVID-19:** [Cliquez ici](#) pour renseignez-vous pour savoir si votre entreprise est admissible à des subventions pour l'aider à assumer les coûts liés à l'équipement de protection individuelle (EPI), les impôts fonciers et les factures d'énergie, ainsi qu'à du soutien supplémentaire si vous avez dû fermer ou restreindre considérablement vos services en raison des mesures de santé publique provinciales.
- ❖ **Businesses: Get help with COVID-19 costs:** [Click here](#) to find out if your business is eligible for grants to help with the cost of personal protective equipment, property taxes, energy bills and extra support if you have to close or significantly restrict services because of provincial public health measures.

CELEBRATING VALENTINES' DAY DURING STAY AT HOME ORDERS:



- **Valentine's Day Games for Kids to Play at Home:** [Click here](#) to play Cupid for your family this February 14 by planning your own party and setting up a few of these cute Valentine's Day games for kids of all ages.
- **St Valentin Dossier thématique:** [Cliquez ici](#) pour découvrez les particularités de cette magnifique fête de l'amour et de l'amitié en sensibilisant les enfants aux valeurs telles : l'amour, l'amitié, le partage, l'entraide, etc.
- **Cute Crafts For Valentines Day:** [Click here](#) These easy Valentine crafts for kids look fabulous and keep your kids busy and entertained.

- **Fun & Smart Ways You Can Celebrate Valentine's Day 2021 And Be Safe Too!:** [Click here](#) to find out how to celebrate Valentine's Day at home with your family this year.
- **Activités familiales pour la Saint-Valentin:** Il est important que les familles se montrent de l'amour, quoi de mieux que la Saint-Valentin. [Cliquez ici](#) pour des idées d'amour et de soutien les uns pour les autres.
- **Valentine's Day Handprint Crafts:** [Click here](#) for ideas to transform little hands, fingers, and feet into precious holiday keepsakes.

Check out these Local Activities and Resources:

Story time with Nurse Danya! [Click here](#) to join one of Niagara Region Public Health nurses, Danya, as she reads "*The Day The World Stood Still*" - a book she wrote with her sisters about the COVID-19 pandemic.

Niagara Peninsula Conservation Areas: [Click here](#) to see how the natural and shared greenspaces marry nature, culture and adventure to create limitless opportunities for discovery.

YMCA Social Society Program: [Click here](#) to join the YMCA for free virtual programs that provide fun social connections to help combat social isolation during the COVID-19 pandemic. Niagara adults ages 18 and up, now have the opportunity to participate in engaging social and recreational programming, allowing them to feel connected and enhance their skills.

Niagara Parents: [Click here](#) to connect with a public health nurse about parenting questions or call 905-684-7555 or 1-888-505-6070 ext. 7555 (*Disponible dans de nombreuses langues.*)

InCommunities / 211: Their focus is "Strengthening communities by bringing people and services together" – they are your link to all things that are community services. You can find the information that you need by searching their on-line community database – [click here](#) – or by calling

211. Calling 211 will always connect you to a real person who is trained to help find the information that you need. The InCommunities website also has a Volunteer Database that can be used to find volunteer opportunities or as an organization, you can post your volunteer openings. [Click here](#) to explore all that they have to offer.

Outdoor Skating Rinks: The recent colder weather has enabled a variety of local outdoor skating rinks to open. **Please keep in mind that the stay at home order is still in place and you should not travel outside of your home community.** To find a rink that is open and close to you, [click here](#).

Activities and Supports for you, your clients and families:

Célébration virtuelle du Bal de Neige - 5 au 20 février: [Cliquez ici](#) pour célébrer ce festival épique avec nous... virtuellement! Créez votre propre tableau de tempête hivernale en utilisant de la peinture à l'aquarelle, du papier et du sel, découvrez des faits intéressants sur la glace, ou faites vos propres flocons de neige.

Winterlude Virtual Celebration: February 5–20 [Click here](#) to enjoy this epic festival with us, virtually! Create your own painting of a winter snowfall using watercolour paint, paper and salt, discover cool facts about ice, or make your own snowflakes.

Canada Food Guide: [Click here](#) to check out their new updated website.

Guide Alimentaire Canadien: [Cliquez ici](#) pour créer des repas et des collations santé avec le nouveau guide.

Return to the workplace: A psychological toolkit for heading back to work [Click here](#) for the new CMHA toolkit to support employees and employers with planning psychologically-safe return to the workplace.

Nouvelle boîte à outils de l'ACSM pour aider les employés et les employeurs à planifier un retour sur le lieu de travail sécuritaire sur le plan psychologique: [Cliquez ici](#) pour boîte à outils pour aider les employés et les employeurs à planifier un retour sur le lieu de travail sécuritaire sur le plan psychologique.

Top Museums You Can Tour Online for Free: Sometimes, field trips to great locations aren't possible. [Click here](#) for virtual tours to famous museums and locations around the world!

Les musées à visiter gratuitement en ligne... depuis chez vous: [Cliquez ici](#) Avec le confinement imposé, impossible (et onéreux !) de continuer à sortir et encore moins d'aller visiter vos musées préférés. Heureusement pour vous, au Bonbon on vous a concocté une sélection de musées que vous pouvez visiter virtuellement, tranquillement depuis chez vous !

Virtual Field Trips – Educational Resources & Ideas: With millions of people around the world finding themselves in their homes and social distancing, travel right now isn't an option. [Click here](#) for educational resources and ideas for your kids at home.

12 musées virtuels pour visiter les plus belles expositions du monde sans risquer ta santé: [Cliquez ici](#) pour plusieurs musées offrent des visites virtuelles en ligne de leurs expositions. En plus, c'est gratuit!

Virtual Tours Of Canadian Museums And Attractions For While You're Stuck At Home: [Check out](#) these incredible Canadian sites to visit without having to leave your house

Les expositions, activités, performances et visites virtuelles d'Ottawa: [Cliquez ici](#) pour ter en ligne, à tout moment, des nombreux musées, attractions, activités et divertissements d'Ottawa. Mieux encore, la plupart des contenus en ligne mentionnés ci-dessous sont gratuits, à l'exception de certains spectacles et activités!

Forest Tours: The Alberta Forest Products Association has launched a Virtual Forest Tour. The virtual tour lets users explore the forest ecosystem at each lifecycle stage. To begin your tour, [click here](#)

Bird Songs: While on your forest tour you might spot a few feathered friends. The Minnesota Department of Natural Resources has created Minnesota Bird Songs – just click on the bird picture and you will hear their song. [Click here](#) to visit the site.

L'identification des oiseaux: Certaines personnes peuvent rapidement identifier un oiseau, même de loin. Comment font-elles? Habituellement, il faut plus d'un des indices suivants pour reconnaître un oiseau. [Cliquez ici](#) pour savoir comment vous identifier.

Keep Moving: This time of year, hibernation seems like a good idea especially during a pandemic but it is so important to keep moving! Regular fresh air and exercise is beneficial for everyone's mental health and well-being. [Click here](#) to visit Active for Life for some great tips, resources and ideas for all members of the family for both inside and outside activities.

Ah, la neige! C'est le sable de l'hiver. On peut se rouler dedans ou s'en servir pour construire des tas de choses... Mais on la préfère à l'extérieur. Les enfants adorent jouer dans la neige fraîche. Et faire un bonhomme de neige, bien sûr! [Cliquez ici](#) pour beaucoup d'autres activités pour s'amuser et rester actif pendant l'hiver. Habillez vos enfants chaudement et laissez-les s'amuser comme des fous en prenant un bon bol d'air. Qui sait, ils pourraient même finir par préférer la neige au sable!

Stay up-to-date:

"With vaccines rolling out in Canada and across the world, I am hopeful that the finish line will soon be in sight. In the meantime, we must dig deep, continue to follow public health advice every day, and keep focused on our goals – so we can all finish this marathon and get back to enjoying the things that we did before the pandemic. Thank you again for your commitment and efforts to stay healthy and keep your families and communities safe. Together we can win this race." – Dr. Theresa Tam

Ontario's vaccine distribution implementation plan: [Click here](#) to learn about Ontario's Vaccine Distribution Implementation Plan.

Plan de mise en œuvre de la distribution des vaccins de l'Ontario: [Cliquez ici](#) et en savoir plus sur le Plan de mise en œuvre de la distribution des vaccins de l'Ontario.

Niagara Health: The arrival of the first doses of the COVID-19 vaccine in the Niagara region is imminent. We are proud to work with our community partners to deliver the first doses of the vaccine in the Niagara region. [Click here](#) to learn more.

Niagara Health: L'arrivée des premières doses du vaccin contre la COVID-19 dans la région de Niagara est imminente. Nous sommes fiers de collaborer avec nos partenaires communautaires pour administrer les premières doses du vaccin dans la région de Niagara. [Cliquez ici](#) pour en savoir plus.

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](#)

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](#)

I CANNOT CONTROL

(So, I can LET GO of these things.)

IF OTHERS FOLLOW THE RULES OF SOCIAL DISTANCING

THE AMOUNT OF TOILET PAPER AT THE STORE

I CAN CONTROL

(So, I will focus on these things.)

THE ACTIONS OF OTHERS

MY POSITIVE ATTITUDE

TURNING OFF THE NEWS

FINDING FUN THINGS TO DO AT HOME

HOW LONG THIS WILL LAST

HOW I FOLLOW CDC RECOMMENDATIONS

LIMITING MY SOCIAL MEDIA

MY OWN SOCIAL DISTANCING

MY KINDNESS & GRACE

HOW OTHERS REACT

PREDICTING WHAT WILL HAPPEN

OTHER PEOPLE'S MOTIVES

Clipart: Carrie Stephens Art
TheCounselingTeacher.com



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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PREVENT THE SPREAD OF COVID

We need the **community's unwavering support** to keep the transmission of the virus down in the community.

