

Community Connections

July 5, 2022



Good Afternoon:

As we celebrate 2 years of publishing the Community Connections newsletter, and as things in Niagara begin to get back to normal, we will be adjusting our content to focus on connecting you with the local Community.

Please send us any upcoming events your agency is holding and we will share here.

Issues will be published the last Tuesday of each month.

You can continue to find all of the past editions from our community partner Niagara Knowledge Exchange (NKE) by [Clicking Here](#)

Our next issue will be out July 26th



Enjoy your staycation in Niagara this summer:

Pick Your Own: Looking for a local, pick-your-own farm in Niagara area of Ontario? Farms are open and safe! [Click here](#) to find the U-Pick farms in Niagara

Parks & Trails, Beaches & Gardens in Niagara: [Click here](#) to find new ways to explore the outstanding conservations areas and parks scattered across the Niagara region

100+ things to do in Niagara Region. [Click here](#) to scroll through the varied activities and events available to you close to home.

50 idées de trucs à faire cet été (2022): [Cliquez ici](#) pour liste de 50 idées dans laquelle vous allez pouvoir piocher pour étoffer votre bucket list et être sûr de profiter à fond des plus beaux jours de l'année. Alors, sortez vos lunettes de soleil et votre maillot, on est partis

Safari Niagara: Splash, laugh, jump, run, play & learn at Safari Niagara. [Click here](#) to visit the individual page for the activity of your choice to view availability/restrictions.

Happy Rolph's Animal Farm: Animals returned to the popular attraction this year, breathing life into the facility. Park visiting hours are from dawn until dusk each day. Farm animals are available to view from 10 a.m. to 8 p.m. each day. [Click here](#) for directions and operating hours.

Niagara Families Guide: is your go-to guide to help you experience the exciting and often FREE family-friendly events that take place right here in our community! [Click here](#) for summer camp guide, organized sports, birthday party guide and more.

Movies Under the Stars: This is the perfect time of year to enjoy a family movie night outside under the stars and there are a number of outdoor venue options for you to check out in Niagara

- [Outlet Collection at Niagara](#): 300 Taylor Road in Niagara-on-the-Lake: Movies shown once a month, free of charge in the courtyard by The Eatery
- [Windmill Point Park](#): 2409 Dominion Road in Ridgeway: Movies shown weekly at this family campground, check the calendar at the link for details
- [Moonlight Flicks](#): St. Catharines and Port Colborne: Keep an eye on their Facebook page, no dates posted yet for 2022 but they indicate that they will be posted soon – admission is a canned good donation for local food banks
- [Downtown Niagara Falls](#): Queen Street in Niagara Falls: Outdoor movies are shown weekly, check out their Facebook page for details on the upcoming events. [Click here](#) to check out their events page for other fun events happening over the summer
- [Ridge Film House](#): 320 Ridge Road North, Ridgeway - for those rainy days when outdoor viewing is not possible, check out this small film house in Ridgeway – small theatres but big experience

Summer Reading Fun: It is always a good time to read but during the summer months nothing is better than swinging in a hammock, tucked into a blanket fort or sitting in the sun with a warm child in your lap and a good book to read together for likely the twentieth time. If you are in need of some new reading inspiration, here are some sites to explore:

- [Flyleaf Publishing](#) remains free for another year, there is information for instructors as well as for students including books to read on-line – these are free to access for anyone
- [Half-Pint Kids](#) offers free decodable books to read on-line and also offers activity sheets, teaching guides and literacy centre materials
- [Starfall](#) offers a wide variety of free resources for parents and children, this site is especially great for school age children, lots of printable activities and even music files with lyrics.

- [Read On Canada](#) a project of the Canadian Children’s Literacy Foundation, Read On Canada was created to help provide access to literacy resources during the pandemic. They have a great collection of materials and activities for children from ages 3 to 10 plus a Tips section for reading with children from birth to age 3
- [Lisons Canada!](#) Découvrez toutes les activités amusantes ici sur ce site Web et continuez à “lire” avec un enfant de votre vie.
- Don’t forget to visit **your local library** for books, videos and summer reading activities!

Why not visit a museum?

- [Niagara Falls](#)
- [St. Catharines](#)
- [Welland](#)
- [Fort Erie](#)
- [Grimsby](#)
- [Town of Lincoln](#)
- [West Lincoln](#)
- [Port Colborne](#)
- [Niagara-on-the-Lake](#)
- [Thorold](#)
- [Wainfleet](#)
- [Pelham](#)



July Special Events and Dates to Remember

July is a great time to celebrate the end of school and the start of summer – here are a few more special fun dates to celebrate this month ☺

- July 7th – World Chocolate Day
- July 10th – Teddy Bear Picnic Day
- July 13th – National French Fry Day
- July 15th – Gummi Worm Day
- July 17th – Ice Cream Day
- July 22nd – National Hammock Day
- July 25th – National Wine & Cheese Day
- July 28th – National Hamburger Day
- July 30th – International Day of Friendship

Check out these Activities and Resources

Start planning to attend Niagara 2022 Canada Summer Games/ Jeux d’été du Canada: August 6 - 21

- **Once, and for all. Niagara 2022 Canada Summer Games:** This resource was developed by teachers for teachers. The intention is to build an awareness and appreciation of the Canada Games. These lessons are intended to celebrate the artifacts of the Games through the five overarching themes of the Canada Games. [Click here](#) for games for kindergarten to grade 8; meet the mascot; and follow the torch itinerary.
- **Une fois, pour tous. Jeux d’été du Canada Niagara 2022:** Cette ressource a été préparée par des enseignants pour des enseignants. Le but est de développer la conscience et l’appréciation des Jeux d’hiver du Canada. Ces leçons visent à célébrer les artéfacts des jeux à travers les cinq grands thèmes des Jeux d’été du Canada. [Cliquez ici](#) pour jeux pour la maternelle à la 8e année; voici notre mascotte; et suivez l’itinéraire du flambeau.

Food Literacy and Access Programs Survey: Niagara Region Public Health is conducting an environmental scan of organizations and agencies in the Region to gain a better understanding of the food literacy and access programs and/or services available locally.

- We thank you in advance for your participation, and would be happy to share our findings with those who are interested. Please leave your contact info when prompted within the survey and

we will be sure to follow-up. We are also requesting your help in disseminating this environmental scan to contacts you may know who are also working to improve food literacy and access in their communities. Please feel free to forward the link below.

- To access the survey, click [here](#). **Please note the survey will close on Friday July 8, 2022.**
- Should you have any questions, please reach out to kavalpreet.grewal@niagararegion.ca.

Project Learning Tree Canada: [Click here](#) to View our free eco-education worksheets and activities to connect the children in your life to the outdoors.

Apprendre par les arbres Canada: [Consultez nos](#) fiches de travail et d'activités gratuites qui invitent les enfants autour de vous à découvrir le plein air.

The Nature Playbook: is a free and accessible resource/tool for outdoor play practitioners; it was published by the Canadian Parks Council. [Click here](#) to download a pdf copy.

Sortons jouer dans la nature: est un outil/ressource gratuit et accessible qui s'adresse aux professionnels du jeu extérieur; il a été publié par le Conseil canadien des parcs. [Cliquez ici](#) pour accéder au livre.

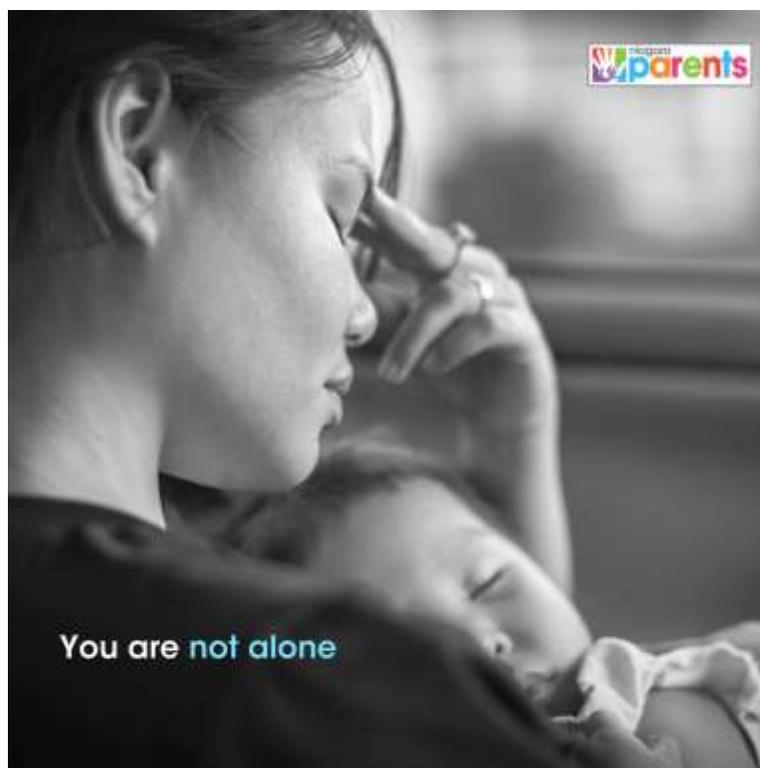
The Centre for Indigenous Professional Learning Survey: The Ontario Aboriginal Head Start Association's Centre for Indigenous Professional Learning is developing resources regarding cultural understanding and allyship to support educators that work with Indigenous children and families. All non-Indigenous programs [click here](#) for the survey link. **Please complete by Wednesday July 20, 2022.**

Sun safety: [Click here](#) for tips. [Click here](#) for Sun Safety information from Niagara Region Public Health

Conseils sur la sécurité au soleil: Les bébés et les jeunes enfants ont la peau sensible, qui peut facilement être endommagée par les rayons ultraviolets du soleil. [Cliquez ici](#) pour en savoir plus.

Keep children cool! [Click here](#) on how to protect your child from extreme heat.

Gardez les enfants à l'abri de la chaleur! [Cliquez ici](#) pour savoir comment protéger votre enfant de la chaleur extrême



Niagara Parents: Space is available in their Steps to Wellness: Before and After Baby 9-week Cognitive Behavioural Therapy (CBT) group series for individuals with symptoms of postpartum depression starting August 23rd.

- ***Pregnant and new parents with babies up to 18 months of age, who have been feeling depressed, down, or anxious may be eligible to participate in a group-based Cognitive Behavioural Therapy (CBT) program.*** During this nine-week series, you will meet weekly in a virtual group setting with a public health nurse to learn skills, strategies, and tools to help

manage depression and anxiety. A workbook is provided to help you record your goals and progress. A public health nurse will contact you by text/phone within 2-3 business days to go through a screening form to confirm if the group will meet your needs and has space available before sending you the Zoom link to participate.

- To register, please [click here](#)
- Registration will be closing on **Wednesday, August 16.**
- Additional series' will be offered through the months of October-November, available on the Niagara Parents [website](#). If you have any questions please contact [Niagara Parents](#).

Request for Proposal: Niagara Prosperity Initiative: Proposals are invited from the community for projects that will address poverty in Niagara through six different strategies. The Niagara Prosperity Initiative (NPI) seeks to build a strong community to ease the enduring impacts, stigma and stress associated with living in poverty. Stronger and healthier communities will provide individuals with social supports and access to the broader factors that affect health.

- **The types of poverty reduction services that will be procured are:**
 - Additional support for the Urban Indigenous Homeward Bound program
 - Early childhood development program for low income families
 - Pop-up produce markets
 - Community integration
 - After-care advocacy for domestic violence survivors
 - Living wage program
- **The RFP will be available through the Niagara Region section of [Bids and Tenders](#) website from June 27 – July 27, 2022. Eligible proponents include organizations that are incorporated non-profit or private sector organizations. [Click here](#) for a direct to NPI link**
- An information session will be held virtually on **July 6th, 1:00 p.m. – 2:30 p.m.** Instructions on how to access the information session is included in the RFP.
- For more information about NPI and the application, please [click here](#).

Stay up-to-date:

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.

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](#)

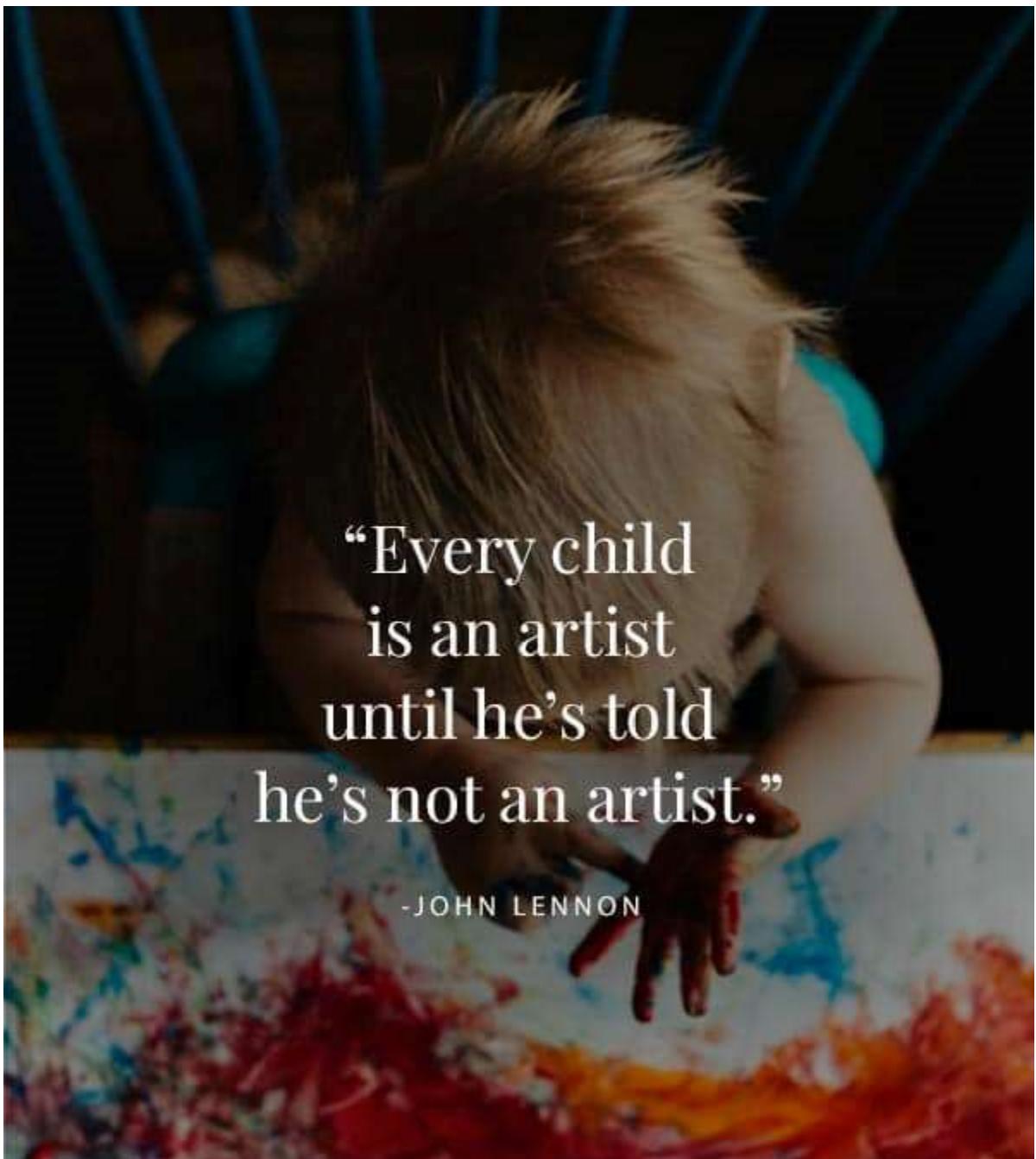
Niagara Region FAQ's: [Click here](#) if you have any additional questions about vaccines, booking appointments or general information about COVID-19.

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

Snopes & Fake News – How Can You Tell? Lately it seems that we are increasingly being bombarded with information especially on social media but how do you know what is truthful and what is fake? ABC Life Literacy had introduced a new, free virtual program to help you learn how to tell the difference. [Click here](#) to learn more.

Fausses nouvelles et Snopes.com: Comment savoir si quelque chose pourrait être une fausse nouvelle? Comment utiliser un site Web de vérification des faits pour repérer de fausses nouvelles. [Cliquez ici](#)



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

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