

Community Connections – March 9, 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 idea: Building Community in a Pandemic

Building Community Together in the Time of COVID-19: For in-depth information and suggestions about how to best build community in preschool and kindergarten classrooms in this unique year, [click here](#).

Building Community Together in the Time of COVID-19: [Click here](#) for in-depth information and suggestions about how to best build community in preschool and kindergarten classrooms in this unique year, take a look at the archived webcasts.

COVID-19 : Soutien aux élèves et aux parents: [Cliquez ici](#) pour renseignez-vous sur la réouverture des écoles et des centres de garde d'enfants, et trouvez des ressources pour soutenir les élèves durant la pandémie de COVID-19.

Live Work Well Research Centre: The University of Guelph now has the Live Work Well Research Centre on their website. Sharing the perspectives of diverse groups, learn more about various challenges and responses to the pandemic. [Click here](#) to explore the site.

Building Community in Isolation: Shopify does seem like a strange place to learn about building community in isolation but their blog is full of really interesting information on this topic and more. They have used their Shopify community to study trends and to determine how to find your people when you can't see people. They even have a fun quiz to take that identifies your Founder sign and then offers community building and entrepreneurial advice based on that sign. Taking the quiz is quick but it will require you to submit your email to receive the results and their monthly newsletter. Even without the quiz, this site is a good one to explore. [Click here](#) to get started and let me know if there are any other Cartographers out there!!

Free Poster: Many of you either have or have seen the poster, "How to Build Community", it is a best seller that has been gracing office and home walls since the late 1990's. Syracuse Cultural Workers are now offering an updated version of this poster titled "How to Build Community During a Pandemic" as a free digital download. [Click here](#) to get yours.

Check out these Local Activities and Resources:

Pathstone supports: [Click here](#) to learn more about the THREE options for connecting Immediately for Mental Health care at Pathstone

Your COVID-19 Mental Health Tool Kit: Right now, your job is to stay calm, and ease your child's worries. [Click here](#) to find out how to talk to your child and how to keep your family balanced and connected at home through the COVID-19 outbreak.

Caring for Our Mental Health: Join the Niagara Community Foundation for a virtual Fireside Chat about mental health during the pandemic. Mental Health is health and each and everyone of us needs to take personal action to care for our mental wellness – [click here](#) to learn more and to register for this event.

Maple Syrup Season: One of the best parts of spring is the start of maple syrup season. Although the pandemic has caused changes in visits to a sugar bush, there are still possibilities to explore.

White Meadows Farms will be offering Sugar Bush Camp Outs that include lunch, there will be a cost for this but their website also has lots of maple syrup information and recipes that you can use at home. [Click here](#) to visit their website

Richardson's Farm and Market has created a Backyard Syrup Making Kit that is available for purchase. [Click here](#) to get the Kit that offers the supplies needed to tap maple trees and create your own maple syrup, the purchase of a Kit also opens up a series of instructional videos to help.

Maple Syrup Resources to Try at Home: Find Resources that will help you learn more about how to make maple syrup at home, [click here](#) for instructions on Cooking and [click here](#) for "Tap my Trees:."

Activities and Supports for you, your clients and families:

First Day of Spring March 20, 2021: The Spring Equinox: [Click here](#) to learn more and celebrate the vernal equinox and the start of spring!

Fun Spring Equinox Celebration Ideas: [Click here](#) to learn what the vernal equinox is and learn how to celebrate the spring with these fun facts and spring equinox celebration ideas.

10 activités de printemps que les enfants vont adorer: [Cliquez ici](#) pour 10 activités simples et amusantes qui leur permettront de profiter de la beauté du printemps.

7 Simple Springtime Outdoor Activities: [Click here](#) are simple ways to enjoy the outdoors and celebrate spring:

Roots of Empathy/Racines de l'empathie: [Clique here](#) for the Parenting Through COVID-19 Video Series with Founder and President Mary Gordon. Disponible dans de nombreuses langues.

Activités avec distanciation: [Cliquez ici](#) pour activités et ressources éducatives

Crayola Canada: [Click here](#) for colouring pages, craft ideas and so much more. A perfect way to fill some of the stay at home time.

Programme de Pratiques Parentales Positives Triple P: [cliquez ici](#) pour petits changements, grandes différences l'efficacité du programme de soutien à la parentalité triple p est prouvée

Triple P Parenting [Click here](#) to check out the free Positive Parenting on-line magazine, it is full of tips and resources to help families manage during the pandemic.

DSBN Parent Involvement Conference (PIC): has gone virtual!: Replacing the usual Parent Conference, they are now doing a virtual speakers series. [Click here](#) to check out the Anti-Racism Parenting presentation on March 17th

Sustain Ontario: is working on food and agriculture issues in the province as they educate families about food issues. [Click here](#) to view the resources and activities for children and youth that includes activities and classroom lessons.

Sustain Ontario: travaille sur les questions d'alimentation et d'agriculture dans la province tout en sensibilisant les familles aux problèmes alimentaires. [Cliquez ici](#) pour voir la section des ressources et des activités pour les enfants et les jeunes qui comprend des activités et des leçons en classe.



Family Fun Canada: [Click here](#) to create some family friendly St. Patrick's Day fun.

Family Fun Canada: [Cliquez ici](#) pour des activités Jour de la Saint-Patrick.

CBC Kids: [Click here](#) for a great explanation of the story behind St. Patrick's Day, not sure about the green eggs and ham though.

4 activités amusantes pour fêter la Saint-Patrick: [Cliquez ici](#) pour quelques idées amusantes pour fêter la Saint-Patrick.

5 activités pour les enfants à la Saint-Patrick [Cliquez ici](#) pour essayez ces idées amusantes et éducatives pour apporter un peu de chance dans votre maison.

5 green activities for St. Patrick's day: [Click here](#) to try these fun and educational ideas to bring some luck to your home.

Stay up-to-date:

"On behalf of Niagara's mayors, I am pleased to share this list of immunization clinics with the public. As Niagara moves into another crucial phase of this pandemic, we want residents to know that we are ready to safely deliver as many vaccines as possible once supply is made available. The mayors and I wish to thank Niagara's residents for their ongoing patience as they wait their turn to receive a vaccine." ~ Regional Chair Jim Bradley

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](#)

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](#)



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.



The infographic is divided into three vertical panels. The first panel (green background) shows a blue surgical mask and a black fabric mask with blue dots, with a woman wearing a blue surgical mask. The second panel (purple background) shows a man and a woman, both wearing blue surgical masks, with a dashed line between them labeled '6 feet'. The third panel (orange background) shows two hands being washed with white soap suds.

Wear a mask.

Maintain a physical distance of 6 feet (2 metres) from others.

Practice meticulous hand hygiene at all times.