

Community Connections

– May 4, 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



May the Fourth Be With You: Today is the day to grab your Star Wars® gear and [click here](#) to find ways to celebrate “May the 4th Be With You” with your kids.

These days it is fun to have anything to celebrate so why not embrace May the 4th and [click here](#) to try some festive recipes and crafts. Or you can [click here](#) to discover 40 ways to enjoy this day.

Que le 4 soit avec vous: [Cliquez ici](#) pour les activités Star Wars® pour les enfants.

Spotlight idea: Celebrating Mom

Creative and Virtual Ways to Celebrate Mom from a Distance: [Click here](#) to discover fun ideas for spending time with Mom—from a virtual dinner date to a long-distance movie night to a Zoom talent show!

Idées de Cadeaux Faits Maison pour la Fête des Mères: [Cliquez ici](#) pour une sélection de bricolages pour la fête des mères : des cadeaux faits maison pour tous les âges et tous les goûts.

Mother’s Day at Home: Once again COVID-19 continues to pose a threat everywhere in the world. [Click here](#) to find out how to celebrate mothers' day at home.

Fête des mères : [Cliquez ici](#) pour idées cadeaux à faire soi-même pour célébrer nos mamans

Make a Mothers Day Bouquet: The MacLaren Art Centre has a regular Family Sunday Online feature that provides a new activity or craft idea each week. Just in time for Mother’s Day, they have posted how to make a paper flower bouquet for Mom or a special woman in a child’s life. Be sure to also check out the activities that they have previously posted, lots of great ideas! [Click here](#) to start your paper flower bouquet.

A Few New Mother's Day Ideas: Are you looking for some inspiring ideas for Mother's Day this year? If so, then check out the ideas features on the HGTV website – they include craft and gift ideas, recipes and more! [Click here](#) to find your inspiration.

Check out these Local Activities and Resources:

Brock University: Maternal Postpartum Depression and Infant Brain

Development - The impact of early treatment: Please join for a free live webinar as part of Brock University's Lifespan Development Research Institute's community speaker series on **Tuesday, May 18 from 12:30 to 1:30 p.m.** [Click here](#) to RSVP online.

Heartland Forest Nature Videos: Heartland Forest does have their trails open for essential exercise, [click here](#) for details. If you are unable to physically visit Heartland Forest you can still enjoy learning about nature by [clicking here](#) to view their new Nature Series videos.

A Year of Preserving: Free Workshop from food writer, cookbook author, culinary activist and holistic nutritionist Lynn Ogryzlo. Presented by Niagara's Food Security Network, this workshop will provide information on how to preserve food to feed families and communities. [Click here](#) to register.

Niagara Children's Virtual Water Festival: This year, participants will be virtually transported to the water festival through engaging videos and live workshops with real-time participation. [Click here](#) to register.

Centre on y va (Early on) [Cliquez ici](#) pour [Horaire](#) des classes de Zumba et pound avec Amy et Laetitia pour le mois de MAI 2021 sur ZOOM. [Cliquez ici](#) pour toutes nos activités par ZOOM ou sur le site.

Niagara Catholic [Click Here](#) for **Learn at Home** page, which has many resources for students and parents to access. It's a one-stop shop of everything from links to Ministry of Education curriculum, to a wide variety of programs, supports and services for students and families to access online. This site is updated frequently with new resources and information as it becomes available

DSBN Learn from Home: [Click Here](#) The Learn From Home website provides learning resources for grades K-12 that are updated weekly. There is also a parent support section for help with logging on, mental health and well-being resources, and a link to the Ministry of Education's learning website.

Conseil Scolaire de District de Niagara Learn from Home: [Cliquez ici](#) pour le site Web Learn From Home fournit des ressources d'apprentissage pour les élèves de la maternelle à la 12e année.

Conseil scolaire Viamonde: [Cliquez ici](#) pour plus d'informations sur l'enseignement à distance.

Conseil scolaire catholique MonAvenir: [Cliquez ici](#) pour plus d'informations sur l'enseignement à distance.

Activities and Supports for you, your clients and families:

Discover Canadian Children's Book Week – snuggle up and read your favourite children's book and celebrate **Children's Book Week May 2nd to 8th**. [Click here](#) to visit the event website and learn about **virtual author readings** plus explore lots of fun book related resources. Help Readers Take Flight during Children's Book Week!

For Your Next Movie Night: Family movie nights at the theatres are on hold for now but thankfully most new movies are now available by other methods. If you are planning your next movie night, [click here](#) to view the list of these new movies that could help you feel better about being stuck at home. Interestingly most local food delivery services do provide movie popcorn delivery or you can [click here](#) to try one of these fun popcorn recipes from Jolly Time Popcorn.

Goodnight Zoo: The Toronto Zoo and CAA have teamed up to present a weekly animal inspired bedtime story read by zoo staff every Thursday at 7pm. [Click here](#) to view past readings and to explore other parts of the Toronto Zoo website.

Spring Activities: Even though spring break is over, [click here](#) for things to do with your kids this spring. From creative arts and crafts to nature appreciation, science-for-fun and celebrating our favourite sports, we've rounded up a list of activities from Ontario's museums, galleries and attractions.

Idées de plaisir à la maison pour la relâche scolaire d'avril 2021 : science et technologie: cliquez ici pour arts créatifs et bricolage, appréciation de la nature, sciences rigolotes et célébration de nos sports favoris : nous avons rassemblé une liste d'activités offertes par les musées, galeries et attractions.

Wildlife Preservation Canada: This group works hard to help save endangered species and provide education on how we all can help. [Click here](#) to visit the website and learn more about wildlife preservation in Canada, about the focal species and explore all of the Kids Resources.

Conservation de la faune au Canada: rétablissement · conservation · savoir: Le programme canadien de soins intensifs pour les espèces en péril, depuis 1985. [Cliquez ici](#) pour trouver plus d'informations et de vidéos.

Nature Conservancy of Canada: Practicing safe physical distancing doesn't mean staying away from nature. Connecting with nature will help reduce your stress level and improve both physical and mental health during these unusual times. [Click here](#) for information and resources to get you started.

Conservation de la nature Canada: Pratiquer la distanciation physique ne veut pas dire s'éloigner de la nature! Bien au contraire, car s'y connecter aide à diminuer le stress, en plus d'améliorer la santé physique et mentale. Voilà une bonne chose pendant cette période si particulière. [Cliquez ici](#) pour plus d'informations

Mindwell: is a mental health training and wellbeing platform that equips people, teams and organizations with the tools to perform at their best. In their Resources section you will discover webinars, infographics, a blog and COVID-19 toolkit. [Click here](#) to learn more.

Calm a Distressed Mind: Over one year into the pandemic it often is extremely difficult to calm your thoughts. For those days when you just can't self-talk yourself back into a positive frame of mind, consider the top 3 ways to turn down the chatter in your mind presented in this article from Greater Good Magazine – [click here](#) to read the article

Baby Farm Animals: One of the best parts of spring is all of the new animal babies and birds that are suddenly popping up everywhere! The Minnesota Zoo has added a Farm Babies section to their website that includes a live webcam, games, crafts and photos – it is cuteness overload! [Click here](#) to visit and get comfortable, it is hard to leave!

Stay Active Outdoors

Promoting Outdoor Play: The Human Early Learning Partnership (HELP) is presenting a free webinar as part of their 2021 Mini Expo series titled "Promoting outdoor play in schools and communities" [Click here](#) for additional information and registration details.

Stress Relief Yoga for Educators: Take Me Outside is committed to raising awareness and facilitating action on nature connection and outdoor learning in schools across Canada. They recognize that all educators have experienced a long and difficult year and in an effort to help ease your stress, have created a 45 minute yoga session that is specifically designed to help educators. [Click here](#) to start the class.

Earth School: "Today, over 1.5 billion children aren't able to go to school. In response to this education crisis, UNEP and TED-Ed – with the support of an incredible array of educators and partner organizations – launched Earth School, which consists of 30 days of nature-focused content and environmental adventures for learners of all ages. Each Quest includes a discovery video and quiz, combined with a series of engaging learning resources — all curated by environmental experts"

Most of the quests are for older children but what an incredible resource for families in the midst of virtual learning. In the Discover section you can sort the videos by school levels to find some that would be appropriate for the children that you work with. [Click here](#) to head to Earth School.

Stay up-to-date:

“With the new, more contagious variants circulating in Niagara it’s important that we all remain vigilant, only go out for essential purposes and follow public health measures to prevent the spread of COVID-19 in our community and to protect each other.”~ Niagara Region Public Health

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: Niagara Health's COVID-19 Vaccination Clinic is open to priority groups by appointment only at the Seymour-Hannah Sports and Entertainment Centre in St. Catharines. [Click here](#) to learn more.

Niagara Health: Sur cette page, vous trouverez des renseignements et des ressources concernant notre réponse à la pandémie de COVID-19. La vigilance dont nous faisons preuve en matière de prévention et de contrôle des infections nous permet de continuer à protéger les patients, les visiteurs et les membres de notre équipe [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](#)

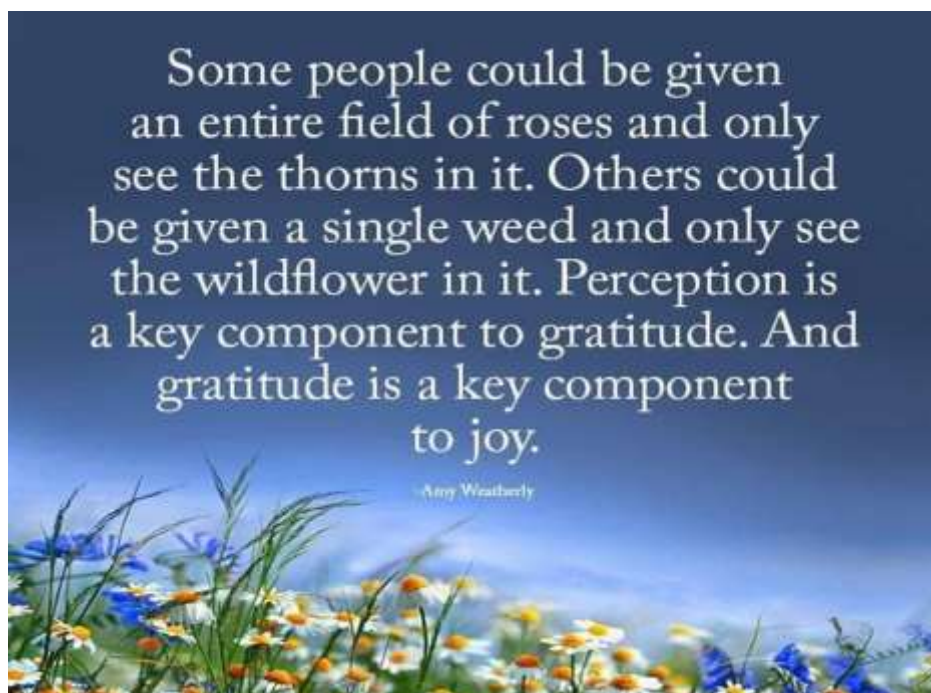
Cadre d’intervention pour la COVID-19 : Garder l’Ontario en sécurité et ouvert: Apprenez comment nous gardons l’Ontario en sécurité et ouvert, notamment au moyen de mesures de santé régionales et de mesures de santé publique et de sécurité au travail propres à chaque secteur. [Cliquez ici](#)

Ontario Government Covid-19 Update Page: 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. [Click Here](#) (this site has the information available in many other languages)

Mise à jour Covid-19 du gouvernement de l’Ontario: [Cliquez ici](#) Cliquez ici pour obtenir les données de cas les plus récentes et les mises à jour, apprendre comment vous protéger et protéger les autres, et obtenir des conseils sur ce qu’il faut faire si vous êtes préoccupé / avez contracté le COVID-19

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

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

Ontario College of Family Physicians  **UNNERVED BY COVID-19?**
Leaders for a healthy Ontario

As Ontario's family doctors, we're here for our patients. Let's all do our part to help control the spread. **TAKE THE FOLLOWING ACTIONS:**



TURN TO TELEMEDICINE
Many family doctors can now connect with you by phone, email or video.



EMBRACE YOUR HOME BASE
Stay home if you have mild respiratory symptoms. Most people will get better on their own at home.



REMAIN CLOSE ...FROM A DISTANCE
Use virtual means to connect with friends and loved ones.



DON'T FRET IF NO TEST
Not everyone needs a COVID-19 test. *Again, most get better on their own.*

USE SOAP AND SLEEVES

- Wash your hands.
- Sneeze into a tissue or your upper sleeve.
- Don't touch your face.



Turn page for more detail

Questions? email ocfp@ocfp.on.ca | ontariofamilyphysicians.ca/covid19