

HERE'S the SCOOP

Northpointe Council Inc. Volume 9



SUMMER SAFETY



WEAR A HELMET!
every bike ride, every time



USE SUNSCREEN!
at least SPF15, 30 min. before going out



WEAR EYE PROTECTION!
when helping with yardwork or mowing



LIFE JACKETS ON BOATS*
*even for really strong swimmers!



HIKE, BIKE, SWIM, EXPLORE
ALWAYS with a friend, NEVER alone



BEAT THE HEAT!
bring and drink water, wear hats, seek shade, and check for ticks if in the woods

A message from Northpointe



NORTHPOINTE
COUNCIL
your path to a brighter tomorrow



Summer is a great time to relax, and enjoy the sunshine. Set yourself some summer time goals! Remember to stop & think and make choices that keep you safe all summer long!

THOUGHT STOPPING strategies for kids



Say, "Stop!" in your mind



Snap your fingers



Imagine a big red stop sign



Picture your worry as a bug. Squash it!



Picture your worry as a balloon. Pop it!



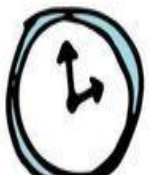
Get up and move!



Sing a song



Replay a memory



Set a timer

Young Chef's Corner: Campfire Crackers

Ingredients:

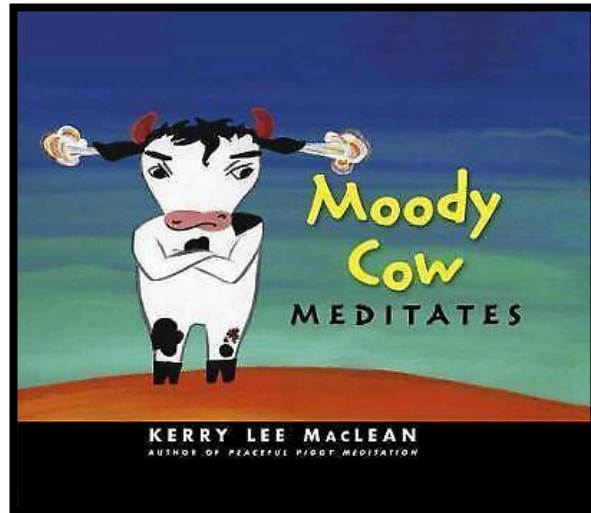
- Crackers (any kind)
- Grapes
- Brick of cheese
- Cream cheese
- Pretzel sticks



Directions:

- Spread cream cheese on cracker
- Place grapes around outside of cracker
- Cut cheese into fire shape and place in center of grapes
- Layer pretzel sticks around cheese, on grapes.

Story Time with Prevention



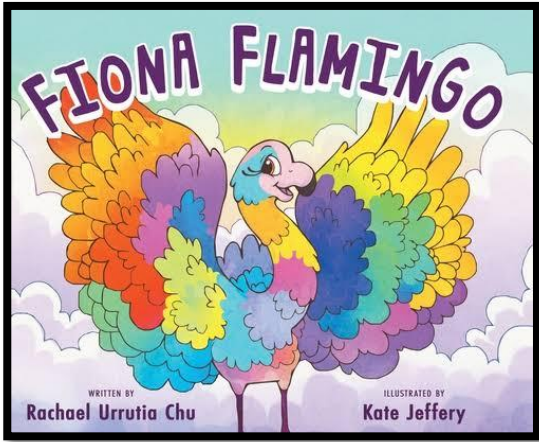
Written and Illustrated by Kerry Lee MacLean
Published by Wisdom Publications

Read by Christina Meyer
Northpointe Council Prevention & Education

<https://youtu.be/sfMbAXM5WqE>

Peter the Cow loses his temper and gets teased by the other kids, they call him Moody Cow! The day gets better when his grandfather teaches him how to settle his mind and let go of his frustration through a simple and fun exercise, teaching kids the power of meditation.

Story Time with Prevention

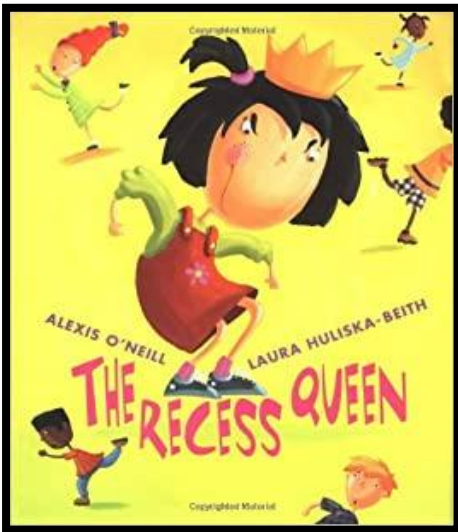


Written by Rachael Urrutia Chu
Illustrated by Kate Jeffery
Published by Puppy Dogs & Ice Cream, Inc

Read by Michelle Seider
Northpointe Council Prevention & Education

<https://youtu.be/HmsYLbVYw80>

Fiona experiences a lot of different feelings throughout this story as she realizes that she is different from her flamingo friends. In this book about feelings, Fiona learns that it is ok to be different and that is what makes her special.



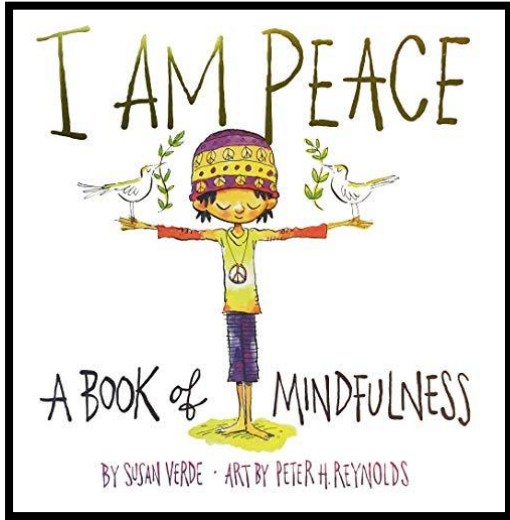
Written by Alexis O'Neill
Illustrated by Laura Huliska-Beith
Published by Scholastic Press

Read by Michelle Seider
Northpointe Council Prevention & Education

<https://youtu.be/k0zdmyx7TAg>

Mean Jean is the Queen of Recess until Katie Sue shows her that it is much more fun to be a good friend by playing together, taking turns and being kind.

Story Time with Prevention

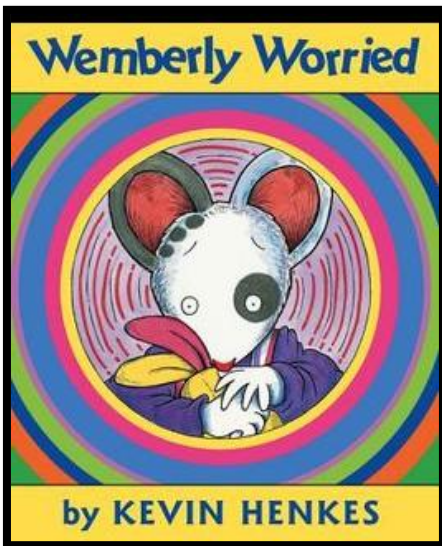


Written by Susan Verde
Illustrated by Peter H. Reynolds
Published by Abrams Books for Young Readers

Read by Amy Chaffee
Northpointe Council Prevention & Education

<https://youtu.be/I-D8mQNMT50>

A book about finding peace and mindfulness during difficult times.



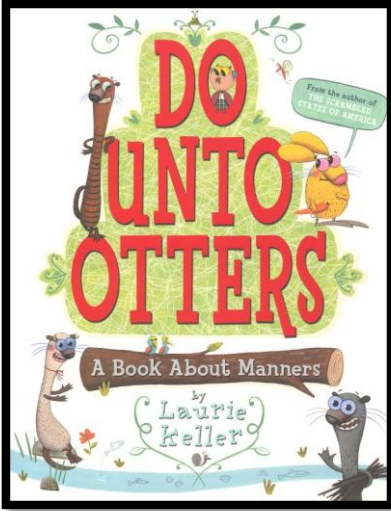
Written and Illustrated by Kevin Henkes
Published by Greenwillow Books
(An Imprint of HarperCollinsPublishers)

Read by Chelsea Crance
Northpointe Council Prevention & Education

<https://youtu.be/6nkDsOTInpE>

Wemberly worries about everything! When it's time for school to start, Wemberly worries even more. It's not until she makes a friend, that her worries start to disappear.

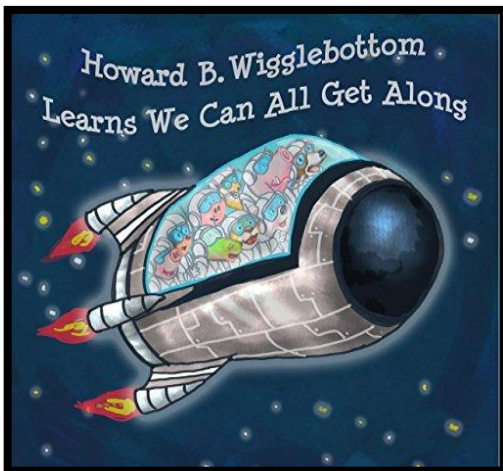
Story Time with Prevention



Written and Illustrated by Laurie Keller
Published by Square Fish (Macmillan Publishers)

Read by Leah Riley
Northpointe Council Prevention & Education
<https://www.youtube.com/watch?v=MWAWo7buMNo>

Rabbit is shocked to find that his new neighbors are Otters! He comes to realize that he should treat his new and unfamiliar neighbors exactly how he would like them to treat him! A book all about manners and getting along with others.



Written by Howard Binkow & Reverend Ana
Illustrated by David A. Cutting and Mike Ferrin
Published by Scholastic

Read by Leah Riley
Northpointe Council Prevention & Education
<https://www.youtube.com/watch?v=vzHfPVODgKQ>

When Howard doesn't get invited to a party, it makes him very sad. This leads him to start thinking about how he treats his friends each day. He learns that he needs to practice being kind to his friends and to treat them the way he wants to be treated.

RESOURCES

Niagara County

Important Links

NYS Office of Mental Health

•<https://omh.ny.gov/omhweb/guidance/>

The Hub/Erie County, NY Department of Health

•<http://www2.erie.gov/health/index.php?q=hub>

211 (search to find local services)

•<http://www.211wny.org/>

Niagara County Department of Health

•<https://www.niagaracounty.com/health/Resources>

Erie County Department of Health

•<http://www2.erie.gov/health/index.php?q=coronavirus>

Center for Disease Control

•<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

Home School Sites

ABC mouse

•www.ABCmouse.com

Adventure Academy

•www.adventureacademy.com

Education.com

•www.education.com

Common Sense

•www.common Sense.org

Epic

•Reading APP for kids

Quick Math Junior

•Math App for kids

Swift Playgrounds

•Learning App for kids

Northpointe Council's mission is to provide high-quality, person-centered prevention, intervention, treatment, and recovery to those affected by substance use disorders and other addictions from the Greater Niagara Area.





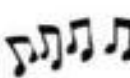





P: 716.282.1228



Little Free Pantries!

NORTHERN 716	
OLCOTT: Imagine That 5957 E Main St. 14126	LOCKPORT: iImagine Comm Garden Elmwood & Washburn 14094 white box near corner
LOCKPORT: Emmanuel United Methodist 75 East Ave. 14094 Red box in back lot	NIAGARA FALLS: Highland Helping House 2809 Highland Ave. 14305 Front yard next to gate
NORTH TONAWANDA: Nash Rd Church 958 Nash Rd 14120 The Little Free Pantry: North Tonawanda on FB	NORTH TONAWANDA: Greater Nia Fed Credit Union 110 Ward Rd 14120 The Little Free Pantry: North Tonawanda on FB
NORTH TONAWANDA: OLC Church 57 Center St 14120 The Little Free Pantry: North Tonawanda on FB	NORTH TONAWANDA: iHope Comm Church 316 Thompson 14120 The Little Free Pantry: North Tonawanda on FB
NORTH TONAWANDA: NT Senior Center 110 Goundry St. 14120 The Little Free Pantry: North Tonawanda on FB	NORTH TONAWANDA: iImagine Comm Gardens 225 Sommer St 14120 The Little Free Pantry: North Tonawanda on FB
NORTH TONAWANDA: Nia Reg Fed Credit Union 1285 Erie Ave. 14120 The Little Free Pantry: North Tonawanda on FB	NORTH TONAWANDA: Degraff Mem Hospital 445 Tremont St. 14120 The Little Free Pantry: North Tonawanda on FB
NORTH TONAWANDA: Matt's Music 937 Oliver St. 14120 The Little Free Pantry: North Tonawanda on FB	NORTH TONAWANDA: Hope Center 383 Vandervoort 14120 The Little Free Pantry: North Tonawanda on FB
TONAWANDA: Decades 2855 Sheridan Dr 14150 Decades Little Free Food Pantry on FB	***TEMPORARY TONAWANDA: 17 Longfellow Ct. 14150 Little Free Library convert
***TEMPORARY KENTON (BUFFALO): 29 Harrison Ave. 14223 Little Free Library convert	***TEMPORARY GRAND ISLAND: 1372 Staley Rd 14072
BUFFALO(NORTH): Park Lutheran Church 2 Wallace Ave. 14214 On Depew Ave side of bldg.	***TEMPORARY KENTON (BUFFALO): Kenton's LF Library 152 Irving Terr 14223 Kenton's Little Free Library- 14223's first LFL on FB

Summer Fun

MAKE SOMETHING MONDAY	TAKE A TRIP TUESDAY	WET AND WILD WEDNESDAY	THINKING THURSDAY	FUN AND FRIENDS FRIDAY
 Make a new recipe	 Go to museum	 Go swimming	 Go to the library	 Play board games
 Make art	 Go to park	 Go to the beach	 Science experiment	 Play video games
 Make LEGO creation	 See a movie	 Play in sprinkler	 Educational website	 Play with friends
 Make music	 Go for a bike ride	 Play with water guns	 Read non-fiction	 Play sports
 Make a contraption	 Take a hike	 Go fishing	 Write a story	 Get ice cream
 Invent a game	 Go out to eat	 Water balloons	 Play a math game	 Make a fort

50 THINGS to do this SUMMER

- ☐ 1. go swimming
- ☐ 2. **PICNIC**
- ☐ 3. **bowling**
- ☐ 4. blow bubbles
- ☐ 5. **FINGER PAINT**
- ☐ 6. _____
- ☐ 7. ride bikes
- ☐ 8. Fly a kite
- ☐ 9. **BBQ**
- ☐ 10. paint rocks
- ☐ 11. **make pizza**
- ☐ 12. _____
- ☐ 13. jump rope
- ☐ 14. water balloons
- ☐ 15. pajama day (all day)
- ☐ 16. **HOPSCOTCH**
- ☐ 17. **WATER GUNS**
- ☐ 18. make a fruit salad
- ☐ 19. family game night
- ☐ 20. _____
- ☐ 21. make a craft
- ☐ 22. **DANCE!**
- ☐ 23. **MAKE LEMONADE**
- ☐ 24. **HIDE N' SEEK**
- ☐ 25. **BOARD GAMES**
- ☐ 26. sidewalk chalk
- ☐ 27. chase butterflies
- ☐ 28. dance in the rain
- ☐ 29. **play ball**
- ☐ 30. **frisbee**
- ☐ 31. **SUNGLASSES**
- ☐ 32. **STAR GAZE**
- ☐ 33. **exercise**
- ☐ 34. _____
- ☐ 35. **MOVIE NIGHT**
- ☐ 36. pillow fort
- ☐ 37. read books
- ☐ 38. playground
- ☐ 39. breakfast for dinner
- ☐ 40. watch clouds
- ☐ 41. make & fly paper airplanes
- ☐ 42. wash the car
- ☐ 43. _____
- ☐ 44. write a letter
- ☐ 45. draw pictures
- ☐ 46. **HAVE A RACE**
- ☐ 47. cartwheels
- ☐ 48. playdate with friends
- ☐ 49. laugh a lot & 
- ☐ 50. **HAVE FUN!**

summer WEEKLY PLAN



CHILL

MONDAY



CREATE

TUESDAY



CRAFT

WEDNESDAY



COOK

THURSDAY



CARE

FRIDAY

CHILL

- *READ A BOOK
- *DO SOME YOGA
- *PLAY A BOARD GAME

CREATE

- *BUILD A BIRD HOUSE
- *MAKE A KID COOKBOOK
- *CREATE AN OBSTACLE COURSE

CRAFT

- *MAKE HOMEMADE SILLY PUTTY
- *MAKE A ROCK TO-TAC-TOE GAME
- *MAKE A WIND CATCHER

COOK

- *MAKE A CAKE
- *COOK DINNER FOR THE FAMILY
- *TRY HOMEMADE POPSICLES

CARE

- *MAKE COOKIES FOR A NEIGHBOR
- *MOW SOMEONE'S YARD
- *TAKE A DOG FOR A WALK

Bookshelf Scavenger Hunt

Can you find:

- a book with 100 or more pages?
- a book with an animal main character?
- a book about science?
- a book with no words?
- a book with words in another language?
- a book about sports?
- a book that has been made into a movie?
- a book that rhymes?
- a book you can't wait to read?
- a book about history?
- a book you have read more than once?
- a book by your favorite author?

Choose one of these great books and **READ**



Summer Fun at the Beach

My family loves to visit the beach in summer. On our last trip, _____ and I explored the rock pools and saw _____ and a very _____ starfish. It was great fun until I was bitten on the finger by a _____. Then _____ swam out really far until he/she came face-to-face with a _____. His/her face turned bright _____ as he/she swam back to shore as fast as a _____. _____ and I had a competition to see who could build the tallest sand _____. Mine was _____ feet tall and I decorated it with _____ and _____. At the end of the day, we were all _____ and _____ as we headed home in our _____, _____, _____.



OUR TRIP

Date

Rating



Place

Weather

☐☐☐☐☐

How we traveled

☐☐☐☐☐

Drawing of the day

What I learned

BE A HERO: SAVE YOUR SKIN!

HOW TO HAVE SAFE FUN IN THE SUN



The sun makes us smile and keeps us warm!

But, we must protect our skin on sunny & cloudy days.

The sun's rays can burn and make our skin unhealthy.



HOW TO PROTECT OUR SKIN.



Wear hats, sunglasses and sun protective clothing.



Play in the shade.



Wear sunscreen.

WHEN TO APPLY SUNSCREEN.



30 minutes before going outside to play.



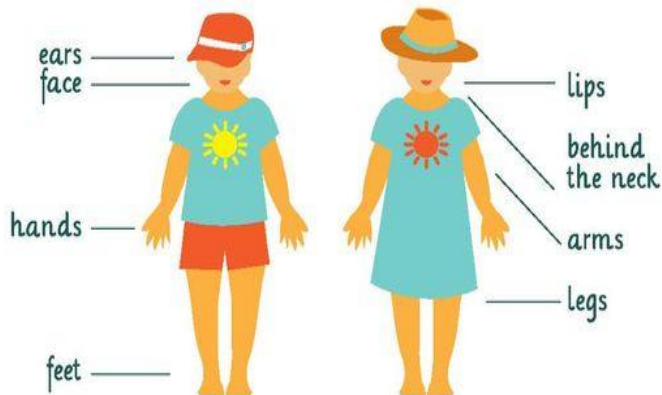
Every 3 hours.



After sweating or swimming.

HOW TO APPLY SUNSCREEN.

Everywhere! Don't forget:



www.skinfo.com

BICYCLE SAFETY

WWW.QUESTFORHEALTHKC.COM



USE THE RIGHT HELMET EVERY TIME

A helmet should fit snugly and not tilt on the head.

Keep your helmet hanging on the handle bars when your bike is parked so you never forget to put it on!

CLOTHES AND SHOES

Avoid skirts and pants that flap near the pedals and wheels. Use bands around the ankles to hold loose fitting pants against the leg.

Wear shoes that cover the toes and won't slip off. They should not have slick soles or heels.

Never ride with bare feet, open toed sandals, flip flops, or with shoes that slip off easily.



CARRYING STUFF

Use a bike basket or a snug backpack if you're carrying things on your bike.

If you're using a backpack, be sure the straps don't dangle below your seat.

CHECK YOUR BIKE

Before getting on, check that the tires are fully inflated.

Make sure the bike fits the rider. There should be a slight bend to the knee when sitting with the leg fully extended on the pedal. If a bike is too big or too small, accidents are more likely.



RULES OF THE ROAD

Teach how to ride a bicycle away from cars. Empty parking lots or bicycle paths are ideal for younger riders.

When kids are mature enough to ride on the road, teach them to use caution. Ride with traffic. Yield to traffic and signal your moves. Be cautious of parked cars that might pull out.

Be visible! Bright colors and reflective tape or flashing lights can help if it's dark.

Watch for potholes, objects in the road, water, and other hazards in your path.



STAY HYDRATED AND PROTECTED FROM THE SUN

Bring a water bottle and extra sunscreen if you'll be out for awhile.



Child Safety Tips

*You can't always be near your child.
How do you make sure they are safe?
Teach your children:*



STRANGER DANGER

01 What do you mean by strangers?

'Pretty' strangers can be as dangerous as scary-looking strangers.

03 Possible dangerous situations, eg:



A stranger claims to be a friend of your parents and offers you a ride home from school.

Children should not approach or follow strangers



A nice looking stranger approaches you and asks for help/directions.

Good grownups don't ask kids for help. They go to other adults for assistance

02 Who can they go to when they need help?



Teachers



Policemen



Neighbours

04 What to teach your child:

Always be accompanied by someone they can trust.



Know the home address and mummy's and daddy's phone numbers.



Scream or shout "NO" when they are in a dangerous situation.



Talk with mummy/daddy about their day and not keep secrets from them.



10

Fun Ways to Boost a Child's *emotional health*

Board games

(social skills are modeled and practiced)

Dancing

(physical movement reduces depression)

Art

(healthy outlet for emotions)

Reading

(increases empathy and self-awareness)

Knit/Crochet/Stitch

(promotes mindfulness)

Cooking

(boosts focus)

Writing stories/jokes

(improves executive functioning skills)

Sing/play an instrument

(releases 'feel good' endorphins)

Outdoor nature walks

(reduces stress levels)

Puzzles

(exercise's problem-solving skills)

40 Benefits of Outdoor Play for Kids



[click for the FULL LIST!!](#)

EMOTIONAL

- Improves cognition and thinking
- Increases focus
- bolsters resilience against stress
- Increases mood
- Decreases anxiety
- Builds confidence
- Provides regulation with sensory input for the nervous system
- Builds mindfulness skills
- Improves short term memory
- Decreases anger
- Reduces ADHD symptoms
- Boosts confidence
- Improved self-regulation skills

PHYSICAL

- Lower blood pressure
- Decreased rates of obesity
- Provides sensory stimuli
- Increases energy levels
- Increases vitamin D levels
- Reduced risk of bone disease
- Reduced risk of heart disease
- Improves nutrition
- Improves eyesight
- Improves balance
- Improves range of movement
- Promotes muscle development
- strengthens immune system

CHARACTER

- Higher levels of creativity
- Increases appreciation and regard for the environment
- Builds imagination
- Teaches responsibility
- Creates opportunities for awe and wonder
- Encourages healthy risk-taking
- Promotes experimentation



PARENTS
with confidence

How to nurture a child's mental health



Actively listen before offering your advice



Be patient



Share your feelings and validate theirs



Tell the truth



Model healthy behavior



Surround them with healthy adults



Be consistent and follow through with what you promise



Teach them how to be safe



Believe them and in them



Use open ended questions



Have scheduled family time



Limit electronic time for everyone



Reach out and hug them



Practice relaxation exercises together



Model forgiveness



Respond calmly when their emotions are elevated



View their behavior as a window to their needs and feelings



Make play and exercise a requirement



Recognize positive choices



Be present



Set and respect boundaries

