



NORTHEAST NEWCOMER SERVICES

Regional Newcomer Gateway

June, 2020, Issue 2

IN THIS ISSUE

Summer in Northeast Saskatchewan

The 4 Stages of Adaptation (In a New Culture)

At Home Learning and Entertainment

Northeast Newcomer Services and COVID-19

STAY TUNED!



Summer in Northeast Saskatchewan



The first official day of summer is Saturday, June 20th, but in Saskatchewan we start celebrating summer as soon as the snow is gone.

Although summer may look a little bit different this year, there is still one guarantee: Northeast Saskatchewan will be beautiful! If this is your first summer living here, you are in for a treat!

While some organized activities in the province may be cancelled, there are still many things for you and your family to experience. Here is my list of recommendations:

1. **Go for a drive** into the country and take pictures in a canola field. Canola is the beautiful yellow flowered field you will see starting in July.
2. **Visit** one of the many natural lakes and rivers. Keep in mind social distancing rules, and check openings before you make plans. The lakes don't ever get very warm, but that means they are a GREAT way to cool off on a hot day.
3. **Watch the weather.** Just because winter is over doesn't mean that we are done with crazy weather. Summer brings all sorts of new weather patterns to Saskatchewan. You will likely see days above +30, amazing thunder storms with bright flashes of lightning, and may even experience a tornado warning or two. Download the Weather Network app to follow weather patterns and receive important information if there is dangerous weather coming your way.
4. **Find a quiet place** on the edge of town to listen to the grasshoppers and the frogs at night. On calm summer nights, you can hear them singing all night long. This is one of the most calming sounds you will ever hear. Bring some bug spray with you though as the mosquitoes can get bad in these areas!

4 Stages of Adaptation

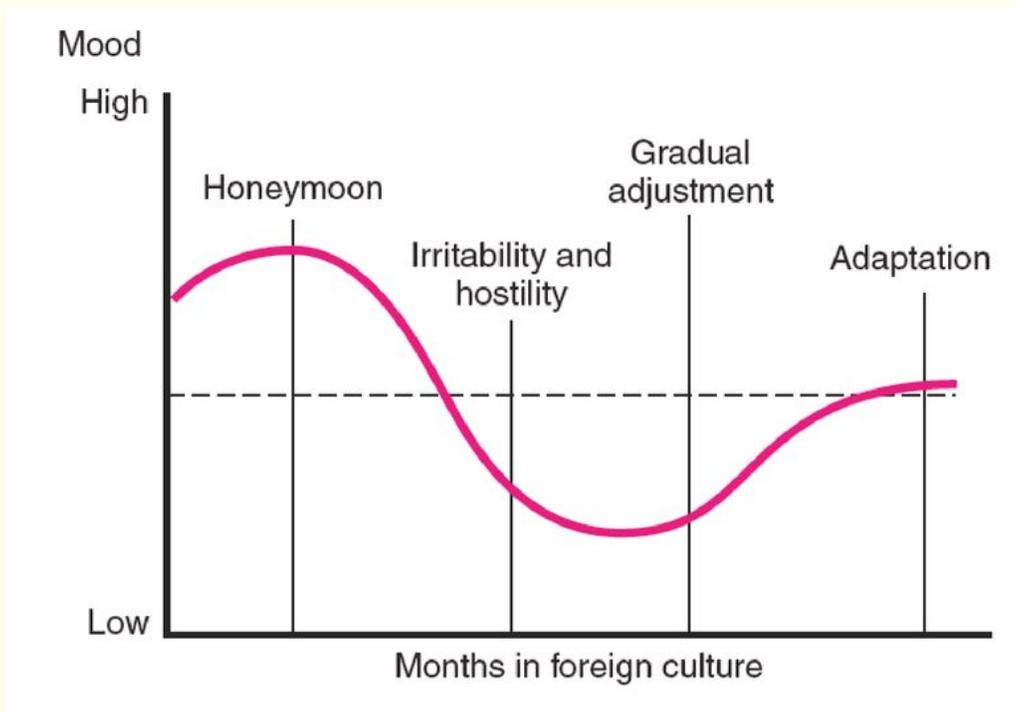
Moving to a new country comes with many ups and downs. Usually, when moving to a new culture, country, or community, we can see 4 stages of adaptation. As a newcomer, it is important to know that experiencing both excitement and frustration is completely normal. For community members welcoming newcomers, understanding these stages, and supporting newcomers during them, can contribute to a thriving and diverse community.

Stage 1 - Honeymoon Stage – Everything is exciting! Of course there are nerves and stresses, but the future is exciting; starting life in a new place, with new experiences, new foods, new people, and so many opportunities.

Stage 2 - Culture Shock – Being in a new place brings up the memories you miss from back home. Everything is so different here; the people, the food, the language. It is hard to understand this new lifestyle. It can feel almost impossible to express feelings in this new language and it feels like no one understands. Guilt starts to set in about leaving family and friends behind.

Stage 3 - Adjustment – Things are beginning to make more sense. Some things that used to be frustrating about this new culture actually become funny. A few people begin feeling like real friends. Feelings of “maybe I can do this” surface again.

Stage 4 - Integration – It starts to become clear that although this place is very different from home, it has a lot to offer. This maybe feels like home now, or at least a second home. A sense of community and "fitting in" become positive aspects of this adaptation.



At Home Learning and Entertainment for All!

Whether you have kids at home that are getting bored, or you are looking for something for yourself, there are plenty of online options out there. For more ideas and information contact the NNS office.



Arts Alive: Learn about orchestral music, dance, and theatre.

Google Arts & Culture and Google Earth: Articles, virtual tours, art galleries, and more.

Picasso Head: Create your own pieces using famous features drawn by Picasso.

Math Playground: Math games covering just about every Math topic possible. Can be sorted by grade level.

Khan Academy: Video tutorials for a variety of subjects and grade levels.

Splash Learn: A variety of online learning activities that you can adjust by grade.

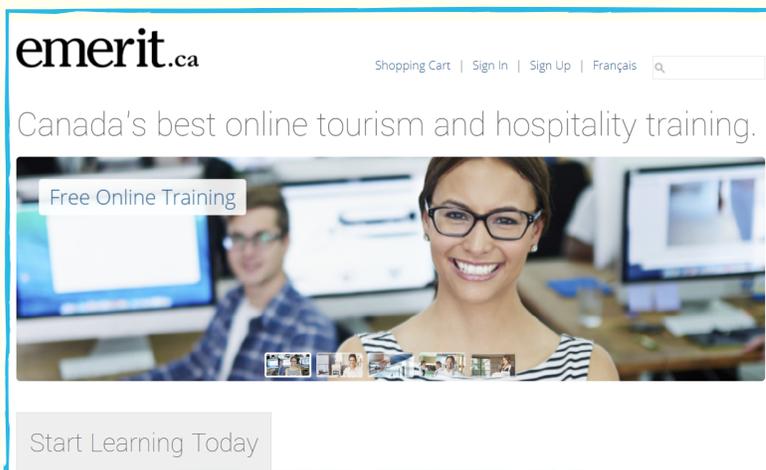
Mystery Science "School Closure Planning": Mini science lessons and activities that families can do at home. Lots of videos to go with content.

Brain Pop: Child friendly videos and quizzes on pretty much every topic.

Cincinnati Zoo Facebook: Their Facebook page is highlighting a different animal every day and providing an activity that can be done from home to go with it.

Starfall: A great resource for early English learners. Reading with activities.

stories.audible.com: Instantly stream an incredible collection of stories, including titles across six different languages, that will help kids continue dreaming, learning, and just being kids. All stories are free to stream. (This is an Amazing resource for adults too!)

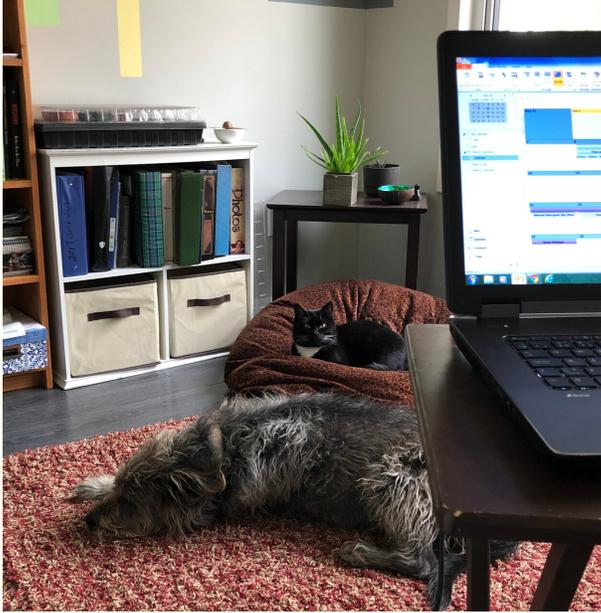


Emerit.ca is offering most of their online trainings for FREE. Emerit is a Canadian training group focused on tourism and hospitality. This is a great way to get Canadian workplace knowledge and build skills from home. You can also request a certificate to include with a resume in the future.



Sporcle is a quiz website with content on every category imaginable. A great way to learn for kids and adults! Fun fact: NNS Settlement Advisor Jody uses Sporcle every day to learn about the countries you all come from!

COVID-19 Updates



Although our office is closed for in-person appointments, we have been working from home (with two new coworkers shown in the picture). We hope to be returning to the office in mid-June, with visits starting by appointment only. We will begin re-scheduling mobile office visits according to government and health official updates. Stay tuned to our Facebook page for up-to-date information on re-opening.

If you are a Temporary Foreign Worker, Visitor, or Permanent Resident and your permit/status is expiring soon, contact us for information from IRCC and SINP about options during closures.

STAY TUNED!

Summer is here and even though things may look a little different this year, we will make the most of it! Although some NNS summer program plans have been cancelled, we are working hard to make sure that these programs continue at a different time.

Do you want to get more involved with newcomers in the Northeast? Do you have an idea for a program or initiative you think would benefit newcomers? We want to hear from you! We are always looking for opportunities to collaborate with others in the communities we serve.



Do you know a newcomer in your Northeast community, or are you a newcomer yourself?
Contact the NNS office to see what settlement services we can provide.

Northeast Newcomer Services
Regional Newcomer Gateway
#1-904 101st Ave
Tisdale, SK S0E 1T0

Tel: 306-873-2672
Fax: 306-873-2692
www.northeastnewcomerservices.com
Find us on Facebook

Saskatchewan!