

LITERALLY SPEAKING

Spring 2023 | Issue 9



Spring is here and it's a great time to GET MOVING! What plans are you making to celebrate the new season?

We have been working hard to grow the GLC in all the right directions, with workshops on embroidery, crafts, and ceramics, and presentations in the schools, at Vision's Wellness Centres, and with Gespeg.

With a brand new project, we're looking forward to sharing all of the new and amazing ways we're going to serve you!

The GLC Team

Get Moving

With the world warming up and the snow melting, it's time to de-hibernate and recommit to moving our bodies. A great family activity, improving our physical literacy encourages us to motivate one another, keep each other committed, and push ourselves to learn new things.

Storytime: Over March break, I decided to do something physical with my kids each day. This is how I learned that they don't really understand push-ups, crunches, squats, or arm lifts. Now I'm on a mission to improve their physical literacy while I push myself to get in better shape.



Moving well means being *physically literate*. In a nutshell, there are four parts to physical literacy:

- Motivation and confidence - looking forward to being physically active and knowing that you can move and improve
- Physical competence - this is NOT the ability to do a lot of things. It means being able to learn and deal with changes in how hard and how long you exercise
- Knowledge and understanding - knowing and understanding why it's important to be active and how to stay safe in a variety of situations
- Incorporating physical activities into life - taking responsibility for regular exercise in your life, choosing to be active!

Improvement is possible at any age and at any fitness level. And it's not difficult! You simply must challenge yourself, whatever your level, and push yourself (slowly!) past your comfort level. This is what makes fitness a great family activity! It's important to have someone in your corner, cheering you on, and encouraging you to go the extra bit.

So take longer walks, go for that yoga class, try using light weights, and have some fun! It has to be better than shoveling snow, right?

Activities

Dreamcatcher Workshop

A workshop with Melanie Jean and Johanne Jean on April 16 from 10:00-11:30 at the York River Community Hall.

This is a family activity for children ages 5+ and an opportunity to learn about Indigenous culture in our area.



Lacing up for Literacy

Speaking of exercise, two of our members are going to "Lace Up for Literacy" by participating in a province wide charity event. All money raised through this event will be given back to literacy councils across the province - a great way to support literacy at home! Contact us for more details or to make a donation.

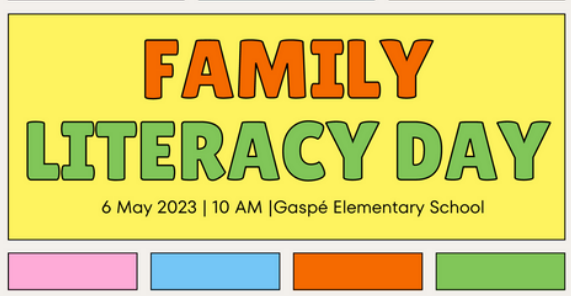


Activities

Family Literacy Day

Join us on May 6 for Family Literacy Day!

Enjoy multiple booths hosted by GLC staff and our partners, where you'll find games, crafts, challenges, and more! We'll also have prizes and giveaways for participating families.



Digital Literacy Exchange Program (DLEP)

The GLC has a new project in the works, and it's a big one!

Thanks to Innovation, Science, and Economic Development Canada - through DLEP - we have received funding to increase the digital literacy skills within our territory. Stay tuned! There's lots more coming from this project.



Innovation, Science and
Economic Development Canada
Innovation, Sciences et
Développement économique Canada



News Recent Activities



Embroidery Workshop

Thanks to
Cornelia Karkossa!

Digital Presentations



Environmental Literacy at BAS

Thanks to
Tim Adams!

Upcycle Art

Thanks to
Linda Drody!



Book Spotlight

Blood in the Water by Silver Donald Cameron

Are you a fan of true crime novels? Do you like stories about small fishing towns?

This is the true story of the murder of Phillip Boudreau in 2013. Boudreau was a small time criminal who had been in and out of prison for most of his adult life. Fed up with him, and with the inability of the authorities to effectively curb his misdemeanors, two fishermen take the law into their own hands.

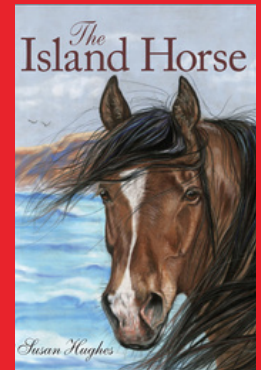
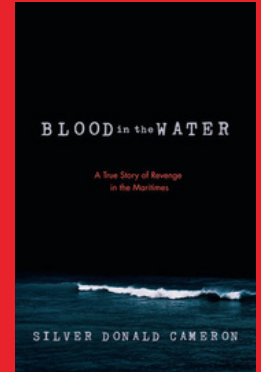
Silver Donald Cameron was an accomplished author, journalist, and university professor. He was appointed to both the Order of Canada and the Order of Nova Scotia, and he was awarded the Queen's Diamond Jubilee Medal. He died in 2020.

The Island Horse By Susan Hughes

We're back in Nova Scotia, this time in the early 19th century, for a story that's sure to engage animal lovers from 8-12.

Ellie, still grieving the loss of her mother, is uprooted from her home when she moves to Sable Island with her father. There, she forms a connection with a wild horse. But the wild horses of Sable Island are under threat. Will Ellie be able to save them?

Susan Hughes is an award-winning writer of books for children of all ages, from picture books to young adult. She is from Toronto, ON.



Contact Info:

28 Avenue St Patrick
Gaspé, QC G4X 2Y2
Email: info@gasapelit.ca
Phone: 418-368-5611



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