

LITERALLY SPEAKING

Summer 2024 | Issue 14



Summer is upon us!

Classic vacation time for families, the summer brings an opportunity to relax and take life at a slower pace for everyone. Read on to find out how taking the time to RELAX actually benefits your ability to reach your literacy goals.

Our offices will be closing for the summer on June 22, 2024. You can still reach us through Facebook and email, but we may take a bit longer to get back to you. Until the autumn, we wish you success and a wonderful summer season!

The GLC Team

The Literacy Benefits of RELAXING

By: Angelina Leggo

Summer has us dreaming of vacations, picnics, beaches, and relaxing in the sun. Little did we know...

All this time relaxing is actually preparing our brains to learn. The literacy benefits of being calm and stress-free are well established so take advantage of your reduced stress levels and learn something new when you're in the right frame of mind.



How does it work? When you're relaxed...*

1. Your brain is more receptive to new information
2. You're more likely to remember what you read
3. The memories you create are long-term and stronger

How do I take advantage of this on vacation?

We don't usually think of vacations and learning together. We often associate learning with school and work. **BUT** what if we:

- Choose something we're passionate about
- Feed our curiosity
- Read something we wouldn't normally pick up
- Spend 15 minutes a day doing something new

Learning doesn't have to be productive or fulfill a specific purpose. Sometimes, it can just be trying something new. And what better time to stretch those boundaries than days when you're outside of your routine?

Encourage the children in your life to practice the same and see if this makes a difference when they start school again in the fall.

How do I take advantage of this in everyday life?

Vacations are short, but learning can be a choice you make everyday! Choose a time of day when you're calm and relaxed to take out a new hobby or book - whether right before bed or as soon as you wake up, whatever works!

*Sourced from: <https://www.reuters.com/article/idUSTRE62N4VJ/>

News

Summer Closure

Our offices are closing for the summer, beginning on June 22, 2024. We're resting up to get going again in the fall with new ideas, new programming, and a whole new outlook on how to best serve everyone within our territory.



Needs Assessment

Our Needs Assessment document will be ready for you to download and read as of June 28, 2024! Please note that this is a living document and we encourage your feedback.

You will be able to find it on our website at the following address:

<https://gaspelit.ca/literacy-summit/>



Recent Activities



Seniors Outreach Event with Vision



Digital Literacy Presentations

Canadian Children's Book Week



Book Spotlight

Five Little Indians by Michelle Good

This award-winning, critically acclaimed novel is the first book written by Michelle Good, a Cree author and lawyer, and tells the story of residential school survivors.

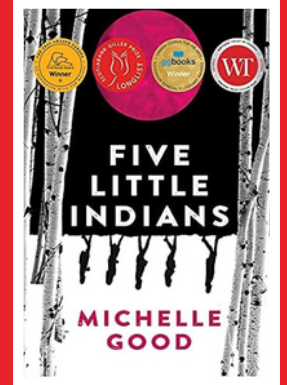
“Taken from their families when they are very small and sent to a remote, church-run residential school, Kenny, Lucy, Clara, Howie and Maisie are barely out of childhood when they are finally released after years of detention.

Alone and without any skills, support or families, the teens find their way to the seedy and foreign world of Downtown Eastside Vancouver, where they cling together, striving to find a place of safety and belonging in a world that doesn't want them. The paths of the five friends cross and crisscross over the decades as they struggle to overcome, or at least forget, the trauma they endured during their years at the Mission.”^

Wrong Side of the Court by H.N. Khan

“Fawad Chaudhry loves two things: basketball and his mother's potato and ground-beef stuffed parathas. Both are round and both help him forget about things like his father, who died two years ago, his mother's desire to arrange a marriage to his first cousin, Nusrat, back home in Pakistan, and the tiny apartment in Regent Park he shares with his mom and sister. Not to mention his estranged best friend Yousuf, who's coping with the shooting death of his older brother...”*

Another first novel, this time from Pakistani-Canadian author H.N. Khan.



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Avec la participation financière de :

Québec 

^Quote taken from Amazon: <https://www.amazon.ca/Five-Little-Indians-Michelle-Good/dp/1443459186>

*Quote taken from CBC Books: <https://www.cbc.ca/radio/thenextchapter/3-black-canadian-writers-to-watch-in-2024-1.7108799>