

### *For Families:*

**Physical Literacy:** Many people are not physically active as adults because they don't enjoy it or have the skills and confidence to be active. Building the skills and confidence when we are young is key to creating a lifelong enjoyment of physical activity. [PLAYparent](#) is a tool parents and caregivers can use to help their child build their physical literacy (the knowledge, skills, confidence and enjoyment of movement) and, as a result, their overall health and wellbeing.

**The LGL Good Food in Schools Forum:** A great opportunity to share and learn about opportunities and initiatives in Leeds, Grenville, and Lanark that create healthy food environments and bring food skills and food literacy into the classroom. Teachers, administrators, school volunteers and parents are all invited. If you have developed or delivered a school-based food literacy or healthy food program, please come share your experience. We'd love to include you in the day's program! The forum will be held on February 22<sup>nd</sup>, 2017, from 9:00am – 3:30pm at Gallipeau Centre in Smiths Falls. For more information please refer to the attached flyer.