



Services de santé du

TIMISKAMING

Health Unit

Enhancing your health in so many ways.

Head Office:

247 Whitewood Avenue, Unit 43

PO Box 1090

New Liskeard, ON P0J 1P0

Tel.: 705-647-4305 Fax: 705-647-5779

Branch Offices:

Englehart Tel.: 705-544-2221 Fax: 705-544-8698

Kirkland Lake Tel.: 705-567-9355 Fax: 705-567-5476

www.timiskaminghu.com

January 11, 2024

Dear Community Partner:

Re: Physical Literacy to Encourage Active Living in Timiskaming

We are reaching out to you as a community partner committed to supporting children's physical activity. Physical activity skill development and a life-long commitment to being active are built upon a foundation of physical literacy. Physical literacy is "the motivation, confidence, physical competence, knowledge and understanding to value and take responsibility for engagement in physical activities for life".¹ Building physical literacy is the foundation to engagement in sports and physical activity. With that in mind, THU is working on creating supportive environments that foster physical literacy. Ultimately, this will lead to a more active and healthier Timiskaming.

Earlier this year at a regular meeting of the Board for the Timiskaming Health Unit, the Board received a [Briefing Note: Physical Literacy](#) and passed the following motion:

Motion (#22R-2023) was passed which included the following:

BE IT RESOLVED THAT the Timiskaming Board of Health receive the briefing note for Physical Literacy for consideration;

AND FURTHER THAT the Board of Health endorse Public Health Sudbury & District's Motion #29-22: Physical Literacy for Healthy Active Children (Appendix A) and share a copy of THU's motion and a summary of this briefing note with local school boards, sports and recreation organizations, early learning centres, and the local member of Provincial Parliament.

Improving physical literacy is an important way to encourage children and youth to be active. Staff at the Timiskaming Health Unit are available to help make connections and are working with partners to determine opportunities to move this work forward. Recognizing that schools, recreational organizations, early learning centres and government all play a role in supporting children and their families, the

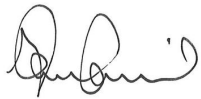
¹ International Physical Literacy Association (2017). Physical literacy definition. Retrieved from <https://www.physical-literacy.org.uk/>

Board of Health for the Timiskaming Health Unit encourages all partners to work collaboratively to support initiatives that enhance opportunities for physical literacy skill development.

In the coming months, THU staff will be reaching out to community partners to learn about local needs and determine how public health can support your efforts in developing local physical literacy skills. In the meantime, please reach out to gormanc@timiskaminghu.com if we can support your work related to this important topic.

Thank you for your consideration.

Sincerely,



Dr. Glenn Corneil, MD, CFPC, FCFP
Acting Medical Officer of Health/CEO

Copy to:

- Directors of Education, Local School Boards
- Sports and Recreation Organizations
- Early Learning Centres
- John Vanthof, MPP Timiskaming-Cochrane