

Launching our Community of Practice in the Northwest Territories

In the Northwest Territories, we know that community is everything. It's how we share knowledge, lift each other up, and create spaces where everyone can thrive. That's why we're excited to launch something new and meaningful: A Physical Literacy NWT Community of Practice starting May 20.

At its heart, this initiative is about connection. It's about bringing together passionate individuals from across education, sport and recreation, health, and justice — and beyond — to build stronger, more active, and more confident communities. Whether you're part of one of these sectors or simply care about movement and well-being in the North, there's a place for you here.

Our goal is simple: to get more people, of all ages and backgrounds, physically literate. To show how physical literacy can be seen across sectors, and how we can learn from each other because physical literacy isn't just about running faster or jumping higher. It's about confidence, it's about motivation, it's about developing the skills, and the spirit to move, to belong, and to keep moving for life. We're already doing so many amazing projects in the territory, so let's share them in this community, learn from each other and, in the future, work even more closely together.

What will our Community of Practice look like?

Each month, we'll gather virtually for an hour of shared learning and conversation. Sessions are simple, welcoming, and interactive:

- Check-in: Where is everyone at today? (Traffic light check-in)
- Round table: Sharing updates, challenges, successes.
- Guest speaker: Learning together from a topic expert.
- Discussion: Diving deeper into real issues.
- Closing reflection: Leaving with ideas, inspiration, and connection.

No long lectures. No heavy expectations. Just a chance to come together, learn from one another, and make real change, one conversation at a time.

Why it matters

In a territory as vast and vibrant as ours, connection across sectors is powerful. It builds resilience, strengthens programs, and ultimately creates more opportunities for Northerners to move, play, and thrive. By sharing ideas between health professionals, teachers, coaches, recreation leaders, and justice workers, we build a foundation where physical literacy isn't something extra, it becomes part of everyday life.

Our Community of Practice will every third Tuesday of the month at 12 p.m. MDT with a different topic for each session:

- May 20 – Community of Practice (Education focus)
- June 17 – Physical Literacy (Sport



GUEST COMMENT

Thorsten Gohl is the co-ordinator of Physical Literacy NWT

COMPETENCE

KNOWLEDGE

CONFIDENCE

MOTIVATION

Physical literacy isn't just about running faster or jumping higher. It's about confidence. It's about motivation. It's about developing the skills — and the spirit — to move, to belong, and to keep moving for life.

PHYSICAL LITERACY
COMMUNITY OF PRACTICE

Every Third Tuesday of the Month | 12 PM MT
LAUNCH DATE
May 20, 2025

Because when we build community, we create real movement.

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Physical Literacy NWT will be launching a new initiative titled Community of Practice on May 20. Image courtesy of Thorsten Gohl

& Recreation focus)

- July 15 – Community Policing (Justice focus)
- September 16 – Health (Health sector focus)
- October 21 – Playbuilder (Sport & Recreation focus)
- November 18 – Cross-Sector Connection & Collaboration
- December 16 – Practice & Program Design

Each session will have a slightly different lens, but the spirit stays the

same: learning together and growing together. If you are working in any of the sectors we outlined, and passionate about movement, well-being, and making a difference in the North, we invite you to join this journey.

The beauty of a Community of Practice is simple: you can show up, you can participate, or you can just listen in. You can learn. You can share. You can do it alongside your daily work, without pressure or expectation. Simply the desire to

connect and grow.

Find more information and sign up at this website: <https://physicalliteracy.info/communityofpractice/>

Because when we bring our sectors together, when we share our stories, our questions, and our hopes, we don't just build programs. We build community.

And that's where real movement begins.

Thorsten Gohl is the co-ordinator of Physical Literacy NWT.

Parenting in Focus: An open letter to parents of young children

This is a wonderful time with your young child. The future looks bright and filled with happiness.

You are delighted with your child and can see nothing but joy ahead. At least, this is how most parents feel when they have young children.

But who are the parents who expect their child will end up on drugs or spending time in jail? Who is likely to say that their child will be pregnant before she graduates from high school or that their child will be a drop-out? Who believes their child will be a shoplifter or will lie and cheat on their income tax? Who believes their child could become so depressed as to commit suicide or so disturbed or angry as to commit murder? Who believes their child will be a reckless driver and kill someone in a car? Who even believes their child will smoke or drink alcohol or belong to a gang?

The goodness of babies gives us the mistaken belief that our children will always be cloaked in innocence. But that is not true.

Everyone is upset about problems of youth, but no one believes their innocent children will be young people with problems. Few parents

look ahead and say, "What do I need to do or should I not do to make sure my child is a success in life, that he knows right from wrong, that she can take responsibility for her actions, that he will be a law abiding citizen, that she will respect those in authority and that he will feel good about himself?"

At times we forget how our parenting of our babies is connected with how our children turn out as adults. No one wants their child to become a problem to society. Yet what we do today with our children, both positively and negatively, directly affects the direction of our children's lives. As parents we must value our children enough to discipline

them, spend time with them, be role models for them, fight for them, love them, talk with them, and provide a stable home for them. Parenting is a responsibility of major proportions.

If you believe that what you do with your child now contributes to who your child will become, maybe we can each make a difference in the direction our society is going.

Responsibility, decision-making, respect for authority, attitudes



What we do today with our children, both positively and negatively, directly affects the direction of our children's lives. Alex P./Pexels photo

towards minorities, and belief in yourself are taught. All are taught by you before your child even enters school. Your teaching and your examples set the pattern for large amounts of your child's behaviour.

Parents make a difference in the

direction their children's lives go. We all know these first years are critically important to your child's long-term development. We can begin today to make our children into the kinds of people we would like to have for neighbours. Isn't

that the loving way to raise a child?

—Cynthia Martin is the founder of the First Teacher program and former executive director of Parenting Matters Foundation, which published newsletters for parents, caregivers and grandparents.



Cynthia Martin