

News Flash from Girls Inc. of the Island City

WINTER 2008

Hello Parents and
Guardians,

We want to keep you informed about what's happening here with your girls in our after-school program. Please read through this newsletter and contact Program Director Tristen Fredrickson with any questions or comments.

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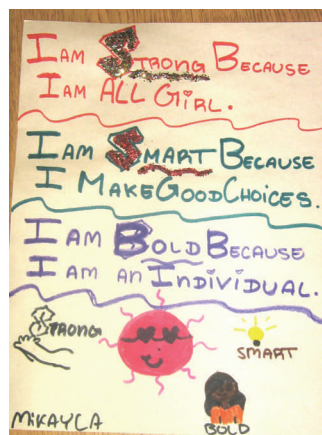
4:00 - 5:15pm: The Empower Hour

Girls Inc. is a place where girls can unwind with their friends, eat a healthy snack, get some exercise outside and receive help with their homework.

But, starting at 4:00 pm, they get to dive into what they really came here for—the Empower Hour: 75 minutes of intentional girls-only curriculum that ‘fills in the gap’ and sets us apart from other after school programs. During the Empower Hour, we encourage girls to learn, grow, make

smart choices, and reach their full potential.

Every day of the week girls attend a different class (see the list below for this quarter's classes). These classes focus on teaching girls media awareness, sports skills, health and body basics, qualities of a good friend, how to build positive relationships with other girls and much more. In these classes girls experience the true essence of Girls Inc.: *inspiring all girls to be strong, smart and boldsm*.



Classes for Winter Quarter

Ask your girl about
what she's learning!!

	1st & 2nd Grade	3rd & 4th Grade	5th & 6th Grade
MON	Cultures & Cooking — Develop cooking skills and celebrate diversity	Eat Fit — Nutrition knowledge and ways to stay healthy	Growing Up Body Basics — Puberty, changes and what to expect while growing up
TUES	Money Matters — National Economic Literacy Curric.	Media Smarts — National Media Literacy Curriculum	Inner Beauty — What makes you beautiful on the inside?
WED	Strong, Smart & Bold Girls — Safety, strength and the power to say “No”	Expressly You — Projects and art that are truly you	Secret Agent Girls — Investigating, sleuthing and solving mysteries
THU	Kidz Lit — Reading, writing and fun math games	Strong, Smart & Bold Girls — Safety, strength and the power to say “No”	Girl Power — Fun, crafts, teamwork & community service
FRI	*Free Choice* — For all ages, girls pick the structured activity of their choice		

Family Night Coming Soon

How would you like to get a feel for what your girl experiences during her time at Girls Inc? Here is your chance! On Tuesday, February 28th, Girls Inc. will host a Family Night for girls and their families. We will come together for a potluck

dinner, get to know the staff and parents of other girls, and dive right into the activities that the girls participate in during the Empower Hour (see above). Some highlights of the evening will be a SMART activity (Science Math and Relevant Technology) and an introduction to My Girlfriend Zelda (our “operable” doll). Invitations will be mailed out in January. Hope to see you there!

**girls
inc.**[®]

Inspiring all girls
to be strong,
smart, and boldsm

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Best Foot Forward

It's about that time again! Spring is creeping up on us, which means so is our annual Women Who Dare signature luncheon.

Each spring, Girls Inc. honors 6 local women and teens at our Women Who Dare luncheon and our girls are the ‘co-hosts’ who present them with awards. Leading up to the luncheon is our locally-developed, award-winning Best Foot Forward program. In this class, girls learn skills in interviewing, script writing, public speaking and etiquette to prepare them to stand up in front of hundreds of people to present the awards.

All girls are invited to participate in Best Foot Forward, but they must sign up first and make a commitment to attend all the sessions. Best Foot Forward will begin in March 2008. Keep your eyes open for the permission slip coming in late February.

Check out what's inside...



Girls Incorporated®
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**girls
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DON'T FORGET TO MARK THESE IMPORTANT DATES ON YOUR CALENDAR

- **Monday, January 7, 2008**– Girls Inc. Winter Quarter Begins
- **Monday, January 21, 2008**– GIRLS INC. CLOSED for MLK Day Holiday
- **Thursday, January 24, 2008**– Girls Inc. opens at 12:30 for AUSD Early Release Day
- **Thursday & Friday, February 7 & 8, 2008**– Mardi Gras Masquerade Party with ARPD at the O'Club
- **Friday, February 15, 2008** - GIRLS INC. CLOSED for Lincoln Day Holiday (AIK @ Lum Open)
- **Monday, February 18, 2008**– GIRLS INC. CLOSED for President's Day Holiday
- **Tuesday, February 26, 2008**– Family Night for girls and their families, 5:30-7:30 pm
- **Monday March 10, 2008**– Registration for Spring Quarter Begins (reminders will be mailed in early March)
- **Tuesday, March 18, 2008**—Girls Inc. opens at 12:30 for AUSD Early Release Day
- **Friday, March 21, 2007**– Last day of Winter Quarter (GIRLS INC. CLOSED for Spring Break)
- **Monday, March 31, 2008**— Girls Inc. Spring Quarter Begins