

# News Flash from Girls Inc. of the Island City

SPRING 2009

## Ready for Summer? We Sure Are!

All of you should have already received our 2009 Summer Camp Brochure in the mail back in March (if not, contact us ASAP!). We are looking forward to an even better summer than last year. This year, each week campers will go on a local field trip AND major field trip— all included in the camp price. Summer camp starts June 22, 2009 and runs through Friday,

August 14, 2009. Girls can enroll for as little or as many weeks of camp that she wants. Extended A.M. and P.M. care is available for an additional cost. Each week has a different theme and girls are divided up by grade like the school year. Each Friday includes a Funky Friday dress up day and parade. We hope you will join us for the fun!



Some of our girls being silly after playing a group game on a Wednesday

### Girls Rights Week

With Girls Rights Week just around the corner, here is a reminder of our Girls Inc. Bill of Rights. Girls have the right to...

- ...be themselves and resist gender stereotypes,
- ...express themselves with originality and enthusiasm,
- ...take risks, strive freely, and take pride in success,
- ...accept and appreciate their bodies,
- ...have confidence in themselves and to be safe in the world, and
- ...to prepare for interesting work and economic independence.

## Empower Hour for Spring Quarter

	1ST-2ND	3RD-4TH	5TH-6TH
<b>MON</b>	<b>Magic Within</b> — Learn the importance of goal setting and preparing for your future.	<b>Pirates of the Island City</b> — Learn about geography, how to read a map, and life on the sea!	<b>Sports World</b> — Playing sports and staying fit means having fun and being healthy!
<b>TUES</b>	<b>Media &amp; Me</b> — It's never too early to learn how the media affects you and how you can get involved.	<b>Drama Queens</b> — Lights, camera, action! What does it take to be the queen of the stage?	<b>Inner Beauty</b> — Girls build self esteem and explore their best qualities.
<b>WED</b>	<b>Mind &amp; Body</b> — Stay emotionally and physically healthy with this class.	<b>Inner Beauty</b> — Girls build self esteem and explore their best qualities.	<b>Cultures &amp; Cooking</b> — Learn how people around the world cook and eat!
<b>THURS</b>	<b>Earth &amp; Animals</b> — Lions, and tigers, and bears, oh my! And oceans, and rainforests, and cities....	<b>Sports World</b> — Playing sports and staying fit means having fun and being healthy!	<b>Girl Power</b> — Fun, crafts, teamwork & community service all wrapped up in one class!
<b>FRI</b>	<b>*Free Choice*</b> — For all ages, girls pick the structured activity of their choice		

### See Jane Run for Chocolate and Champagne

For the 3rd year in a row, See Jane Run, a women's running store, will host a Women's Half Marathon and 5K as well as a Kid's Mile Run in Alameda to benefit our Girls Inc. The race will take place on Saturday, May 30, 2009 starting at 8:00am. The day will include chocolate and champagne at the finish line, a shopping expo, massages, awards, goody bags, and much more! To sign up for the run, visit [www.SeeJaneRun.com](http://www.SeeJaneRun.com). To volunteer, please contact Tonisha Webb at 510.521.1743

ext 207 or at [twebb@girlsincislandcity.org](mailto:twebb@girlsincislandcity.org)

## Get Out Your Grass Skirts and Aloha Shirts!

As the school year comes to an end, we are looking forward to celebrating the tremendous school year with a Luau! We will provide the BBQ hamburgers, hotdogs,

and utensils, you bring the sides and drinks to share! Program Coordinator Leilani will even teach us how to hula! Keep an eye out for a potluck sign up sheet in Room C in early June. The Luau will be held on Wednesday, June 10, 2009. Best Luau attire may even win a prize!

**girls  
inc.**<sup>®</sup>

Inspiring all girls to be strong, smart, and bold<sup>SM</sup>

**Girls Inc. of the Island City**  
1724 Santa Clara Avenue  
Alameda, CA 94501  
Office Phone: 510.521.1743  
Reach the girls at: 510.521.8314  
[www.girlsincislandcity.org](http://www.girlsincislandcity.org)

### A Game that Plays with Youth's Lives

There have been an increase in numbers of children ages 9 through 16 who have taken part in the "The Choking Game" which is actually not a game. It is detrimental to children's health and is harming children of many different backgrounds. For more information check the website at

<http://tinyurl.com/b592fo>

Check out what's inside...

See Jane Run  
Marathon

Spring  
Classes

Girls Rights  
Week

Luau!

Summer is  
nearing!

Girls Incorporated®  
of the Island City  
1724 Santa Clara Avenue  
Alameda, CA 94501

**girls  
inc.**®

**DON'T FORGET TO MARK THESE IMPORTANT DATES ON YOUR CALENDAR**

- **Thursday, April 23, 2009** - Take Your Daughter to Work Day
- **Monday, May 25, 2009**— GIRLS INC. CLOSED (Memorial Day)
- **Saturday, May 30, 2009**— See Jane Run Half Marathon and 5K and Kid's Mile Run
- **Wednesday, June 3, 2009**— Last day to register for Summer Camp
- **Wednesday, June 10, 2009**— End of the School Year Luau Potluck
- **Friday, June 12, 2009**— Last day of School Year
- **June 22, 2009** - First day of Summer Camp
- **June 10-12, 2009** - Early Release (girls out at 12:30 pm)

*Questions, Concerns, Comments? Contact Program Coordinator, Leilani, at 510.521.1743 ext 205 or at  
LWagner@girlsincislancity.org*