

HANDS-ON OPPORTUNITIES, MINDS-ON EXPERIENCES

girls
inc.

of Greater Philadelphia
& Southern New Jersey

Learning with Girls Inc. @ H.O.M.E.



2020-2021

VIRTUAL COURSE CATALOG

Girls Inc. of Greater Philadelphia & Southern New Jersey introduces our 2020-2021 weekday, out-of-school courses.

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ABOUT GIRLS INC.

Girls Inc. of Greater Philadelphia & Southern New Jersey has been serving the region since 1961, beginning as Teen Aid before becoming an independent affiliate of the national organization, Girls Inc., in 2002.

Girls Inc. of Greater Philadelphia & Southern New Jersey uses a whole girl approach to inspire all girls to be **strong, smart and bold**. Girls learn to value themselves, take risks and develop their inherent strengths through a combination of **research-based programs, mentoring relationships and a pro-girl environment**.

At Girls Inc. of Greater Philadelphia & Southern New Jersey, our programs focus on **leadership development, community action, STEM, early literacy, financial literacy, media literacy and healthy decision making**. Through these research-based programs, our participants gain the skills to navigate gender, economic and social barriers and grow into healthy, educated and independent young women. **Over 3,000 girls** participate in our programs each year from over 40 schools, the Philadelphia Juvenile Justice Services Center and women and children shelters.



A MESSAGE FROM OUR PROGRAM DIRECTOR

Dear Parents, Participants and Community Partners,

Girls Inc. of Greater Philadelphia & Southern New Jersey is pleased to announce our new virtual initiative - Learning with Girls Inc. at H. O. M. E. (Hands-on Opportunities, Minds-on Experiences). We are excited to take our virtual programs to the next level! Over the past few months, we have launched a variety of virtual program opportunities for girls ages five through 18. We have offered over 300 virtual classes, mentoring experiences and career exploration sessions to provide educational, recreational and wellness programs to our participants.

We are committed to ensuring that girls and young women have the tools and skills they need to succeed. Our programs are designed with each girl in mind, helping them develop the attitude and aptitude necessary to make healthy decisions and achieve their academic and professional goals. The Learning with Girls Inc. at H. O. M. E. initiative takes our outcomes-tested Girls Inc. experience online, providing live and recorded digital opportunities. The programs will continue to focus on healthy living, academic enrichment and leadership development all facilitated by trained professionals. Consistent with our in-person programs, Learning with Girls Inc. @ H.O.M.E. provides:

- Trained program leaders
- Interactive, structured weekly sessions
- Strong, Smart and Bold Curricula with a specific focus on Healthy Living (Strong), Academic Engagement and Success (Smart), and Life Skills (Bold)
- Group mentoring experiences
- Career exploration and panel discussions
- Hands-on & minds-on activities that can be completed safely at home

Finally, Learning with Girls Inc. at H. O. M. E. will bring together girls from diverse communities that would not normally have the opportunity to build a sisterhood. Girls will make new friends online and receive mentoring support from caring adults.

This guide will help parents, participants, facilitators and partners understand our virtual program model, as it will now be a pillar of our program delivery strategy. We have a proven track record of providing research-based, outcomes-tested enrichment opportunities to thousands of girls each year. We look forward to welcoming many more girls and young women into our Girls Inc. community.

We look forward to learning and growing with you!

Sincerely,

Natasha J. Andrews

Director of Programs and Community Engagement



HOW TO ENGAGE WITH US VIRTUALLY

In order to provide quality virtual programs during the COVID-19 pandemic, Girls Inc. of Greater Philadelphia & Southern New Jersey has launched the Learning with Girls Inc. at H. O. M. E. initiative. The safety of our girls, their families and our staff remains our number one priority, which is why we made the difficult decision to suspend in-person programs and offer fully virtual courses during the Fall/Winter 2020 term. We are hard at work planning safe, fun and educational courses using input from our families and local leaders in accordance with health and safety guidelines issued by the Centers for Disease Control and Prevention (CDC). The Learning with Girls Inc. at H.O.M.E. initiative engages girls in hands-on, minds-on activities designed to inspire participants of all ages to be strong, smart, and bold.

Our courses will be offered through ClassDojo, Band App and Zoom to allow participants, parents and guardians to communicate and engage in Girls Inc. programs virtually. Class Dojo and Band App will be used to communicate with you, share photos & videos, and post updates. Zoom will be used to host Girls Inc. live sessions and courses. Participants will have the option to join Zoom sessions with or without video and audio and may discontinue sharing video or audio at any time. Please be advised that Zoom has its own privacy statement and terms of service which participants must adhere to, so please review these carefully before registering your child.

In order to participate in Learning with Girls Inc. at H. O. M. E., you will need a computer, mobile phone or tablet device with access to reliable internet as well as a distraction-free and well-lit area. If you do not have a device or internet access, please indicate in the registration application if you'd like to be connected to those resources. Participants will receive at-home kits containing all other supplies needed to engage in course activities.

Please complete the application at the end of this catalog to register your child for any of our Learning with Girls Inc. at H. O. M. E. courses. If you have any questions, please contact Cherice Arrington at CArrington@girlsincpa-nj.org.

Though this year has been difficult, Girls Inc. of Greater Philadelphia & Southern New Jersey is here to support you and will continue to serve as a safe haven for your child. We will get through this together and come out stronger!



MEET THE TEAM!



Dena Herrin



Natasha Andrews



Cherice Arrington



Jennifer Banks



Brionna Pendleton



Thalia Wetherill



Sarah Kane



Analise McNicholl



Shavonne Dickerson



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Kristal Marcano

GIRLS AGE 6-8

Economic Literacy SHE'S ON THE MONEY

Oct. 5 - Dec. 4

Mon./ Wed. 3:30-4:30 pm

She's on the Money utilizes engaging activities to teach girls about money and money management. Through games, project-based activities and virtual field trips, participants develop counting skills, learn to save for the future, determine the difference between wants and needs, and discover the importance of volunteering and donating toward a cause.



Early Grade Literacy RALLY FOR READING

Oct. 5 - Dec. 4

Tues./ Thurs. 3:30-4:30 pm

Rally for Reading encourages participants to explore themes including nature, science, technology, leadership, art, history, and culture through engaging and interactive literacy-based activities. Participants work closely with mentors who encourage a life-long love of learning, literacy and academic success.

GIRLS AGE 9-11

Leadership & Community Action

SHE LEADS

Oct. 5 - Dec. 4
Tues./ Thurs. 3:30-4:30 pm

She Leads encourages girls to become change agents in their communities. Participants celebrate their heritage, build an inclusive sisterhood, and work with university and professional mentors to design and implement community action projects.



Operation SMART

ECO GIRLS!

Oct. 5 - Dec. 4
Mon./ Wed. 3:30-4:30 pm

Through a variety of at-home science experiments, Eco Girls! enables participants to explore topics in earth and space science including planet Earth, plants, animals, weather, and solar and wind energy. Girls are paired with university and professional mentors to create sustainable, green solutions to problems within their communities.



GIRLS AGE 9-11

Project BOLD

BOLD FUTURES

Sept. 23 - June 30

Mon./ Thurs. 3:30-5:30 pm

Fri. 3:30-5:30 pm (Optional)

This year-long mentoring program for girls age 9-11 equips participants with the guidance, support, and skills necessary to be engaged in school, build healthy relationships, and reduce risky behaviors.

Participants are supported by university and professional mentors who facilitate a wide range of engaging activities throughout the year. Participants meet on Mondays and Thursdays and may join optional Friday sessions for homework support, wellness check-ins or to make up missed sessions.



Leadership & Community Action

BEGINNER'S CHESS

Oct. 5 - Dec. 4

Fri. 3:30-4:30 pm

This beginner's chess class is led by Queen's Gambit and teaches participants chess foundations, principles and how to develop strategies. Girls are also introduced to the world of competitive chess and explore the use of chess as an educational tool. During the final class, participants demonstrate their new skills and compete in a final tournament with prizes awarded to the top players.

GIRLS AGE 12-14

Media Literacy

GIRLS TAKE ANOTHER LOOK

Oct. 5 - Dec. 4

Tues. 4:00-6:00 pm

Girls Take Another Look encourages participants to think critically about media messages and how they are constructed. Girls explore different types of media, practice deconstructing media messages, and question the media's focus on appearance and narrow definition of beauty. Participants are given the opportunity to construct their own media messages and learn to influence the mainstream media by communicating their opinions to those in power.



Operation SMART BUILD IT: YOUR DESIGNED WORLD

Oct. 5 - Dec. 4

Thurs. 4:00-6:00 pm

Build IT introduces girls to engineering and Information Technology (IT). Through interactive activities and guest instruction from design engineers and IT professionals, participants learn the engineering design process and design their own 3D clubhouses. Girls engage directly with STEM concepts and are exposed to careers in engineering, construction, architecture and design.



GIRLS AGE 12-14

Friendly PEERsuasion PEER LEADERS COHORT A

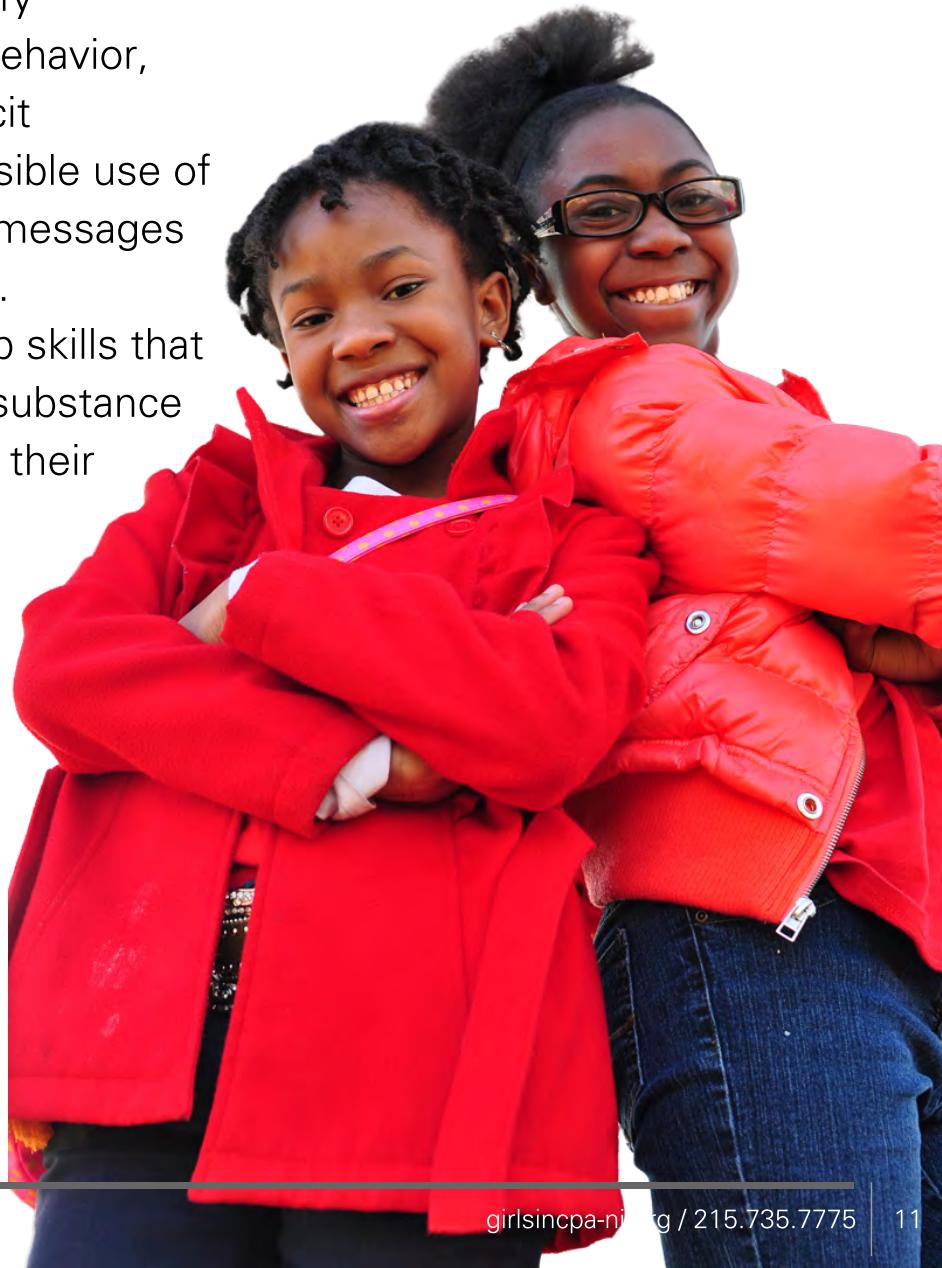
Oct. 5 - Dec. 4
Wed. 4:00-6:00 pm

Friendly PEERsuasion PEER LEADERS COHORT B

Oct. 5 - Dec. 4
Fri. 4:00-6:00 pm

PEER Leaders helps girls resist negative peer pressure and develop healthy responses to stress. Girls identify pragmatic alternatives to risky behavior, learn about various legal and illicit substances, understand responsible use of medication, and analyze media messages that glamorize substance abuse.

Participants also build leadership skills that help them plan and implement substance abuse prevention activities with their peers.



GIRLS AGE 12-14

Project BOLD BOLD FUTURES

Sept. 23 - June 30

Tues./ Wed. 3:30-5:30 pm

Fri. 3:30-5:30 pm (Optional)

This year-long mentoring program for girls age 12-14 equips participants with the guidance, support, and skills necessary to be engaged in school, build healthy relationships, and reduce risky behaviors. Participants are supported by university and professional mentors who facilitate a wide range of engaging activities throughout the year. Participants meet on Tuesdays and Wednesdays and may join optional Friday sessions for homework support, wellness check-ins or to make up missed sessions.



Economic Literacy MAKING MONEY MOVES: PARENT-CHILD SERIES

Nov. 21, Dec. 5, Dec. 12

Sat. 1:00-3:00 pm

Deniesha Scott from Money Elevation will lead three interactive workshops for parents and participants focusing on financial goal setting, developing spending plans, and building good credit. At the end of the series, participants receive a certificate of completion.



GIRLS AGE 15-18

Sporting Chance **COMMIT TO BE FIT**

Oct. 5 - Dec. 4

Tues. 4:00-6:00 pm

Commit to Be Fit is an interactive wellness series which demonstrates the benefits of healthy eating, physical fitness, stress management, and body positivity. Girls participate in a variety of wellness workshops designed to enhance movement and athletic skills, bolster confidence through positive affirmations, and build the foundation for life-long healthy habits. Participants work closely with mentors and community partners to develop comprehensive personal care plans.



Career Exploration **YOUR FUTURE, YOUR** **OPTIONS**

Oct. 5 - Dec. 4

Thurs. 4:00-6:00 pm

Your Future, Your Options is the first course in our post-secondary planning series which prepares girls to transition to the next chapter of their academic and professional lives. Girls explore a wide range of post-secondary options, identify their academic and career interests, and receive support in completing applications and determining next steps.



Girls Inc. of Greater Philadelphia & Southern New Jersey
Weekday Afterschool Programs
Parent/Guardian Permission Form
2020-2021 New Participant Application

PARTICIPANT APPLICANT INFORMATION:

FirstName: _____ MiddleInitial: _____ LastName: _____

Birthdate: Month _____ Day _____ Year _____ Age: _____

New or Returning Participant: _____ Current Grade: _____

School: _____ City: _____ State: _____

T-shirt size: Small Medium Large X-Large XX-Large

Does the girl have any special interests or hobbies? _____

What is her career/post-secondary interests? _____

What devices does your child have access to used during virtual Girls Inc. sessions? (cell phone, computer, tablet, reliable internet, etc.) _____

Would you like to be connected with resources to obtain internet access or devices? _____

MEDICAL & BEHAVIORAL INFORMATION:

Does the child have any allergies, diagnoses, or any other health conditions? Yes No

If yes, please list all allergies, medications, diagnoses or conditions that may impact participation in Girls Inc. activity: _____

Please include any way these conditions or behaviors can be accommodated. Please describe behaviors we should expect to see, or behavior modifications used at home or school. This will help us work with you as a team to help your child succeed. Additional sheets can be attached or discuss with us.

DEMOGRAPHICS (PLEASE MARK ALL BOXES THAT APPLY):

Race:

- American Indian/Native American
- Black/African American
- Hispanic/Latino
- White/European Descent
- Asian/Pacific Islander
- Multiracial _____
- Other _____

My child lives with:

- Both Parents
- Mother Only
- Father Only
- Foster Parent
- One Parent at a time (Joint Custody)
- Other _____

Income:

- Less than \$10,000
- \$10,001-\$20,000
- \$20,001-\$30,000
- \$20,001 - \$50,000
- Greater than \$50,000

PROGRAM SELECTION:

First Choice:

Age Group: 6-8

Second Choice:

Age Group: 6-8

Age Group: 9-11

Age Group: 9-11

Age Group: 12-14

Age Group: 12-14

Age Group: 15-18

Age Group: 15-18

PARENT/GUARDIAN INFORMATION:

Primary Parent/Guardian Information:

FirstName: _____ Last Name: _____

I am her (mother, father, grandparent, etc.): _____

Address: _____

City: _____ State: _____ Zipcode: _____ County: _____

HomePhoneNumber: _____ CellPhoneNumber: _____

EmailAddress: _____

Level of Education: _____

Secondary Parent/ Guardian (Check box if address is the same)

First Name: _____ Last Name: _____

I am her (mother, father, grandparent, etc.): _____

Address: _____

Phone Number: _____ Email Address: _____

Level of Education: _____

of Household Members: _____

School Lunch Eligibility: Free Reduced Full Price Brings Own Lunch

Main Language Spoken At Home: _____

PARENT/GUARDIAN CONSENT:

Please initial each of the following to give consent:

I give informed consent and permission for my child to participate in Girls Inc. related activities. The information documented in this application is true and up to date.

I understand that participation in Girls Inc. Saturday OST programs is voluntarily. A Girls Inc. participant is encouraged to remain in the program for the duration of the program year, and the goal is to obtain 35+ program hours.

I understand that my child may have (3) excused absences during the program year. Missing more than the required number of sessions without a formal excuse can result in dismissal from the program. I will notify Girls Inc. Staff 1 day in-advance if my child cannot attend a session.

I agree to follow policy and procedures listed in Girls Inc. of Greater Philadelphia & Southern New Jersey's Parent Handbook. I understand that an infraction may result in suspension from the program.

I would like to receive Girls Inc. of Greater Philadelphia & Southern New Jersey's online newsletter. I understand that I will receive updates on upcoming programming and events periodically. I understand that I can opt out of this service at any time.

Media Release: I give permission for Girls Inc., program partners (corporate and academic), and funders to use the first name and photos of the girl listed to showcase their involvement in Girls Inc. programs. Photos and/or video recordings can be posted on Girls Inc. and program partners' websites, newsletters, articles, social media platforms, or other promotional literature.

Parent/Guardian Signature: _____ Date: _____

Girls Inc. of Greater Philadelphia & Southern New Jersey Waiver and Release of Liability

1. By signing this Waiver and Release of Liability (Agreement), I waive and release Girls Inc. of Greater Philadelphia & Southern NJ, its agents, servants, employees, insurers, successors and assigns from any and all claims, demands, causes of action, damages or suits at law and equity of any kind, including but not limited to claims for personal injury, accidents, illness, property damage, medical expenses, loss of services, on account of or in any way related to or growing out of my presence or involvement at the facility. I give consent for my daughter to receive medical treatment including hospitalization, if necessary and understand payment will be my responsibility.
2. This waiver and release is intended to and does release Girls Inc. of Greater Philadelphia & Southern NJ from any and all liability for damages or injuries on account of or in any way related to or growing out of my negligence, the negligence of third parties and Girls Inc. of Greater Philadelphia & Southern NJ's negligence. This is not intended to release Girls Inc. of Greater Philadelphia & Southern NJ from any liability resulting from their intentional conduct.
3. I further covenant and agree not to institute any claims or legal action against Girls Inc. of Greater Philadelphia & Southern NJ for any claim released by this Agreement. I further agree that should any claim be made against Girls Inc. of Greater Philadelphia & Southern NJ in contravention of this Agreement, including but not limited to derivative claims, I will protect, defend and completely indemnify (reimburse) Girls Inc. of Greater Philadelphia & Southern NJ for any such claim and expenses including attorney's fees and costs incurred by Girls Inc. of Greater Philadelphia & Southern NJ in defending themselves or security indemnity hereunder.
4. I understand that Girls Inc. of Greater Philadelphia & Southern NJ is not responsible for any lost, stolen, or damaged valuables or property.
5. I fully understand that all persons participating in Girls Inc. programs/activities are to abide by all rules and regulations governing conduct the activity. Any violation of these rules may result in the individual being removed from the activity at the expense of the parent/guardian.
6. I have read the Agreement and understand that by signing the Agreement I have consented to be bound by its terms, including the waiver/release of any legal right I may have to sue Girls Inc. of Greater Philadelphia & Southern NJ for any costs they incur because a claim or legal action is brought in violation of this Agreement. I fully understood, and I acknowledge this by voluntarily signing this form.

Parent/Guardian Printed

Parent/Guardian Signature

Date

To submit your application, please click the "submit" button here: