

# SANGSTER ELEMENTARY SCHOOL PTA'S



Calling all 5<sup>th</sup> and 6<sup>th</sup> grade girls:

## Announcing the next series of Girl Smarts® 202 classes, starting in February!

Girl Smarts® is a series of after school workshops **recognized by the White House as a “Change Maker”** for girls, and was recently highlighted in the June 2017 *Northern Virginia Magazine's* Best of the Best edition for its impact on girls in Virginia. Our workshops are designed to give all young girls motivation, self-confidence, and skill sets to move forward with strength in the years ahead. The workshops are **FUN, FAST-PACED**, and designed to teach skills and **EMPOWER GIRLS!** The program has now worked with close to 3,000 girls across Virginia, including many here at Sangster!

Dozens of Sangster girls have taken the first series of “101” classes, and now we are bringing the next level or “202” classes. ***If your daughter has not yet taken the 101 classes, that's OK—the 202 workshops build on those lessons, but they are not required.*** Girl Smarts® 202 workshop topics and dates are noted on the opposite side of this form. By filling out this permission form, you are giving permission for your child to participate in the series. Healthy snack donations will be gratefully accepted (see below).

**All workshops will take place in the Sangster cafeteria.** Participants in Girl Smarts® will **stay after school and will need to be picked up and signed out at 5:30 P.M.** The tuition for Girl Smarts® is \$95 for all six workshops and includes all supplies. Please contact us if any tuition assistance is needed.

Feel free to contact Dianna Flett (540-809-7956 or [centralva@girlsmarts.com](mailto:centralva@girlsmarts.com)) if you have any questions. You can visit [girlsmarts.com](http://girlsmarts.com) for more details on the program and follow us on Facebook at Girl Smarts LLC. We look forward to supporting our girls as they continue to become “confident, capable, and in control!”



## Registration Form

*Please return by **Thursday, January 25** to the Sangster Main Office, along with \$95 payment (made out to Girl Smarts LLC). A returned check fee of \$30 applies.*

I give permission for my child to participate in the Spring 2018 Girl Smarts® program held in the Sangster Elementary School cafeteria. I will provide my child transportation home at 5:30 P.M. from each session.

Name of Child: \_\_\_\_\_ Grade: \_\_\_\_\_

Parent(s)/Guardian(s): \_\_\_\_\_ Email: \_\_\_\_\_

Contact #: \_\_\_\_\_ Alternate Contact #: \_\_\_\_\_

- Invoice me – I prefer to pay with PayPal instead (*extra \$2.50 transaction fee applies*).
- Photos of workshops are taken and used for promotion of the Girl Smarts® series. Please check here if you DO NOT want your child's image included.



**girl smarts® 202 Workshop Series**

*All 5<sup>th</sup> and 6<sup>th</sup> grade girls are invited to our 202 Workshop Series.  
The 101 Workshop Series for 4<sup>th</sup>-6<sup>th</sup> graders will return in Fall 2018.*

Friday, February 2

**“Dream Catching – How to Achieve Your Goals”** – This class focuses on giving the girls techniques to use to turn their dreams into goals and their goals into reality. Having a plan is the cornerstone lesson to this session. We discuss their favorite personalities from TV and magazines and explain to them the myth of “overnight success” and being discovered. We culminate this session by helping the girls design a plan to start their own business in their neighborhoods (with their parents’ approval, of course!).

Friday, February 9

**“When Beauty BECOMES the Beast!”** – This class explores beauty and the changing definition of beauty over the years. We talk about building real beauty and how to define what is important in our lives. We explore the impact of photo shopping on the girls’ impressions of movie stars and popular figures. Using videos and discussion we learn to start accepting our own shapes and sizes and introduce strategies for a healthy lifestyle.

Friday, February 16

**“Yoga, Yummies, and You!”** – A follow-up to our “Beauty and the Beast” workshop; we talk to the girls about healthy eating, give them ideas on how to attain their goals physically and emotionally, and bring in a local expert on fitness and yoga to introduce the girls to the basics of exercise. The session includes an actual workout (about 20 minutes of light aerobics) and stress-management techniques taught through yoga. This high-energy seminar confirms for the girls that they are in charge of their physical and emotional health.

Friday, February 23

**“A Girl Smarts Guide to Leadership”** – During this leadership presentation, activities bring home the importance of our roles as leaders in our lives, our community and our families. Team challenges allow each girl to take on a leadership role and do hands on competitive tasks in a friendly, fun filled atmosphere. This is our keynote workshop moving our girls forward to become everyday leaders in their lives.

Friday, March 2

**“Social Media Smarts”** – Our young children are getting introduced to electronics more and more. In a time when girls totally confuse social with private, SO MUCH can go wrong. Let’s set up the ground rules, highlight the risks, and open the door to safe friendships and sustained habits to be smart on the internet.  
Let’s pass the common-sense test!

Friday, March 9

**“First Things First: Organizing for Middle School and Beyond!”** – In this powerful class, we talk to the girls about the most important aspects of the middle school experience, including bringing back Girl Smarts alumnae who are now in middle school, to discuss their experiences with the transition. We provide lots of tips and strategies to get the girls started on the right foot for the next step in their schooling. Our goal is to turn their anxieties into excitement and their fears into confidence as they take their first steps toward their futures.

***You can read more about the topics on our website at [girlsmarts.com](http://girlsmarts.com)  
or feel free to contact Dianna Flett for more details at [centralva@girlsmarts.com](mailto:centralva@girlsmarts.com).***