

SANGSTER ELEMENTARY SCHOOL PTA'S



Calling all 4th, 5th, and 6th grade girls:

We're so excited to announce that Girl Smarts® is coming back to our school, starting October 5th!

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 Northern and Central Virginia, including many here at Sangster!

Girl Smarts® 101 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) if you have any questions. You can visit 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!"



girl smarts® Registration Form

*Please return by **Friday, September 28** 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 Fall 2018 Girl Smarts® program held in Sangster Elementary School's 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® 101 Workshop Series

Friday, October 5

“Face to Face” (*Body language and first impressions*)

Friday, October 12

“Words Count” (*Bullying Pt. 1*)

Friday, October 19

“Them Mean Girls: Whatcha Gonna Do?” (*Bullying Pt. 2*)

Friday, October 26

“Communicate and Captivate” (*Make public speaking fun!*)

Friday, November 2

“I Can Relate: Being a Good Friend” (*Relationship skills*)

Friday, November 9

“Values: The Real Jewels of the Nile” (*Keeping true to yourself when making decisions*)

*All 4th, 5th, and 6th grade girls are invited to our 101 Workshop series. Watch in the spring when we bring back our **202 Workshop** series, designed to continue the empowerment journey for our 5th and 6th grade girls specifically. We'll work on issues like Goal Setting, Beauty Messages, Staying Healthy, Everyday Leadership, Social Media Smarts, and a special workshop to prepare the girls for life after elementary school.*

You can read more about the topics on our website at girlsmarts.com or feel free to contact Dianna Flett for more details at centralva@girlsmarts.com.

What girls ages 8-12 are saying about the program:

“Girl Smarts changed my life.” (5th grader)

“I LOVED the program it helped me feel way better!!!” (4th grader)

“This program taught me respect and more.” (5th grader)

“I think Girl Smarts is awesome and helps make girls strong and more confident.” (5th grader)

*“My results showed a significantly higher level of self-esteem and body satisfaction in the Girl Smarts Group.”
(PhD candidate's finding when comparing 100+ Girl Smarts® participants with non-participants)*

About Our Founder and the Sangster Elementary Facilitator:

Dianna Flett is a retired Army Lieutenant Colonel, having served for 21 years in various positions as a military intelligence officer. She is a graduate of Rutgers University and has attended various leadership schools, including the Command and General Staff College at Fort Leavenworth, Kansas. Dianna is a combat veteran of Desert Shield/Desert Storm and been awarded the Legion of Merit and the Bronze Star. Dianna is a graduate of the FBI's Instructor Development Course, and worked with the FBI teaching leadership and management strategies to Supervisory Intelligence Agents around the U.S. In 2012, she created Girl Smarts® to empower girls before they hit their teen years. In 2013 and 2014, Girl Smarts® was featured at the National Conferences on Girl Bullying and Relational Aggression, and, in 2015, Dianna was invited to the first-ever White House Summit on the “United State of Women.”