

MONDAY PROGRAMS 4:00-4:45

<u>PROGRAM</u>	<u>GRADE</u>	<u>STAFF</u>	<u>LIMIT</u>
<input type="checkbox"/> ANIMAL QUEENDOM Girls will learn about a variety of animals such as reptiles, mammals, and amphibians. They will learn the different types of animal species and the roles they play in their environment.	3 rd – 6 th	Mr. AARON	15
<input type="checkbox"/> \$SECRET MILLIONAIRES\$ CLUB The Secret Millionaires Club (SMC) is a series of animated websites and online activities in which Warren Buffett and friends explore financial solutions to real-life entrepreneurial challenges.	3 rd – 6 th	Ms. LIZA	15
<input type="checkbox"/> MEET THE SIMS Play the Sims game and create your own society.	3 rd & Up	Ms. PATTY	12
<input type="checkbox"/> NUTRITIOUS & DELICIOUS Food that is delicious and good for you?? Yes! Learn how to practice healthy living by learning portion control, caloric intake, why you should and shouldn't eat certain foods, when to eat and what to eat in order for you to be as healthy as possible.	3 rd – 6 th	MIND + BODY	15
<input type="checkbox"/> AROUND THE WORLD Girls will participate in sports & activities from countries around the world and learn about different lifestyles and cultures.	3 rd – 6 th	Ms. TEQUOIA	20
<input type="checkbox"/> MIND TO HAND In this program, girls will utilize art therapy. They will understand how art therapy is a form of expressive therapy that uses the creative process of making art to improve a person's physical, mental and emotional wellbeing.	6 th & Up	Ms. LIZ	15
<input type="checkbox"/> INTERNATIONAL COSMETOLOGY Girls will learn the history and practice the method of cosmetology from different cultures. They will also examine what it takes to own their own cosmetology business.	3 rd & Up	Ms. DIAGA	15

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<u>PROGRAM</u>	<u>GRADE</u>	<u>STAFF</u>	<u>LIMIT</u>
<input type="checkbox"/> HOMEWORK HELP ONE HW HELP SESSION PER WEEK PER GIRL Girls will have the opportunity to develop their math and reading comprehension as well as receive help with completion of their HW.	3 rd – 6 th	Mr. AARON	15
<input type="checkbox"/> EXPRESS HERSELF Girls will participate in weekly journaling and activities based on expressing themselves in different ways.	3 rd – 6 th	Ms. LIZA	15
<input type="checkbox"/> CLICK TO PAINT Girls will learn how to use Paint to draw and create pictures on the computer.	3 rd & Up	Ms. PATTY	12
<input type="checkbox"/> MIND + BODY Girls have the right to accept and appreciate their bodies, and are entitled to thrive in communities that invest in their total physical, mental, and emotional wellness. Girls need access to information, resources, and skills to be effective partners in promoting their own healthy development. To help ensure that girls have the support that they need to take charge of their own health, Girls Inc. has launched Mind+Body sm , which focuses on four pillars that, according to research, play a major role in fortifying girls' ability to develop and sustain strong minds and strong bodies. They are: nutrition, physical activity, stress management, and body image.	3 rd – 6 th	MIND + BODY	15
<input type="checkbox"/> ADVENTURE GAMES Girls will participate in various activities that encourage teamwork and learning necessary skills to cooperate with each other.	3 rd & Up	Ms. TEQUOIA	20
<input type="checkbox"/> INFORMED & INCHARGE Healthy Relationships In the healthy relationships module, girls learn to identify, establish, and cultivate healthy relationships though assertiveness and negotiation skills. Throughout the program, girls experience the power of a positive sister support system and build critical thinking skills for being sexually healthy.	6 th & Up	Ms. LIZ	15

TUESDAY PROGRAMS 4:00-4:45

<u>PROGRAM</u>	<u>GRADE</u>	<u>STAFF</u>	<u>LIMIT</u>
<input type="checkbox"/> GEAR GIRLS Gear girls is a machining and engineering program for girls that introduces them to the basic concepts and skills required in the precision trades.	3 rd – 6 th	Ms. AARON	15
<input type="checkbox"/> DOLLAR\$, \$ENSE & ME This component comprises activities around economic and financial concepts such as recognizing and counting money, exchanging goods and services, investing in the stock market, and volunteering and donating. The curriculum also covers entrepreneurship, career planning, budgeting, writing checks, taxes and government services, and labor and management.	3 rd – 6 th	Ms. LIZA	15
<input type="checkbox"/> DID YOU KNOW? Go on online each week and follow the links, visit fun interactive websites and follow the clues to get answers. Was the name Google an accident? What makes popcorn pop?	3 rd & UP	Ms. PATTY	12
<input type="checkbox"/> HER STORIES Girls will learn about the ways of life, the experiences of girls, gender roles, and girl’s social norms from different cultures throughout the world in the past, present and future	3 rd – 6 th	MIND + BODY	15
<input type="checkbox"/> LET’S MOVE Girls will participate in and learn about healthy lifestyles developed by Michele Obama.	3 rd & UP	Ms. TEQUOIA	20
<input type="checkbox"/> JUST DANCE Girls will learn various forms of dance such as hip hop and step.	3 rd & UP	Ms. DIAGA	20

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<input type="checkbox"/> ZELDA Zelda is an introduction to an anatomy and physiology program. The program serves two essential purposes: 1) helping girls learn about their bodies and how to stay healthy; and 2) acquainting girls with some of the roles and responsibilities of health care professionals.	3 rd – 6 th	Mr. AARON	15
<input type="checkbox"/> THE FUTURE YOU Girls will explore various careers that match their current interests and skills, they will learn about various post-secondary and/or trade school opportunities available upon graduating from high school.	3 rd – 6 th	Ms. LIZA	15
<input type="checkbox"/> JOURNEYS IN SCIENCE Each week girls will explore different areas of science biology, astronomy, medicine, chemistry, weather, and much more.	3 rd & UP	Ms. PATTY	12
<input type="checkbox"/> MEDIA-SMART YOUTH: EAT, THINK AND BE HAPPY! [®] This program will help girls better understand the complex media world and how it can influence their health. Girls will be encouraged to eat healthy, be active and think critically about marketing messages.	4 th – 6 th	MIND + BODY	15
<input type="checkbox"/> MOVE AHEAD Girls will experience life size versions of classic board games such as Monopoly, Scrabble and UNO.	3 rd – 6 th	Ms. TEQUOIA	20
<input type="checkbox"/> TEENS STEPPING OUT Girls will participate in outings helping with the community in the best way they can. Girls will show the community what it means to be Strong, Smart & Bold.	6 th & UP	Ms. LIZ	15

WEDNESDAY PROGRAMS 4:00-4:45

<u>PROGRAM</u>	<u>GRADE</u>	<u>STAFF</u>	<u>LIMIT</u>
<input type="checkbox"/> ART WITH MOTHER EARTH Girls will combine art and science. In this program they will explore different forms of art and how science plays a role; for example making their own paint, how to use Plaster of Paris to make sculptures.	3 rd – 6 th	Mr. AARON	15
<input type="checkbox"/> GIRLS GET THE MESSAGE Girls and young women will learn how to analyze messages. They will create and edit storyboards to change the messages in music videos and reality TV programs. Girls will learn to conduct audits of magazines for advertising content and of newspapers for equity in gender coverage, consider the biases in various news sources, develop political campaign slogans and materials. As well as screen films made by and about women, develop character sketches for TV shows and treatments for documentaries, and plan and conduct field trips to explore media businesses.	3 rd – 6 th	Ms. LIZA	15
<input type="checkbox"/> GOOGLE MADE WITH CODE The Google Made with Code Initiative is inspiring millions of girls to learn to code and to help them see coding as a means to pursue their dream careers. Girls Inc., a lead contributor to the Initiative, is committed to helping girls discover how science, technology, engineering, and math (STEM) and its many applications offer exciting opportunities today and for the future.	3 rd & UP	Ms. PATTY	12
<input type="checkbox"/> GROWING TOGETHER Growing together helps develop two-way communication skills to give girls an ally for future questions and dilemmas. Key topics include changes during puberty; anatomy, physiology, and hygiene; adolescent sexual development and feelings; and values and expectations for sexual behavior.	3 rd – 6 th	MIND + BODY	15
<input type="checkbox"/> FRIENDLY PEERSUASION Girls Inc. Friendly PEERSuasion develops the skills of girls ages 11 to 14 to resist pressure to use harmful substances, such as drugs, alcohol, tobacco, and house hold chemicals. Girls learn to identify healthy alternatives to risky behavior and invite peers to join them in acting on their smarter choices.	6 th & UP	Ms. LIZ	15

WEDNESDAY PROGRAMS **4:00-5:45** (2 Hour Programs)

<input type="checkbox"/> SWIM/ACTION FOR SAFETY For the first 6 weeks girls will have the opportunity to participate in swim lessons. They will learn basic swim skills such as the front and back stroke. For the remaining weeks girls will take part in the self-defense program Action for Safety.	3 rd – 6 th	Ms. TEQUOIA	10
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<input type="checkbox"/> HOMEWORK HELP ONE HW HELP SESSION PER WEEK PER GIRL Girls will have the opportunity to develop their math and reading comprehension as well as receive help with completion of their HW.	3 rd – 6 th	Mr. AARON	15
<input type="checkbox"/> ACT IT OUT Girls in this class will practice reading and public speaking by participating in monologues and/or short dramas based on characters they create. It will enhance their memory skills, as well as further develop their literacy skills.	3 rd – 6 th	Ms. LIZA	15
<input type="checkbox"/> I'M THE ARCHITECT Create home floor plans, kitchen, living room, dining, bedrooms, bath, then add furniture to your rooms, and view your creation. Create a landscape design.	3 rd & UP	Ms. PATTY	12
<input type="checkbox"/> THIS IS ME Girls will go through workshops and hands-on activities to understand themselves more deeply. Girls will be taught self-awareness skills to prepare them for tough situations. Girls will also research and find causes/topics that they are passionate about and how these causes/topics can influence their future.	3 rd – 6 th	MIND + BODY	15
<input type="checkbox"/> FUNDS FOR THE FUTURE CLASS IS FULL. MUST HAVE BEEN ENROLLED IN FALL SESSION. Girls will run the Girls' Inc store and raise money to take an educationally based trip. They will create flyers, fundraise, and look towards their future.	6 th & UP	Ms. DIAGA	10
<input type="checkbox"/> FOR MS. MEAGHAN Girls will plan and execute the 3rd major fundraising event to raise money for the Meaghan Sammons Scholarship, created in Memory of Ms. Meaghan Sammons, to be awarded to one of our members at the completion of the Spring 2018 session.	6 th & UP	Ms. LIZ	15

THURSDAY PROGRAMS 4:00-4:45

<u>PROGRAM</u>	<u>GRADE</u>	<u>STAFF</u>	<u>LIMIT</u>
<input type="checkbox"/> \$HE\$ ON THE MONEY This component uses games, role plays, and art projects, and build girls' skills for identifying and counting money and to increase their understand of basic concept. Topics include using banks, saving for the future, planning for a career, differentiating between wants and needs, donating and volunteering, comparison shopping, taxes and government services, and global economics.	3 rd – 6 th	Ms. LIZA	15
<input type="checkbox"/> GET THE SCOOP & BE THE REPORTER Girls will write news stories and share their thoughts and ideas for a Girls Inc. newspaper.	3 rd & Up	Ms. PATTY	12
<input type="checkbox"/> HAKUNA MATATA With this “problem-free philosophy” girls will learn new and creative ways to handle stress. They will work to find ways to go from states of bad stress and good stress.	3 rd & UP	MIND + BODY	15
<input type="checkbox"/> ALL STAR Girls will learn about the world’s most popular sports & athletes. They will see that females can play any sport they put their mind to.	3 rd & UP	Ms. TEQUOIA	20
<input type="checkbox"/> SCRIBBLE SCRABBLE Girls will improve their overall literacy skills (spelling, reading, writing and arithmetic) through playing Scrabble, Operation and other activities. They will then create their own personal dictionaries and math books based on the words and scores.	3 rd – 6 th	Ms. DIAGA	15

THURSDAY PROGRAMS **4:00-5:45** (2 Hour Programs)

<input type="checkbox"/> BAKING WITH CHEMISTRY Girls will challenge themselves to combine the right ingredients with the correct measurement to create tasty baked goods. Girls will learn how to measure using tablespoons, cups, ounces, pounds, etc.	3 rd – 6 th	Mr. AARON	10
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<u>PROGRAM</u>	<u>GRADE</u>	<u>STAFF</u>	<u>LIMIT</u>
<input type="checkbox"/> MY COMMUNITY AND ME Girls will see how a community works including different businesses, agencies and organization. They will also learn how they can contribute to their community (food and clothing drives, community cleanup, etc.).	3 rd – 6 th	Ms. LIZA	15
<input type="checkbox"/> DESKTOP PUBLISHER TASKS Girls will learn how to edit graphics, such as photographs or illustrations, use computer software to design page layouts for newspapers, books, brochures, and other items that are printed or published online.	3 rd & UP	Ms. PATTY	12
<input type="checkbox"/> CHALLENGE ACCEPTED Girls will be given daily challenges that will require cooperation and creative thinking to solve the problem. Throughout the session these challenges will become more and more difficult. If the girls can successfully work together they will be rewarded with use of the high ropes course.	3 rd – 6 th	MIND + BODY	15
<input type="checkbox"/> BRIDGES This program enhances girl’s motor skills and organizational skills with strategies from different sports while also learning the concept of teamwork.	3 rd – 6 th	Ms. TEQUOIA	20
<input type="checkbox"/> FUTURES & OPTIONS This program prepares girls for entering the world of work by helping them examine topics such as attitudes and values about money, career strategies, economic justice and workers’ rights, paycheck deductions, responsible use of credit and avoiding predatory lenders, renting versus buying, and investing.	6 th & UP	Ms. LIZ	15

FRIDAY PROGRAMS 4:00-4:45

<u>PROGRAM</u>	<u>GRADE</u>	<u>STAFF</u>	<u>LIMIT</u>
<input type="checkbox"/> BUILDING IT WITH CODE Girls will develop their understanding of coding & engineering in this class where they will construct objects with coding techniques.	3 rd - 6 th	Mr. AARON	15
<input type="checkbox"/> THIS IS MY LIFE This program will introduce girls to real life scenarios. Through fun, hands-on activities girls will navigate through the financial world of careers, health insurance, car insurance, transportation costs, utility payments, mortgages, rent, etc.	3 rd – 6 th	Ms. LIZA	15
<input type="checkbox"/> BODY PARTS BY DR. FRANKNSTEIN Is there a doctor in you? Human anatomy is the study of the systems of the body which is made up of cells, tissues, and organs. Girls will explore human anatomy to help explain and understand how organs and other structures of the body work	3 rd & UP	Ms. PATTY	12
<input type="checkbox"/> HEALTHY LIVING Girls will learn about physical fitness and health in this program. They will participate in different activities/exercises designed to help them live a healthier lifestyle. The class may also have the opportunity to visit local fitness facilities.	3 rd – 6 th	MIND + BODY	15
<input type="checkbox"/> SWE & U (RENAISSANCE GIRLS) Girls will work with the Society of Women Engineers (SWE) and different organizations and clubs from Union College (u) as they learn more about STEAM through projects like image [processing (making filters similar to those on Snap Chat using coding), building bridges, learning about health and medicine, painting wonderful works of art and many more! An exploration of the emerge between the different fields of studies and self, constructs the foundation for emergence of Renaissance Girl.	3 rd – 6 th	SWE @ UNION	10

FRIDAY PROGRAMS **4:00-5:45** (2 Hour Program)

<input type="checkbox"/> TOP TEEN CHEF Girls will learn about and how to prepare different food items in order to compete in “Chopped” style Kitchen challenges.	6 th & UP	Ms. LIZ	15
<input type="checkbox"/> YOGA Girls will learn how to have peace of mind with body movement and stress relieving skills.	3 rd – 6 th	Ms. TEQUOIA	20

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<u>PROGRAM</u>	<u>GRADE</u>	<u>STAFF</u>	<u>LIMIT</u>
<input type="checkbox"/> GIRLS DIG IT This program will introduce girls to the dynamic world of archaeology, which is the study of human history through artifacts and other physical remains. This program will also provide girls with opportunities to explore questions of gender and culture. What roles have girls and women of the past played? How are these roles different or the same as the roles of girls and women of today?	3 rd -6 th	Mr. ARRON	15
<input type="checkbox"/> MORE THAN THE STORY In this program girls will work on their literacy skills. They will read different books and learn about getting a book published. Girls will also learn about the different careers in the literacy field, i.e. author, editor, publisher, and librarian.	3 rd - 6 th	Ms. LIZA	15
<input type="checkbox"/> ALL ABOUT THOSE APPS Using tablets, girls will explore the world of apps. They will take “The Magic School Bus” to apps that will increase their understanding of various educational subjects. They will navigate the sky with the app “Night Sky”. Girls will also gain confidence in their power to read with the PBS app “Super Why”.	3 rd & UP	Ms. PATTY	12
<input type="checkbox"/> POSITIVLEY ME Girls will learn how to maintain a strong sense of self worth, positive body image and self esteem. They will learn how the media influences body shaming, negative senses of themselves, bullying and negativity as well as how to help lift up, encourage and support each other’s positive opinions and views of each other and themselves. Through various activities, social experiments and team building exercises girls will create a social media “challenge” that will positively promote self esteem, body confidence and pride in themselves inside and out.	3 rd -6 th	MIND + BODY	10
<input type="checkbox"/> CRAFTS BY ME Using different art mediums girls will create projects that will be displayed around the building and used at Girls Night Out.	3 rd – 6 th	Ms. DIAGA	15