

News Flash from Girls Inc. of the Island City

FALL 2009

Welcome Girls Inc. Families and New Staff!

Summer seemed to just fly by here at Girls Inc. and we are happy to start a fresh school year! With our capacity expanded to 100 and our walking transportation in full effect from Lum, Haight, Franklin, and now **Washington** Elementary, we are expecting another awesome year. We have 2 new staff at Girls Inc.- Program Facilitator, Shakira, who joins us from AmeriCorps and Program Facilitator, Nora, who works for UC Berkeley's Statistics Department in the morning.

Returning staff are Program Coordinators, Natalie and Leilani, and Program Facilitator, Teodora. Sarah is our new Teen and Outreach Coordinator and will be joining the girls from time to time as well. The first three weeks of school have been time for the girls to get to know the Meyers Center staff, and each other. We started our programs on Monday, September 21. See below for the list of classes we're offering this quarter.



The Meyers Center, where the Girls Program happens Mon-Fri until 6:00pm.

Team Up for Youth

Girls Inc. of the Island City is partnering up with Team Up for Youth, an organization that "helps create after-school sports opportunities for children [...] that build their confidence and skills [and ...] learn the important life lessons sports offer" (teamupforyouth.org). We will be bringing in Flag Football Coaches from Team Up for Youth to work with Program Coordinator and Sports Guru, Leilani, to help mold the 5th and 6th grade girls into star flag football players and athletes.

Empower Hour for Spring Quarter

	1ST-2ND	3RD-4TH	5TH-6TH
MON	Kidz Lit - Who knew that reading and math could go together and be so much fun?	Cultures & Cooking - Learn about cultures, how to cook their cuisines, and of course eat what you make!	Team Environment - Learn how to keep our Earth clean and safe while creating a recycling system for Girls Inc!
TUES	Culture & Art - With many forms of art, especially in different cultures, you will have a lot of fun being an artist here!	Media & Me - How does the media affect you? Learn how and how you can be involved here!	Flag Football - With football season just starting, why not get the girls involved and playing?
WED	SMART - Who knew Science, Math, and Relative Technology could be so entertaining?	Girl Zone - How do you make and maintain friends? Resolve Conflicts? Learn how here!	Girl Power - Have fun doing crafts, working as a team, & giving back to the community
THURS	Strong, Smart, and Bold Girls - Learn and embody what it means to be a Girls Inc. Girl!	SMART - Who knew Science, Math, and Relative Technology could be so entertaining?	Flag Football - Continuing from Tuesdays, girls will learn the ins and outs of flag football
FRI	*Free Choice* - For all ages, girls pick the structured activity of their choice		

So What Exactly Do the Girls *DO* at Girls Inc?

The girls are here from about 3:00-6:00 Monday through Friday, with our Empower Hour from 4:15-5:15. You may ask yourself- what do the girls do during the Empower Hour?

Good question! Please join us for our "**Back to Girls Inc**" Parent Night on Thursday, October 1st from 6:30-7:30pm. We will tell you what exactly goes on during the Empower Hour, take you through a Girls Inc. activity, and go over other important information to know as a Girls Inc. Parent. Childcare will be provided as well. Questions? Contact Program Director Tristen at ext 204.

girls inc.[®]

Inspiring all girls to be strong, smart, and boldSM

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Girls Inc.

Regional Conference

Girls Inc. of the Island City is Part of a national organization. Every year a different affiliate hosts our regional conference where staff can learn how to create an even better learning environment for girls. This year, we are honored to be the conference host. This happens only once every 15 or 20 years. Girls Inc. will be closed Thursday and Friday, October 15-16th since all staff will be hosting the event. We appreciate your support. If you have any questions, please contact Program Director, Tristen Fredrickson at tfredrickson@girlsincislandcity.org

Upcoming Field Trips and Events

Thursday, October 1st, 2009 from 6:30-7:30 - **Back to Girls Inc Night**, 6:30-7:30
Thurs & Fri, Oct 15&16- Girls Inc Regional Conference, **Girls Inc. CLOSED**
Thursday, October 29, 2009 from 4:30-5:30- Girls Inc. Haunted House for girls
*Saturday, November 7, 2009 from 11:00-5:00- USF Women's Volleyball Game
Thursday, December 3, 2009 - Holiday Sale (details to come later)

Check out what's inside...

Girls Inc
Conference

Fall
Classes

Holiday Sale
and Haunted

Welcome
Back Night

Field Trips
Galore

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

- **Thursday, October 1, 2009**— Welcome Back to Girls Inc Parent Night, 6:30-7:30pm
- **Thursday & Friday, October 15 & 16, 2009** - Girls Inc. CLOSED, Staff attending Girls Inc. Regional Conference
- **Friday, October 30, 2009**— Girls Inc. CLOSED, Care available at Alameda Island Kids (AIK) Earhart
- **Wednesday, November 11, 2009**— Girls Inc. CLOSED, Veteran's Day Honored
- **Wednesday - Friday, November 25 - 27, 2009**— Girls Inc. CLOSED, Care available at AIK Lum on **Wed. only**
- **Thursday, December 3, 2009**— Holiday Sale (details to come later)
- **Monday, December 7, 2009** - Winter Quarter Registration open to Current Members
- **Friday, December 18, 2009** - Last Day of Fall Quarter
- **December 21, 2009 - January 1, 2010**- Girls Inc. CLOSED; Care Available at AIK, Edison Dec. 21-23, 28-30, 2009

Questions, Concerns, Comments? Contact Program Coordinator, Leilani, at 510.521.1743 ext 205 or at

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