



**Go Girls! *Healthy Bodies, Healthy Minds*  
& Go Girls! *Newcomer*  
School Registration Form  
Fax to Big Brothers Big Sisters of Peel  
905-454-0769**



**Contact Information**

School: \_\_\_\_\_ Main Intersection: \_\_\_\_\_

School Champion: \_\_\_\_\_ Position/Title: \_\_\_\_\_

Telephone: ( ) \_\_\_\_\_ Email: \_\_\_\_\_

**Alternate Contact Information**

Name: \_\_\_\_\_ Position/Title: \_\_\_\_\_

Email: \_\_\_\_\_ Telephone: ( ) \_\_\_\_\_

\_\_\_\_\_ would like to be considered for the 2018/2019 school year\*  
School Name

**Go Girls! *Healthy Bodies, Healthy Minds***    **OR**     **Go Girls! *Newcomer* Program**

Please choose one of the following sessions:

**FALL SESSION (Oct – Dec)**

**WINTER SESSION (Jan – Mar)**

**SPRING SESSION (Apr - June)**

Please indicate your preferred day of the week **and** time of day for the program to take place. School Champion **must** be on school property during the program. Length of each weekly session is 1½ - 2 hours and can be offered morning, mid-day or after school.

**1<sup>st</sup> Choice:** DAY: \_\_\_\_\_ TIME: \_\_\_\_\_    **2<sup>nd</sup> Choice:** DAY: \_\_\_\_\_ TIME: \_\_\_\_\_

It is understood that it is the responsibility of \_\_\_\_\_ to promote and lead the selection of the female participants, to act as the resource person for the volunteer mentors, to act as the contact person for the Go Girls! caseworker and to submit all evaluation forms to Big Brothers Big Sisters of Peel. **For more information please call 905-457-7288: Lonni Meisner ext. 212 (Go Girls! Healthy Bodies, Healthy Minds) or Nicole Bhoop ext. 261 (Go Girls! Newcomer).**

\_\_\_\_\_  
School Champion Name

\_\_\_\_\_  
School Champion Signature

\*Registration does not guarantee the program for your school; you will be notified when volunteers are available.



## Go Girls! *Healthy Bodies, Healthy Minds* & Go Girls! *Newcomer*

Go Girls! *Healthy Bodies, Healthy Minds* and *Go Girls! Newcomer* are mentoring programs designed to encourage physical activity participation, healthy eating choices, and the development of positive self-image among girls ages 12-14.

A 7-8 week program led by 2 female university/college-aged mentors, Go Girls! incorporates fun, educational games and activities that stimulate mentor/participant relationship-building as well as self-reflection and group discussions about healthy living and emotional, social and developmental issues. **The Go Girls! Newcomer curriculum includes an extra session focusing on diversity, inclusion, and settlement support.**

### Participant Selection:

Go Girls! is intended for female students who are at risk of dropping out of physical activity and need assistance in making positive life choices. The Go Girls! participant:

- ◆ is 12 to 14 years old in grades 7 or 8
- ◆ may not be physically active/involved in sports
- ◆ may not be familiar with the principles of healthy, balanced eating
- ◆ would benefit from discussions about body image, relationships, and self-esteem
- ◆ is interested in being part of a 'girls only' club – participation should be voluntary

### For Go Girls! *Newcomer* (8 Week Program)

- ◆ **Girls with refugee status or vulnerable newcomers (may have considerable language barriers)**
- ◆ **Would benefit from settlement support and building confidence in their cultural background**

All students can benefit from Go Girls!; please create a balanced group by inviting a wide range of girls (leaders & followers, academic & athletic), and avoid using words such as refugee in order not to stigmatize participants

### Important Reminders:

- ◆ Go Girls! is not intended to be a behavioural/social skills development group; mentors are focused on delivering the curriculum and are not trained in behaviour management
- ◆ Groups should have 8-12 participants; Go Girls! is a closed group so please do not add new participants after the first session, even if some girls choose to withdraw
- ◆ If your school has offered Go Girls! in the past, please select NEW participants for subsequent groups, as the curriculum does not change.
- ◆ It is crucial that the girls are in a space where they feel free to talk openly. The presence of school staff can inhibit personal discussions. Please avoid sitting in, and choose a space free of interruptions. Mentors will check in with champions to report any concerns
- ◆ This program requires enough space for the physical activity component; an empty classroom, stage or gym is ideal and should be reserved for the 7-8 weeks.
- ◆ Please inform mentors in advance of any school activities (i.e. assemblies, field trips) that may impact attendance so they can plan accordingly and adjust their snack purchases

Thank you for your interest in Go Girls! *Healthy Bodies, Healthy Minds*. Please be advised that our ability to offer the program is dependent on mentor availability; **submitting a registration form does not guarantee the program for your school**. You will be notified when mentors are confirmed and parental consent forms will be provided to you at that time.

