

Girls on
the run

NEW SITE PACKET



Girls on the Run Napa & Solano

- A local, 501 (c) 3 small nonprofit
- Healthy, fun empowerment program
 - Girls on the Run for 3rd-5th grade girls
 - Heart & Sole for 6th-8th grade girls

TRINCHERO
Family Estates



ST. HELENA HOSPITAL
NAPA VALLEY
Adventist Health



GAMMA PHI BETA



ABOUT GIRLS ON THE RUN

Girls on the Run® Napa & Solano is a small local 501(c)3 non-profit that is part of the International Girls on the Run® movement, dedicated to creating a world where every girl knows and activates her limitless potential and is free to boldly pursue her dreams.



Girls meet twice a week in small groups of 8-15 girls at 54 school sites across Napa & Solano for 75 minutes over 10 weeks. Girls learn empowering life skills through dynamic, interactive lessons, games and running or movement. The curriculum is taught by certified volunteer Girls on the Run Napa & Solano life coaches and includes three parts: understanding ourselves, valuing relationships and teamwork and understanding how we connect with and shape the world at large.

Important social, psychological, and physical skills and abilities are developed and reinforced throughout the program. In Girls on the Run, girls learn to have an attitude of gratitude, use positive self talk over negative, stand up to bullies, stop gossip, half plate veggies and fruit, express feelings using "I statements", and celebrate what makes them unique. Heart & Sole girls learn strategies on how to press pause, ask for help, and overcome barriers based on their issues and topics. Running, games and the joy of movement is used to inspire, motivate and encourage lifelong health and fitness. At each season's conclusion, the girls complete a 5k event which gives them a tangible sense of achievement and a community impact project or random acts of kindness (Heart & Sole) which they feel the power of giving. This provides them a framework for achieving life goals and making the seemingly impossible, possible and teaching girls that they can.

Girls on the Run Mission:

We inspire girls to be joyful, healthy and confident using a fun, experience-based curriculum which creatively integrates running.

MISSION, VALUES & STRATEGIES

Girls on the Run Honors Its Core Values:

- Recognize our power and responsibility to be intentional in our decision making
- Embrace our differences and find strength in our connectedness
- Express joy, optimism and gratitude through our words, thoughts and actions
- Nurture our physical, emotional and spiritual health
- Lead with an open heart and assume positive intent
- Stand up for ourselves and others

Girls on the Run Napa & Solano Strategies:

- Money is raised so all girls, regardless of financial status, ethnicity or body type, can participate, but in particular low income & diverse ethnicities
- Started in 2006 with 30 girls, over 4,200 girls have participated at 45 schools throughout Napa and Solano
- In 2015, 775 girls (40% growth) with 78% low income and 71% diverse ethnicity
 - 95% saturation in Napa County

- Healthy, fun empowerment: for ten years with 950 girls in 2016
 - Nominated nonprofit of the year in 2013
 - Fairfield-Suisun School Board certificate of appreciation in spring 2015
 - Awarded GOTRI marketing award for empowerment (Dream Hall) at 5K

GIRLS ON THE RUN PROGRAMMING



Girls on the Run is a physical activity-based positive youth development program that is designed to develop and enhance girls' social, psychological, and physical competencies to successfully navigate life experiences. Over the course of the empowerment program girls will:

- Develop and improve competence
- Feel confident in who they are
- Develop strength of character
- Respond to others and oneself with care and compassion
- Create positive connections with peers and adults
- Make a meaningful contribution to community and society

Such life skills will prevent unhealthy and risky behaviors, such as physical inactivity, depression and negative body image, and promote positive health outcomes (healthy, physically active lifestyles, positive relationships, academic performance, and positive leadership).

WHY OFFER GIRL'S EMPOWERMENT?

- Our 10-week program combines research proven life skill curriculum with interactive activities such as playing games and running or moving while discussing important self-empowering issues. Ultimately, we want to compliment home and school experiences to help girls grow into happy, empowered and healthy women who lead at home, work or within our community!

"My daughter isn't very athletic and doesn't want to play any sport but with GOTR she is keeping active and having fun at the same time. It gives her the opportunity to make new friends and be a role model to the younger girls. Thanks GOTR for helping my daughter become a better human being." GOTR Mom, Fall 2015

- At the end the girls feel the joy of achievement by walking, running, or skipping in a community 5k event and experience the power of giving by completing a community impact project. The 5K is open to family, friends, teachers, and the community at large to make it even more fun and positive for girls and all who participate.
- The program utilizes a whole-person approach to elevate emotional, social, mental, and physical health. Specifically the girls learn to use positive over negative self talk, stop gossip, love their bodies for what they can do, to stand up to bullies, how to express their feelings with "I statements", half plate veggies & fruit, connect with others who lift them up and how to be a caring and empathetic community member.

"GOTR girls are here to save the day. Stopping gossip and making new friends. Standing by, we will defend. Inner beauty is what it's all about. Being strong and confident there's no doubt!" An excerpt from a cheer created by 12 girls from Crescent Elementary School

- We offer our program to *all* girls regardless of their ability to pay. Unlimited scholarships are available.

LIFE SKILL CURRICULA



We offer two programs:

- Girls on the Run for 3rd-5th grade girls
- Heart & Sole for 6th-8th grade girls

The principle philosophies and psychological research for both programs are the same, yet topics and discussion questions vary for developmental reasons. The Girls on the Run is more activities and fun based. The Heart & Sole curriculum allows for deeper discussion on girl-driven topics.

COMPONENTS: Each curriculum is divided into three parts:

Part One: Understanding themselves and setting personal goals

Part Two: Learning skills to foster leadership, team building, and cooperation

Part Three: Examining their relationship to the community, including development and implementation of a community impact project or random acts of kindness in the middle school curriculum.

Session Flow and Format Each 75-minute lesson focuses on a specific life skill topic and follows a lesson plan that provides consistency and structure for the girls' experience:



Introduction/Getting on Board: As the girls arrive and settle into a circle, the life coaches see how each girl is feeling and introduces the life skill lesson topic with an experiential game. This activity is for 5-10 minutes.

Warm Up: This is another experiential activity, relay or game that reinforces the life skill topic of the day and energizes the girls. For instance, in lesson one, we focus on celebrating what makes us unique and allowing others to be their unique selves, the girls stand at one spot and the life coaches call out a "like statement," - "I like to read," or "I like to swim." All of the girls who agree with the statement run (or move) to a cone. This is 10-15 minutes.

Processing: The girls and life coaches discuss the topic and stretch their muscles. In this specific lesson, they discuss how people can have different likes/dislikes and still be friends! This is 5 minutes.

Workout: This activity is 15-35 minutes and involves another life skill activity woven into more actual running, walking or movement by completing fun laps. The amount of running varies based on each girls' ability. The program starts with short time periods and builds up as the girls progress and considering abilities. For instance, in the session on positive attitude, each girl may be asked to share a positive statement about herself to the life coaches, each time she completes a lap.

POTENTIAL SITES

Wrap-Up: The girls end with group processing and discussion on key life skill learning objectives while cooling down and stretching. Each session ends with more positive reinforcement from the life coaches and a group cheer.

Sites Need:

- A contact person (Site Liaison) to coordinate with our office
 - Usually an office staff member or teacher or parent
- Two to four volunteer life coaches
 - All life coaches must complete on-line training and attend a certified in-person GOTR training
- A safe place for talking, playing activities and running (for example a field that can be measured or track with shade)



- An inclement weather space (classroom, gym)
- Two days per week for practice for 75 minutes
- Accessible and equitable communication process to share registration information to all girls in age group (we provide all registration materials)
- A space for the end of season graduation & celebration

Girls on the Run Napa & Solano Provides:

- Volunteer training for all life coaches
- Communication and registration materials in Spanish and English
- Girl and/or parent presentation on programs
- All supplies, curriculum activity sheets and materials copied, cut and bagged for easy distribution by lesson. Snacks and curriculum for each season
- Weekly emails (printed copies) to guardians and principals in Spanish and English to summarize life lessons and strategies
- Site visits, communication and ongoing support

Volunteer Life Coaches:

Each group must have 2-4 life coaches. All life coaches must complete on-line training and attend an in-person GOTR training session, complete application and a Live Scan (background check). As a life coach you co-lead fun, dynamic activities while motivating the girls to move and play. Life coaches are enthusiastic, real and healthy mentors who are comfortable facilitating life skills. Teachers, moms, students, attorneys, bank representatives, grand moms, or retail service clerks have all volunteered to empower our girls.

Group Size:

A minimum of eight girls and a maximum of 15 girls (12 at new sites or for Heart & Sole) are needed in order to offer a quality experience. Fewer than eight girls make it difficult to provide the interactive and group experience and more than 15 girls make it complicated to establish rapport and the depth of community needed.

Timing and Length of Sessions:

Two seasons of programming each year for 10 weeks, twice a week for 75 minutes.

- Fall Season, which begins September 6th week through November 12, 2016
- Spring Season, which begins March 6th week through May 15, 2017

Fees and Financial Aid:

Our fee is \$20 - \$175, dependent on financial status. Scholarships are available. Money is raised so all girls, regardless of financial status, ethnicity or body type, can participate, but in particular low income & Latina, African American & Asian

The fee includes not only the life skill curriculum and training but also two t-shirts, a water bottle, 5K entry fee, end of season celebration & gift, snacks at each session, AND a grown-up guide to follow along with life skill topics and 5k training and unlimited encouragement and support

Fees and Scholarship Process

Families identify if scholarship is needed by selecting financial payment amount based on financial status online or paper form. (That's it - all approved)

- If families can pay \$175 (Total program fee and don't need financial assistance), then select \$175 or total program fee
- If families can \$80 (Partial fee and need partial financial assistance, where we will fund raise the remaining \$95), then select \$80 or a partial scholarship
 - Typically, families who are on partial reduced lunch program or earn under \$45,955 annually for a family of 4
- If families can pay \$20 (Full Scholarship and need full financial assistance, where we will fund raise the remaining \$155), then, select \$20
 - Typically, families who are on full reduced lunch program or earn under \$31,590 annually for a family of 4
- Credit card or e-check will not be processed until February 24th, when lottery is processed!
- Registration will reopen on a first come, first serve basis until March 17th
- Installment payments are also available for families that pay \$175 or \$80. Second payment will be processed on April 4, 2017

Registration Process

- Registration is limited to 15 girls (12 new site or Heart & Sole) per group and initially is on a lottery basis if over maximum
- Registration on-line opens on February 1st
- Families register on line February 1st until February 24th
 - Paper available at school offices if needed
- Credit card or e-check will not be processed until February 24th
- Group selection will be run on February 24th. Lottery method will be used for any groups over the maximum of girls. All families will be notified by February 26th
- Registration will reopen on February 24th and will be a first come, first serve basis until March 17th
- Final day to register will be March 17

SITE LIASON ROLE

Coordinate with our office and your site.

- Complete site application & coordinate with Girls on the Run Napa & Solano office to gain initial approval of principal in support of hosting the program
- Identify opportunities for the recruitment of volunteer life coaches at the site
- Coordinate distribution of registration material and information at site
 - ✓ For online, direct all families to online registration page at www.GOTRNapaSolano.org
 - ✓ Supply a paper form when needed for those who do not have access to internet and collect registration forms with payments. Review for accuracy and confirm completion of information on registration forms; follow-up with families if necessary and submit to GOTR office by registration deadline
- Communicate with our office and volunteer life coaches regarding registration problems, need for additional communication or any site issues or feedback.
- Serve as champion for the Girls on the Run program, support girls' empowerment and have some fun



VOLUNTEER LIFE COACH ROLE

The Life Coach is a volunteer role that partners with a team of life coaches to facilitate, motivate and mentor young girls using the research proven curriculum. As a life coach, you commitment to 1-2 days/week for 10 weeks (4 hrs./week). At least one life coach must be CPR/first aid certified. You don't have to be a runner to be a positive & healthy role model to inspire a young girl to believe in herself and her dreams.

- Prepare, organize, and coordinate with the other life coaches
- Facilitate life skills curriculum, activities and movement for 8-15 girls at a site
- Encourage, mentor and enthusiastically motivate girls
- Keep it fun and positive using GOTR group management and facilitation skills
- Set up and break down activities, games and lessons
- Facilitate communication with guardians and the pre/ post pick up
- Attend the Girls on the Run® 5k with the girls and their family. Coordinate the girls' facilitation of the community impact project
- Plan and coordinate the team's end of season graduation and celebration
- Serve as champion for the Girls on the Run program, support girl's healthy empowerment and have some fun
 - ✓ Stipends are available for volunteers or may be donated back to Girls on the Run Napa & Solano
 - ✓ Parents who volunteer as life coaches have their girl's registration fees waived
 - ✓ New coaches will complete an on-line training and attend an in-person coach training to help them be prepared



Junior Life Coach

The junior life coach is a volunteer position for young women between 16-17 years of age to assist the life coaches at a site. Involves between 1.5 - 3 hours/week for the 10-weeks.

- Prepare for and attend program sessions on a consistent basis
- Assist with set-up and break down of games and lessons
- Provide one-on-one support and attention to girls
- Be a positive and healthy role model and lead an activity if comfortable
- Serve as champion for the Girls on the Run program, support girl's healthy empowerment and have some fun

NEXT STEPS

Program Planning:

- Connect Girls on the Run Napa & Solano with principal to gain approval
- Decide on program days/times (usually Tuesday/Thursday or Monday/Wednesday) and 15 minutes post end-of-school bell
- Complete online new site application
- Identify potential meetings, school activities or after-school opportunities to share the program with girls and parents with the Girls on the Run Napa & Solano office.

Getting Life Coaches On Board:

- Reach out and coordinate with our office to recruit parents, guardians and staff members at the site and see if they are interested in volunteering to be a life coach
 - ✓ Stipends are available for volunteers or may be donated back
 - ✓ Parents who volunteer as life coaches have their girl's registration fees waived
- New coaches will complete an on-line training and attend an in-person coach training to help them be prepared
- GOTR provides the 10-week curriculum and all the life coach materials and activity sheets for each life skill lesson

Getting Girls on Board:

- Girls on the Run Napa & Solano provides each site with communication materials including posters, brochures, & announcements
- The Girls on the Run Napa & Solano team is ready to make presentations (10-15 minutes) to all girls, facilitate a parent discussion, or occupy a table to help spread the positive, fun Girls on the Run spirit
- Paper and online registration begins February 1, 2017
- Sites must have a minimum of 8 girls and a maximum of 15 girls (12 for new or Heart & Sole) for the program

"Love the communication, enthusiasm, and positive spirit. Our girls are so happy with what they are learning. Thank you so much!" Principal, GOTR Spring 2016

