



**girls  
inc.**

of Limestone,  
Algonquin and  
Lakeshore

# AFTER SCHOOL PROGRAM

2:30 to 5:30 p.m. starting Monday,  
September 9, 2024. **FREE** for all  
**Girls+** in SK (aged 5) to Grade 8

## LOCATIONS

*Mondays and Thursdays:*

J.G. Simcoe Public School  
90 Wiley Street, Kingston

*Wednesdays:*

The Salvation Army  
183 Weller Avenue, Kingston

### ADVANCE REGISTRATION IS REQUIRED

All the details and the registration form are on the pages that follow.

**Girls+:** Girls Inc. is committed to providing the comprehensive Girls Inc. Experience to girls and gender-expansive young people who feel our pro-girl environment is the best fit for them.



strong  
smartbold

## **THE GIRLS INC. AFTER SCHOOL PROGRAM IS FREE FOR ALL GIRLS+!**

Participation in Girls Inc. After School Program is free for all participants due to the generosity of our funders and donors. Thank you to:



**Girls+** - Girls Inc. is committed to providing the comprehensive Girls Inc. Experience and other support services to those who identify as girls and gender-expansive people who feel our pro-girl environment is the best fit for them.

### **PARTICIPANTS – Senior Kindergarten (age 5+) to Grade 6 – 25 spaces**

The Girls Inc. After School Program is designed to be developmentally appropriate for **girls+** from age 5 in Senior Kindergarten to grade 6. The activities and themes are designed to be interesting, challenging, and FUN for all participants in this age group.

### **JUNIOR LEADERS – Grades 7 to 8 – 5 spaces**

There will be 10 spaces in the after school program reserved for Junior Leader roles for **girls+** in grades 7 and 8. Junior Leader roles are reserved for those with an interest in learning or enhancing their leadership skills in a fun and safe learning environment.

In addition to making new friendships and connections with fellow Junior Leaders and participants, Junior Leaders will have the following opportunities:

- Helping younger groups to complete projects and activities
- Acting as role models for younger campers by reinforcing the group guidelines through participation and modelling behaviour
- Working with leaders to set up and prepare activities
- Working as a team of Junior Leaders to run short games during activity transitions
- Having fun! At all times during the program, Junior Leaders will be able to play along and have fun while fulfilling their leadership role!

***There are no deadlines for after school program registrations. All registrations received after the spaces are full will be added to our program waitlist in the order they are received.***

## STEPS TO REGISTER A NEW PARTICIPANT:

1. Parent/guardian must call the Program Coordinator **AT LEAST ONE DAY** before the participant's first day
2. The Program Coordinator will ask for the following information about the participant:
  - Participant's name
  - School attending and grade
  - Will they be walking home in the walking group? If so, what is the home address?
  - Will they be picked up? If so, by whom?
3. The parent/guardian must complete and sign the After School Program Registration form
4. The new participant brings their completed form with them on their first day

## SUPERVISION

At Girls Inc. we maintain a leader to participant ratio of 1:10. This means that for every one Girls Inc. Facilitator there are ten participants.

## PROGRAM SESSION SCHEDULE & LOCATIONS

Day of the Week	Location
MONDAYS	J.G. Simcoe PS, 90 Wiley Street
WEDNESDAYS	The Salvation Army Rideau Heights Corps, 183 Weller Ave
THURSDAYS	J.G. Simcoe PS, 90 Wiley Street

## TRANSPORTATION

All participants who attend the three schools in the immediate neighbourhood will be picked up on foot and walked to the program location by a Girls Inc. facilitator when the bell rings at the end of the school day:

- Rideau Heights Public School – a Girls Inc. leader will be waiting outside of the Resource Centre
- St. Francis of Assisi Catholic School – a Girls Inc. leader will be waiting in the front desk area
- J.G. Simcoe Public School – a Girls Inc. Leader will be waiting in the front yard

## BEHAVIOUR GUIDELINES

At Girls Inc. we have guidelines that help ensure that participants have a safe and fun program experience. Participants are asked to follow the guidelines below 100% of the time during the program session. For safety reasons, participants who cannot follow the guidelines may be asked to leave the program.

1. Verbal bullying, exclusion, and any form of unwanted or physically aggressive contact will not be accepted.
2. Participants are not permitted to leave the program area without permission at any time. This will ensure that leaders can account for all participants at all times.
3. During walking groups to/from the program location, there will be no pushing or running ahead of the group. Participants must stay with their walking group and follow leader directions.

## PROGRAM SESSION OUTLINE

2:30 to 3:00 Walking groups from school to the program location

3:00 to 3:20 Participants are given a healthy snack and check in with their leaders and their peers

3:30 to 4:00 Physical activity time – including but not limited to traditional and non-traditional sports, games that enhance physical literacy skills, obstacle courses, dance, and different variations of tag and other running games

4:00 to 4:45 Girls Inc. programming time – including but not limited to physical activity, academic enrichment activities, and life skills activities

4:45 to 5:00 Activity clean up time

5:00 to 5:30 Walking groups from the program location to participant's homes (for participants who live in the Compton/Weller Ave neighbourhood). Participants who do not live inside the walking area are picked up at this time.

## 2024-2025 MONTHLY ACTIVITY THEMES

Every Wednesday participants will focus on the Girls Inc. Program for that month. See the list below for more information.

**September – Healthy Mind+Body:** Activities will focus on self-regulation and stress management, healthy physical activity, nutrition, and positive body image.

**October – STEM:** Fall and Halloween themed activities that involve science, technology, engineering, and/or math.

**November – Project BOLD:** Age-appropriate personal safety discussions and skills including using our minds and voices, and how to use blocks, hits and kicks.

**December – Community Action:** A month of activities focused on giving back to our community in the spirit of the season.

**January – Best Friendships:** Activities focused on helping girls to build alliances with one another, relational-aggression and bullying, and self-esteem.

**February – Media & Me:** Learning about stereotypes in media messaging and creating some digital media as a group.

**March – Careers with Animals:** Games and crafts centred around animals, learning about animal wellness and endangerment, and careers that work with animals.

**April – Art Adventure:** Activities centred around different types of art including painting and making jewelry, and other creative activities.

**May – Money May:** Economic literacy activities including spending, buying, and saving.

**June – Outdoor Fun:** Spending extra time outside learning about nature, playing outdoor sports, and visiting the Splash Pad.

## **CONTACTING GIRLS INC. DURING PROGRAM TIME**

Parents/guardians will be able to reach Girls Inc. Leaders by cell phone. If you reach a voicemail, please leave a message and we will get back to you quickly. If you text us, please make sure you identify yourself and your participant(s) in the text so we know who we are responding to.

The doors are usually kept locked during program time, so please call or text if you arrive early to pick up your participant.

## **GIRLS INC. PROGRAM FACILITATOR CONTACT INFORMATION**

For more information or help completing the registration form, contact:

Andrea Martin, Program Coordinator  
[andreamartin@girlsinclimestone.ca](mailto:andreamartin@girlsinclimestone.ca)  
(613) 433-6252

Amber Collins, Program Facilitator  
[ambercollins@girlsinclimestone.ca](mailto:ambercollins@girlsinclimestone.ca)  
(705) 328-4110

# GIRLS INC. AFTER SCHOOL PROGRAM REGISTRATION FORM

Girls+ in SK to Grade 8, 2:30 – 5:30 p.m.

September 2024 to June 2025

**MONDAYS** at J.G. Simcoe Public School – 90 Wiley Street, Kingston, Ontario

**WEDNESDAYS** at Salvation Army Rideau Heights Corps – 183 Weller Avenue, Kingston

**THURSDAYS** at J.G. Simcoe Public School – 90 Wiley Street, Kingston, Ontario

Participants will be supervised by Girls Inc. staff and students during walking groups and at the program site. Activities will take place at the above program sites, in the school yards, and other parks/common areas within walking distance from the program site. Girls Inc. staff will deliver programs and workshops that are fun and informative including physical activities, social activities, educational activities, craft activities, life-skills education, and hands-on experiments. All activities are delivered in an age-appropriate manner. **Please see the PROGRAM INFORMATION page for information for new participants.**

Child's Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Home Address: \_\_\_\_\_

Postal Code: \_\_\_\_\_ Phone Number: \_\_\_\_\_

School and Grade: \_\_\_\_\_

Name of Parent/Guardian(s): \_\_\_\_\_

Relationship to Child: \_\_\_\_\_ Phone Number: \_\_\_\_\_

Cell Phone Number: \_\_\_\_\_ Work Number: \_\_\_\_\_

Email Address: \_\_\_\_\_

Emergency Contact (Not Parent or Guardian): \_\_\_\_\_

Relationship to Child: \_\_\_\_\_

Daytime Phone Number: \_\_\_\_\_ Cell or Alt. Phone: \_\_\_\_\_

Medical Information – Doctor: \_\_\_\_\_ Phone: \_\_\_\_\_

Child's Health Card Number: \_\_\_\_\_

Please list food or other allergies and any health concerns or limitations:

## Medical Permission:

I give permission for my child, \_\_\_\_\_, to receive emergency treatment and/or hospitalization of necessary. I understand that all efforts will be made to contact me.

\_\_\_\_\_  
Signature of Parent/Guardian

\_\_\_\_\_  
Date

## Transportation and Walking Group:

This program includes a safe walking group from school and to your home, within a 15-minute walk from the program site in the Weller Avenue neighbourhood. The walking groups will leave the program site ***no later than 5:00 so that participants are home by 5:30 p.m.***

Will your child be participating in the walking group?

YES  NO

If yes, note that ***you or an authorized individual must be at home as we cannot leave your child unattended.*** Please list the names of the authorized individuals and addresses that your child can be left with if you are not home at the drop-off time. Note that unless there is an emergency, you must arrange this in advance with Girls Inc. program staff:

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If your child is not participating in the walking group, how will she be getting to/from the program site?

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Please list the names of the person(s) authorized to pick up your child from the program site:

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***Please note that Girls Inc. cannot release your child to any individual not listed above unless alternative arrangements have been made in advance with Girls Inc. staff. There are no exceptions to this policy.***

## Program Consent:

I, \_\_\_\_\_, grant permission for \_\_\_\_\_ to participate in the Girls Inc. After School Program at J.G. Simcoe Public School, 90 Wiley Street, Kingston, and Salvation Army Rideau Heights Corps, 183 Weller Avenue, Kingston. In addition, I am providing permission for her to participate in activities that will periodically take place in public locations within the walking group area, such as public parks. I release and discharge Girls Incorporated of Limestone, Algonquin and Lakeshore, its employees, volunteers, board members, and their heirs, from any claims, demands or actions arising out of any matter related to the described program.

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Signature of Parent/Guardian

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Date

## Media Permission:

I give permission for my child to appear in Girls Inc. publications and understand that there may be occasions where pictures or videos of my child will be taken. These photos will be used for public relation purposes, newsletters, brochures, annual reports, radio, television, newspapers, and on the Girls Inc. website. I understand that my child's surname will never be used.

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Signature of Parent/Guardian

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Date