



Hayfield Middle School 7th Grade Girl Power December 2009



Ms. Wolter and Ms. Brussel



Volume 1, Issue 1

December 2, 2009

Welcome to Girl Power!

Welcome to Girl Power! This program is an amazing experience not only for the girls but the families as well. We discuss challenging topics that help with the building of skills and knowledge of the girls through our weekly groups. Some examples of the discussions will include—self-esteem, drugs and alcohol, civics, anger management, coping with peer pressure, communication skills and Nutrition, to name a few.

The girls earn **Girl Power Bucks** for participating each week and for helping others in school and in the community.

We made a **Girl Power Tree** to celebrate Autumn and introduce ourselves. Everyone designed a

leaf to show how things change.

We provide weekly friendship quotes for the girls to make a **Friendship Wall** at home or put them in their locker. We addressed self-esteem and created **Name Poems with our fingerprint** which demonstrated how unique we are.

As this program progresses, there will be some opportunities for our girls and their families to partake in activities together. The girls are also challenged to step out of the box and test their skills in new adventures and activities.

We are happy to have your daughter involved in the group and are looking forward to the year to come!

Please contact us with questions:

Ms. Wolter 703-924-7513

Ms. Brussel 703-924-7511

Girl Power meets each Monday after school from 2:20pm-3:20pm



Girl Power!

Special points of interest:

◆ *Girl Power Auction*

December 14, 2009

◆ *Girl Power Winter Celebration*

December 21, 2009

In May 2010...

Middle School Leadership Conference at George Mason University (To Be Announced)

Girl Power Conference at the Fairfax County Gov. Center (May 22, 2010)

Girl Power Celebrates Halloween, Thanksgiving and the Winter Holiday Season!

The girls celebrated **Halloween** by volunteering their time selling sodas at Hayfield's first quarter **Middle School dance!** We had a good time and it was a great **service learning opportunity.**

We celebrated the **Thanksgiving Holiday** by decorating turkey cupcakes for their family and

designing special turkey thank you cards for a faculty member who has helped them this year.

We will be making special **winter holiday decorations** to give to the Teachers.

Our first **Girl Power Auction is December 14** where the girls turn in the Girl Power Bucks they have

earned by participating this year for some neat gifts that faculty have donated to us!

Our **Winter Celebration** will be December 21st at 2:20pm and the girls can contribute food to the party if they like. Parents and Guardians are welcome to attend!

HAPPY HOLIDAYS!



Service Learning

On November 30th the girls participated in **Operation Compassion**

Camouflage, a concept from the *Virginia Counselors Association*. We wrote compassionate notes to our soldiers and will be sending the kind thoughts to **A MillionThanks**, an organization that helps support our troops.



Hayfield Middle School 7th Grade Girl Power
December 2009

Happy Holidays from Girl Power...

