

Would YOU like to:

Meet new people at WBMS?

Participate in interactive games and fitness activities with your friends?

Learn how to manage difficult situations?

Work with a team to impact your community?

Set and achieve big goals?

You can do all of these and MORE at Girls on the Run!

Additional info is available online at www.gotrneo.org

Paper registration forms will also be sent home after Christmas Break!

Questions?
Contact Mrs. Szymanski
School Psychologist
WBHS

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Lindsey.Szymanski@wbwarriors.org

Office Phone:
330-938-4490

**Come Join
Girls on the
Run
at WBMS!**



This is a 10-week program that begins on Tuesday, March 3 and ends with a celebratory fun run on Saturday, May 16.

WHAT IS GIRLS ON THE RUN? (GOTR)

GOTR is a national, non-profit program which aims to encourage girls to be self-confident and embrace a healthy lifestyle.

GOTR is not just about running. It is about becoming more confident, strong, secure, and connected-empowering girls to do anything they choose.

GOTR is for ALL GIRLS!

No matter where the participant starting, this program is designed to help her set individual goals and improve!!

PROGRAM INFORMATION

Who: ALL 5th, 6th, 7th, 8th grade GIRLS

When: Tuesdays & Thursdays, beginning right after school and wrapping up at 4:15 p.m.

Where: West Branch Middle School

Cost: \$65.00

*Scholarship Opportunities Available

Registration Opens on January 28, 2020



SOCIAL EMOTIONAL LEARNING

Our 5th and 6th grade girls will be utilizing the Girls on the Run curriculum.

This research-based curriculum includes three parts:

- Understanding ourselves
- Valuing relationships and teamwork
- Recognizing how we can shape the world at large

Our 7th and 8th grade girls will be utilizing the Heart & Sole curriculum.

This research-based curriculum motivates girls to:

- Learn more about themselves.
- Become independent and critical thinkers.
- Develop skills to write their own stories.
- Find inner strength through physical activity.