

# Girl's Day

**A "how-to" guide on planning and promoting physical activity and healthy lifestyle initiatives for female youth**



**Girls Day in Stonewall, Manitoba**



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in Dauphin River First Nation.**

**This manual was  
prepared by  
members of the  
Interlake Physical  
Activity Working  
Group**

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**Dear Reader,**

It's wonderful that you are interested in the **Girls' Day** initiative!

This manual will provide you with the information that you need to get your own Girls' Day off the ground! You are invited to use this resource as a guide for your planning. Feel free to use whichever sections you find helpful, modify areas, and add new ideas. Make the Girls' Day event your own, tailored to the specific needs of the girls in your community.

Girls' Day is more than just a fun opportunity for young women to learn new ways to be physically active. A Girls' Day can be organized in such a way that it encourages life-long commitments to physical activity and proper nutrition, and overall mental, physical and spiritual health. It can help girls to build self-esteem and feelings of self-worth, thereby increasing the likelihood that they will treat themselves with love and respect and strive to reach their dreams in the future.

Thank you for your interest in this initiative.

**Best of luck!**

# INTRODUCTION

## WHAT IS A GIRLS' DAY?

Girls' Day is a fun and educational community-based event, with the purpose of assisting girls in becoming physically active and healthy in a variety of ways.

Low involvement in physical activity, combined with poor nutrition, has resulted in the high incidence of low self-esteem and other health problems amongst Canadian girls today. In an attempt to combat these problems, Girls' Days were initiated, focusing on a target group of young women between the ages of ten and eighteen years.

Girls' Days are aimed at providing a wide range of enjoyable opportunities for young women in the areas of physical activity, nutrition, mind and spirit, self-esteem, and creativity. The hope is that girls will learn to make healthy and positive choices, thereby improving the quality of their lives.

**“Starting at age twelve, girls’ involvement in physical activity declines steadily until only 11% are involved in physical activity and recreation by grade 11 ”**

## **HOW AND WHY DID THE GIRLS' DAY INITIATIVE BEGIN?**

The Interlake Physical Activity Working Group (a subcommittee of the Interlake Health Promotion Working Group) or IPA WG is a group that consists of health, recreation and education representatives. In recognizing the importance of assisting children and youth in the development of active lifestyles, IPA WG created a model for Girls' Day workshops. The initial planning was based on the *On the Move* program, a national initiative designed to create physical activity opportunities for inactive young females.

Three pilot projects occurred in the year 2000, garnering positive feedback. Local community groups initiated, planned and hosted the pilot Girls' Day events, and also developed ongoing follow-up physical activity opportunities for the target group.

(picture of IPA WG group and/or pilot projects in action)

## **THE MAIN GOALS FOR GIRLS' DAY**

IPAWG developed several goals for the Girls' Day initiative. Keep them in mind when you begin your own planning.

- 1) Involving the participating girls in planning the event by including input from pre-event surveys, interviews and/or planning meetings
- 2) Involving other community groups, including women, parents, and health, recreation and education representatives, in all steps of the planning, running, and follow-up to Girls' Days
- 3) Increasing awareness of the importance of physical activity and its association with self-esteem amongst the participating girls and the community in general
- 4) Providing a fun, memorable opportunity for the participating girls
- 5) Promoting healthy eating
- 6) Promoting awareness of subtle advertising messages, e.g. "To be attractive, you must be thin"
- 7) Exploring ways to increase physical activity opportunities on a regular basis for the participating girls and the community in general
- 8) Developing positive attitudes in girls about achieving a healthy lifestyle

# BASIC GUIDE TO ORGANIZING A GIRLS' DAY

## STAGE ONE – **Building a Girls' Day Team and Planning**

- Identify groups/individuals who may be interested in working on your Girls' Day Planning Team, including recreation, education, health and youth representatives
- Invite those groups/individuals to attend an introductory meeting and discuss the purpose of Girls' Day with them
- Set up meeting dates when you will be able to begin planning the event
- As a group, develop your own goals and objectives for the project, based on specific issues in your community
- Survey the participating girls to get a better idea of their needs
  - You may wish to use the template provided (Appendix B) or create your own survey
  - You might also consider distributing a participant information sheet about Girls' Day to pique the participants' interest
- The completed survey results should be compiled, making it easier to identify the preferences and needs of the participants
- Set up a budget

- Brainstorm possible financial sponsors/donors and request their assistance
- Brainstorm and contact potential presenters
- Choose activity sessions based on:
  - the response from participants
  - the input from the planning team and other community members
  - the availability of local presenters and/or funds to bring presenters in from elsewhere
  - how well the activities are known amongst the participants; activities that are relatively new to the group are recommended, so that all of the participants can learn together
- Decide on and confirm the location, date, and time for your event
- Set up a schedule and decide how to group or organize the participants in the activity sessions
- Distribute registration forms to get a sense of the participants' choices for activities (if choices are given) and the number of girls attending

- Put together information packages and/or gift bags for the participants
- Arrange for presenters and other interested individuals/groups to set up information displays at the event
- Inform your community about the Girls' Day event through:
  - School announcements
  - School newsletter or community newspaper write-ups
  - Staff meeting presentation
  - Parent hand-out
  - Media releases
  - Posters



## **STAGE TWO – Workshop**

- Begin with an introductory session that prepares the participants for the workshop
- Ensure that all presenters and instructors, including the Keynote speaker, are prepared for their sessions ahead of time
- Ensure that all necessary supplies are available and ready to use
- Ensure that you have delegated tasks to be performed by the planning team members and other volunteers, including introducing and thanking the presenters and providing encouragement for the participants
- Organize the lunch and/or snack/water breaks
- Ensure that your donors/sponsors are recognized in some capacity during the event
- If you have chosen to have information displays at the event, have tables set up and allow time for the participants to browse the displays
- If you have chosen to have a participants' information package/gift bags, distribute them to the participants at the end of the day

- Have each participant fill out an evaluation form



## STAGE THREE – **Community Follow-Up**

- Compile the results of the participant evaluation forms into an easy-to-understand report
- Share the results with the planning team and other interested community members, including current and potential future supporters
  - Discussion amongst the participants in a classroom or meeting setting would also be helpful in receiving feedback
- Complete planning team evaluation forms and compile the results in an easy-to-understand report
- Distribute these results to planning team members
- Set up a follow-up meeting for the planning team and discuss the results from both sets of evaluations
- Based on the feedback received, look at ways to:
  - improve the event in the future
  - continue encouraging physical activity amongst young women and in the community, in general
  - make the Girls' Day initiative sustainable

- Ensure that all of your supporters (financial and otherwise) have been recognized, showing your appreciation and encouraging their continued support for future endeavors



# 1. BUILDING A GIRLS' DAY TEAM and PLANNING

## 1.1 FINDING PLANNING TEAM MEMBERS

Past Girls' Days have found success by working in partnerships with regional and local groups, sharing personnel, ideas, financial resources, and providing support for one another. These include recreation, health, education, youth, government, and other service groups. Planning team members have typically come from these groups.

### **Your Planning Team might include:**

- Public Health Nurse and other health staff
- School Staff; Physical Education teachers and Guidance Counselors
- Recreation Director
- Women's Resource Group representative
- Aboriginal Resource Group representative
- Community Health Group representative
- Government Agency (e.g. Culture, Heritage and Tourism) representative
- Student or Youth representative
- Local business person
- Local media representative
- Parent Advisory Group representative
- Town/Municipality representative
- Community/Band Council representative

**To create your planning team:**

- Contact the above groups and any others you know of who might be interested
- Invite them to join your planning team
- Provide them with information about the event and explain why you thought they would be interested in taking part
- Express that you would greatly appreciate their insight and assistance

Sample letter to potential planning team members is included (Appendix A).

When you have your planning committee organized, set up an introductory meeting, at which point you can set your goals and objectives for the event. You will need to have several more planning meetings at various stages in the planning process. Use the **Basic Guide** (p.6) provided to help set the agenda for your meetings. There is also a **Planning Team Checklist** (p.39) included to assist you with ensuring that all the steps in running a successful Girls' Day have been taken.

## **1.2 NEEDS ASSESSMENT SURVEY FOR PARTICIPATING GIRLS**

A Needs Assessment Survey should be distributed to the participating girls at least a few months before the event date. The survey will aid you in determining which activities to plan and, knowing more your participants' attitudes towards physical activity, you will be able to tailor the discussions and speakers to their specific needs.

A survey template is included (Appendix B). You may wish to use it as is, modify it or create your own, depending on the activities you wish to offer and the amount of information you want to receive from each participant.

At the time of the survey, you may also consider handing out a Girls' Day Information Sheet or another type of handout (i.e. poem, statistics) that will get the participants excited and thinking about the event in advance.

A sample handout is included (Appendix C).

The survey results should be compiled into a format where they can be easily understood and analyzed.

## **1.3 BUDGET**

### **Expenses may include:**

- Honoraria and Mileage for presenters/instructors/speakers
- Facility rental
- Lunch, Snacks, Drinks
- Prizes
- Information packages and/or gift bags for each participant
- Supplies needed for activities (i.e. soccer balls, scrap-booking materials, journals, etc.)

### **Revenue may include:**

- Gifts-In-Kind from presenters
  - The presenter supplies his/her service as a donation
  - This is may be more likely if you approach local individuals and groups
- Registration Fees
  - You may choose to charge a registration fee for each participant if you need to supplement your revenue
  - You may have to consider setting aside some funds, however, for those who cannot afford to pay a registration fee and would otherwise be unable to attend

- Donations
  - Businesses or other service groups may donate products (prizes, food, gift bag supplies etc.) or funds to the Girls' Day Event
  - This is may be more likely if you approach local groups
- Sponsorship/Grants
  - Government agencies, businesses and/or not-for-profit service groups may be interested in becoming a sponsor or providing a grant to support your Girls' Day
  - You may have to apply formally and/or fill out an application form and there may be deadlines, so be sure to research potential grant opportunities as early as possible

Check out the **Resource List** (p.79) for possible sponsor/donor ideas.

A sample budget is included (Appendix D).

## **Examples of Sources for Funding and Gifts-In-Kind**

### **Contributions:**

- Aboriginal Resource Groups (e.g. Anishinaabe Mino-Ayaawin)
- Canadian Association for the Advancement of Women and Sport and Physical Activity (CAAWS)
- Clarica
- Community/Band Council
- Culture, Heritage and Tourism
- Interlake Regional Health Authority
- Healthy Community Groups
- Kinettes and Kinsmen (Social Service Groups)
- Lakeshore Women's Resource Centre
- Lions Club/Quest
- Local Businesses
- Local Presenters
- Manitoba Community Services Council
- Milk/Vegetable Marketing Board
- Schools
- School Divisions
- Recreation Resource Groups (e.g. Sport Manitoba)
- Town/Municipality
- Women's Resource Groups (e.g. Canadian Women's Foundation)

## **1.4 REQUESTING FINANCIAL ASSISTANCE**

When requesting help, there are several things to keep in mind:

- 1) Explain the purpose, goals and objectives of the event, your basic plan for the day, and other information about the event, including the location, date and time-frame
  
- 2) Explain why you thought they might be interested in supporting the event
  
- 3) Explain what kind-of assistance you wish to receive from them
  
- 4) Invite them to attend your planning meeting(s)
  
- 5) Note that their support would be recognized at the event and in the community

A sample letter is included (Appendix E)

## **1.5 ARRANGING WORKSHOP DETAILS**

Your Girls' Day planning team will need to decide on several things around the planning of your workshop including:

- **ACTIVITY SESSIONS and PRESENTERS**

Presenters/Instructors for sessions may include:

- Fitness Leaders
- Crafts people
- Athletes
- Women with inspirational stories; those who have overcome great barriers, those with great successes in sport and other professions

Start by considering local community people as presenters. Send out letters to all potential presenters, to see if they would be available and interested, and if they will charge a fee, what types of supplies they require, etc.

A sample letter is included (Appendix F)

(picture of girls during an activity session)

- **LOCATION**

- Past Girls' Days have been held at schools, camps, and recreation centers
- Consider the cost of using the facility
- Ensure that the space available is large enough and properly equipped for the activities that you are planning

- **DATE**

- Consider the availability of facilities, presenters, participants, and the planning team
- Consider other special events before choosing your date, e.g. you might not want to plan your Girls' Day during school exams, but you may want to have it on or around Women's Day or World Health Day

- **TIME**

- Consider the types and the extent of the activities that you are planning
- Past Girls' Days have usually run for one school day

- **SCHEDULE**

- Put together a schedule based on the availability of your presenters
- Consider how much time to schedule for each session, including the introductory and concluding activities
- Decide whether or not to include “travel” or “break” time between the sessions
- Avoid scheduling activities of a highly physical nature back-to-back to give participants a rest period
- Decide if you want to include lunch (a good opportunity for the participants to learn about healthy eating and to mingle) and/or snack/water breaks
- Depending on the number of participants and the availability of activity session options, you may choose to:
  - have all participants take part in the same activity at the same time
  - have the participants split up into groups, taking part in the same activities at different times
  - give the participants choices as to which activities they would like to participate in
- If you have decided to split the participants into groups for the activity sessions, you may wish to assign one volunteer to each group, as a “team leader” or “supervisor”

- You might also decide to assign one volunteer to each presenter as a “helper”. This person will, among other things, ensure that the session begins and ends on time and help the presenter in any way that they can

Several examples of possible schedules are included (Appendix G). You might decide to have the participants fill out a registration form prior to finalizing your schedule, especially if you are allowing them to choose between different activity options.

A sample registration form is included (Appendix H).

- **INFORMATION PACKAGE and GIFT BAGS FOR PARTICIPANTS**

- Decide whether or not to put together a package of information on physical activity, nutrition and self-esteem for the girls to take with them at the end of the Girls’ Day workshop.

**In this package you might include:**

- Canada's Healthy Food Guide information
- Healthy recipes/cooking information
- Canada's Physical Activity Guide to Healthy Active Living information
- The Girls' Day Initiative purpose and objectives
- Statistics on women and physical activity
- Empowering stories/poems/songs for women
- Information on where to go to find more physical activity opportunities in the community (i.e. dance studio, soccer club, etc.)
- Pamphlets from the Milk Marketing Board, Peak of the Market
- Pamphlets from Addictions Foundation Manitoba, Kids Help Phone

Providing information for the participants to take home with them is a way to solidify the learning that takes place during the day. The information package can provide the participants with motivation to work towards achieving healthier lifestyles by providing support, encouragement, and contact information for year-round physical activity opportunities.

You might also consider giving out gift bags to the participants. Ask for donations from local business or other interested groups/individuals to avoid what could be a high expense.

Information package and gift bag ideas are included (Appendix I).

- **INFORMATION DISPLAYS**

- When talking to your presenters/instructors/speakers, ask them if they would like to set up an information display at the Girls' Day Event. Ask other interested groups/individuals, as well.

These displays may include information on:

- Disease prevention
- Healthy Eating
- Self-esteem building, Support Groups for Troubled Teens
- Healthy Relationships
- Physical Activity Opportunities, etc.

If several people agree to set up displays, set up tables together in an area of your facility, where the participants can browse and collect information during their breaks. You might also schedule time during the day specifically for browsing the displays.



## 1.6 INFORMING THE COMMUNITY

It is essential that you encourage the participation of the young women in your target group and secure support from your community, especially those who directly impact the functioning of your event (i.e. school staff, parents, etc.). Informing the community of your intentions is key. There are several ways to do this, including:

- School announcements/Parent information hand-out
- School Newsletter/Community Newspaper write-ups
- Media releases
- Posters

No matter which option you choose, there are several key points to remember:

- Be sure to explain the purpose and goals of the event
- Keep your message concise, readable, and interesting, so as to catch the attention of your readers and avoid overwhelming them with too much information
- Include details such as the date, time and location of the event, and contact information in case readers have questions, comments, or would like to provide you with help (financial or otherwise)
- Also recognize the donors/sponsors that you already have

Samples of the above examples are included (Appendices J-N).

## **2. WORKSHOP**

### **2.1 INTRODUCTORY SESSION**

At the beginning of the workshop it is important to get the participants ready for the day ahead of them.

- Begin by explaining the purpose of Girls' Day.
- Follow with an opening activity, such as:
  - A group or panel discussion on physical activity, body image, or self-esteem
  - An “ice-breaker” game to help the participants feel comfortable with one another, especially if they are from different grades or schools
  - A poem, song or story that is inspiring or otherwise expresses the Girls' Day objectives
  - An opening prayer
- Explain the plan for the day, so that the participants know what to expect. You may wish to hand out copies of the schedule.
- Introduce the leaders and presenters for the event. You may wish to prepare a handout that gives a short “biographical sketch” of the presenters, listing their qualifications and experience.

## 2.2 KEYNOTE SPEECH

The keynote speech is part of the introductory portion of the event. The speech should relate to the Girls' Day objectives. It could focus on:

- Self-esteem issues
- Women and the Media
- The risks of physical inactivity
- The benefits of proper nutrition
- Inspirational women
- Suggestions for new ways to be physically active

The Keynote speaker may be one of the organizers of the event, someone from the community, or a special guest. A Keynote speaker could be a(n):

- Olympic Athlete
- Dietician/Nutritionist
- Female RCMP officer
- Disabled Athlete

(picture of Keynote speaker if available)

## **2.3 ACTIVITY SESSIONS**

The Girls' Day planning team and other volunteers are responsible for making sure that everything runs smoothly on the event day.

It is important to ensure that the presenters are prepared and organized before their session. Ask the presenters to arrive early so that you have enough time to meet and discuss any last-minute concerns. Ensure that any supplies required for the session are prepared and set-up in advance.

Having “team leaders” or “supervisors” and/or presenters’ “helpers” will aid you in ensuring that everything runs smoothly during the event day.

Examples of potential activity sessions are included (Appendix O).

(pictures of activity sessions)

## 2.4 LUNCH and SNACK/WATER BREAKS

The availability and extent of food and beverages for the event will need to be decided upon by the planning team. Depending on the time and length of your workshop, you may not have to plan for lunch, but you may consider having healthy snack and water breaks for the participants. This is a good idea, especially if the participants are taking part in several highly physical activities.

The inclusion of lunch in your Girls' Day workshop creates a good opportunity for the participating girls to explore the themes of healthy eating and nutrition. There are numerous options for lunch. Depending on the resources that you have available, you might consider:

- Incorporating a presentation from a nutritionist, dietician, or public health nurse on “healthy eating” into the lunch session
- Ordering or pre-preparing a nutritious lunch for each participant to enjoy
- Providing the supplies and a presenter to lead the girls in making their own healthy lunches
- Asking each participant to bring their own healthy bag lunch
- Lunch might also be a good opportunity for the participants to browse the information displays, if you have chosen to have them, especially if there is information on healthy eating is included

## 2.5 DONOR/SPONSOR RECOGNITION

If you have received grants, sponsorship or other donations, it is important to recognize those individuals/groups, as a way of showing your appreciation. You may choose to:

- Acknowledge the support that you have received as part of your introductory or closing remarks
- Invite your donors/sponsors to set up tables or give out information as part of the information displays and participant information packages
- Include a list of “thank you's” in the gift bags, information packages and handouts for the participants
- Include a list of “thank you's” in the information distributed throughout the community, including posters and media releases
- Invite your donors/sponsors to attend the Girls’ Day Event as “special guests” and present them with a Certificate of Appreciation

A sample Certificate of Appreciation is included (Appendix P).

(picture – donor/sponsor)

## 2.6 PARTICIPANT EVALUATIONS

At the end of the day it is important that the participants fill out evaluation forms. Your planning team needs to have an idea of what went well and what did not go well, so that the appropriate changes can be made to improve the event in the future.

There are many ways to structure an evaluation form. Your choice will depend on the kind and amount of information you want to receive. It should be kept brief, thereby encouraging more participants to complete it.

- You might also consider adding an incentive for its completion, e.g. “All those who hand in their completed evaluation form will be entered in a draw for a T-shirt”.
  - In this case, you could have a list of participants’ names and check them off (or write the names on small slips of paper) as the forms are handed in, so that you know whom to enter in the draw

### Comments from Girls’ Day Participants:

***“I had a good time, thanks for all the fun”***

***“I really liked today”***

***“Thanks for the fun, hope you put on another one”***

***“I learned new things and met great people”***

***“I liked boxing because I like to try new things”***

***“I like soccer. It was fun playing with only girls.”***

***“I can dance! The dancing was fun.”***

***“I learned to be proud of myself and to believe in myself.”***

***“You must combine the mind with the body during all exercises.”***

***“It was cool, Latin and Swing rules.”***

- Do not ask the participants to write their names on the actual evaluation form; they should be kept confidential to protect the participants' privacy and to encourage honest responses

Several participant evaluation form samples are included (Appendix Q).



## **3. Community Follow-Up**

### **3.1 Compiling Participant Evaluation Form Results**

When you have received the participant evaluation forms, you will want to compile the results into a report, so that they can be easily understood. You may choose to make graphs from the results, list the total responses for each question, or summarize the main ideas expressed in the evaluations.

Distribute the report to the members of your Girls' Day planning team. Also, share the results with community members, including school staff, parents, health and recreation representatives, current supporters, and potential future supporters. This will help you to encourage support for future Girls' Day initiatives.

### 3.2 Planning Team Evaluations

In order to gain more information on the success of your Girls' Day initiative, you might consider putting together an evaluation form for the group of people who planned and ran the event. This evaluation could be distributed to planning team members along with the results from the participants' evaluation forms. When you receive the completed evaluations from your team members, it would be helpful to compile these results as well. Bring all of the results, from both sets of evaluations, to a follow-up meeting.

A sample of a planning team evaluation is included (Appendix R).

(picture of a planning team)

***"It was an excellent event for young girls."***

***- Parent***

***"The activity levels of girls who participated was 90%!"***

***- Physical Education Teacher***

***"The girls enjoyed themselves. A lot of girls who usually do not participate, were participating!"***

***- Public Health Nurse***

***"Females must be respected as equals. Traditionally, they were revered in our communities because they had a special place as Co-creator by giving birth to new life. We must get back to that way of thinking."***

***- Addictions Coordinator***

### 3.3 Follow-Up Meeting

A follow-up meeting with the planning team is a crucial part of the community follow-up process.

**There should be discussion around three main categories:**

- the strengths and weaknesses of your Girls' Day event
  - the sustainability of Girls' Day in your community
  - ways to encourage physical activity in your community year-round
- E.g. Dance and Fitness summer camp, Boxing demonstration, Hip Hop dance workshop, Walking Club

The planning team should also:

- Set goals for future Girls' Days and physical activity participation within the community
- Create action plans to achieve those goals

A sample meeting agenda is included (Appendix S).

### 3.4 Saying Thank-you to your Supporters

**The purpose of saying thank you to your supporters (financial and otherwise) is two-fold:**

- 1) To express your appreciation
- 2) To encourage their continued support in the future

When expressing your gratitude to a supporter, be sure to include three main pieces of information:

- 1) Their support was used for the purpose that it was intended for
- 2) The workshop had a positive impact on the participants, their support “made a difference”
  - You may decide to include (a summary of) the participant evaluation report that you have compiled, to give them an idea of what the participants gained from the event
- 3) Their support was acknowledged and recognized during the Girls’ Day event and in the community

Also ensure that you thank the presenters, members of your planning team, and other volunteers for all of their hard work.

Sample thank-you letters are included (Appendix T).

You might also consider presenting your sponsors/donors with a Certificate of Appreciation either at the event or via mail. This is an effective way to recognize their support because they can post it on the wall, so that others know about their contributions to the community.

A sample Certificate of Appreciation is included (Appendix R).



## Planning Team Checklist



### **Stage One** – Building a Girls' Day Team and Planning

Have you...

- ✓ identified and contacted potential planning team members?
- ✓ invited the team members to attend an introductory meeting?
- ✓ confirmed the participation of the team members?
- ✓ set dates for planning meetings to follow?
- ✓ surveyed the participating girls?
- ✓ distributed a Girls' Day information sheet to the participating girls?
- ✓ compiled and distributed the survey results to the planning team members?
- ✓ set up a budget?
- ✓ identified and contacted potential donors/spanners?
- ✓ chosen activity sessions?
- ✓ contacted and confirmed presenters, including a Keynote speaker?
- ✓ decided upon and confirmed the location, date and time?

- ✓ handed out and received completed registration forms?
- ✓ set up the schedule?
- ✓ planned lunch and snack/water breaks, if necessary?
- ✓ put together information packages/gift bags?
- ✓ organized information displays?
- ✓ informed the community about the event?
- ✓ prepared participant evaluation forms?
- ✓ prepared an introductory/closing session?
- ✓ asked that all presenters arrive early?

## **Stage Two – Workshop**

Have you...

- ✓ met with planning team members and volunteers to ensure that everyone knows which tasks they are responsible for?
- ✓ met with all presenters to ensure that they are prepared for their sessions?
- ✓ ensured that all necessary supplies are available and ready to be used?
- ✓ organized the participants into groups, if necessary?
- ✓ set up the information display area?
- ✓ organized/prepared lunch and/or snack/water breaks?
- ✓ ensured that donors/sponsors are recognized?
- ✓ distributed the information packages/gift bags?
- ✓ ensured that the participants have filled out evaluation forms?

## **Stage Three – Community Follow-Up**

Have you...

- ✓ compiled and distributed the results from the participant evaluations?
- ✓ completed planning team evaluations?
- ✓ compiled and distributed the results from the planning team evaluations?
- ✓ set up a follow-up meeting for the planning team?
- ✓ discussed the feedback from both sets of evaluations, as a group?
- ✓ brainstormed ways to encourage physical activity in the community (especially for young women) year-round?
- ✓ brainstormed ways to make Girls' Day a sustainable initiative?
- ✓ set goals for future Girls' Days and community physical activity participation in your community?
- ✓ created action plans to achieve the above goals?
- ✓ ensured that letters and/or certificates of appreciation have been sent to all donors/sponsors and supporters?

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## T. Thank-You Letter to Donors/Sponsors

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Dear \_\_\_\_\_

I would like to tell you about an exciting new initiative aimed at increasing physical activity and self-esteem levels for the young women in our community: **Girls' Day**.

The Girls' Day workshops are aimed at providing a wide range of enjoyable opportunities for young women in the areas of physical activity, nutrition, mind and spirit, self-esteem, and creativity through a community-based effort.

I am working on organizing a Girls' Day here in \_\_\_\_\_, but it is not something that I can do by myself. I am looking to put together a group of interested individuals to create a Girls' Day planning team. You are someone who has shown you care about the young women in our community, which is why I thought you might like to join this team.

There will be an introductory meeting on \_\_\_\_\_ at \_\_\_\_\_ . At this meeting we will discuss our own personal dreams for the young women in our community and we will set the goals and objectives for our Girls' Day event. We will also plan our other meeting times.

I would greatly appreciate your insight and assistance with this project. I know that you have a lot of great ideas. The young women in our community will benefit greatly from this opportunity and I hope you will consider working with me on this. Please contact me at \_\_\_\_\_ to let me know if you are interested.

Thank you,

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# Girls' Day Survey

Did you know that “beginning at age twelve, involvement of girls [in physical activity] declines steadily until only 11% are involved in physical activity and recreation by grade 11?”

We want to know what you think about this! A Girls' Day is coming soon to your community. It will be a fun opportunity to discuss and learn more about the benefits of physical activity, to learn about and participate in new activities, and to feel good about yourself!

As part of our planning process, we would appreciate if you would take the time to complete this brief survey.

\* \* \* \*

**1. Do you like to be physically active? (circle one)**

Not at all                  A little bit                  Somewhat                  A lot

**2. What types of activities do you participate in?**

Examples: walking, swimming, roller blading, biking, etc.

**AT SCHOOL**

**AFTER SCHOOL**

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**3. What do you like about your physical education classes?**

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**4. Who motivates you to be physically active?**

**(circle all that apply)**

Mother

Father

Brother

Sister

Friends

Teacher

Myself

Boyfriend

Other: \_\_\_\_\_  
\_\_\_\_\_

**5. What prevents you from being physically active?**

**Examples: Lack of time, Boys, No transportation to activities, etc.**

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**6. What would it take for physical activity to be a more important part of your life? (circle all that apply)**

Friends to participate with

More free time

Girls-only activities

Female role models

A greater variety of activities to choose from

Encouragement from parents/guardians

Other: \_\_\_\_\_

**7. Here is a list of ideas for sessions that could take place during Girls' Day. Circle those that interest you (your top 8) and add any that we may have missed at the bottom.**

- |                                |                 |                      |
|--------------------------------|-----------------|----------------------|
| Line Dancing                   | Wall Climbing   | Healthy Eating       |
| African Dancing                | Roller blading  | Skateboarding        |
| Step Aerobics                  | Latin Dancing   | Yoga                 |
| Boxing                         | Hip Hop Dancing | Self-esteem          |
| Weight Training                | Jazz Dancing    | Field Hockey         |
| Kick Boxing                    | Fencing         | Golf                 |
| Soccer                         | Crafts          | Japanese Drumming    |
| Shiatsu Massage                | Reflexology     | Women's Self Defense |
| Cosmetics                      | Tai Chi         | Smoking Cessation    |
| Abuse/Harassment Relationships | Body Image      | Healthy              |

Other: \_\_\_\_\_

**8. What do you feel is the most important reason to be physically active? (circle one)**

To be physically fit

To Lose weight and stay thin

Disease prevention (e.g. osteoporosis, heart disease)

To feel good about yourself, increase confidence and self-esteem

**Thank you for completing this survey!**

# Girls' Day Workshop

## A GIRL'S PLEDGE

I am a girl.

I am an expression of beauty, joy and love.

I have the right, the power and the ability, to create a beautiful, joyful, and peaceful world for myself and others.

I have a body, but I am not my body.

I have a face, but I am not my face.

I am the most important thing in the world to me.

I am love in motion.

I am the light of the world!

I can create!

I can make a mistake!

I can create something beautiful in all that I do.

I deserve the best.

I do my best to take care of me!

I am a girl!

I am growing into a woman!

I AM IT!

I am the joy the world is waiting for!

---

... it's just for

you!

## Girls' Day Budget

### EXPENSES:

#### Speakers/Instructors/Presenters

<b>Breakdown</b>	Speaker	\$150
	Scrap-booking	\$200
	Yoga	\$200
	Kickboxing	\$150
	Swing Dancing	\$200
	Skin Care	\$200
	Self Defense	\$200

**Lunch** (\$5 per person)  
\$1000

**Prizes** \$200

**TOTAL: \$2500**

### REVENUE:

Gifts-in-Kind from 3 instructors

<b>Breakdown</b>	Swing Dancing	\$200
	Skin Care	\$200
	Self Defense	\$200

**Registration Fees** (\$2 per person) \$400

**Prize Donations** \$200

**CAAWS (Nike Grant-a-Week Program)** \$200

**Town Council** \$400

**School** \$300

**Interlake Regional Health Authority** \$400

**TOTAL: \$2500**

Dear \_\_\_\_\_,

Please allow me to introduce myself. My name is

\_\_\_\_\_ and I am

\_\_\_\_\_. I would like to tell you about an exciting new initiative that I am currently planning with a team of representatives from health, education, recreation and public service groups in our community.

Did you know that “beginning at age twelve, involvement of girls [in physical activity] declines steadily until only 11% are involved in physical activity and recreation by grade 11?” The effects of physical inactivity can cause as much harm to a young woman as smoking can!

In order to combat the problem of physical inactivity, a Girls’ Day initiative was developed in the year 2000 by the Interlake Physical Activity Working Group. Since then, several community groups and schools have planned and run successful Girls’ Day events in their communities.

Our Girls’ Day is planned for \_\_\_\_\_. It will include an inspiring Keynote speech by \_\_\_\_\_, several sessions for the girls to learn new ways to be physically active and improve their self-esteem, a healthy lunch, and information

on how to stay physically active by getting involved in opportunities that are available in our community year-round.

Girls' Day will be a fun and memorable experience for the girls in our community. It will also encourage lifelong commitments to physical activity and nutrition, mental, physical and spiritual health. It will help the participating girls to build up their self-esteem, increasing the likelihood that they will strive to reach their dreams in the future.

We thought of writing to you because

\_\_\_\_\_. We would like to ask for your financial assistance with this initiative. Any support you could offer would be used to offset the costs of

\_\_\_\_\_.

We sincerely hope that you will consider our Girls' Day a worthy event to support. If you require further information, please contact me. In addition, if you are interested, you are more than welcome to attend our next planning meeting, scheduled for \_\_\_\_\_.

Thank you for your consideration,

Sincerely,

\_\_\_\_\_



Dear \_\_\_\_\_

I would like to tell you about an exciting new initiative aimed at increasing physical activity and self-esteem levels for the young women: **Girls' Day**.

Girls' Day workshops are aimed at providing a wide range of enjoyable opportunities for young women in the areas of physical activity, nutrition, mind and spirit, self-esteem, and creativity through a community-based effort.

I am working on organizing a Girls' Day in \_\_\_\_\_ . I have put together a group of interested individuals to create a Girls' Day planning team. The day-long Girls' Day workshop will be split into several sessions, which will allow the girls spend some time participating in physical activity, some time expanding their creativity and some time discussing self-esteem issues.

We have surveyed the participating girls in order to gain an understanding of their needs and preferences and they expressed an interested in \_\_\_\_\_. As you have expertise in this area, I would like to ask if you would be interested in presenting a session on it at our Girls' Day event.

The event is scheduled for \_\_\_\_\_ from \_\_\_\_\_ to \_\_\_\_\_. Your session could take place \_\_\_\_\_.

We would greatly appreciate your insight and assistance with this initiative. I know that you have a lot of great ideas and that the participating girls would learn a great deal from you. I hope you will consider working with us on this.

Please contact me at \_\_\_\_\_ to let me know if you are interested or if you have any questions or concerns. If you are interested, I will be asking you for information regarding any fees, supplies or equipment you require.

If you are interested, you are also invited to attend our Girls' Day planning meetings. The next one is scheduled for \_\_\_\_\_ at \_\_\_\_\_.

Thank you for your consideration.

Sincerely,

\_\_\_\_\_

### **Girls' Day Schedule**

**9:00** – Students leave school and board bus

**9:30** – Students arrive at Eagle Bay Camp

**9:45** – Assemble in the Cafeteria

**10:00** – Opening Prayer

**10:05** – Welcome Address, Introduction of Guests Community Teams and Students

**10:15** – Keynote Speaker

**10:35** – Break into Teams (based on age ranges)

**10:45** – Kick-box Aerobics – Groups 1 and 2  
Soccer – Groups 3 and 4

**11:20** – Kick-box Aerobics – Groups 3 and 4  
Soccer – Groups 1 and 2

**12:00** – Nutritious Lunch (Provided)

**1:00** – Group Discussion with Female Olympian – Body Image

**2:00** – Boxing Club Demonstrations and Workshop

**2:45** – Healthy Snack Break (Provided)

**3:00** – “Females and the Media” Video Presentation

**3:30** – Bonfire and Wrap-Up

**4:15** – Evaluations

**4:30** – Depart for School

## **Girls' Day Schedule**

**9:00 – 9:45** – Welcome and Introduction, Keynote Speaker

**9:45 – 10:30** – Journalling, Exploring Self-Esteem and Body Image Issues

**10:30 – 11:15** – Hip Hop Dance

**11:15 – 12:00** – Japanese Drumming

**12:00 – 1:00** – Healthy Cooking, Make-Your-Own Healthy Lunches  
(Supplies Provided)

**1:00 – 1:45** – Ultimate Frisbee

**1:45 – 2:30** – Abuse/Healthy Relationships with Group Discussion

**2:30 – 3:15** – Basketball

**3:15 – 3:30** – Wrap-Up and Evaluations



Ideas for participant Information Packages and Gift Bags:

- Canada's Food Guide to Healthy Eating  
[http://www.hc-sc.gc.ca/hpfb-dgpsa/onpp-bppn/food\\_guide\\_rainbow\\_e.html](http://www.hc-sc.gc.ca/hpfb-dgpsa/onpp-bppn/food_guide_rainbow_e.html)
- an inspirational poem, song or story
- a notepad
- an eraser or tattoo
- coupons for bowling, roller-skating and other physical activities
- list of contacts for more information on physical activity opportunities year-round
- pamphlets and recipes from *Peak of the Market*  
[www.peakmarket.com](http://www.peakmarket.com)
- pamphlets and recipes from *Got Milk?*  
[www.gotmilk.com](http://www.gotmilk.com)
- Canada's Physical Activity Guide to Healthy Active Living  
[www.paguide.com](http://www.paguide.com)
- Girls' Day initiative purpose and objectives
- statistics on women and physical activity
- information from Addictions Foundation Manitoba  
[www.afm.mb.ca](http://www.afm.mb.ca)
- information on Kids Help Phone (and other youth/women's support groups)  
<http://kidshelp.sympatico.ca/en/>
- donations from community members/businesses/presenters

Did you know that 63% of Canadians – just like you – are not active enough to achieve the benefits they need from physical activity? And girls are one of the most physically inactive groups in Canada today!

That's why we are having a Girls' Day event here at our school on \_\_\_\_\_ . It's going to be a great chance to learn about the benefits of being active and to explore new ways to get moving!

Girls' Day surveys will be handed out to the participants in the next couple of days. Please complete them so that the planning team knows what you want to do at your Girls' Day! And then get ready to be active, learn new things and have fun!

On \_\_\_\_\_, \_\_\_\_\_ girls from \_\_\_\_\_ School will be jumping, running, learning, and having fun together at Girls' Day, a workshop aimed at increasing physical activity and self-esteem levels for young women in our community.

Girls are one of the most physically inactive groups in Canada today. Physical inactivity and unhealthy eating can have serious consequences, including heart disease, obesity, diabetes and low self-esteem.

The young women in our community will have the opportunity to experience several new physical activities, including \_\_\_\_\_ . They will also take part in \_\_\_\_\_ and learn from the wisdom of our Keynote speaker, \_\_\_\_\_ .

Girls' Day will be a fun and motivational experience for the participating girls. It will encourage life-long commitments to physical activity and proper nutrition, and overall mental, physical, and spiritual health. It is a day for girls to build their self-esteem and feelings of self-worth, thereby increasing the likelihood that they will treat themselves with love and respect and strive to reach their dreams in the future.

The Girls' Day planning team consists

of: \_\_\_\_\_

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\_\_\_\_\_. We thank our current sponsors/donors for their support of this important

initiative, including: \_\_\_\_\_

\_\_\_\_\_. If you are interested in learning more about Girls' Day or if you would like to offer your support, please contact

\_\_\_\_\_.

**ATTENTION PARENTS/GUARDIANS:**

On \_\_\_\_\_, your daughter will be participating in Girls' Day, a workshop aimed at increasing physical activity and self-esteem for young women in our community.

Young women are one of the groups with the lowest physical activity rates in Canada. Physical inactivity and unhealthy eating can have serious consequences including heart disease, obesity, diabetes and low self-esteem.

The Girls' Day planning team consists of \_\_\_\_\_ . We recognize the pressures that young women face and we decided to do something to help girls to take control over their own health and happiness.

Your daughter will have the opportunity to participate in several activity sessions including

\_\_\_\_\_. She will also learn from the wisdom of our Keynote speaker, \_\_\_\_\_.

If you are aware of any individuals or organizations who may be interested in providing support (financial or otherwise) to our initiative, please contact

\_\_\_\_\_. We would also like to recognize our current sponsors/donors,

\_\_\_\_\_, without their support, this event would not be possible.

Date \_\_\_\_\_

*Girls On the Move!*

Young women are one of the most physically inactive groups in Canada, resulting in disturbingly high incidences of obesity, low self-esteem, and other health problems.

In order to combat these problems, the Girls' Day initiative was developed in the year 2000 by the Interlake Physical Activity Working Group, based on the *On the Move* program. Since then, several community groups and schools have planned and run successful Girls' Day events in their communities. On \_\_\_\_\_ the girls in our community will have the opportunity to participate in this unique event; get active, learn new things, and have fun!

Girls' Day is a workshop that provides the participating girls with a wide range of enjoyable opportunities in the areas of physical activity, nutrition, mind and spirit, self-esteem and creativity through a community-based effort. The participants have been surveyed by the planning team, who are working to put together an event tailored to the specific interests and needs of the girls, including presentations on

\_\_\_\_\_

—.

We thank our sponsors,

\_\_\_\_\_ for their support.

Questions, comments, or sponsorship inquiries may be directed to:

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# Girls' Day



Did you know that **63%** of Canadians – just like you – are not active enough to achieve the benefits they need from physical activity?

Girls are one of the most physically **inactive** groups in Canada today!

**Girls' Day** is a great opportunity to learn about the benefits of being active and to explore new ways to get moving!

Girls' Day is coming to your school on \_\_\_\_\_! Be ready to get active, learn new things and have FUN!

**See you there!**

**Activity Session Ideas:**

- Aerobics
- Kickboxing
- Tae-Bo
- Basketball
- Baseball
- Soccer
- Touch Football
- Tennis
- Racquetball
- Handball
- Badminton
- Jogging
- Power Walking
- Yoga
- Pilates
- Hip Hop Dance
- Jazz Dance
- Latin Dance
- Swing Dance
- Ballroom Dance
- Ballet
- Tap Dance
- Salsa Dance
- Line Dance
- African Dance
- Bowling
- Rollerblading/skating
- Floor hockey
- Rugby
- Gymnastics
- Cheerleading
- Weight Lifting
- Table Tennis
- Boxing
- Wrestling

- Track and field
- Quilting
- Shiatsu Massage
- Cosmetics
- Abuse/Harassment
- Body Image
- Wall Climbing
- Fencing
- Crafts
- Reflexology
- Tai Chi
- Martial Arts
- Healthy Eating
- Skateboarding
- Self-esteem
- Field hockey
- Lacrosse
- Golf
- Japanese Drumming
- Women's Self Defense
- Smoking Cessation
- Healthy Relationships
- Scrapbooking
- Journalling
- Aquatics
- Archery
- Curling
- Orienteering
- Rowing
- Volleyball
- Step Aerobics

This

# CERTIFICATE OF APPRECIATION

is awarded to

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in recognition of support given to the \_\_\_\_\_ community Girls'  
Day.

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## Girls' Day Evaluation Form

The Girls' Day Planning Committee would really appreciate your responses to the following questions...

1. Please rate today's workshops by placing a circle around your choice:

<b>Keynote Speaker</b>	not much fun	okay	fun	a lot of fun
<b>Kick-boxing</b>	not much fun	okay	fun	a lot of fun
<b>Hip Hop Dancing</b>	not much fun	okay	fun	a lot of fun
<b>Yoga</b>	not much fun	okay	fun	a lot of fun
<b>Self Defense</b>	not much fun	okay	fun	a lot of fun
<b>Latin Dancing</b>	not much fun	okay	fun	a lot of fun

2. Did you learn any new skills today?

**Yes** \_\_\_\_\_ **No** \_\_\_\_\_ **I don't know** \_\_\_\_\_  
 If yes, please tell us about it:

3. Did you learn any new benefits of physical activity?

**Yes** \_\_\_\_\_ **No** \_\_\_\_\_ **I don't know** \_\_\_\_\_  
 Please tell us what you think is the most important benefit of being physically active.

4. Please tell us what you liked best about Girls' Day.

5. What kinds of activities would you like to have on a regular basis in your community?

**Thank you!**

## Girls' Day Evaluation Form

*1-strongly disagree*      *2-disagree*   *3-neutral*   *4-agree*      *5-strongly agree*

1. The date of the workshop was convenient.      1 2 3 4  
5

2. The location of the workshop was convenient.      1 2 3 4 5

3. The food provided was good.      1 2 3 4  
5

4. The time provided for each session was...

a) **Keynote Speaker**      too short      just right      too long

b) **Yoga**      too short      just right      too long

c) **Jazz Dancing**      too short      just right      too long

d) **Scrap-booking**      too short      just right      too long

e) **Floor Hockey**      too short      just right      too long

f) **Body Image**      too short      just right      too long

5. The presenters were interesting and easy-to-follow.

a) **Keynote Speaker**      1 2 3 4  
5

b) **Yoga**      1 2 3 4 5

c) **Jazz Dancing**      1 2 3 4 5

d) **Scrap-booking** 1 2 3 4  
5

e) **Floor Hockey** 1 2 3 4 5

f) **Body Image** 1 2 3 4  
5

6. **The sessions were interesting and fun.** 1 2 3 4  
5

7. **What sessions should be added to future Girls' Day Workshops?**

8. **What sessions should be dropped from future Girls' Day Workshops?**

9. **Overall, this workshop was meaningful for me.** 1 2 3 4 5

10. **What was your favourite part of this workshop?**

11. **What did you learn the most about?**

12. **Do you have any additional comments or suggestions?**

## Girls' Day Evaluation Form

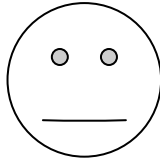
1. Please rate today's workshop by placing a circle around your choice:

The workshop was...

Not Much Fun



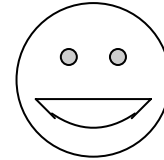
Okay



Fun



A Lot of Fun



2. What new skills did you learn today?

3. What do you think are the benefits of physical activity?

4. Please tell us what you liked best about the workshop.

5. What kinds of activities would you like to have on a regular basis in your community?

We will try to bring these activities to you community. Would you like to help work on this? If yes, please contact \_\_\_\_\_

THANK YOU for your ideas!

# What did YOU think about Girls' Day?

**I learned the most about...**

**The presenters...**

**Girls' Day could be improved by...**

**Other comments...**

**The best part of this workshop was...**



**8) The participants learned new skills.** 1 2 3 4  
5

**9) The participants found new ways to be physically active.** 1 2 3 4  
5

**10) Overall, Girls' Day was a positive experience.** 1 2 3 4 5

**11) Additional comments or suggestions:**

## Girls' Day Follow-Up Meeting AGENDA

- 1) Welcome
- 2) Participant and Planning Committee Evaluation Report
  - How does the committee feel about the results?
  - What were the main strengths and weaknesses of the event?
  - What changes can be suggested for future Girls' Day events?
- 3) Future Girls' Day Events
  - How can we make the Girls' Day event sustainable?
  - Encourage sponsors/donors to give again in the future
  - Set up a permanent Girls' Day committee to work on planning Girls' Days for the future
  - When should we plan to have the next Girls' Day?
  - Should we also consider planning a Boys' Day?
- 4) Year-Round Physical Activity Opportunities
  - How can we encourage the participants and other community members to increase their physical activity levels year-round?
  - Using the evaluation form results, look into setting up classes/clubs in the community for the most popular and feasible activities
  - Consider setting up additional sessions or classes on some of the other topics offered at the Girls' Day workshop, i.e. healthy eating/cooking, self-esteem, body image, journalling, etc.
  - Involve other community members by inviting them to participate in the follow-up activities
  - Involve the participants from the workshop. If they are interested in having a certain activity in their community, ask for their help to organize it
  - The cost of activities is an issue, consider:
    - Encouraging community members to volunteer as leaders
    - Charging a small participant fee
    - Fundraising
    - Running activities that require few supplies, i.e. walking club
- 5) Adjourn

**Appendix T**

Dear \_\_\_\_\_,

On behalf of the \_\_\_\_\_ Girls' Day planning team, I would like to thank you for your generous donation/sponsorship.

The Girls' Day event was a great success! \_\_\_\_\_ young women participated in \_\_\_\_\_ and listened to an inspiring Keynote speech by \_\_\_\_\_. Your donation/sponsorship enabled us to \_\_\_\_\_, which is something we would not have been able to provide otherwise.

We believe that the participants gained a great deal from this event, including an appreciation for the benefits of physical activity and proper nutrition, and treating oneself with love and respect. Some of the comments we received from the participants were: \_\_\_\_\_  
\_\_\_\_\_  
—.

Your support has been recognized throughout the community; on our posters, in our media release and parent hand-outs, etc. we know that the young women in our community truly appreciated having this opportunity.

Thank you again. Best wishes,

Sincerely,  
\_\_\_\_\_

## Resource List

### **Addictions Foundation of Manitoba**

1031 Portage Avenue  
Winnipeg, Manitoba  
R3G 0R8

**PHONE:** (204) 944-6200

**FAX:** (204) 786-7768

### **Anishinaabe Mino-Ayaawin Inc.**

Interlake Reserves Tribal Council Health  
401-286 Smith Street  
Winnipeg Manitoba  
R3C 1K4

**PHONE:** (204) 957-5057

**FAX:** (204) 947-2908

**WEBSITE:** [www.amahealth.ca](http://www.amahealth.ca)

### **Canada's Food Guide to Healthy Eating**

[http://www.hc-sc.gc.ca/hpfb/dgpsa/onppbppn/food\\_guide\\_rainbow\\_e.html](http://www.hc-sc.gc.ca/hpfb/dgpsa/onppbppn/food_guide_rainbow_e.html)

### **Canada's Physical Activity Guide to Healthy Active Living**

<http://www.hc-sc.gc.ca/hppb/paguide/main.html>

### **Canadian Association for the Advancement of Women and Sport and Physical Activity (CAAWS)**

N202-801 King Edward Avenue

Ottawa, Ontario

K1N 6N5

**PHONE:** (613) 562-5667

**FAX:** (613) 562-5668

**EMAIL:** [kbenoit@caaws.ca](mailto:kbenoit@caaws.ca)

**WEBSITE:** <http://www.caaws.ca/girlsatplay/index.htm>

**Canadian Women's Foundation**

133 Richmond St. West

Suite 504

Toronto, Ontario

M5H 2L3

**PHONE:** (416) 365-1444

**FAX:** (416) 365-1745

**EMAIL:** [info@cdnwomen.org](mailto:info@cdnwomen.org)

**Clarica Customer Service Centre**

227 King Street South

PO Box 1601 STN Waterloo

Waterloo, Ontario

N2J 4C5

**PHONE:** 1-888-864-5463

**WEBSITE:** [www.clarica.com](http://www.clarica.com)

**EMAIL:** [service@clarica.com](mailto:service@clarica.com)

**Culture, Heritage and Tourism**

Recreation and Regional Services

Interlake Region

P.O. Box 1519

Gimli, Manitoba

R0C 1B0

**PHONE:** (204) 642-6006

**FAX:** (204) 642-6080

**Got Milk?**

[www.gotmilk.com](http://www.gotmilk.com)

**Kids Help Phone**

1-800-668-6868

<http://kidshelp.sympatico.ca/en/>

**Klinic Community Health Centre**

870 Portage Avenue  
Winnipeg, Manitoba  
R3G 0P1

**PHONE:** (204) 784-4090

**WEBSITE:** <http://www.klinic.mb.ca/>

**EMAIL:** [klinic@klinic.mb.ca](mailto:klinic@klinic.mb.ca)

**Lakeshore Women's Resource Centre**

P.O. Box 628  
Ashern, Manitoba  
R0C 0E0

**PHONE:** (204) 768-3016

**FAX:** (204) 768-3916

**Manitoba Community Services Council**

102-90 Garry Street  
Winnipeg, Manitoba  
R3C 4H1

**PHONE:** (204) 940-4450

**FAX:** (204) 453-2692

**EMAIL:** [applications@mbcsc.ca](mailto:applications@mbcsc.ca)

**Manitoba Physical Education Teacher's Association**

303-200 Main Street  
Winnipeg, Manitoba  
R3C 4M2

**PHONE:** (204) 926-8357

**FAX:** (204) 925-5703

**EMAIL:** [mpeta@mb.aibn.com](mailto:mpeta@mb.aibn.com)

**Peak of the Market**

1200 King Edward Street

Winnipeg, Manitoba

R3H 0R5

**PHONE:** (204) 632-PEAK (7325)

**FAX:** (204) 774-PEAK (7325)

**WEBSITE:** [www.peakmarket.com](http://www.peakmarket.com)

**EMAIL:** [peak@peakmarket.com](mailto:peak@peakmarket.com)

**Regional Health Authority**

**Interlake**

Box 89

Teulon, Manitoba

R0C 3B0

**PHONE:** (204) 886-4316

**Sport Manitoba**

Interlake

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