



After School **Buddies**
Aspire, Share & Build!

Strong Girls Can...**Thrive!**

Do you wonder ... are you **good** enough, **strong** enough, **pretty** enough,
smart enough, **athletic** enough, **creative** enough, **funny** enough,
popular enough, **kind** enough, **caring** enough?

Join **"Thrive"** and experience how **amazing** and **strong YOU** really are.

Spend "early release" Wednesday afternoons with other middle school girls and be encouraged by compassionate, caring female college and adult mentors. Explore new ways to become even stronger and

- Make new friends
- Improve relationships with friends and family members
- Increase your self-confidence and self-esteem
- Learn new skills and possibilities
- Take care of your mind, body and spirit
- Give to yourself by giving to others.



Wednesdays **1:30-4:30 pm** starting **Nov 28**

Christian Life Center – Highway 20 Bend

PREREGISTRATION IS REQUIRED!

**COMPLETED
APPLICATIONS
DUE BY
Nov 5**



After School Buddies

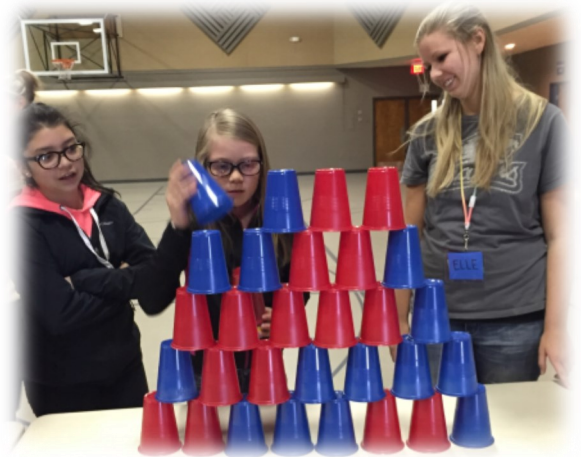
Aspire, Share & Build!

The After School Buddies “Thrive” middle school program prepares girls for the difficult social and academic challenges of the adolescent years by providing caring and compassionate adult and college-aged female coaches (“Big Buddies”) in weekly after school mentoring sessions.

What can a middle school girl expect from “Thrive”?

Students will be encouraged to

- ★ **Aspire** to discover **self-confidence** and **self-respect**;
- ★ **Share** with others by **community projects** while discovering personal **passions/talents**;
- ★ **Build healthy relationships** and a **healthy mind, body and spirit**.



Under the leadership of “Big Buddies” **Thrive!** participants engage in an assortment of challenging and fun activities including cooking, STEM projects, personal finance, outreach/community service efforts, arts, crafts, exercise, music & more. **Students are**

- ★ **Empowered** to make good choices that impact their education, health, family and their world;
- ★ **Inspired** to try new things to become **strong** and **confident** and are
- ★ **Encouraged** to experience the **joy** of **giving** to **others**.

This **FREE** program, in its **17th** year, meets weekly from **November 28** to **May 22** when school is in session. 6-8th grade girls are invited to take the next step to becoming **strong, independent, confident and compassionate community members**. ASB has served **more than 1600** students and women of Central Oregon since 2003. Don't miss this chance to experience the encouragement of amazing role models while learning to love others as you are loved.

*ASB, Inc. is a faith-based organization however it is not sponsored by an individual church or denomination. Participation in a local church or church group is **not** required nor expected.*

Applications for ASB are being taken NOW! Preregistration is required.

Students must preregister to attend ASB. Completed and signed parent/guardian permission slips are required. Complete the enclosed application form and return to the address on the bottom of the form before **Nov 5th**. **Or complete the online application found under the programs link at www.afterschoolbuddies.org.**

Middle School ASB meets in the gym at the Christian Life Center on Highway 20 east of Costco. Information regarding free Bend Lapine bus transportation from Pilot Butte, High Desert or Sky View middle schools will be provided upon registration. Students from other Bend middle schools or home schooled girls need to arrange for car pooling as BLSB buses are not available. For further information, contact:

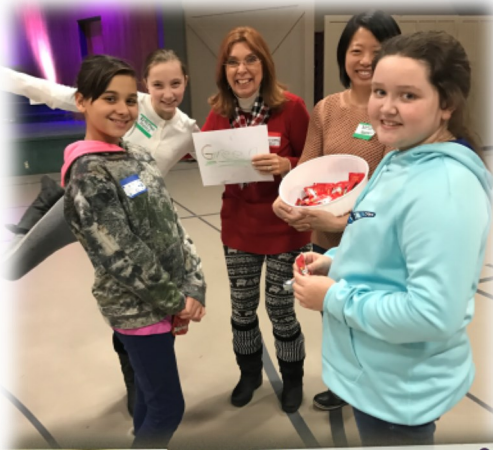
Charlene Schulz Executive Director After School Buddies, Inc.
541 390-3046 or email afterschoolbuddies@gmail.com



What Happens at **Thrive!** ??

- 1:00 Adults/college mentors (Big Buddies) set up and review day's plans
- 1:30–1:50 Buses arrive from Sky View, High Desert & Pilot Butte; other students by car pool
Students check in and move to **"SIGs" Special Interest Group** tables led by Big Buddies: *Help w/Homework; Arts; Book Club; Board/Card Games; Dance/Music & more*
- 2:15-2:40 Snack n Share (snack provided by BLSO), conversation topics prepared by Big Buddy team leaders
- 2:45 Large group physical activity - games, dance, sports
- 3:00 Lesson presented by team leaders or special presenters Topics include those from "Strong Girl curriculum", "cooking lessons", STEM topics; outreach projects
- 3:30 Table group follow up discussion or activity
- 4:00 All group wrap up followed by gym/kitchen cleanup, Free play until...
- 4:30 Parent pickup
- 4:40-5:00 Debriefing meeting for adult leaders

Schedule may vary if it is a cooking or field trip/outreach day.



The most expensive thing in the world is TRUST. It can take years to earn ... but only seconds to lose.

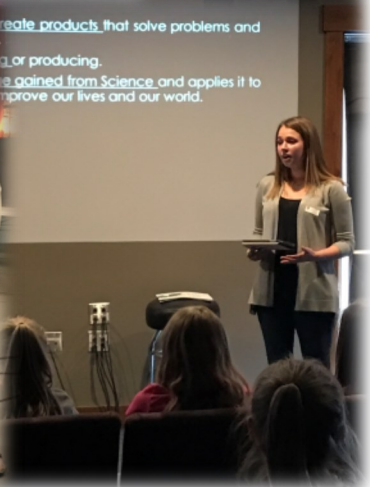
TRUTH *tell the truth*

RESPECT *don't spread rumors or gossip*

UNDERSTANDING *accept others as they are*

SUPPORT *during good and bad times*

THANK *gratitude*



TECHNOLOGY
 create products that solve problems and
 ing or producing.
 ase gained from Science and applies it to
 improve our lives and our world.



2018_19 Student Permission Slip **THRIVE!** Middle School Program

Middle School Student Information

First Name: _____ Last Name: _____

School: _____ Grade: _____ Age: _____ Birthday: _____

Student Cell#: _____ Student email: _____

Student #1 Address w/ Zip Code: _____

Parent/Guardian Information – Complete for one or both parents/guardians as appropriate.

#1 Parent/Guardian First & Last Name: _____ Email: _____

Address w/zip *if different than child's* _____

Primary/Cell Phone: _____ Secondary/Land line: _____

#2 Parent/Guardian First & Last Name: _____ Email: _____

Address w/zip *if different than child's* _____

Primary/Cell Phone: _____ Secondary/Land line: _____

EMERGENCY CONTACT – Important!

Name: _____ Cell # _____

General Info

Who will pick up your child from ASB? _____ Cell # if not listed above: _____

Doctor's Name: _____ Phone/Clinic #: _____

Food/Allergies / Medical Conditions? Medications Taken? Dose? _____

Seizures Y/N? If so – what to do? _____

Questions? Text or call [541 390-3046](tel:5413903046) or email afterschoolbuddies@gmail.com

Please complete the back side of this form before returning.

Charlene Schulz, Director After School Buddies, Inc. 62595 Hamby Rd. Bend OR 97701
You may scan and email completed form to afterschoolbuddies@gmail.com or send a phone photo of all pages.

AFTER SCHOOL BUDDIES, INC.

AUTHORIZATION FOR MEDICAL TREATMENT

In case of accident or other emergency, I/we, the parent/legal guardian of the above stated participant, hereby give permission to **After School Buddies, Inc.** and/or its officers, officials, agents, contractors, volunteers, boards, departments, servants or employees, to obtain emergency medical treatment for the participant should medical treatment be required. **I/WE acknowledge that any related expenses incurred by my/our child will be my/our sole responsibility.**

Parent's Initial Here _____



USE OF PHOTOGRAPHS OR VIDEO FOR PROMOTION OF ASB

It is commonplace for programs such as After School Buddies to take digital photographs of students and volunteers during program meetings or summer camp activities to be used for promotional purposes including print and social media. Student's full names are not used to preserve the safety of the child. Please indicate your willingness or unwillingness to have us include pictures of your child in promotional activities.

I hereby give permission for After School Buddies to use such photographs or videotapes to publicize and promote this program in a **tasteful and socially appropriate** manner.



Parent's Initial Here _____

If you **DO NOT** want your child's photograph to be used for promotional purposes – please indicate this by **initialing below.**

I **DO NOT** approve of ASB using photographs of my child for promotional purposes.

Parent's Initial Here _____

PERMISSION TO PARTICIPATE

I give my permission for my child _____ to participate in the ASB Thrive! program.

Parent's Printed name _____

Parent's Signature _____

DATE: _____

Forms must be delivered to:

Charlene Schulz, Executive Director 62595 Hamby Rd. Bend OR 97701

Or scanned/photographed and emailed to
afterschoolbuddies@gmail.com