



Announcing the **ASB Girls G.I.F.T** at HDMS After School Baking Program

GROWING, INSPIRING, FORMING FRIENDSHIPS, TEAM BUILDING



ASB at HDMS is coming! Enroll in the Spring 2020 after school baking program called **G.I.F.T.**

Dates: **April 22-May 27 (6 weeks)**

Times: **WEDNESDAYS 2:00-5:00 pm**

Location: **HDMS Foods Classroom**

Cost: **FREE!**

High Desert girls are invited to participate in a unique mentoring program to learn baking and team building skills while forming inspiring friendships. Compassionate and engaging female college and high school students supervised by adult mentors will help middle school girls experience the joy of giving to others as they share baked products and/or crafts with others in our community.

Enrollment is limited to 12 middle school girls and will be accepted on a first-come first-served basis. Because of the small class size, **regular attendance is required** (unless you are sick) so be sure to check your availability in advance. *(Students participating in HDMS track should not enroll as there are practices and meets on some Wednesdays.)*

VISIT www.afterschoolbuddies.org to enroll. Don't delay! This will be a blast!

Turn over to read more!





The **After School Buddies** 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 participating with ASB?

Students will be encouraged to

- ★ **A**spire to discover **self-confidence** and **self-respect**;
- ★ **S**hare with others by engaging in **community projects** while discovering personal **passions/talents**;
- ★ **B**uild **healthy relationships** and a **healthy mind, body and spirit**.



Under the leadership of “Big Buddies” **G.I.F.T.** participants will engage in an assortment of challenging and fun activities including cooking, crafts and outreach/community service efforts. **Students are**

- ★ **E**mpowered to make good choices that impact their education, health, family and their world;
- ★ **I**nspired to try new things to become **strong** and **confident** and are
- ★ **E**ncouraged to experience the **joy** of **giving** to **others**.

Students are not required to consume any of the food items prepared or served but should be mindful of personal sensitivities or allergies. Please note that baking classes may include the use of wheat and/or dairy products. Some peanut items may be present or used in prepared products. If you child is sensitive to the presence of these food items, this program may not be the best choice for her. Other allergies or sensitivities will be addressed on a case by case basis.

ASB has served more than 1800 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 **G.I.F.T.** are being taken **NOW!** Preregistration is required.

Students must preregister to attend G.I.F.T. Completed parent/guardian permission slips are required and are found online at www.afterschoolbuddies.org. Further information will be provided with enrollment confirmation once your application has been received and processed.

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