

## 4<sup>TH</sup> GRADE GIRLS AFTER SCHOOL CLUB

**What:** We are excited to tell you about Ruling Our eXperiences (ROX), an empowerment program for 4<sup>th</sup> grade girls. We know that being an elementary girl can be challenging and stressful, with a number of issues unique to being a girl. Technology, media influence and social pressures can make these issues all the more challenging. ROX is a program that will provide your student with a safe place where she can talk about these issues and learn new skills to manage these pressures, develop as a female leader and gain the confidence to rule her own experiences! Topics covered in ROX include: team-building, healthy communication, cyber safety and social media, friendships and girl bullying, stress and pressure, safety, body image and the media, leadership and academic development. In addition ROX welcomes guest speakers from the community who are successful female leaders. A final unique aspect of ROX is that girls are taught verbal and physical self- defense strategies.



**RULING OUR EXPERIENCES**

**When:** Summit Road 4<sup>th</sup> grade girls who participate in ROX will stay after school on Thursdays once a week for 20 weeks. Girls' parents will provide their own transportation. **We will have an information session at 5:30 on September 12<sup>th</sup> before the PTO meeting, with free pizza for interested 4<sup>th</sup> grade girls and one adult guest.** Summit Elementary's ROX group will be ran by trained ROX Facilitator, Heidi Leeds our teacher leader. Please return the RSVP below for the free pizza event.

**How:** If you are interested in participating in ROX, please complete and return the attached application and letter of recommendation to Heidi Leeds by **Wednesday, September 14<sup>th</sup>.** **Spaces are limited, so be sure to turn in your completed application and permission slip as soon as possible.** If you have questions about ROX and/ or your student's participation in the program, please contact **Mrs. Leeds 614-501-5533** or [hleeds@reyn.org](mailto:hleeds@reyn.org).

We are really looking forward to working with your student and even more excited about her opportunity to participate in ROX!



Please return this bottom slip RSVP to Mrs. Leeds in the Summit Rd. Elementary office by Friday, September 9<sup>th</sup>.

Student name: \_\_\_\_\_ will attend the ROX information session at 5:30 on September 12. I am planning on bringing one adult guest to hear about ROX and eat pizza.