

Girls' Night In
JRHS



Thank You to our Sponsors!

December 2012



JRHS Girls' Night in 2012!

Mrs. R. Wilson, VP

Empowerment and Fun!

On Thursday November 21st, we held our first ever **'Girls' Night In'**, a night geared to empowering our young women through a community of sisterhood and self-worth. The night's events were designed to inspire our Rennie girls to be strong, confident and compassionate citizens in the company of fellow students. This

evening's objectives involved encouraging girls from grades 7 & 8 to take positive risks and master physical, intellectual, and emotional challenges with the help of senior student mentors, staff members and invited guests.



Keynote: Tanya Avrith,
Itinerant Educational Technology and Digital
Citizenship Teacher
Google educator

After being divided up into rooms entitled: Courage, Inspiration, Strength and Gratitude, the students were welcomed into the auditorium to hear Tanya Avrith's keynote entitled "Harnessing the Power of Social Media".

The girls were actively engaged in the discussion about the implications of using and misusing social media in today's digital world.



Westwood Girls Seminar

The Westwood team made up of 4 eleventh grade students and their advisors, Ms. Welik and Ms. Tellier showcased the initiatives that they have taken on at Westwood Senior to create a less oppressive environment for girls.

By being Kind, just because...they have inspired others to do the same. The girls shared different ways that they've made a difference in their school and with the support of their mentors, every possibility becomes a reality!



West Island Women's Centre—Intro. To Self Defense and On-line Safety

Isabelle Sayed from the WIWC was able to coordinate two wonderful presenters for our event. Meghan Greig .

Nika Naimi, M.A. Culture and Values in Education (in process McGill University), B.A. Specialization Psychology Concordia University, is a cyber-bullying specialist and course lecturer at École Polytechnique as part of the Certificate in Cyberfraud.

Nika engaged us in discussions about the accessibility to social media and educated us on being safe while on-line.

Meghan Greig earned her second dan (degree) at age 32 and teaches karate for women, preschool aged karate, self defense for women, and is now teaching self defense workshops to teenaged girls

at various high schools and community centres in Montreal.

Meghan shared with us a bit of her extensive knowledge in how we can protect ourselves against danger and what we can and should do to stay safe.



Photo Shoot and other fun stuff!

Two of our senior mentors, Caroline and Julie set up a professional photo shoot in the Photography room of JRHS and the girls had a fantastic time posing! The photos showcased on the first page are courtesy of these talented women!

A little snack of timbits and red velvet cupcakes hit the spot and provided the young ladies, mentors and chap-

terones with the energy to ZUMBA with Tina Sullivan who rocked! This was followed by a quick change into PJs and off to a midnight snack of pizza, pie and other goodies!

We wound down the night with Scrapbooking, creating cards for veterans, painting our toes and watching movies. The senior girls man-

aged to make hot chocolate for all the girls as we anonymously shared our secret fears (work is still in progress).

Sleep eluded us until the very wee hours of the morning and it was enjoyable coming into each classroom, turning on the lights and calling out to all my girls "Good Morning! Look, you're at school already!"

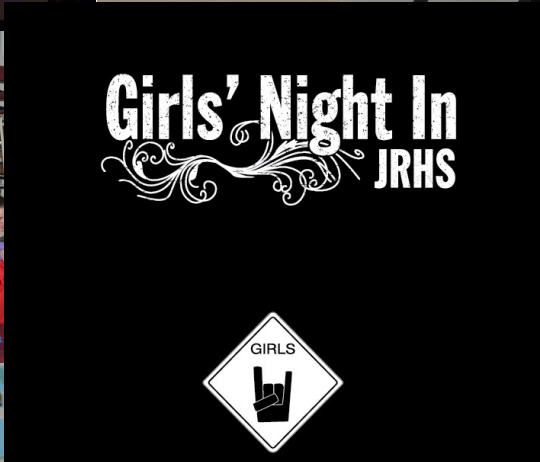
Secret Fear

Each girl anonymously wrote out her secret fear and in response, our Leadership students wrote a positive message pertaining to each fear to assure the girls that they are not alone.

The fears and responses will be on display in the School hallway during the new year.



Every participant of GNI was involved in a bead exchange whereby each girl was given a bag of beads to exchange with new friends. Once exchanged, they each made a friendship bracelet! What a success!



Names were drawn and prizes were awarded the following week! Please take a look at our last page for a list of Sponsors who contributed to the success of our Girls' Night In as well as others who played a huge part in our event!

Thank You to our Sponsors!

Thank you to our wonderful Sponsors who contributed greatly to our event! We appreciate your generosity and your time.



A few words of thanks...



I would like to thank everyone who has contributed to this empowering evening in any way, from the staff members who chaperoned, the senior mentors, the workshop leaders and the students themselves! Special thanks go to Melissa Pagliaro and Angela Stabile for connecting us with some incredible sponsors who provided us with food, beverages, prizes and gifts! Thank you also to Nathalie Germain for the beautiful GNI sign that she painted,

A fantastic night was had by all and we were all a little tired the next day, but it was worth all the effort! Thanks everyone!

Mrs. R. Wilson, VP Cycle One