

13 February, 2023



Dear Year 5 Families,

During Term 2 we are offering a program to our Year 5 female students which is focused on developing a greater understanding of personal worth, strength and purpose. This program, called **'GLOW'** (*girls light up the world*) is a six-week program that will be coordinated by College staff with the involvement of upper Secondary female students.

The **'GLOW'** program is a mentoring program that uses inspirational, practical and experiential approaches and strives to engage girls to listen, share and connect with their peers with self- confidence, honesty, integrity and responsibility.

**The following concepts are the underlying values that are discussed:**

**I am valuable-** I am worthwhile and I believe in myself

**I am unique-** I am valuable and wonderfully made

**I am a good friend-** If we are healthy our bodies will GLOW

**I have courage-** I have talents unique to me

**I am confident-** Being authentic is being genuine

**I am me -** I have dreams and hopes for my future

The sessions will run each Monday afternoon from 3:15pm - 4:30pm in Falcon Lodge. It will commence in Week 2, Term 2 (Monday, 24 April) and culminate in Week 8 (Monday, 5 June).

This program will have a nominal cost of \$60 per participant to cover part costs of resources, afternoon teas and a **'GLOW'** t-shirt . The **GLOW** t-shirt will be pale pink with the **'GLOW'** image on the front. Participants will be able to wear their t-shirt to school each day of the program with their sports shorts.

YOUTH TEE - 3006.					
SIZE	8	10	12	14	16
Body Width (cm)	39.5	42	44.5	47	49.5
Body Length (cm)	54	58	62	66	70
Please note measurements can vary within 2.5cm, this is within our tolerance.					

If you would like your daughter to participate, please complete the form at the link below <https://forms.office.com/r/ejjEWzAV3B> **before Monday, 13 March**. Upon receiving your daughter's form an email will be sent requesting payment through Parent Lounge.

Jodi Blackwell  
Head of Junior School

Teresa Simmonds  
Program Coordinator

