



After School Programming Permission Form

Please fill out the permission form if you wish for your child to attend an after school program ran by Big Brothers Big Sisters of Grande Prairie. This program will be ran one day per week for a 7 week period. BBBS will provide healthy snacks for the students attending the program and will be hosted within the school facilities.

Program Breakdown:

- The focus of site-based group mentoring programs will be on the four following topics: active living, balanced eating, self-esteem, and further developing communication skills. The main goals will be:
 - Developing healthy relationships between mentees and their mentor(s).
 - To support them in making balanced food choices, maintaining an active lifestyle, and feeling good about themselves.
 - To provide them with the tools and information they need to choose to lead and maintain a balanced lifestyle, to enhance competence, confidence, and positive self-image.
 - To build the decision making and leadership skills

Each week is broken down into a specific topic: The go as follows, Setting the stage: Where students and Mentors get a chance to get to know one another and engage in team building activities and icebreakers as well as learning the rules and expectations for the program. The second week is Strengthening group dynamics, the focus is learning how to communicate within teams or groups. Learning to respect differences of opinions and how to handle those differences in a positive healthy manner. The third week is Taking Care of me, this session helps to teach students to understand the relationship between their bodies and their feelings, (We do NOT discuss any topics in relation to sexual health) we include activities that are designed to increase their self esteem and we introduce the idea of self care and different ways we can tend to our emotional, mental and physical well being. Session four is on influences, we discuss who and what students are often influenced by as well as how that impacts the choices they make in their lives. Students will engage in activities that encourage comfortability with who they are and how to express kindness to one another. Session five is focused on voices and choices, students begin to understand decision making processes in their lives, how to decipher signs of whether a situation is good or bad (reg flags and green flags), provide space to discuss hard issues they deal

with in their personal lives, as well as teach methods to help cope and make appropriate decisions. Session six is about taking control, in this session we encourage students to be assertive when uncomfortable, they will engage in activities that help them understand what is in their control and what is out of their control, as well as understand how control creates safety in their lives. Session seven is dedicated to closing the group. Students will engage in more fun activities as well as discuss highlights of the program. They will get the chance to reflect on all they have learned over the course of the seven weeks as well.

Please return by:

Student Information:

School: _____

Grade: _____

Age: _____

Student: _____

Gender: _____

Please use this space to note any allergies the student may have, any exceptionalities the student may have (ODD, ADHD, Anxiety...etc), anything the mentors need to be cautious of during specific topics, any notes you would like to add regarding your child:

Parent Signature: _____

Date: _____

MEDIA CONSENT FORM – CHILD/YOUTH

Re: _____

Name of Child/Youth

Any photographs or video productions taken of children or youth by agency staff at recreational events or match outings, or otherwise authorized by the Executive Director or Board of Directors, may be used by the agency for purposes of promotional material including brochures and audio-visual productions.

I hereby give consent:

Signature of parent/ guardian

Date

OR

If you do not want your picture or your child's picture or video used or if you have a safety concern, please check here:

Name: _____

Date: _____

Note: It is the parent/guardian's responsibility to notify the office if the status of this consent changes