

# Girls on The Run

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Montgomery County Schools

March 4<sup>th</sup>, 2019



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HOW DO YOU

# measure

A GIRL'S POTENTIAL?

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## GOTR National Program

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1.4 Million girls served since founded in 1996. Goal: Serve 2 million by 2020

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- ❑ 501c3 program
- ❑ 10 weeks 2 days a week
- ❑ Researched Based Social-Emotional Curriculum, Physical Activity, and Community Service

# Themes

- ☐ Understand teamwork and healthy relationships
- ☐ How to positively connect and shape community
- ☐ Negative self-talk vs. Positive self-talk
- ☐ Understanding emotions
- ☐ Standing up for self and others
- ☐ 8-15 girls per group

# What's going on?

- ☐ Healthy People, Healthy Carolinas Grant
- ☐ You know the “Daily Mile Folks”
- ☐ Target a social-emotional fitness activity
- ☐ Found GOTR Union County
- ☐ Why Union County?
- ☐ Grow into Business

# Mount Gilead

Coach: Sarah Greene, Mt. Gilead Counselor

Coach: Kristen Cook, First Health



# How did we pull this off?

- ❑ Healthy People agreed to cover the cost \$100 per child
- ❑ Mt. Gilead agreed to host pilot site
- ❑ Goal: Grow into districtwide 3<sup>rd</sup>-8<sup>th</sup> program
- ❑ First Health Foundation, very interested in sponsoring



# Next Steps

- ☐ Introduce to Principals in March
- ☐ Volunteers visit Mt. Gilead
- ☐ Find coaches from volunteers
- ☐ Attend celebration 5K (May 4<sup>th</sup> Union County)



# Next Steps

- ☐ Work to secure funding for the schools
- ☐ Offer the program in Fall or Spring
- ☐ Get Fit and Ready to Run!



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"I've never participated in any kind of group activity like cheerleading or softball- I was too scared to. But I decided to try this and I am having fun! I'm glad I came...I want to keep coming."

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Quote, Mount Gilead 4<sup>th</sup> grader on day 2

This is the student we are trying to reach!