

~ **MEDICAL RELEASE Form** ~
Sister-to-Sister 2006-2007

ATTENDEE

Name _____

Date of birth _____

In case of emergency, contact:

PARENT NAME _____

Phone Home: _____ Cell: _____

EMERGENCY CONTACT other than Parent/Guardian

Name _____

Phone Home: _____ Cell: _____

KNOWN ALLERGIES and/or other pertinent medical information

Recognizing the possibility of physical injury associated with sports and other activities, I hereby release, discharge and/or indemnify Middlebury College and its employees and associated personnel, including the owners of fields and facilities utilized for the Sister-to-Sister Program, against any claim by or on behalf of the attendee's participation in the Program. My child has received a physical examination by a physician and has been found physically capable of participating in the Sister-to-Sister Program .

Therefore, I grant Liane Barrera, Karin Hanta and/or Gail Smith permission to act as my surrogate for my child in the area of obtaining medical treatment from a doctor. I also assume the financial responsibility for any medical treatment for my child.

Parent/Guardian Name *(please print)*

Parent/Guardian Signature

Date



*Middlebury College
Middlebury, Vermont*

**Sister-to-Sister Program
2006/2007**



Sister-to-Sister SUMMIT
November 18, 2006
Kirk Alumni Center, Middlebury College

~ All girls in the 7th and 8th grades are welcome. ~
~ **There is no fee for attending this program.** ~
~ Only the first 50 girls to register will be able to participate ~

What is Sister-to-Sister ?

A national program sponsored by the American Association of University Women, Sister-to-Sister works to develop strategies that support young women. The program recognizes that in addition to teachers and textbooks, achievement is impacted by what happens in the hallways, between classes, and even outside of school. Sister-to-Sister strives to make a positive difference by giving a voice to the needs and interests of young women. Sister-to-Sister provides a "safe space" to talk about the challenges facing young women with other area girls and college mentors.

Sister-to-Sister brings together middle school girls from Bristol, Middlebury and Vergennes with Middlebury College student mentors. With the help of "campus supervisors", mentors develop experiences that encourage girls to try new things outside of the classroom including such activities as art, music, dance, sign language, and yoga. Sister-to-Sister also focuses on discussions of such topics as body image, women in history, relationships, popularity, self-defense, identity and the internet, and self confidence. While specific activities vary, the foundation of the program continues to be about building trusting and supportive relationships. These experiences, both formal and informal, address not only the challenges facing young women, but also discovering and celebrating strengths, interests and achievements. Sister-to-Sister is an opportunity for area middle school girls to talk about self-esteem, their own identity, body image, peer pressure, and future aspirations with Middlebury College mentors.

What's NEW about Sister-to-Sister?

We have found from past years that the day-long sister summit is a great way to inspire "sisterhood," but is often not enough time to truly challenge young women. This year, Sister-to-Sister is a year long program that will continue to build confidence and friendships. After the summit, middle school girls will meet monthly with their college mentors in a group setting, usually focused on a planned activity (swimming, sledding, movie-nights, etc). In these monthly meetings, girls will have the opportunity to discuss issues specific to their age group and challenges associated with middle school. The year will culminate in April with an overnight activity for mentors and sisters to reflect on each girl's accomplishments.

So what am I signing up for?

- o A daylong summit hosted by Middlebury College on November 18, 2006 full of fun workshops and discussions led by college women. A morning snack and lunch is provided.
- o Monthly activities with college mentors and area middle school girls
- o A culminating overnight event in April

~ REGISTRATION Form ~

Sister-to-Sister 2006-2007

*** Registration forms are due **Wednesday, November 1, 2006** ***

NAME _____

ADDRESS _____

CITY/STATE/ZIP _____

PHONE

Home: _____ Cell: _____

EMAIL(*optional*) _____

GRADE _____ 7th grade _____ 8th grade

PARENT

Name _____

Address (*if different from above*)

Phone (*if different from above*)

Home: _____ Cell: _____

SPECIAL NEEDS

- Dietary restriction (*explain*)

- Other (*explain*)

Will attend the SUMMIT on 11/18/06: _____ Yes _____ No

Need transportation: _____ Yes _____ No

NOTE: Transportation can be provided by the AAUW

Parental/Guardian Permission

I, _____

(Parent /Guardian Name—*please print*)

have read the information provided about the Sister-to-Sister program and consent to my daughter's participation.

I give consent for picture and media publicity of my daughter

____ Yes _____ No

Parent/Guardian Signature

Date