



Big Brothers Big Sisters

St. Catharines - Thorold & District

September 15, 2010

Dear Parent or Guardian,

Go Girls! Healthy Bodies, Healthy Minds is an exciting mentoring program being offered through Big Brothers Big Sisters St. Catharines - Thorold for girls age 12-14. The goal of Go Girls! is to provide girls with information and support to make informed choices about active living, balanced eating and feeling good!

A group of 8-10 girls will be paired with two female mentors, aged 18-25. The program consists of 10 sessions to be held at your child's school over the lunch break. Each session will be fun-filled, active, and informative. Running shoes and appropriate physical education attire will be required.

As part of the program, participants may be asked to complete an evaluation form telling us about her experience with the program. This information can be used to make program improvements and determine impact. Participation in the program will not affect your daughter's evaluation by the school. All information collected will be strictly confidential.

Please indicate on the attached form whether you permit your daughter to take part in the Go Girls! program. Your cooperation will be very much appreciated. Contact myself at 905-646-3230 ext. 33, or your school if you have any further questions.

Sincerely,

Jessica Rathwell,
Program Coordinator,
Big Brothers Big Sisters

I agree to allow _____ to take part in Go Girls!
Daughter's Name

Parent/ Guardian's Signature _____ DATE: _____

As part of the Go Girls! program, snacks will be provided at each session. If you have agreed to allow your daughter to take part in Go Girls! please indicate any food allergies that she has.

Child/Youth Media Consent

I, _____, hereby consent to Big Brothers Big Sisters St.
(PARENT/GUARDIAN)

Catharines-Thorold & District to use any photographs, audio and/or video recordings of
my child/youth, _____, as taken or produced by media personnel
(CHILD/YOUTH)

and/or Association Members and/or Association Staff for the purpose of publicizing and
promoting the work of the Association. I further waive any claim which I may have
against Big Brothers Big Sisters St Catharines- Thorold & District arising from the use of
such photographs, audio and/or video recordings of myself, as aforesaid.

This consent and waiver shall remain in effect for the duration of my involvement with
Big Brothers Big Sisters St Catharines-Thorold & District unless otherwise revoked.

Signature of Parent/Guardian

Date

Signature of Witness

Date

NOTE: Confidentiality concern RE: Media release

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

Signature of Parent/Guardian

Date

Signature of Witness

Date

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

Note: Release to share information with other professionals will expire within one year of the above date.