GSSJC Digital Friendship Circle

March 20, 2020
Welcome

Dee Hinkle
Chair of the Board and President of the Council

“The work of today is the history of tomorrow, and we are its makers.”

- Juliette Gordon Low
Agenda

Council Update
Mary Vitek, GSSJC CEO

Raising Awesome Girls During COVID-19
Debbie Lewis, April Moncrieff

Guidance on Girl Scout Activities
Jo Blackburn, Aimée Sproles

Girl Scouting From Home
Michelle Raab, James Forde

Q&A
Please post questions in comments
Mary Vitek, Council CEO

Council Update
School may be cancelled.
Meetings may be cancelled.
Practice may be cancelled.
Cookie booths may be cancelled.

But Girl Scouts is not cancelled.
In safe, appropriate ways, Girl Scouts will continue to be a positive force in our communities.

Just like we have been for 108 years.
Debbie Lewis + April Moncrieff, Sr. Director
Community Engagement and Member Experience

Raising Awesome Girls During COVID-19
Talking to Girls about COVID-19

Rule #1: Stay calm. Your girl needs a sense of calm in her life right now, and you can help give her that.

In fact, having a conversation with her about coronavirus could be the most important thing you do with your girl all week. Depending on her age, simply asking what she’s heard about coronavirus and how she’s feeling about it not only helps ensure she’s getting correct information but also lets her know this topic isn’t off-limits and you’re there to support her and help her understand her emotions—whatever they may be.
### How to tell if stress or anxiety is overwhelming kids?

1. **Behavioral symptoms**  
   (e.g., whining, irritability, agitation or decrease in energy)

2. **Physical symptoms**  
   (e.g., headaches, rashes, etc., sleep/appetite disturbance)

3. **Emotional symptoms**  
   (e.g., crying, withdrawal from peers, loss of interest, forgetfulness)

### How can we reduce stress related to COVID-19?

- **Be informed**
- **Be prepared**
- **Be honest**

#### While at Home:

- Make a schedule
- Media in moderation
- Movement and meditation
- Make time for play and fun
- Make (safe) connections
- Model healthy habits
Mental Health & Coping

Things you can do to support yourself:

- Take breaks from watching, reading, or listening to news stories, including social media.
- Take care of your body. Take deep breaths, stretch, or meditate. Try to eat healthy, well-balanced meals, exercise regularly, and plenty of sleep.
- Make time to unwind. Try to do some other activities you enjoy.
- Connect with others. Talk with people you trust about your concerns and how you are feeling.

Remember the 3 S’s for creating a sense of routine at home:

- Schedules
- Screen time
- Social connectedness
Tools and Resources for Coping with Stress

Tips for talking to girls about COVID-19, Raising Awesome Girls

Mental Health and Coping During COVID-19, Centers for Disease Control and Prevention

Parent/Caregiver Guide to Helping Families Cope with Coronavirus Disease, The National Child Traumatic Stress Network

Coronavirus Disease (COVID-19) Advice for the Public, World Health Organization

Tips for Social Distancing, Quarantine, and Isolation During an Infectious Disease Outbreak, Substance Abuse and Mental Health Services Administration

211 is a free, confidential helpline operated by United Way of Greater Houston. Offers assistance with basic needs, like food, utilities, prescriptions, help paying rent or mortgage, and finding shelter.

For mental health emergencies

Call 911 or the Disaster Distress Helpline, a national hotline for crisis counseling (1-800-985-5990 or text TalkWithUs to 66746), The National Institute of Mental Health
Community Leadership Team Webinar

Tuesday, March 24th at 7:00 pm

Ask your questions and tell us what your peers are doing in their communities. We will also have tips for turning your Summit meetings into virtual meetings and share other resources to help with referral committees.

Be on the lookout for a link to register!
Guidance on Girl Scout Activities
In-person Girl Scout Activities

All in-person Girl Scout activities, including troop meetings, should be cancelled at this time.

We must prioritize the health and safety of all girls and our community. We know this is difficult, but critical to protecting all girls and families.

We, as a Movement, are committing our collective resources to support all families during these stressful times.
Cookie Program

Sales are currently suspended. We are exploring options to extend the sale and manage remaining inventory.

We understand that families are managing a lot right now. We are trying to provide as many answers as possible while gathering information to determine next steps.

- We are asking you to assign sales that have taken place to date to girls in Smart Cookies as soon as possible, but no later than March 25.
- Troop cookie managers should complete financial transactions with their parents while also honoring social distancing guidelines.
- Troops and girls may choose to ask friends and family to purchase inventory that can be donated through the troop’s own Cookie Share or delivered later when deemed safe.
- Cupboards are closed until at least March 31. Please hold on to your consignment cookies until we can safely re-open the cupboards and accept returns.
Cookie Program Survey

We know you’re all in different places and we need your help updating Smart Cookies and then answering a survey launching March 26, so we know where your troop falls.

When we had to announce our pause,

- Some troops were finished and ready to finalize girl rewards.
- Others were hoping to be finished but have remaining inventory because booths got canceled.
- Some were hoping to keep pushing towards their goals and had the inventory to reach them.
- And others were still planning to pick up cookies to be able to reach their goals.
Camps

Over the coming weeks, we will determine a path forward for camps. As always, the health and safety of our girls, volunteers and community will be the priority.

- Still evaluating troop camping from 4/13 to 5/10
- Summer 2020 placement and 2021 camp placement
- Still evaluating/no determination yet regarding resident and day camps this summer
If you were registered for an event that has been cancelled, you will be automatically refunded.

- Online registrations: your refund will be applied as a credit back to the card used for registration in 7-10 business days.
- Paper registrations: refunds will be returned by check and take 2-3 weeks to process.
- Please Note: You will receive a text message if an activity you are registered for is cancelled.

**Please help us maximize staff resources by responding to this text and confirming receipt.**
Girl Scouts are Innovators. More Now than Ever.

**SUPER JUNIORS**
AGENT OF CHANGE VIRTUAL JOURNEY
2 DAYS - 1 HR SESSIONS

**UNLEASH YOUR SUPER POWER**

**WHAM!**

Tuesday and Thursday (March 24th and 26th from 3 pm - 4 pm)

Register:
https://www.hnupgenius.com/go/60B084FA472ES-agent3
Contact: jalynnjustice@gmail.com

Hosted by
Jalynn Justice
Gold Award Girl Scout

**MAR 21 '20**
11:00 AM - 12 NOON

**CADETTE SCIENCE OF HAPPINESS VIRTUAL BADGE EVENT**

Register on MyGS
Contacts: Lola Akapo - lakapo@sjgs.org
Tanya Justice tlj66@live.com
Michelle Raab, Operations Volunteer + James Forde, Sr. Director of Girl and Outdoor Leadership Experience

Girl Scouting From Home
Cancellations and Reschedules

While some of our activities have been permanently cancelled, we are working to reschedule some of our larger programs such as Cadette Weekend.

Please keep an eye on our website for more details on rescheduled programs.

If you are already registered for a program that we are able to reschedule, you will receive an email in the near future with details.
Girl Scouting From Home

GSSJC staff and volunteer coordinators are teaming up with GSUSA and councils from across the nation to deliver virtual programming for girls!

Expect to see video tutorials for badges, Journeys, take action projects and more. The first two badges, Daisy Outdoor Art Maker and Brownie Home Scientist will be available today. More will be added over the coming days.

Go to www.gssjc.org/girlscoutingfromhome to get started Girl Scouting from Home and be sure to follow us on Facebook and Instagram for daily ways your girls can participate.
How are You Girl Scouting From Home?

We want to hear from you!

Please share ideas, videos and details about how your girls are continuing their Girl Scouting experience from home. Email us at communications@sjgs.org
Virtual Camp Open Houses

We’re bringing camp tours to you via social media.

Our camp directors will show you everything you would see during an in person tour – cabins, tents, waterfronts, pools, dining halls and more.

Follow us on Facebook and Instagram to see the first tour of Camp Agnes Arnold and Misty Meadows Ranch next week.

The following week will be the tour from Casa Mare.
Q & A