



GS Backpack

November 2023

Girl Scouts take the lead in school!

Recent research shows that Girl Scouts are more likely than non-Girl Scouts to achieve academic excellence and overachieve when it comes to teamwork, hands-on learning and reflections, and decision-making.

That's because Girl Scouting provides a way for children to practice their social skills, make strong friendships, and learn to lead in a safe environment.

Girl Scout badges and journeys are matched to national Common Core standards, 21st Century Skills standards, financial literacy education standards, and curriculum such as health and physical education, language arts, math, science, and social studies learning objectives in all 50 states and the District of Columbia. What all that means is that you get an educational boost when you are in Girl Scouts!

We are closing the gender gap in STEM (science, technology, engineering, and math) fields, offering girls what may be their first chance to explore topics like app development, robotics, coding, and cybersecurity. It's simple: an accepting environment, supportive adults, and a variety of fun and hands-on STEM experiences add up to girls who see the value of STEM and who have the interest, confidence, and competence to take the lead.

Every badge, petal, and journey earned in Girl Scouting guides you on a path of becoming a strong, independent young woman. Whether you are making an alarm ring with your first Snap Circuit, stepping out of your comfort zone by venturing into a tide pool, getting a new law passed for a Gold Award project, or traveling by yourself for the first time, you are picking up skills that will benefit you throughout your life. Girl Scouting is the proven way to strengthen your education while having fun!



Compared to non-Girl Scouts, Girl Scouts are more likely to:

- Exhibit strong leadership outcomes
- Earn excellent grades
- Expect to graduate college
- Aspire to STEM, business, and law careers
- Feel hopeful about their future

Source: Girl Scout Research Institute

Upcoming dates to remember



December

12/25: Christmas - office closed

January

1/1: New Year's Day - office closed
Girl Scout Cookie Program begins

1/6: Cookie Rally - Colchester, VT

1/7: Cookie Rally - Concord, NH

1/15: Martin Luther King Jr. Day
- office closed

1/21: Initial Orders end
- enter online by the 21st!

February

2/1-9: Initial Orders end
- check with your leader for date/location

2/16: Cookie cupboards open
Cookie booths start

2/16-18: National Girl Scout
Cookie Weekend

2/22: World Thinking Day

Check girlscoutsgwm.org for Summer Camp 2024 updates, including virtual camp tours, program details, and registration.



Our 2024 theme is:

Families are the key to cookie success!

You can fund your Girl Scout activities, Take Action projects, membership, and more with the Girl Scout Cookie program – the largest girl-led entrepreneurial program in the world!

Working with your troop and your family will make it possible for you to set your goals, make smart decisions, manage money, learn business ethics, and gain people skills. Our Cookie Entrepreneur Family pins help families understand how to give you the support you need to shine and get the most out of the program.

OWN YOUR magic

Our Girl Scout Cookie season starts in January, cookies arrive in February, and booth sales run from February through March.



Join us for Cookie Rally Magic 2024!
See details on back page.

Earn the Cookie Entrepreneur Family pin by completing the corresponding activity sheet, each activity sheet is designed to help you support your Girl Scout, giving you tips for your cookie entrepreneur.



You can download the Cookie Entrepreneur Family pin activity sheets using this QR code, and work on these at home together.



Visit our Mountain Top Shop

Bedford Store
1 Commerce Drive
Bedford, NH 03110

Monday, Tuesday, Thursday, and Fridays
9:00 a.m. – 5:00 p.m.

Wednesdays, 9:00 a.m. – 7:00 p.m.

Saturdays, 10:00 a.m.-4:00 p.m.

Store Closed:
November 23-25, December 23-25,
and January 1 and 6.

Camp Farnsworth Store
91 Camp Farnsworth Road
Thetford, VT 05075

Wednesdays, November 15, 29,
and December 13
3:30-6:30 p.m.

Saturdays, November 18,
December 2 and 16
10:30 a.m.-3:30 p.m.

S. Burlington Retail Location
155 Dorset Street
South Burlington, VT 05403

Saturday, November 18
10:00 a.m.-1:00 p.m., 2:00-5:00 p.m.

Saturdays, December 2, 9, 23, and 30,
11:00 a.m.-7:00 p.m.

Sundays, November 19 and December 3,
10:00 a.m.-12:00 p.m., 1:00-3:00 p.m.

Visit www.girlscoutsgwm.org for store closures and 24/7 online shopping.

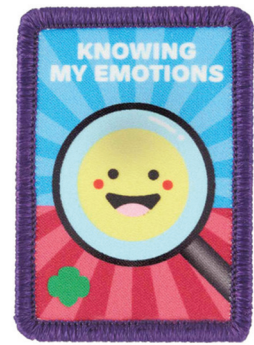
Mental health matters to Girl Scouts

Being a Girl Scout means tapping into a welcoming community of people who uplift you every step of the way! Even when life feels overwhelming, you'll have people behind you to guide you toward becoming your most resilient self. You're never alone facing challenges and working through complex emotions.

When it comes to caring for your mental wellness, there are many ways to feel supported and prioritize your well-being. Some of them include taking a moment to pause and tune in when stressful situations come up, vocalizing how you feel, and diving into self-care practices like journaling to help you better understand your emotional world.

Though life may be filled with ups and downs, every new feeling leaves you with the empathy you need to show up for yourself and others when they need it. Explore Girl Scouts Mental Wellness program made available with free activities for girls in 4th-12th grade, unlock a new patch, and remember —you've got this and everything it takes to soar!

Get started by downloading our FREE activity sheet, explore our patch program for resources to support you along your journey, and remember – you got this!



Juniors — grades 4-5



Cadettes — grades 6-8



Seniors & Ambassadors
— grades 9-12

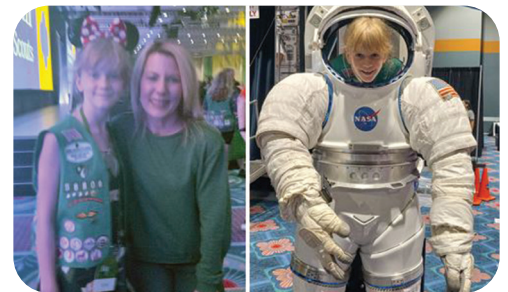
Troop Spotlight



Troop 61489 in Georgia, VT, put on a Women's Role Model night. Thirty-one women from around the community came and chatted about their careers. Some of the women were pilots, dentists, soldiers, Miss VT, authors, pharmacists, and so many more!



Troop 10633 of Manchester, NH, took a trip to New York City in July and took advantage of the opportunity have one member recognized as bridging to adult status on the Brooklyn Bridge. The troop enjoyed Times Square, shopping, and much more.



Girl Scout Junior Laura of Troop 58806 in Winooski, VT, enjoyed the convention and Phenom, getting a chance to pose with GSUSA CEO Bonnie Barczykowski and in a NASA space suit.

Have photos to share of the fun your troop is having?

Send photos with description to Customer Care at customer care@girlscoutsgwm.org. Be sure to put Troop Spotlight in the subject line.



Cookie Rally 2024

Calling all Girl Scouts! Own Your Magic at our in-person Cookie Rally! Enjoy a magic show as we help you learn about this year's cookie rewards, Digital Cookie, goal setting and more!

OWN YOUR magic



Saturday, January 6
1:00-3:00 p.m.
Colchester, VT

Sunday, January 7
1:00-3:00 p.m.
Concord, NH

\$10 per girl. Attend with a troop or as an individual. Adult supervision is required, Register by December 21.



girlscouts
of the green and
white mountains

1 Commerce Drive, Bedford, NH 03110

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MANCHESTER, NH
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What's inside:

- Girl Scouts take the lead in school
- Families are key to cookie success
- Retail store
- Upcoming programs
- Mental health matters to Girl Scouts
- Troop Spotlight



GSGWM 888-474-9686
1 Commerce Drive customercare@girlscoutsgwm.org
Bedford, NH 03110 www.girlscoutsgwm.org

GS Backpack

November 2023



Upcoming activities

Media Team

All Ages

Be a media star! The Media Team will have opportunities to do social media posts, photo shoots, and speak in front of a camera or microphone - and then you get to see yourself in print, online, or on the air!



Girls in grades 1-12 are welcome to apply, and those approved will receive a welcome packet with more information. Girl Scouts are welcome to join at any time.

How to Catch a Yeti

Daisies - Juniors

Johnson, VT | January 3, 6:00-7:30 p.m.
Hooksett, NH | January 10, 4:00-5:30 p.m.
Montpelier, VT | January 17, 6:00-7:30 p.m.
Derry, NH | January 24, 4:00-5:30 p.m.

Do you have what it takes to catch the yeti? Come practice your yeti-catching skills with yeti-themed crafts, challenges, and games.

Price: \$15 per girl

Register by December 20 for January 3, by December 26 for January 10, by January 3 for January 17, and by January 9 for January 24

gsEvents

Visit our website for a complete calendar of events updated weekly. You can see all programs offered in our council by date on the Activities calendar or search for programs through the myGS tab, "Find an Event."

Disney on Ice: Into the Magic

All ages | Manchester, NH
January 5, 7:00-9:00 p.m.

Discover why no dream is too big at Disney On Ice when your favorite Disney stories come to life through world-class ice skating.

Price: \$22 per person
Register by December 10

Cookie Rally Magic 2024

All ages
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Concord, NH | January 7, 1:00-3:00 p.m.

Calling all Girl Scouts! Own Your Magic at our in-person Cookie Rally! Enjoy a magic show as we help you learn about this year's cookie rewards, Digital Cookie, goal setting and more!

Price: \$10 per girl
Register by December 21



Summer Camp Chat

All ages | Virtual
January 9, 6:30-7:30 p.m.

Learn more about camp 2024! Meet some of the summer staff and ask any questions you may have about registration and the activities.

Price: Free
Register by January 2



Track and Sign

All ages | Richmond, VT
January 14, 2:00-4:00 p.m.

Come take a slow walk in a natural habitat, and look for evidence of animal behaviors and plant life.

Price: \$8 per girl
Register by December 31



Something From Nothing

Daisies & Brownies | Brownington, VT
January 15, 12:30-2:30 p.m.

Use it up, wear it out, make it do, or do without! We'll draw from the Jewish folktale Something From Nothing, stories of Brownington locals like Mercy Twilight, and examples of repurposing from around the globe.

Price: \$16 per girl
Register by December 28

Brownie Robotics 1: Designing Robots

Brownies | Dover, NH
January 27, 10:00 a.m.-12:00 p.m.

Join Snapology and team up with your sister Brownies to design a robot. Plan, build, and share your robot prototype.

Price: \$16 per girl
Register by January 11

Light & Sound

Daisies & Brownies | Quechee, VT
January 27, 10:00 a.m.-1:00 p.m.

Discover vibrations and sound, investigate transparency, learn about bioluminescence, and speak in code like a firefly!

Price: \$21 per girl, \$16 per adult
Register by January 11

Science Art

Daisies & Brownies | Dover, NH
February 3, 1:30-4:00 p.m.

Combine art & science and create amazing works of art and experiment with how things work. Activities include: circuit art that lights up and Chromatography Critter art.

Price: \$23 per girl, \$8 per adult
Register by January 18

Frozen Farm

Brownies-Cadettes | Keene, NH
February 4, 10:00 a.m.-12:30 p.m.

Troops and families, join us for a snowy adventure! Learn to snowshoe, spot and identify animal tracks, learn about animal adaptations and seasonal changes, and more.

Price: \$13 per girl, \$7 per adult
Register by January 18

Study and Sled

All ages | Richmond, VT
February 6, 4:30-5:30 p.m.
February 13, 4:30-5:30 p.m.
February 20, 4:30-5:30 p.m.
February 27, 4:30-5:30 p.m.

Girl Scouts! Have a lot of studying to catch up on, but want to enjoy the winter weather? Come enjoy our sledding hill before tackling your studies with some hot cocoa.

Price: \$5 per girl
Register by January 23 for February 6, by January 30 for February 13, by February 6 for February 20, and by February 13 for February 27

WinterFest

Daisies & Brownies | Thetford, VT
February 10, 10:00 a.m.-12:00 p.m.

Explore the winter outdoors while snowshoeing, ice fishing, and sledding, then enjoy the hot cocoa bar to warm up!

Price: \$20 per girl, \$10 per adult
Register by January 27

Animal Detectives

Daisies & Brownies | Amherst, NH
February 10, 10:00 a.m.-12:30 p.m.

Winter is the perfect time to become an animal detective. Come explore and learn all about what the native New Hampshire animals are doing out in the woods during the wintertime.

Price: \$20 per girl
Register by January 25

Express Yourself

All ages | Bedford, NH
February 10, 11:00 a.m.-12:30 p.m.

Unleash your inner artist and create your own masterpiece with the help of a professional artist. No art experience necessary!



Price: \$26 per girl
Register by January 18

How to Catch a Loveosaurus

Daisies – Juniors
Pelham, NH | February 14, 4:00-5:30 p.m.
Rutland, VT | February 14, 5:00-6:30 p.m.

Do you have what it takes to catch the loveosaurus? Come make valentines and kindness rocks to show the loveosaurus you have what it takes to spread kindness.

Price: \$20 per girl
Register by January 30 for Pelham, NH, and by January 31 for Rutland, VT

Snowshoes, Snowmen, and S'mores

All ages
Bedford, NH | February 24, 12:00-2:00 p.m.
Richmond, VT | February 24, 12:00-2:00 p.m.

Bring your family to try snowshoeing, build some snowmen in our camp field, and then warm up around the fire with some smores!

Price: \$10 per girl, \$5 per adult
Register by February 9 for Bedford, NH, and by February 10 for Richmond, VT

Maple Sugarin'

Daisies – Cadettes | Keene, NH
March 10, 10:00 a.m.-12:30 p.m.

Come find out how we turn sticky sap into delicious maple syrup! Tour our sugar house, learn how to identify maple trees and tap a tree, sample some syrup and play maple themed games.

Price: \$13 per girl, \$7 per adult
Register by February 25

A Taste of Maple Syrup

Daisies – Juniors | Derby, VT
March 16, 9:00-10:30 a.m.

Come learn about all aspects of the manufacturing of maple syrup! Enjoy some maple syrup testing games, listen to a story about maple syrup, and more.

Price: \$7 per girl, \$5 per adult
Register by February 29

Maple Sugar Magic

Daisies & Brownies | Hollis, NH
March 16, 1:00-4:00 p.m.

Learn how maple sugaring is a magical process. Learn how to identify maple trees, measure them for suitable size, and use a tap to collect the sap that you will then turn into syrup.

Price: \$21 per girl, \$16 per adult
Register by February 29

Space Science

Daisies & Brownies | Quechee, VT
March 24, 10:00 a.m.-1:00 p.m.

Take a tour of the night sky with a lesson in the Vermont Institute of Natural Science's StarLab Planetarium.

Price: \$21 per girl, \$16 per adult
Register by March 10



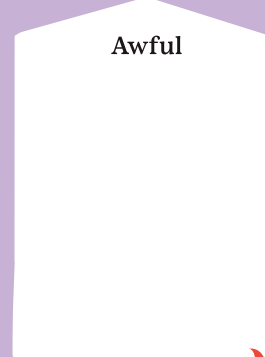
Draw the way you feel

Get to know all of your emotions as they come up. Use the shapes below to draw what your emotions look and FEEL like to you.

Sad



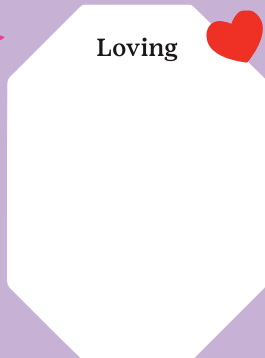
Awful



Strong



Loving



Happy



Angry



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All Ages

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All ages | Manchester, NH
January 5, 7:00-9:00 p.m.

Discover why no dream is too big at Disney On Ice when your favorite Disney stories come to life through world-class ice skating.

Price: \$22 per person
Register by December 10

Who Done It?

Juniors - Cadettes | Amherst, NH
January 6, 10:00 a.m.-1:30 p.m.

Be a crime scene investigator and use real CSI techniques to solve various "crimes". Earn your Detective or Special Agent badge.

Price: \$20 per girl
Register by December 21

Cookie Rally Magic 2024

All ages
Colchester, VT | January 6, 1:00-3:00 p.m.
Concord, NH | January 7, 1:00-3:00 p.m.

Calling all Girl Scouts! Own Your Magic at our in-person Cookie Rally! Enjoy a magic show as we help you learn about this year's cookie rewards, Digital Cookie, goal setting and more!

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Summer Camp Chat

All ages | Virtual
January 9, 6:30-7:30 p.m.

Learn more about camp 2024! Meet some of the summer staff and ask any questions you may have about registration and the activities.

Price: Free
Register by January 2



Track and Sign

All ages | Richmond, VT
January 14, 2:00-4:00 p.m.

Come take a slow walk in a natural habitat, and look for evidence of animal behaviors and plant life.

Price: \$8 per girl
Register by December 31



Junior Maestros

Juniors | Manchester, NH & virtual
January 15, 10:00 a.m.-12:00 p.m.

Pop, rock or jazz — what's your musical style? Take a musical journey and explore instruments, try your hand at composition, and take the stage. Earn your Musician badge by working with a professional musician to explore how music is made.

Price: \$20 per girl
Register by January 1



Find Your Voice

Cadettes | Manchester, NH, virtual
January 15, 12:30-2:30 p.m.

Public speaking doesn't have to be a scary thing. Build your confidence, learn to control your breath, use empowering body language, and other skills to captivate your audience.

Price: \$20 per girl
Register by January 1

Safe Sitter Essentials

Cadettes | Portsmouth, NH
January 20, 9:00 a.m.-3:30 p.m.

Safe Sitter Essentials is a one-day class designed to prepare Cadettes to be safe when they're home alone, watching younger siblings, or babysitting.

Price: \$60 per girl
Register by January 4

Red Cross Babysitter Certification Course

Cadettes | White River Junction, VT
January 27, 7:30 a.m.-4:00 p.m.

This in-person babysitting certification course will prepare you to be better babysitters. You will also learn the basics of starting a babysitting business.

Price: \$110 per girl
Register by January 11

Exploring Life Beneath the Ice: An Introduction to Ice Fishing

Juniors - Ambassadors | Holderness, NH
January 28, 7:00-10:30 a.m.

Whether you fish for food, to join in a social gathering, or to be out in the elements, ice fishing is a great activity to foster your love for nature.

Price: \$30 per girl, \$25 per adult
Register by January 11

Frozen Farm

Brownies-Cadettes | Keene, NH
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Troops and families, join us for a snowy adventure! Learn to snowshoe, spot and identify animal tracks, learn about animal adaptations and seasonal changes, and more.

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WinterPaloosa

Juniors - Ambassadors | Thetford, VT
February 10, 10:00 a.m.-2:00 p.m.

Enjoy ice fishing, go snowshoeing on the frozen lake, make snow art, cook your lunch over the fire, and enjoy the hot cocoa bar in this day outdoors.

Price: \$30 per girl, \$15 per adult
Register by January 27

Express Yourself

All ages | Bedford, NH
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Unleash your inner artist and create your own masterpiece with the help of a professional artist. No art experience necessary!

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Hammer & Stain

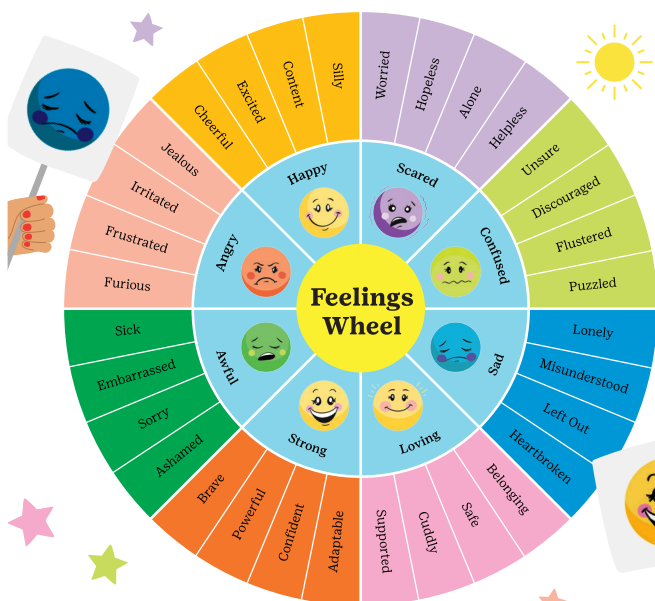
Juniors - Ambassadors | Bedford, NH
March 16, 11:00 a.m.-1:00 p.m.
March 16, 2:00-4:00 p.m.

Join us at the Canvas Roadhouse studio to make a beautiful sign! This unique workshop combines art with wood, hammering, and staining.

Price: \$36 per girl
Register by February 28



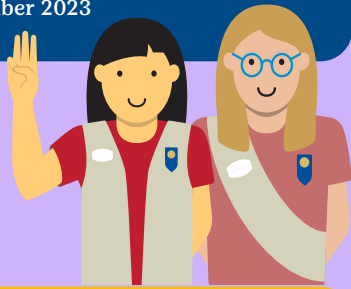
Express the way you feel! Brighten someone's day by writing a poem where each line begins with a letter from the word FRIEND.



A writing area with a background of horizontal stripes. On the left, the letters F, R, I, E, N, D are arranged vertically in yellow boxes. On the right, there are six horizontal lines for writing. A hand holding a yellow pencil is at the top right, and a hand holding a blue pencil is at the bottom right. There are also small heart icons scattered around the writing area.

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All ages | Manchester, NH
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Price: \$8 per girl
Register by December 31



Advanced Outdoor Living Skills –Winter Camping

Ambassadors | Thetford, VT
January 26, 6:00 p.m.-January 28, 10:00 a.m.

AOLS training lets volunteers camp with their Girl Scouts for multiple nights in primitive sites, including backpacking, canoe camping, or winter camping settings.

Price: \$85 per person
Register by January 12

Study and Sled

All ages | Richmond, VT
February 6, 4:30-5:30 p.m.
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WinterPalooza

Juniors – Ambassadors | Thetford, VT
February 10, 10:00 a.m.-2:00 p.m.

Enjoy ice fishing, go snowshoeing on the frozen lake, make snow art, cook your lunch over the fire, and enjoy the hot cocoa bar in this day outdoors.

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Global Leadership Conference 2024

Seniors & Ambassadors | Newport, RI
March 8, 7:00 p.m.-March 10, 12:00 p.m.

Gather at Salve Regina University for opportunities to engage with women who are changing the world and to interact with amazing peers.

Price: \$36 per girl
Register by February 28

Hammer & Stain

Juniors – Ambassadors | Bedford, NH
March 16, 11:00 a.m.-1:00 p.m.
March 16, 2:00-4:00 p.m.

Join us at the Canvas Roadhouse studio to make a beautiful sign! This unique workshop combines art with wood, hammering, and staining.

Price: \$36 per girl
Register by February 28

Series Opportunities

Astronomy Club

It's a big universe – learn all about it! Soar to the stars with educational materials and astronomy events both virtual and in person. Meet professional and amateur astronomers who will help you learn even more about the wonders of astronomy.

Media Team

Be a media star! The Media Team will have opportunities to do social media posts, photo shoots, and speak in front of a camera or microphone - and then you get to see yourself in print, online, or on the air!

Visit the Series page of our website, www.girlscoutsgwm.org for more information on these Series opportunities, as well as others!





Showing Up For Me and You patch

Explore the complete patch program at the [Girl Scout Shop](#) or in the [Volunteer Toolkit](#).

Create a Self-Care Plan That Works for You

Knowing how to handle each feeling whenever it comes up gives you the confidence you need to get through anything. On the page below, jot down some activities you love and what it is about them that brings you joy. Add some words of affirmation and people you can talk to when you need a little self-care. Remember, you got this!

Activities

What brings you joy?

Words of affirmation

People to talk to
