



GS Backpack

Autumn 2021

Dear Girl Scout Families,

Family is at the heart of Girl Scouting, and Girl Scouts of the Green and White Mountains hopes you will find this new newsletter informative and inspirational as you and your child take on the Girl Scout journey. You can look forward to getting your newsletter regularly so you can keep up with everything Girl Scouts has to offer you, your Girl Scout, and your whole family.

As a child, Girl Scouting held a special place in my family. Before I was old enough to join, I watched my older sisters head off to Girl Scout camp, march in parades, and spend time with their troop friends. I could not wait to be part of my own troop and make my own lifelong friends.

We are focusing this issue on the life skills that are so important to every Girl Scout's success as she grows up. The past 18 months have brought considerable changes and challenges to our world. We offer Girl Scouts the tools they need to meet today's problems with bold solutions and create a better, brighter tomorrow. At Girl Scouts, your child will prepare for a lifetime of leadership, success, and adventure in a safe, no-limits place designed for and by Girl Scouts themselves!

How? Through the Girl Scout Leadership Experience—a collection of engaging, challenging, and fun activities like earning badges, going on awesome trips, selling cookies, exploring science, getting outdoors, and doing community service projects.

At Girl Scouts, they'll get to lead their own adventure (it's their world!) and team up with troopmates to choose the exciting, hands-on activities that interest them most. Along the way, Girl Scouts gain important skills in four areas that form the foundation of the Girl Scout Leadership Experience:

- Science, technology, engineering, and math (STEM)
- Outdoors
- Life Skills
- Entrepreneurship

We hope you read on, as we offer tips for helping kids with school worries, introduce 28 new Girl Scout badges, inspire you to help your child earn our highest awards, and more. We look forward to working together in the coming Girl Scout year! We are here to support you, so please reach out if you have any questions or ways we can better assist you.

Sincerely,

Patricia K. Mellor
Chief Executive Officer
Gold Award Girl Scout



**Welcome to the
debut issue of our
new GS Backpack
newsletter!**



Autumn 2021

What's inside:

- help kids with school worries
- upcoming dates
- mental health spotlight
- 28 new badges!
- young women of distinction
- troop spotlight
- gsEvents
- retail store

girl scouts 
of the green and
white mountains

Kids have school worries – parents can help

Photos of smiling, hopeful girls flooded social media as the school year began, but there's often a lot going on behind those faces.

Studies show that girls in our country are facing an unprecedented mental health crisis. Before COVID, more than one in three were already saying they felt extremely anxious on a daily basis—and the pandemic has made the situation worse. So how can you support your girl and help keep her centered as she makes the transition back to in-person learning?



Let her know it's OK to not be OK.

You're not the only one seeing all those social pics of seemingly happy, fashion-forward kids going in school—your girl is being flooded with them, too, and could be wondering if she's the only one feeling less than psyched about the school year. Ask about her feelings and really listen without interrupting. What she's going through is real, and if you brush it off as no big deal, she could be less likely to turn to you in the future when she needs your support. Remind her that what we see on social media often doesn't reflect reality, and that a lot of her friends and classmates are probably facing similar struggles of their own.

Shift your expectations.

There's so much on everyone's plate mentally and emotionally right now, that it's ok if she's not achieving at her usual level, is having trouble concentrating, or doesn't feel up to pushing herself. Let her know that you're proud of her for trying her best in these tricky times, and that you're on her team no matter what.

Stop the body shaming.

School can cause body image anxiety in girls. Is she now too tall or not tall enough? Is she the only one who started wearing a bra or the only one who didn't? And then there's the weight issue. So if you're tempted to make a joke about the COVID "15," having to size up on back-to-school clothes, or basically anything else having to do with her body? Just don't.

Help her get some air.

She's spent a lot of time over the past year and a half at home, likely with you or other family there to support her. Help her practice deep-breathing exercises, find a small and quiet fidget toy that she could stash in her backpack, or work together to come up with coping strategies that could help her through the day. Believe it or not, sometimes just having a plan of how to stay calm can help people stay calm.

Source: Raising Girls, Girl Scouts of the USA

Be a digital leader, explore math in nature, and pump up your cookie business with 28 new Girl Scout badges!

Girls can earn these badges with their troop or at home. Visit our website for more information and sample activities.

Math in Nature (grades K–5):

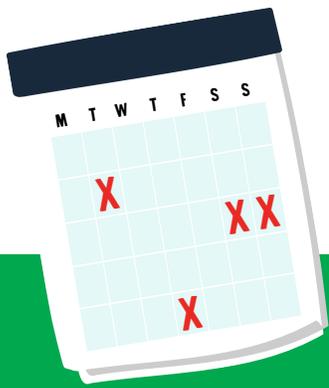
Get outdoors and explore and conserve the natural world as you learn math concepts. Activities include discovering shapes and patterns in natural objects, learning about symmetry and tessellation, and mastering time and measurement theories. Then use this background to design nectar feeders, trail maps, and other outdoor tools and essentials.

Cookie Business (grades K–12):

The new Cookie Business badges help you think like an entrepreneur as you run your own cookie business and incorporate online sales through the Digital Cookie platform. The badges progress from setting goals and making an effective sales pitch in person and online to using market research, creating business plans, and implementing digital marketing campaigns.

Digital Leadership (grades K–12):

Explore what a leader is, both online and in your everyday life. Learn how to be online in a responsible and safe way, and dive into topics like managing your well-being online, how to balance your time on and offline, and how to deal with issues like misinformation, clickbait, and biases in advertising. Discover how people use technology to connect and lead, then use those skills to create impact and become digital activists yourself.



4-7-8 Breathing

Inhale through your nose for 4 counts, hold your breath for 7 counts, exhale through your mouth for 8 counts.

Upcoming dates to remember

November

- 11/11: Veterans Day - offices closed
- 11/14: Young Women of Distinction Awards Ceremony
- 11/19: Women's Entrepreneurship Day
- 11/25-26: Thanksgiving Holiday - offices closed

December

- 12/7-14: Computer Science Education Week
- 12/24-12/31: Holiday Break - offices closed
- 12/29: Cookie Rally

January

- 1/1: Girl Scout Cookie Program begins
- 1/18: Martin Luther King Jr. Day - offices closed

Check girlscoutsgwm.org for Summer Camp 2022 updates, including virtual camp tours, program details, and registration.



The Girl Scout Research Institute's *Girls Speak Out About Mental Health* (2020) spotlights

an issue that is pressing for all girls especially after the recent health crisis.

- 84% of girls are stressed about the future
- 82% of Gen Z report they are moderately or extremely stressed

For more on the report go to www.girlscouts.org/en/about-girl-scouts/research.html.

Girls change the world with highest awards!

Over 100 Girl Scouts across New Hampshire and Vermont have followed through on their vision for a better world, and are being honored by Girl Scouts of the Green and White Mountains at our Young Women of Distinction ceremonies, one held in Vermont in August, with two more to take place in New Hampshire in November.

What does it take to become one of these world changers?

- Daisies and Brownies learn the basics of what it means to be a good neighbor and how they can be helpful to others. This gives them the foundation they will need to earn the Bronze Award.
- Juniors earn the Bronze Award by teaming up with other girls to make a difference in their towns. Juniors in our council have built bat houses, helped animals, and improved a fitness trail.
- Cadettes earn the Silver Award by researching an issue, making a plan to address it, and then taking action to improve their communities. Cadettes in our council have fed the hungry, promoted reading, helped sick children's morale, and more.

Seniors and Ambassadors earn the Gold Award—the highest award in Girl Scouting—by developing and carrying out lasting solutions to issues in their neighborhoods and beyond. Gold Award Girl Scouts truly are the change-makers, rock stars, role models, and real-life heroes we all look up to. Plus, they're amazing candidates for colleges, scholarships, competitive internship programs, and exciting careers.



Troop Spotlight



Girl Scout Daisy Savannah got to visit with the kittens at Pope Memorial SPCA of Concord, NH, when delivering going-home bags for their adoptable cats. Savannah made scratching posts from recycled boxes and a booklet of what your cat needs and how to care for them. She also added in toys, bowls and other much needed cat items.



The Girl Scouts of Troop 51442 of Danville, VT, made and displayed pinwheels with messages of peace on the Danville Green as part of Pinwheels for Peace, a worldwide project to celebrate the International Day of Peace. Pinwheels for Peace is an art and literacy project which began with two art teachers in Florida as a way for students to express their feelings about what's going on in the world and in their lives. The project has grown from 500,000 pinwheels in 2005 to over four million in locations all over the world in 2019!



Cadettes, a Senior, and an Ambassador from Troop 30356 visited Clark's Trading Post on Scout Day, September 12.



Girl Scouts were able to enjoy a special night at a Fisher Cats baseball game earlier this month in Manchester, NH.

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

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



Alison Scheiderer took Girl Scout Troop 61345, who meet in Concord, NH, to visit the New Hampshire Enhanced 911 center in August. Alison said, "As a new troop, we have a lot of 'firsts' planned for the fall: apple-picking, a corn maze, bridging two of our girls to Brownies, touring the fire department, and learning from troop members about asthma and epilepsy to earn our Safety Awards, beginning to learn about engineering and making model cars at the SEE Science Center, among other things."

Visit our Mountain Top Shop

Bedford Store

Monday - Friday
9:30 a.m. - 1:00 p.m.,
1:30 p.m. - 5:00 p.m.

Additional Hours:

Late Wednesdays - open until 7:00 p.m.
December 8, 15, and 22

Saturdays - 10:00 a.m. - 2:00 p.m.
November 13 and December 14

Williston Store

Monday - Friday
9:00 a.m. - 1:00 p.m.,
1:30 p.m. - 4:30 p.m.

Additional Hours:

Saturday - 11:00 a.m. - 2:00 p.m.
November 6 and December 4

Williston Store is closed Mondays
in November and December.



Starting November 1, troops and/or families at any level of Girl Scouts can stop by either our Bedford or Williston store locations, during regular business hours to participate in self-guided activities in order to earn their My Promise, My Faith Pin. Stations will be set up with several fun activities, these activities will be provided free of charge. Once earned, the pins themselves can be purchased at the store.

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Upcoming activities



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."

Questions? Please contact Customer Care at customer care@girlscoutsgwm.org or 888-474-9686.

Brownies My Best Self Yoga - Online

December 1, 4:00 p.m.–4:45 p.m.

Led by Suzanne Brubaker, wellness studio owner and experienced children's yoga instructor, this class will focus on tools and techniques to be your best self! We'll move our bodies to stretch and strengthen, learn relatable relaxing and energizing breathing techniques, play games, and even do a little guided meditation. Earn your My Best Self badge (not included).

Price: \$10 per girl

A Winter Wonderland – An Immersive Escape Room Experience - Online

Daisy, Brownie
December 2, 6:00 p.m.–6:45 p.m.
Brownie, Junior
December 3, 6:00 p.m.–6:45 p.m.

It's a snowy winter evening when one of Old Man Winter's gingerbread men has been found crushed. Old Man Winter is devastated and will not let winter end until the mystery has been solved. It's up to you to figure out who did it. The longer we wait, the colder and darker winter gets. Can you help save winter before the sun disappears forever?

Price: \$20 per girl



Mechanical Engineering: Race Model Cars

Daisy, Brownie
December 4, 10:00 a.m.–1:00 p.m.
Vermont Institute of Natural Science –
Quechee, VT

Design, build, and race model cars. Explore friction, design a racetrack, and create a fair test to see which is fastest. Share results and brainstorm design improvements as you work towards the Model Car (Daisy) and Race Car (Brownie) Badges. After the hour-long program, you are invited to hike the trails, watch a live bird show, and visit the exhibits.

Price: \$20 per person

Badge Blast Space Adventure

Brownie, Junior, Cadette
December 9, 5:00 p.m.–7:30 p.m.
Bedford, NH
December 10, 5:00 p.m.–7:30 p.m.
Bennington, VT
December 11, 5:00 p.m.–7:30 p.m.
Thetford, VT

Explore the night sky and constellations through our eVscope telescope, create galaxy slime, make a solar system bracelet, and more! You'll complete badge activities from the Space Science, Snow Adventure, and Storytelling badges for your grade level.

Price: \$20 per girl

Girl Scout Ninja Challenge

Daisy, Brownie
December 11, 1:00 p.m.–2:00 p.m.
USA Ninja Challenge – Manchester, NH

Do you have what it takes to be a ninja? Learn how to build self-esteem, confidence, and a sense of accomplishment one obstacle at a time during this fun challenge course.

Price: \$20 per girl

Let's Make Chocolate Chip Cinnamon Rolls - Online

Daisy, Brownie, Junior
December 13, 4:30 p.m.–5:30 p.m.

Join Food Explorers to make Chocolate Chip Cinnamon Rolls! This yeast free recipe means you'll have Cinnamon Rolls in no time. You'll learn how to make the dough, roll it and slice into the perfect rolls.

Price: \$12 per girl

Cookie Rally in a Box

All ages
December 29, 5:30 p.m.–6:30 p.m.

Purchase your very own Cookie Rally a box with materials and activities to help you prepare for the upcoming cookie season.

Price: \$9 per girl

Animals in Winter: Protecting Habitats

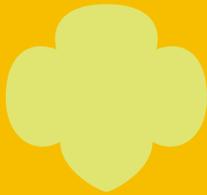
Daisy, Brownie, Junior
January 22, 10:00 a.m.–1:00 p.m.
Vermont Institute of Natural Science,
Quechee, VT

Learn about our animal neighbors and how to protect and help them when spending time outside. Observe outdoor spaces, investigate animal habitats, and practice protecting the environment as you work towards the Eco Learner, Eco Friend, or Animal Habitats Badge with your age group. Hike the trails, watch a live bird show, and visit the exhibits.

Price: \$20 per person

Check out the activity on back!

Shapes in Nature—an activity to do with your Girl Scout



Search for shapes in nature

Shapes are important parts of math. They're everywhere. You can find them in all kinds of things.

Natural objects are things from nature. These are things like plants, animals, mountains, lakes, sand, plants, and rocks.

When people go out in nature, they might write about or draw what they see. These kinds of writing are called **field notes**. You can make **tally marks** or lines to track what you see, too. You can count your tally marks to find out how many natural objects you saw in all.

Go on an outdoor scavenger hunt.

Go outside. Look for natural objects. Draw each thing you see. What shape is it? Add a tally mark for that shape in the "Shapes Tally Chart" provided.

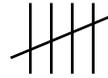
For more fun:

Search for shapes on a field trip to the zoo or a park.

Shapes Tally Chart

A tally mark is a line to help you count.

Five tally marks look like this:



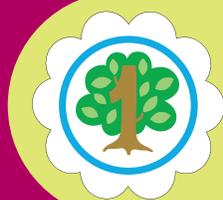
Shape	Draw what you saw	Tally what you saw
 Circle		
 Oval		
 Triangle		
 Square		
 Rectangle		

When you're done, count up the tally marks: _____

Which shape did you find the most of? _____

Which shape did you find the fewest of? _____

Did you find any other shapes? _____



Try it! This is one step from the Shapes in Nature badge for Daisies.

Explore the complete badge booklet at the Girl Scout Shop or in Volunteer Toolkit.

Not a Daisy? That's OK! You can still try this activity. Can you find any other shapes in nature?

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Upcoming activities

A Winter Wonderland – An Immersive Escape Room Experience - Online

Brownie, Junior
December 3, 6:00 p.m.–6:45 p.m.
Cadette, Senior, Ambassador
December 4, 6:00 p.m.–6:45 p.m.

It's a snowy winter evening when one of Old Man Winter's gingerbread men has been found crushed. Old Man Winter is devastated and will not let winter end until the mystery has been solved. It's up to you to figure out who did it. The longer we wait, the colder and darker winter gets. Can you help save winter before the sun disappears forever?

Price: \$20 per girl

Juniors Staying Fit Yoga – Online

December 8, 4:30 p.m.–5:15 p.m.

Led by Suzanne Brubaker, wellness studio owner and experienced children's yoga instructor, this class will focus on tools and techniques for Staying Fit, in both body and mind! We'll move our bodies to stretch and strengthen, learn relatable relaxing and energizing breathing techniques, and learn ways to keep our bodies moving, fueled, regulated and happy in a healthy way. Earn your Staying Fit badge (not included).

Price: \$10 per girl

Badge Blast Space Adventure

Brownie, Junior, Cadette
December 9, 5:00 p.m.–7:30 p.m.
Bedford, NH
December 10, 5:00 p.m.–7:30 p.m.
Bennington, VT
December 11, 5:00 p.m.–7:30 p.m.
Thetford, VT

Girls explore the night sky and constellations through our eVscope telescope, create galaxy slime, make a solar system bracelet, and more! You'll complete Badge activities from the Space Science, Snow Adventure, and Storytelling Badges for your grade level.

Price: \$20 per girl

Let's Make Chocolate Chip Cinnamon Rolls – Online

Daisy, Brownie, Junior
December 13, 4:30 p.m.–5:30 p.m.

Join Food Explorers to make chocolate chip cinnamon rolls! This yeast-free recipe means you'll have cinnamon rolls in no time. You'll learn how to make the dough, roll it, and slice into the perfect rolls.

Price: \$12 per girl

Cookie Rally in a Box

All ages
December 29, 5:30 p.m.–6:30 p.m.

Purchase your very own Cookie Rally a box with materials and activities to help you prepare for the upcoming cookie season.

Price: \$9 per girl

Who Done It?

Junior, Cadette
January 8, 10:00 a.m.–1:30 p.m.
Peabody Mills Environmental Center,
Amherst, NH

Be a crime scene investigator and use real CSI techniques to solve various "crimes". Earn your Detective or Special Agent badge (not included).

Price: \$16 per girl

Junior Maestros - In person or Online

January 17, 10:00 a.m.–12:00 p.m.
Manchester Community Music School,
Manchester, NH

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. Badge not included.

Price: \$20 per girl

Find Your Voice - In person or Online

Cadette
January 17, 12:30 p.m.–2:30 p.m.
Manchester Community Music School,
Manchester, NH

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. Work with a vocal instructor from Manchester Community Music School and earn your Public Speaker badge (not included).

Price: \$20 per girl

Animals in Winter: Protecting Habitats

Daisy, Brownie, Junior
January 22, 10:00 a.m.–1:00 p.m.
Vermont Institute of Natural Science,
Quechee, VT

Learn about our animal neighbors and how to protect and help them when spending time outside. Observe outdoor spaces, investigate animal habitats, and practice protecting the environment as you work towards the Eco Learner, Eco Friend, or Animal Habitats Badge with your age group. Hike the trails, watch a live bird show, and visit the exhibits.

Price: \$20 per person

STEAM Design & Engineering (Mechanical)

Junior, Cadette
January 22, 1:30 p.m.–4:00 p.m.
Dover, NH

Explore how things are made, how machines operate and other elements of forces and motion.

Price: \$23 per girl, \$10 per adult



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Focus on feelings—an activity to do with your Girl Scout



theirs. You'll each build a go-to source of comfort and learn a little about one another in the process.

Once you've gathered everything, decorate the box, and fill it with the things that could help you feel better when life gets hard. First, use the sheet of paper to write a list of simple activities that make you feel good—whether you love running and making art or playing with your pet and baking, write them all down. Once you're done, fold the paper and pop it in the box to remind yourself of healthy ways to deal with stress. Consider writing a pep-talk letter to yourself to remind you of your strength and resilience in tough times. You might want to include a small toy, book, photo of someone who inspires you, or other trinket that makes you happy. Keep your calm kit in a safe spot and know that it's there for you whenever you need a pick-me-up!

Nobody's happy all the time—nor should they be. Sadness, anger, and even frustration are all healthy, normal feelings that can help us understand our lives and make them better. Still, we all need a bit of comfort now and then to get us through. Take time to make “calm kits” with your family and then discuss what everyone put in

For each calm kit, you'll need:

- ▶ A shoebox or similarly sized box
- ▶ A few pieces of paper and something to write with
- ▶ Any art supplies you have around—construction paper, magazine pages, glue or tape, crayons, markers, stickers, etc.
- ▶ Two to three small personal items that are special to you but that you don't need every day.
- ▶ Anything else small and nonperishable that makes you happy.



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Highest Awards Webinar Gold - Online

November 4, 7:00 p.m. – 7:45 p.m.

The Gold Award is the Highest Award a Girl Scout can attain. A national award with national standards, it represents the time, leadership, creativity, and effort girls contribute to making their communities better. Join us for this webinar to brainstorm possible project ideas and ask questions about the steps needed to earn your award.

Price: Free

Senior Locavore Badge Series - Online

November 4, 7:00 p.m. – December 16, 7:00 p.m.

Herbivore - Carnivore - Omnivore - Locavore? Do you have what it takes to be a Locavore, minimize your food miles and eat foods grown locally whenever possible? Discover and enjoy the benefits of locally grown food. Join us to earn the Senior Locavore badge!

Price: \$12 per girl

Senior Sow What? Journey Thanksgiving Edition - Online

November 11, 7:00 p.m. – December 2, 7:00 p.m.

Seniors investigate the food network as you learn about food: how and where it's grown, harvested, processed, distributed, and consumed, and why it matters. As you engage in global issues of food and land use, this journey expands the notion of an environmental footprint into the realm of leadership. Share your findings with your family around the Thanksgiving table.

Price: 20 per girl

Astronomy Club - Online

November 11, 7:00 p.m. – 8:30 p.m.

This leadership opportunity lets you meet other Girl Scouts who are interested in Astronomy and Space Science; connects you with astronomers and scientists as well as local amateur astronomers; and you'll design and lead activities for younger Girl Scouts to encourage them to explore astronomy.

Price: \$20 per girl

Senior and Ambassador Bio-Fabrication Patch - Online

December 1, 5:00 p.m. – 7:00 p.m.
December 8, 5:00 p.m. – 7:00 p.m.

Have fun with Science as you discover the interesting world of Biofabrication with our new ARMI BioFab USA Patch program! You will learn about cells and DNA, decellurization and 3D printing, what makes something alive, build an edible model of a cell, experiment with yeast, and bake a loaf of bread.

Price: Free

Senior and Ambassador: Think Like an Engineer

December 4, 9:00 a.m. – 12:00 p.m.
Salem, NH

Begin your journey to Think Like an Engineer and find out how engineers use design thinking to solve problems as you visit a fast-paced manufacturing environment and help solve some engineering challenges. Work with a group of engineers and produce solutions that speed up production and show customers quick turn capabilities. You can design a fixture on our modeling software that we can then print in 3D for you to take home.

Price: \$7 per person

A Winter Wonderland – An Immersive Escape Room Experience - Online

Cadette, Senior, Ambassador
December 4, 6:00 p.m. – 6:45 p.m.

It's a snowy winter evening when one of Old Man Winter's gingerbread men has been found crushed. Old Man Winter is devastated and will not let winter end until the mystery has been solved. It's up to you to figure out who did it. The longer we wait, the colder and darker winter gets. Can you help save winter before the sun disappears forever?

Price: \$20 per girl

Girls Rock The Capitol

December 11, 9:00 a.m. – 3:00 p.m.
Thetford, VT

Become a legislative intern in VT or NH! You'll be paired with a female legislator who will mentor you through attending legislative sessions as you work side-by-side on issues that will impact the future of your state. Fill out the application at bit.ly/grtc_application before November 18, 2021. Girls who are accepted into GRTC will need to complete registration and pay the program fee. Financial assistance available to qualified applicants.

Price: \$125 per girl

Cookie Rally in a Box

All ages
December 29, 5:30 p.m. – 6:30 p.m.

Purchase your very own Cookie Rally a box with materials and activities to help you prepare for the upcoming cookie season.

Price: \$9 per girl

Check out the activity on the back!



Ready, Set, Goals!

What do you want to be, do, or know more about? Fill in the first column of this chart with three ideas—dream big!—then ask your troop leader or another adult to help you find Girl Scout badges or awards to earn that can help you reach your dreams. Those go in the second column. Check out [girlscouts.org/badgeexplorer](https://www.girlscouts.org/badgeexplorer) to see all the different things you could try. Reaching your target has never been so fun.

I want to...	This can help
1.	
2.	
3.	

Are you ready to take on the ultimate challenge?
Inspired to make a difference in your community?
Earn the Girl Scout Gold Award.

Visit gogold.girlscouts.org to get started or girlscoutsgwm.org for upcoming webinars.