



# WELCOME TO CAMP LIVEGIRL!

**Week 1:** Unapologetically Me! | July 6-9

**Week 2:** It's All Good in the Sisterhood | July 12-16

**Week 3:** Speak Up: Using Your Voice For Good | July 19-23

**St. Luke's School**

377 N Wilton Rd  
New Canaan, CT 06840

BUILDING CONFIDENT LEADERS

# WELCOME LETTER



Dear LiveGirl,

Wow! We're so excited to be back for IN-PERSON camp! This summer will be our 7th annual Camp LiveGirl. Inside this packet is everything you need to know about this year's camp.

Founded in 2014, LiveGirl, Inc. is a Connecticut-based nonprofit organization that builds confident, inclusive leaders. Our mission is to prepare the next generation of diverse, brave female leaders with the skills, community, and connections so that ALL girls may thrive and make a positive impact on the world.

We teach girls to ...



LIVE YOUR TRUE SELF



LIVE BRAVE



LIVE KIND



LIVE YOUR POWER

Camp LiveGirl sets a course for girls to become confident, inclusive leaders in a fun, team-based environment. Our evidence-based BRAVE LEADERS ACADEMY provides impactful inclusive leadership development, while our team-based activities, fierce female role models & STEM designLab inspire!

## **\*Important\***

Please email [Alison@golivegirl.org](mailto:Alison@golivegirl.org) for your payment status. Payment and current health physical must be received in order for your daughter to attend camp. (Physicals may be hand-delivered the first morning of camp.)

*Alison Waller*

*LiveGirl Program Director & Camp Director*



# COVID-19 PROTOCOLS

PLEASE READ CAREFULLY

Dear Camp LiveGirl Parents and Guardians,

We can't wait to start Camp LiveGirl! Before camp starts, I wanted to share some important COVID-19 safety protocols.

Camp LiveGirl will continue to adhere to all [CDC](#) and [OEC](#) guidelines for COVID safety and prevention related to schools and youth camps.

Before arriving at camp each day, families must complete the [CDC Coronavirus Self-Checker](#) for each child attending. (Please note, even if your child is vaccinated, we ask that you complete the self-check.) If the self-check recommends testing, please contact [COVID@golivegirl.org](mailto:COVID@golivegirl.org) immediately so that we may prepare for contact tracing should you receive a positive test result. Your child's temperature will be checked each morning upon arrival at Camp LiveGirl. If her temperature is 100 or above, she will be sent home with parents responsible for transportation.

In the event of a positive test, the family must notify [COVID@golivegirl.org](mailto:COVID@golivegirl.org) immediately. LiveGirl will then conduct contact tracing to determine anyone who may be considered a close contact and send an email to families who need to quarantine. All close contacts will be asked to quarantine for seven days from the date of last contact with a negative PCR test taken on or after the 5th day of potential exposure. Quarantine is not required if your child is vaccinated. Please fill out our COVID Questionnaire [HERE](#) ASAP if you have not already. We will not share the names of or health information about any campers.

In the event that your unvaccinated daughter is contact traced and requires quarantine, she will be able to participate in a remote session of Camp LiveGirl's "Brave Leaders" Academy from 9am-12pm. Unfortunately, it is not possible to participate in designLab/afternoon activities remotely. We will therefore refund \$30 per afternoon of quarantine. Any additional refunds will be issued on a case-by-case basis.

All faculty, staff, and counselors will wear a mask and practice physical distancing at all times indoors (except while seated at partitioned tables during lunch) regardless of vaccination status.

Faculty, staff, counselors, and student-participants may remove their masks while outside. However, masks will be required outside during activities involving close contact with unvaccinated individuals and in large group settings. (Please note, if you prefer to have your child masked at all times, even when outdoors and distanced, they may do so.)

Camp LiveGirl is doing everything possible to make camp, safe, fun, and memorable for all our participants. Thank you for your kindness as we continue to navigate these unusual times. If you have any questions regarding our COVID-19 safety protocols please do not hesitate to contact me.



*LiveGirl Program Director & Camp Director*

[Alison@golivegirl.org](mailto:Alison@golivegirl.org)

# 'BRAVE LEADERS' CURRICULUM

Brave Leaders Academy is where we really dig into the LiveGirl pillars: Live Brave, Live Kind, Live Your True Self, and Live Your Power.

On most days there will be a guest speaker at Brave Leaders Academy.



## ACADEMY LAYOUT

1. Teams start with a discussion question based on the day's topic and theme.
2. Teams move to the corresponding topic application in their Camp LiveGirl activity book.
3. Teams will do an application with a "get up and move" activity where they will take part in confidence-boosting games.

### live BRAVE

Embody resilience and perseverance to overcome obstacles; stand up and speak out for what you believe in.

### live KIND

Connect positively with yourself and others and have a positive impact on the world around you.

### live YOUR TRUE SELF

Love yourself, believe in yourself, and embrace your original, unique self.

### live YOUR POWER

Identify and leverage your inner powers; activate and self-empower to change the world.



# TYPICAL SCHEDULE

9am - 4pm



## CAMP LIVEGIRL 2021 DAILY SCHEDULE

8:45-9am | **Check-In**

9am | **Camp Team Icebreakers**

9:30am-12pm | **Brave Leaders Academy**

*Some days will have a guest speaker*

12-12:30pm | **Lunch**

12:30-3:30pm | **designLab OR Games & Recreation**

3:30-4pm | **Team Time**

### **As per the Camp LiveGirl Waiver:**

Camp LiveGirl participants will be supervised at St. Luke's School from 8:45am drop off through 4pm dismissal.

After dismissal (4:00pm) - Parents and Guardians are responsible for camper. LiveGirl Staff, High school counselors, and volunteers are no longer responsible for your child. Please be prompt with pickup.

# DESIGNLAB OVERVIEW



## **Week 1: Create**

In the designLab we can become inventors, carpenters, engineers and designers. This class is designed to allow our youngest students to tinker with tools and gadgets in order to understand the foundation of basic woodworking. In this safe and encouraging environment, students will get a safety overview and hands on experience building with wood. Each student will create a plan, build and assemble their projects, and learn about simple machines. Materials are provided for this one week, afternoon course.

## **Week 2: Virtual Reality**

This exploration of virtual reality is led by St. Luke's designLab teacher Kimberly Gerardi. Campers will learn how to draw and render for virtual reality. We will discover that our sketches and illustrations can become fantastic virtual environments. For those who love to draw and color, and for those who love to use the computer to create works of art, there is something for everyone in this afternoon activity. Campers can unlock the secrets to creating virtual reality and be thoroughly amazed at how their worlds can captivate others. Everyone can easily turn their drawings and stories into virtual destinations.

## **Week 3: Coding**

Girls Who Code is an International non profit organization working to close the gender gap in the technology field. This program is led by St. Luke's teacher Kimberly Gerardi and we will learn how to code through creative projects such as app invention, quizzes and puzzles. Each lesson has a workflow that allows students to zoom in on aspects of the projects that are meaningful to them. Students can collaborate or work independently on coding projects. Lessons range from one hour projects to sophisticated applications, so there really is something for everyone regardless of experience. Beyond our camp experience, Girls Who Code offers students the opportunity to stay connected with the network of girls and women as they grow in STEM and computer science. All girls, and those who identify as girls are welcome in grades 4-8. We can accommodate multiple skill levels in one camp.

# DESIGNLAB

Notes from our designLab Teacher

## WEEK 1

Dear Parents and Guardians,

We are so happy to be in person for camp this summer and to partner with Camp LiveGirl at the St. Luke's designLab. I wanted to reach out to remind you that the camp for week one includes a woodworking class in the afternoons at least twice in the week.

**Please go over the included safety checklist with your child, and have them initial each line. At the bottom please sign the agreement.**

### SAFETY AGREEMENT

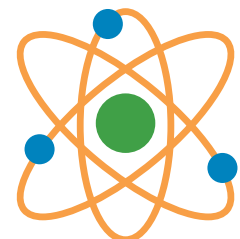
If you cannot print this at home, please make sure you sign this upon drop off on Tuesday July 5th. OR, make a copy of the google document and initial and sign the copy and email it back to me ([gerardik@stlukesct.org](mailto:gerardik@stlukesct.org)). You must make a copy of this document if you want to edit the document.

Thank you so much for prioritizing safety first! I look forward to working with your child in the designLab.

Best,

*Kimberly Gerardi*

designLab Teacher, St. Luke's School





# DESIGNLAB

Notes from our designLab Teacher

## WEEK 2

Dear Parents and Guardians,

We are so happy to be in person for camp this summer and to partner with Camp LiveGirl at the St. Luke's designLab. I wanted to reach out to make sure you are aware that the camp for the week of July 12th will include the need for computers in the afternoon. Campers will use the program Cospaces Pro to design virtual environments in 360 view for virtual reality.

This is a web based program and nothing will be installed on your/your child's computer. **It would be very helpful for your child to bring a computer or Chromebook with them if they have one.** If they do not have a computer or Chromebook, please let Camp LiveGirl know ASAP ([camp@golivegirl.org](mailto:camp@golivegirl.org)).

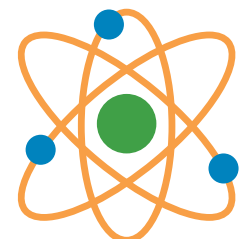
There are a limited amount of computers available to loan for the week so it will be on a first come first served basis. Let us know if you need to reserve a computer for your child for the week and we will do our best to provide one.

I look forward to working with your child in the designLab.

Best,

*Kimberly Gerardi*

designLab Teacher, St. Luke's School



# DESIGNLAB

Notes from our designLab Teacher

## WEEK 3

Dear Parents and Guardians,

We are so happy to be in person for camp this summer and to partner with Camp LiveGirl at the St. Luke's designLab. I wanted to reach out to make sure you are aware that the camp for the week of July 19th will include the need for computers in the afternoon. Campers will use the platform Girls Who Code HQ and will need to create a login for this class. If you do not have a computer we will make every effort to provide a loaner computer for the week. We have a limited amount of loaners so please reach out to us ([camp@golivegirl.org](mailto:camp@golivegirl.org)) if you need a computer for camp.

**Before you start camp please follow the steps below at home.** If you cannot do this at home, please reach out to us and we will help get your child registered.

Here are the steps to get registered for our class in the girls who code platform.

1. You will go to [hq.girlswhocode.com](http://hq.girlswhocode.com) to sign up. Once you click sign up it will ask your country which is the United States. You will need to enter a parent email at the top of the next screen.
2. Then directly under your parent email create YOUR USER NAME AND PASSWORD. This is the camper's username and password NOT your parent's username and password to their email.
3. They will ask you for a class code which is CT36424. If you are in grade 4 your code is CT36423.
4. Once you sign up for that class you will be asked if it looks familiar. Our class is at St. Luke's School and my name is Kimberly Gerardi.

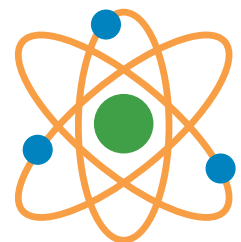
That is all you need to do!

They ask demographic information after you sign up so that they can continue to reach more students who have all kinds of different ethnicities and socio-economic backgrounds.

I look forward to working with your child in the designLab! Thank you for your support in getting your child registered.

Best,

*Kimberly Gerardi*  
designLab Teacher, St. Luke's School



# KEYNOTE SPEAKERS

## ALYSON GERBER

Bestselling Author

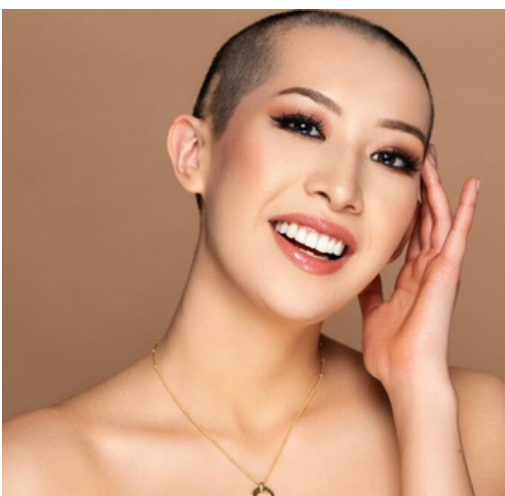


Alyson Gerber is the author of the critically-acclaimed novels *Taking Up Space*, *Focused*, and *Braced* published by Scholastic. She has an MFA from The New School in Writing for Children and lives in New York City with her family. Follow her on Twitter and Instagram @AlysonGerber.

*Braced*, *Focused*, and *Taking Up Space* are all Junior Library Guild Gold Standard Selections. *Braced* received three starred reviews and has been nominated for state book awards in Oklahoma, Indiana, New Hampshire, Virginia, South Dakota, and Georgia. *Focused* was picked as a best book of year by The Today Show, Kirkus Reviews, and *A Mighty Girl* and has been nominated for state book awards in Rhode Island, Oklahoma, and Michigan. Alyson's latest novel, *Taking Up Space*, based on her experience with disordered eating, will be published on May 18, 2021. *Taking Up Space* will help readers recognize how much they matter and see that if something negative is taking up space in their minds, even if there isn't a name for it, they should ask for help.

## RENEE REYES

Miss Stamford USA 2021



Renee Reyes uses her platform as a way to spread awareness about alopecia and to change today's beauty standards for the better.

Reyes was born in Cincinnati, Ohio, but she currently lives in Stamford, Connecticut. Inspired by her mother's past as a beauty pageant contestant, Reyes entered Miss Teen Connecticut 2015, where she was a semi-finalist. Then, in 2018, she started to notice the first signs of her alopecia.

She hopes to win Miss USA and Miss Universe, which would give her an even grander platform to spread alopecia awareness. Reyes is looking to establish her own non-profit volunteer organization for alopecia awareness.

As a representative of her community, Reyes is expected to participate in community service and outreach. Currently, she is organizing a diaper drive to collect supplies for struggling families in Connecticut. She says her new title gives her a responsibility to give back and speak out.

Reyes is also studying horticulture at the New York Botanical Garden. As a child, her fascination with dinosaurs and paleontology blossomed into a passion for botany. The current owner of over 200 plants, she works in interior horticulture, but she plans to pursue research going forward.



# KEYNOTE SPEAKERS

## ALEXANDRA TERRY

Professional Ballerina



Alexandra grew up in New Canaan, CT. She began her dance training at New England Academy of Dance and then in her high school years she attended Ellison Ballet Professional Training Program. After two years, Alexandra began private training and then attended San Francisco Ballet School with a merit scholarship. She danced with Ballet West's second company for three years. She returned to the New York/Connecticut area for freelance dance work and began teaching at New England Academy of Dance and coaching dancers for competitions. She was also named one of Dance Spirit Magazine's top ten up and coming black ballerinas.

## CLAIRE AYOUB

Writer/Director



Claire Ayoub is a writer, director, and producer who creates empowering, educational, and entertaining content for women and girls through her production company, Try Anyway Productions. Claire launched her career in NYC's comedy scene as a member of the Upright Citizens Brigade Theater before writing for Amy Poehler's *Smart Girls* and creating two web series: "A Series of Comebacks" (2015) and "Your Hair Looks Great Today" (2018).

Claire is currently in pre-production for her debut feature *EMPIRE WAIST*, a comedy about teen girls learning to love their bodies through inclusive fashion design. Ranked the #1 Comedy on *The Black List* and a Comedy Finalist for the 2019 PAGE Awards, *EMPIRE WAIST* will be Claire's feature directorial debut. Most importantly, it's the film Claire wishes she had seen as a teen girl.

# KEYNOTE SPEAKERS

## SHERI WEST

LiveGirl Founder & CEO



Sheri West has a passion for equality & inclusion and over 25 years of corporate and leadership development experience. She is the Founder, CEO & Chairperson of LiveGirl, a nonprofit organization that builds confident, inclusive leaders. Prior to LiveGirl, Ms. West spent 16 years as a finance executive at General Electric Co., a multinational company, where she was instrumental in its Women's Network and taught leadership development courses at the GE Management Development Institute. In 2014, she founded LiveGirl to "pay it forward" and prepare the next generation of diverse, female leaders. Sheri regularly speaks on a wide range of topics relating to women's leadership and co-hosts the Confident Podcast with her 17-year-old daughter. She was recently featured in the NY Times, CBE Journal, and at the Yale Women's Leadership Launch. Her honors include being named "Best Friend to Girls" by Moffly Media, Community Champion by the Boys and Girls Clubs of America, "Connecticut's Most Philanthropic Women" by Serendipity Magazine, a "Woman Empowering Women" by the Rowan Center, and a "Woman Of Inspiration" by CWEALF. Her education includes a BA Finance and Masters of Leadership Development from Michigan State University. She is married with three children (ages 20, 17, and 14) and lives in New Canaan, Connecticut, where she is actively involved in the community and serves on the New Canaan Public Schools Board of Education.

## DR. JACKQUELINE MCLEAN

Dentist



Dr. McLean's ultimate career goal is to truly enjoy her profession on a daily basis while improving the lives of her patients. Her passion and constant drive to do the best that she can for her patients sets her apart. After graduating from Boston College she attended New York University College of Dentistry where she was honored with The Academy of Pediatric Dentistry Award. Dr. McLean received her Doctorate of Dental Surgery (DDS) in 1996 and continued her post graduate training in Dentistry at Bronx Lebanon hospital in New York. She remained for a second year to attain a certification in Infectious Diseases. For over 20 years, her membership with the ADA ( American Dental Association) & CSDA ( Connecticut State Dental Association) has allowed her to stay abreast of the current changes in the field while attaining the necessary knowledge to deliver quality state of the art care.

Dr. Jackque - commonly called by the children - has shared her knowledge and passion for dentistry locally for the last ten years in the Stamford public schools and in the Caribbean on numerous mission trips. She says, "It's indeed a blessing to be able to help those less fortunate."

# KEYNOTE SPEAKERS

## STEPHANIE THOMAS

Connecticut State Representative



Stephanie is a small business owner who has spent three decades as a fundraising consultant advising and problem solving for nonprofit organizations. She has first-hand experience with the working poor, homeless, disadvantaged students, and many others left behind when government fails to strengthen all its members. A natural leader and consensus builder, Stephanie is prepared to be a champion for everyone to build a stronger, fiscally solvent, and more equitable Connecticut.

As your state representative, Stephanie will be proactive and fight for legislation to protect voting rights, gun safety, affordable healthcare, a woman's right to choose, environmental protections, and affordable college.

Stephanie is no stranger to hard work. Growing up poor, she helped to support her family and worked to put herself through NYU and has a Masters in Nonprofit Management. Stephanie lives with her husband Greg in Norwalk and is a member of the Democratic Town Committee.

## BRENNYN LARK

Broadway Star, Actress and Singer



Brennyn Lark is an NYC-based actress/singer.

She has appeared in a range of productions, including performing as Eponine in Broadway's revival of *Les Miz*, Deena Jones in the West End's *Dreamgirls*, and season 3 of *The Marvelous Mrs. Maisel*. Alongside performing, Brennyn is passionate about extending her insight and abilities to that of transforming the next generation of young artists and performers.

Her newly-launched services not only involve refining a performer's acting, singing, and audition technique, but also range across uncovering and unlocking their potential, and stepping into their authenticity and - essentially - their power.



# FREQUENTLY ASKED QUESTIONS



## **LOCATION**

St. Luke's School  
377 N Wilton Rd  
New Canaan, CT 06840

Pick up and drop off is at the MAIN ENTRANCE up the hill. Drive past the athletic center and pick up and drop off is at the main entrance.

On the first day of each week, counselors will be outside to greet parents and campers.

## **CHECK-IN/DISMISSAL**

Check-in begins at 8:45am daily. Campers should arrive no later than 8:55 am.

Camp will begin promptly at 9am and will be dismissed at 4pm.

Parents/guardians are responsible for their child upon dismissal.

## **WHAT TO WEAR/BRING**

Campers should wear comfortable athletic clothing and sneakers to camp. Campers will be given a t-shirt upon arrival that must be worn to camp every day. A nutritious lunch and snacks will be provided daily. (If your daughter has any dietary restrictions, please review our online menu and bring a brown bag lunch from home, as needed.)

Campers must bring a refillable water bottle marked with name.

## **COUNSELORS/MENTORS**

We have an amazing, diverse group of high school camp counselors/mentors coming in from local high schools.

These talented, young women will inspire you and are excited to meet our campers!

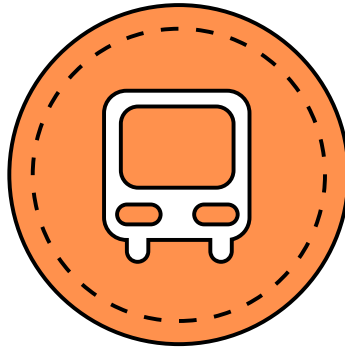
## **CELL PHONE POLICY**

LiveGirl is a "device-free zone" and we will collect cell phones at check-in. If an emergency arises during the camp day, please call us at (475) 889-3306.

## **WEATHER**

Camp will be held rain or shine.

# TRANSPORTATION INFO



For those registered for transportation, please note the following schedule.  
**Campers must arrive 10 minutes before bus departure time.**

<b>Location</b>	<b>Address</b>	<b>Pick-Up</b>	<b>Drop Off</b>
Stamford	<b>Stamford Boys &amp; Girls Club</b> 347 Stillwater Ave, Stamford, CT 06902	8:15am	4:45pm
Bridgeport	<b>Wakeman Boys &amp; Girls Club</b> 2414 Fairfield Ave, Bridgeport, CT 06605	8:00am	5:00pm
Stamford	<b>Stamford Boys &amp; Girls Club</b> 347 Stillwater Ave, Stamford, CT 06902	8:15am	4:45pm

## NOTE

Parents & Guardians - please wait with your child until bus pick up.  
The buses will depart promptly and will not wait for latecomers.  
Return times are approximate and will depend upon traffic.

# CAMP MENU



<p><b>DAILY SNACK: PRETZELS</b></p>	<p><i>July 6</i></p> <p><i>Roast Turkey Sub Sandwich Potato Chips Cole Slaw</i></p>	<p><i>July 7</i></p> <p><i>Barbecue Chicken Legs Smashed Potatoes Steamed Broccoli</i></p>	<p><i>July 8</i></p> <p><i>Ham and Cheese Sub Sandwich Fritos Macaroni Salad</i></p>	<p><i>July 9</i></p> <p><i>Pizza Day Cheese Pizza Pepperoni Pizza Caesar Salad</i></p>
<p><i>July 12</i></p> <p><i>Beef Hamburger French Fries Toppings Bar Garden Salad</i></p>	<p><i>July 13</i></p> <p><i>American Combo Sub Sandwich Potato Chips Cole Slaw</i></p>	<p><i>July 14</i></p> <p><i>Baked Mac &amp; Cheese with Sautéed Zucchini</i></p>	<p><i>July 15</i></p> <p><i>Chicken Salad Sub Sandwich Fritos Cole Slaw</i></p>	<p><i>July 16</i></p> <p><i>Beef Hot Dogs Roasted Potatoes Sautéed Zucchini with</i></p>
<p><i>July 19</i></p> <p><i>Penne Pasta Marinara Sauce Sautéed Green Beans Garlic Bread</i></p>	<p><i>July 20</i></p> <p><i>Tomato Soup Grilled Cheese Sandwich Garden Salad</i></p>	<p><i>July 21</i></p> <p><i>Barbecue Chicken Legs Smashed Potatoes Steamed Broccoli</i></p>	<p><i>July 22</i></p> <p><i>Roast Turkey Sub Sandwich Potato Chips Cole Slaw</i></p>	<p><i>July 223</i></p> <p><i>Pizza Day Cheese Pizza Pepperoni Pizza Caesar Salad</i></p>



# CAMP CHECKLIST

- [Payment submitted online](#)
- Submit physical forms [HERE](#)
- [COVID-19 questionnaire](#) completed
- designLab agreement sent to [gerardik@stluquesct.org](mailto:gerardik@stluquesct.org)
- \*ASAP\* Inform LiveGirl staff if your daughter needs a loaner laptop for weeks 2 or 3 of camp. Laptops will be distributed on a first come - first serve basis.
  - Email us at [camp@golivegirl.org](mailto:camp@golivegirl.org)
- **Get ready for fun!**

*All checklist items must be completed before camper's first day.*



# KEEP CALM AND CAMP ON



## QUESTIONS?

Email [info@goLiveGirl.org](mailto:info@goLiveGirl.org) or  
call us at (475) 889-3306

LiveGirl  
237 Elm Street  
New Canaan, CT 06840

