

The Crumbler

Newsletter created for Girl Scouts, by Girl Scouts.

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Girl Scout Word Search

H Z S N M G Z P N B O H G L P
J Q B H N V H V G C O N U E A
L V W I D E I K O N O F M V S
Q L R T L B O U E R T N C I S
E A U P O Q R S T H N K N T I
C A F U B A T S G E E G R A O
A U T U G Z O U S Q D L I E N
L L J E P V O I K G I Y A R A
J C O T R H W Q K D F I F C T
D U I Y T E F R I E N D L Y E
S A Q N A Q D B L I O I F E Y
N M H X J L H A I N C R K N C
D E T O E T A R E D I S N O C
E L B A T P A D A L Q Q S E H
X K N X T R U S T W O R T H Y

Adaptable	Bold	Caring
Confident	Considerate	Courageous
Creative	Fair	Friendly
Helpful	Honest	Kind
Leader	Loyal	Passionate
Strong	Thoughtful	Trustworthy
Wise		

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Meet the 2024 Girl Advisory Team



The GSHH Girl Advisory Team (GAT) is a group of 9th-12th grade Girl Scouts who are selected through a competitive application and interview process to work with Girl Scouts Heart of the Hudson staff and serve as the voice of our girl members from throughout the GSHH footprint.

GAT members work on key projects and initiatives, provide program recommendations, and host older-Girl Scout events. Over the year, these Girl Scouts create change, develop their leadership skills, and gain professional development.

Applications for the Girl Advisory Team open every summer for rising Senior and Ambassador Girl Scouts.

Teens Take the Lead on Mental Health: the 9th Annual Teen Leadership Conference

By Natalie-Olivia C. & Sophia K.

February 10, 2024 was the day when our hard work finally paid off! The 9th Annual Teen Leadership Conference: Mental Health and You, co-hosted by Pace University, was a success. Helen Wronski, the interim CEO of Girl Scouts Heart of the Hudson, opened the conference by sharing an inspiring message with the Girl Scouts about how no one looks like the challenges they face. Her message encouraged girls to be kinder and more open-minded as they started their day at the event. It was important for this conference to be focused on mental health because a lot of girls struggle to discuss their mental health issues and, instead, deal with their problems quietly. Girl Scouts is a place of sisterhood and support and we wanted to make sure that our conference fully depicted that.



The conference was open to all girls in grades 6 through 12.

Girl Scouts were able to choose which sessions they wanted to spend their time at. The options included a college campus tour and three badge-earning sessions. The badge-earning sessions were the Science of Happiness, Senior Women's Health, and the Ambassador College Knowledge.



We led the Science of Happiness session. The session was designed to give girls a space to decompress, relax, and reflect on the things that make them truly happy. If they didn't have an idea of what truly made them happy, we provided them with suggestions of things that are scientifically proven to raise people's serotonin, including starting a bliss box, starting a gratitude journal, and creating a mood board.

Bliss boxes and gratitude journals have been proven to increase people's happiness levels because when people reflect on good things that have happened in their lives, it gives them a more positive outlook on the future. Creating a mood board also contributes to happiness because it gives people things to look forward to and helps people envision their futures better. At the end of the day, the girls all received badges that correlated with the workshop they participated in.

One major highlight of the conference was the National Convention panel. This panel showcased six Girl Scouts who were selected to attend the National Girl Scout Convention in Orlando, Florida in July 2023. The experience allowed the girls to engage in business meetings and participate in Girl Scout events with girls from all over the world. The girls who were selected to be a part of the Convention shared their thoughts and experiences about the event at our conference. This allowed other Girl Scouts to learn more about something they could be a part of in a few years.

Planning and running this event was a great experience that we enjoyed being a part of. It was fun to work on our leadership and organizational skills. This event made us so proud to be a part of our Girl Advisory Team. Being on the team allowed us to put together this successful event and rely on other members of our team to help us out in times when we needed the support.



Girl Scouts created bliss boxes and gratitude journals in the Science of Happiness session, run by Girl Advisory Team members Natalie-Olivia and Sophia.



Sophia helped Girl Scouts identify things that make them happy in her Girl Advisory Team-led session.



National Convention attendees shared their experiences on a panel.

Achieving the Gold Award, the Highest Award available in Girl Scouting

Girl Scouts Heart of the Hudson proudly recognizes the 65 members of the 2024 Girl Scout Gold Award class who earned the highest award in Girl Scouting, the Gold Award. Gold Award Girl Scouts make positive impacts on our local communities by addressing some of our most pressing issues, including mental health, disability issues, environment and sustainability, poverty, and more.

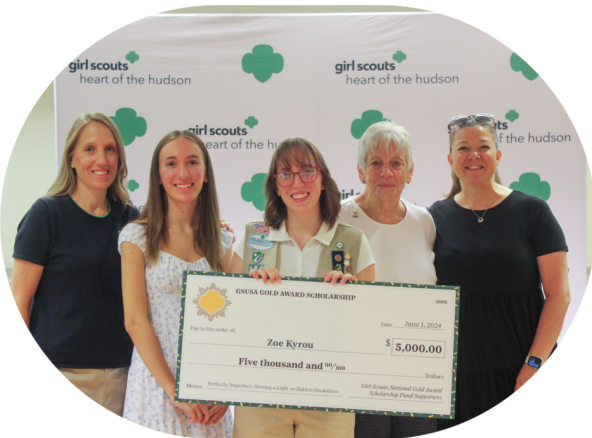
Gold Award Girl Scouts become innovative problem-solvers, empathetic leaders, confident public speakers, and focused project managers. They learn resourcefulness, tenacity, and decision-making skills, giving them an edge personally and professionally. As they take action to transform their communities, Gold Award Girl Scouts gain tangible skills and prove they're the leaders our world needs. The 2024 Gold Award Girl Scout class identified issues in their communities, took action, and found or created solutions to earn their Gold Awards, addressing real-life problems such as environmental sustainability, racial justice, mental and physical well-being, and gender inequality in STEM. The 2024 Gold Award Girl Scouts demonstrate the breadth of issues American teens feel are most prevalent in society today.



According to recent research, Gold Award Girl Scouts are more likely to fill leadership roles at work and in their personal lives and are more civically engaged than their non-Girl Scout peers. Eighty-seven percent (87%) of Gold Award Girl Scouts agree that earning their Gold Award gave them skills that help them succeed professionally. Seventy-two percent (72%) said earning their Gold Award helped them get a scholarship. Changing the world doesn't end when a Girl Scout earns her Gold Award. Ninety-nine percent (99%) of Gold Award Girl Scout alums take on leadership roles in their everyday lives.



2024 GSUSA Gold Award Scholarship Winner Zoe presented at TEDxGoshen for part of her Gold Award project.



Zoe recieved her scholarship check at our Montgomery location with her family and loved ones.

This year, GSUSA's 111 councils were each provided the opportunity to select one of their outstanding Gold Award Girl Scouts to each receive a national \$5,000 scholarship, made possible by the Kappa Delta Foundation and many generous individual donors. The GSUSA Gold Award Scholarship recognizes one outstanding Gold Award Girl Scout per council whose project exemplifies the core components of the Gold Award. Gold Award Girl Scouts who were high school seniors or recent high school graduates were able to apply for the 2024 GSUSA Gold Award Scholarship. There were many amazing submissions, but we had to make a difficult decision to choose just one.

Zoe Kyrou, from Goshen Sarah Wells Troop 184, was selected as GSHH's recipient of the 2024 GSUSA Gold Award Scholarship of \$5,000!

Her outstanding Gold Award project, "Perfectly Imperfect: Shining the Light on Hidden Disabilities," demonstrated measurable and sustainable impact and addressed an issue of national and/or global significance, proving that Girl Scouts of courage, confidence, and character truly do make the world a better place. Her accomplishments will endure for generations to come and serve as a powerful example of Girl Scouting in action.

GSUSA is thrilled to extend the \$5,000 scholarship through 2028! High school Girl Scouts who earn their Gold Award can apply for this scholarship in their senior year.

Building STEM Careers: PepsiCo Million Women Mentors Program

On Tuesday, February 27, 2024, Ambassador Girl Scout Julia from Troop 1991 organized an event to bring girls from Ardsley High School to meet with PepsiCo technology employees. They had the opportunity to ask the software engineers about their lives as women in STEM, and how to break into the tech world. All of the girls learned invaluable life lessons--including how technology and code is integrated into everything we do.

For the last two years, Julia has worked with PepsiCo mentor Kelsey, the Director of IT Strategy and Technology at PepsiCo's facility in Purchase. GSHH is proud of Julia for using this opportunity to grow as a young professional and share her knowledge and resources with other girls and future STEM professionals at her school!



Left to Right: Mentor Kelsey, Girl Scout Julia, and Girl Scout staff Meghan at the Ardsley High School STEM futures panel.

This was all made possible due to the Million Women Mentor Program, which pairs high school Girl Scouts with a PepsiCo mentor for advice and an insight into the girls future careers. The goal of the Million Women Mentors program is to create a network dedicated to encouraging girls and women to pursue, persist, and succeed in STEM careers. Million Women Mentors trains STEM professionals on how to work with college and high school aged students and help them feel confident enough to pursue their career goals.

In order to ensure our Girl Scouts have the skills they need to succeed, as well as the mentors and networking opportunities to help them enter the field of their choice, Girl Scouts Heart of the Hudson partners with PepsiCo and the Million Women Program. We connect Senior and Amabassador Girl Scouts with STEM professionals in fields such as research and development, information technology, engineering, and finance. Through this partnership, Girl Scouts learn about career opportunities available to them, receive guidance on college decisions, and build a

connection with a person who can support them--and cheer them on--through the rest of their career.

For the 2023-2024 school year, 16 Senior and Ambassador Girl Scouts participated in the Million Women Mentor Program.



Girl Scouts hear from PepsiCo staff about how STEM plays a key role in the development and production of PepsiCo products.



Right: Group photo the 2024 Million Women Mentors Girl Scout class.



Interested in getting involved?

If you want more information on:

- Higher Awards,
- Gold Award scholarship opportunities,
- Teen Leadership Conference,
- Girl Advisory Team, or
- PepsiCo Million Women Mentors program,

email membercare@girlscoutshh.org or call 1-855-232-4744 (GSHH).

Upcoming Programs: 2024-2025

Girl Scouts Heart of the Hudson offers programs and certifications for our Cadette, Senior, and Ambassador Girl Scouts. Check out some of our upcoming programs below. Find more details and additional programs on our website.

CPR & First Aid Certification

Level: Senior, Ambassador

Description: This course prepares you to recognize and care for a variety of first aid, breathing, and cardiac emergencies. At the end of this course, Girl Scouts will earn the First Aid Badge and certify them in the Health & Safety Institute's First Aid, CPR, and AED for children and infants. Certification from this course is good for two years. This is a Blended Learning course.



Going for Gold Webinar

Level: Senior, Ambassador

Description: Discover what it takes to earn your Gold Award, the highest award in Girl Scouting. Learn about the requirements, guidelines, and tools needed to have a successful project. In the webinars we share ideas, techniques, and success stories on how to earn your Gold Award. We strongly recommend all attendees have started the required Senior or Ambassador age-level Journey.

Older Girl Outdoor Overnight

Level: Cadette, Senior, Ambassador

Description: Are you ready to put your outdoor skills to the test? On Friday evening, show off your fire building skills as we do outdoor cooking. Then spend the day Saturday doing activities such as Archery, Orienteering, and more! Everyone is welcome, whether you're an outdoor expert or new to these skills. Please note: There are day and overnight options available.

Spring Low Ropes Adventure

Level: Senior, Ambassador

Description: Grow your team-building, communication, and group problem-solving skills at our Low Ropes Adventure! You'll work in large and small teams to conquer a range of challenges, puzzles, and memory games at our new Allen Family Low Ropes Course

Strive for Silver Webinar

Level: Cadette

Description: Discover what it takes to earn your Silver Award, the second-highest award in Girl Scouting. Learn about the requirements, guidelines, and tools needed to have a successful project. In the workshop we share ideas, techniques, and success stories.