April 13th, 2020

Dear GOTR Alachua County Families,

On behalf of our board, volunteers and coaches, CONGRATULATIONS!! You all ROCKED your Virtual 5k Run Day with us on Saturday. Words cannot express my complete joy in hearing and watching so many of you achieve your goals through your tagging on social media, emails, texts, and Shout Outs on Facebook Live. We are so proud that you have continued to dedicate yourself to Girls on the Run even through our unique circumstances!

We are in Week 9 of our program! So, we are in currently rounding the end of our Girls on the Run 10-week season. **We will continue our GOTR At Home activities Lesson 7 & 8 this week.** Next week, we will be sending out some information on completing your Community Impact Project! Right now, our plan is for you to pick up your end of season/5k packet from your coach at school on May 4th. If this plan changes, you all will be the first to know how you will receive your 5k packet & medal!

Our Community Impact Project is an important final piece to our Girls on the Run curriculum. At this point in the season, the Girls on the Run curriculum focuses on empowering girls to share their strengths and use their unique gifts to positively impact those around them. Each Girls on the Run girl will plan and implement a community service project, which allows the girls to discover the unimaginable strength that comes from helping others!

For this week, as the reality of our current situation continues to set in, we know attention to our physical, social and emotional health is more important than ever. While **GOTR at Home** does not focus on COVID-19 specifically, the lessons are designed to help girls and families navigate these constantly changing and uncertain times. Last week we stretched ourselves physically, made a caring connections map, and practiced positivity by making a “zine” and appreciating the little things. Check in with your girl to see if she was able to keep it going by adding hearts to her connections map and using her positivity zine throughout the week!

**This week’s lessons will help girls make sense of their personal values, understand what has shaped their values and then use them to make decisions they can trust. So – let’s get moving!**

You can find this week’s **GOTR at Home** lessons [here](#) using password StrongerTogether123! (please note that the ! is part of the password!)

Deidre Dodd  
Council Director  
Girls on the Run of Alachua County