

Hi Parents,

Our first 2018 Ladies in Training Session went awesome! We started off introducing ourselves and the girls got to know each other quickly! It was so great to see them starting to laugh and get along on the first day.

For our academic lesson, we taught the girls about freezing/boiling point to help them understand our creative activity (ice cream making!). We began talking about temperature, the different ways to measure it (Fahrenheit, Celsius, and Kelvin), and states of matter. Initially, understanding how and why things heat up and cool down was confusing, but then we showed them how molecules move to create heat by “boogieing,” which made it easier to understand. I hope the girls enjoyed the ice cream!

Just a few quick reminders, our next Ladies in Training session is on October 12; thanks to those who have already paid and filled out the photo consent form, if you haven't already done so, please fill out the form at your earliest convenience (the link to the photo consent form is below) and bring the money at the next session.

<https://goo.gl/forms/xjDFWnUIzQdbJoHN2>

Have a great week!

Celine and Kaylen on behalf of Ladies in Training