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**** CPMSAC 2009 S.O.N-LIGHT STUDENT ENRICHMENT PROGRAM
 FOR "ALL" 6TH THROUGH 12TH GRADE STUDENTS ONLY
 CHANTILLY HIGH SCHOOL GYMNASIUM
 Friday, March 6, 2009 - 6:00 p.m. - 11:30 p.m.
REGISTRATION AND MEDICAL WAIVER (FORM A)**

Early Registration: (prior to February 28, 2009) fee \$10 per student with a cap of \$20 per family. Registrations received after February 28 fee \$13 per student with a cap of \$25 per family. Early registrants will be entered twice for the prize drawings and those registrants at door entered once. You must be present to win. Please complete one form per student.

I give permission for the following student to participate in the CPMSAC 2009 Student Enrichment Program. I understand CPMSAC will provide adequate facilities, materials, resources, food and supervision for the event. I will not hold CPMSAC or Chantilly High School liable for bodily injury that might occur through accident beyond the limits of liability insurance. I understand that I am responsible for the timely arrival (6:00 p.m.) and pick-up (11:30 p.m.) of the student listed below.

Parent/Guardian Signature: _____ **Date:** _____
 Student Name _____ Age: _____ DOB: _____
 School _____ Grade: _____
 Parent/Guardian Name (please print) _____ Relation: _____
 Mailing Address _____
 Phone (____) _____ Alternate Phone (____) _____ Email _____
 Student's Emergency Contact:
 Name _____ Phone (____) _____ Relation: _____

Medical Information:
 Insurance Carrier/Policy # _____
 Name of Physician/ Phone # _____
 Allergic to food/ medications (specify) _____

I, _____, give CPMSAC permission to acquire medical assistance for my child in the event of an emergency. I understand the medical needs of the child will be attended to first and that I will be notified as soon as possible.

Parent/Guardian Signature: _____ **Date:** _____

Each parent/student must complete registration and medical waiver. Mail completed Forms A and Form B (per student) and payment to **J.P. Gary 6188 Snowhill Ct. Centreville, VA. 20120**. Please make check payable to **CPMSAC**. **Questions? Call (703)717-3297.**

*** S.O.N-LIGHT refers to the late founder of our organization Ms. Shirley O. Nelson. Her vision and "Light" continues to shine bright!*

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PROGRAM SCHEDULE AND ACTIVITIES (FORM B)

FRIDAY, March 6, 2009

- 6:00 P.M. REGISTRATION/ PIZZA/ PRIZE DRAWINGS – CHS GYMNASIUM
- 7:00 P.M. GENERAL ASSEMBLY - PURPOSE, PLAN AND INTRODUCTIONS
- 7:30 P.M. "FOUNDATION FOR STUDENT ACHIEVEMENT" SESSIONS:
to 9:30 P.M. Session A: Creating your Personal Mission Statement and Mantra
Session B: Developing your Inner Genius
Session C: Eating and Living Healthy
Session D: Improving Financial Literacy for Youths
Session E: Answering a Nation's Call: Volunteer Opportunities and Rewards
Session F: Strategies to Promote High Expectations (Parents Only)
- 9:30 P.M. STUDENT SOCIAL TIME:
Games, Zumba (Latin/Cardio Fusion), Basketball Clinic, Movies
(Refreshments provided)
- 11:30 P.M. **DISMISSAL: PLEASE BE PROMPT IN PICKING UP YOUR STUDENTS**

**Sponsored by the Chantilly Pyramid Minority Student Achievement Committee (www.CPMSAC.ORG)*

Please **rank** your preference using a scale of 1-5 for the workshop sessions (1=top priority, 5=least priority) and also using a scale of 1-5 for the social activities. Each student will be assigned 3 workshop sessions (30 minutes each with 10 minute transition- handouts provided) and 3 social activities based on availability and preference.

___ **Session A** ___ **Session B** ___ **Session C** ___ **Session D** ___ **Session E**
___ **Games** ___ **Zumba** ___ **Basketball** ___ **Movies**

STUDENT AGREEMENT (each student must sign)

Student Name _____ School: _____ Grade: _____
While participating in this CPMSAC activity on Friday, March 6, 2009, I accept full responsibility for being a responsible student and citizen, especially in the matters of behavior, conduct, appearance, respect and teamwork. I will follow the instructions and directions of the CPMSAC Student Enrichment and Social Program Staff.

Student Signature _____ **Date** _____

ADULT AGREEMENT (required)

Session F YES or NO (Please Circle one)

Parent/Guardian Signature _____ Date _____

Parent Volunteer: YES or NO (Please Circle one)

Total Registration Fee included (for Students ONLY- PARENTS Free): \$ _____

CPMSAC Donation (Optional): \$ _____



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WORKSHOP DESCRIPTIONS AND SESSION LEADERS

Session A: Creating Your Personal Mission Statement and Mantra

This session will help students to look at themselves and the factors that drive them in their everyday life. It will serve as a fun ice breaker to show the commonalities between the students and what is most important to them.

Walt Hogan is a certified Organization Development (OD) consultant/ executive coach with expertise in the areas of Human Resource Development (HRD) and team development. He has coached, facilitated and trained extensively in the fields of leadership and management development, as well as team and staff development. Walt's other interests and professional expertises are in the areas of executive coaching, facilitation, customer service, mentoring, and diversity/inclusion training. **Walt** has worked in several senior managerial positions. As Senior Manager at Cable and Wireless, a multinational telecommunication company, based in the United Kingdom, Walt led many human resource, leadership, and organizational development initiatives while managing the customer care training and human resource development functions supporting over 5,000 employees. In May 2003 Walt started his own OD / HRD consulting company called **Symbiosis**. The focus of Symbiosis is to assist his clients with improving the bottom line, by focusing on the client's staff, management and leadership development needs.

Session B: Developing Your Inner Genius

This workshop will focus on helping students develop their talents and follow their dreams. In this session they will hear from two individuals who were successful students, but also were successful in developing and following their passion.

Kristen Jarvis- After graduating from Spelman College in 2003 with a Bachelor of Arts in Theater, Kristen began her political career working on the leadership staff of former Majority Leader of the United States Senate, Tom Daschle. Kristen then served as Special Assistant to the Chief of Staff and Deputy Chief of Staff to Senator Barack Obama in the United States Senate from 2004-2007. When Senator Obama announced his Presidential Bid, Kristen was tapped by the campaign to relocate to Nevada where she served as the State Scheduler for both Senator and Mrs. Obama, and Surrogate Scheduler for elected officials and celebrities traveling to Nevada on behalf of Senator Obama. When the Nevada caucuses concluded, Kristen joined the National Advance team as a Press Lead, coordinating press logistics

for campaign town halls and rallies across the country. Kristen spent the remaining months on the campaign trail as the Body Person/Special Assistant to Michelle Obama where it was her responsibility to take care of all personal needs for Mrs. Obama. In Kristen's current role in the Obama Administration, she serves as the Special Assistant/Traveling Aide to First Lady Michelle Obama.

Kenneth T. Whalum III- One could say the "T" stands for talented because at the age of 25 this phenomenal tenor saxophonist has played alongside some of today's most iconic artists. He got his big break in 2006 when he was selected to tour with music and fashion mogul Sean "Diddy" Combs. Word quickly spread of his professionalism, dedication, versatility and his ability to make audiences feel his music and the jobs just kept coming. Whalum has appeared on stage with multi-platinum artists Jay-Z and 50 Cent, toured with Snoop Dogg, Mary J. Blige, Al Green and Regina Belle and provided recording accompaniment for Beyonce, Fantasia, Joss Stone, and super producer Rodney Jerkins.

Whalum has been playing the saxophone since he was an adolescent growing up in Memphis, Tennessee. His love of music and his first "steady gig" began at The New Olivet Baptist Church where his father, Rev. Kenneth T. Whalum, Jr., serves as pastor. He later joined his high school band and as a teen he began to immerse himself in his craft, practicing hours a day in an attempt to become one of the best musicians to ever place his or her lips on a reed. He further developed his performance skills in local clubs. Whalum's musical influences include his chart-topping saxophone playing uncle, Kirk Whalum, John Coltrane, D' Angelo, Kanye West and Bilal.

Whalum is currently on tour with Maxwell and working on his debut solo jazz album. He promises it will be anything but ordinary, taking jazz to the next level and hopefully, catapulting him to the world renowned status of the artists he plays for.

Whalum's rise to success is no stroke of luck. He is a testament to what dedication, hard work, talent and an undying faith in God's divine plan for one's life can yield. Talented and destined for continued success—that's Kenneth T. Whalum III.

Session C: Eating and Living Healthy

This workshop will focus on helping students to make smart decisions about their diet and will focus on promoting daily exercise. During this session they will be educated on nutrition and will also be shown/given various exercises that they can do on a daily basis.

William H. Gary Jr- is a graduate of Centreville High School where he excelled academically and was an All-District and All-Region wide receiver. He later attended Alabama State University where he played wide receiver for the football team and worked as a personal trainer and Rehab trainer for athletes of various sports. He is a Certified Personal trainer who has trained individuals of all ages and backgrounds in general health and nutrition, calisthenics, and CPR . William worked at Sonz Fitness Center as a Master Trainer and has over 12 years of athletic and training experience. William is currently a boot camp instructor focusing on athletes with professional aspirations.

Session D: Improving Financial Literacy for Youths

This workshop is designed to show the students the importance of being financially ready. We will walk through the steps for Financially Planning for College (cost, Organizing, Roles and Responsibility and Resources), Checking and Savings Account Information, How to be Credit Worthy and the Pro's and Con's of Credit Cards.

Mr. Daniel Adamson- is currently employed by Provident Bank as a Senior Bank Officer and Annuity and Life Insurance Consultant. He has integrated his knowledge of banking through various roles in the bank including Branch Management and Facilitator of Learning through University of Provident for 8 years. Prior to that time he spent 10 years in Sporting Goods Management and HR Recruiting. He devotes his spare time to Coaching Vienna Little League, Boy Scouts of America and Legends Sports League. Mr. Adamson has received numerous awards and recognition for Customer Service, Coaching & Development, Retention and Branch Manager of the Year. He works with both Retail and Commercial Clients based on their financial life-cycle needs.

Session E: Answering A Nation's Call: Volunteer Opportunities and Rewards

This workshop will focus on highlighting the initiative that President Obama has asked all Americans to be a part of. The session will outline the importance of volunteerism and potential opportunities in the community where students can be of service. Students will also be encouraged to develop their own service related initiatives.

Torian J Robinson- Attended Morehouse College where he served as a mentor in his spare time to 1st and 2nd grade students. Torian also created several service programs which assisted Atlanta's youth as well as underprivileged individuals in the community. After graduating from Morehouse College in 2004 with a Bachelor of Arts in Business Administration with a Concentration in Marketing, Torian entered HSBC's General Management Training Program. The GMTP was a 15-month program that consisted of 9 six-week rotations within various business units. The program's objective was to identify and develop the leadership skills needed to lead a team no matter the situation or environment. Upon his completion of the GMTP in December of 2005, Torian moved to New York City in order to manage the Times Square Branch of HSBC. In 2008, Torian was tasked with managing 2 branches of HSBC Bank which included the opening of HSBC's first branch in Harlem. Torian is one of the youngest branch Managers within HSBC and one of few in New York that are tasked with managing multiple branches.

Session F: Scholarship Opportunities and Strategies to Promote High Expectations (Parent's Workshop)

This three in one workshop will devote one hour to inform parents of various scholarships that are available to students through the federal and state government, colleges/universities, and private organizations that can help them finance a college education. It will also inform parents of the requirements and procedures for applying for scholarships. Additionally, two separate half hour sessions will focus on Parent Advocacy and School Grading Policy changes.

Dollars for Scholars

Ms. Danielle Blunt- is a program assistant for the Gates Millennium Scholars (GMS) Program at UNCF where she is responsible for processing scholarship awards and counseling scholars on graduate programs eligible for GMS funding. She earned a bachelor of arts degree in communication with a concentration in public relations from Old

Dominion University and is currently enrolled in graduate school at George Mason University to earn a master's degree in higher education-student services. Ms. Blunt enjoys mentoring youth, and while at Old Dominion University, she coordinated and participated in an elementary school mentoring program. For her work, the program coordinator selected her and her mentee to appear in a mentoring video produced at the elementary school for the Norfolk Public Schools School Board. She is actively involved in her church's Youth Ministry by coordinating youth activities and volunteers at Dream in Color Foundation and Studios, a non-profit organization dedicated to providing

access to the performing arts for all students.

Dr. Rosalind Blunt- is a Professor Emerita at the Loudoun campus of Northern Virginia Community College who teaches composition. As a member of the English Department, she has taught composition, reading, and African American literature. She earned a bachelor's degree in English education from Hampton University, a master's degree in English from the University of Virginia, and a doctoral degree in community college education with a concentration in composition from George Mason University. Dr. Blunt has conducted writing workshops for the Fairfax County Public Schools College Partnership Program and CPMSAC's STEP. In 2007, she received an Appreciation Award from CPMSAC for her years of support to STEP. At her church, she is a member of the Education Ministry's Scholarship Committee which supports the youth by providing scholarships and assisting them in applying for scholarships from diverse sources.

[Two other one-half hour each workshops are scheduled to be presented.]

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Student Social Time - 9:30 p.m. - 11:30 p.m.

- **Zumba (Latin/Cardio Fusion) - [Tea Ward]**
- **Basketball Clinic- [JB Jennings]**
- **Games - [Designated coordinator]**
- **Movies - [Designated coordinator]**