

Media Advisory: Capitol Heights Elementary to Host Girls Empowerment Seminar

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For Immediate Release

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WHO: Capitol Heights Elementary School (CHES)

WHAT: Empowering Girls Everyday

WHEN: Friday, April 29, 2016, 9:45 a.m.

WHERE: Capitol Heights Elementary School

601 Suffolk Avenue • Capitol Heights, MD

BACKGROUND:

Capitol Heights Elementary School will host a girls empowerment seminar for students. Designed to empower, inspire, and engage, the event will feature opening remarks from Brooke Naydu, Miss Teen Maryland, and six events for student participants: CHES Garden- Students will visit the CHES Garden to paint garden beds with the theme, Live, Love, and Learn. Going Green- Students will support CHES "Going Green" initiative by planting fresh flowers and plants in the front entrance of the school. Rocking Scientists- Students will build a drawbridge and discuss the key tools needed to withstand the test of an earthquake. Bake Like A Diva- Staying healthy not only means staying active, but eating right. CHES 5th grade student Amber Ware and mother will share a healthy snack recipe with students. Students will discuss skills needed to Bake Like a Diva and witness how mathematics play an important role in cooking. Our Words Have Power- During this session students will work alongside spoken word artist to create vision boards detailing who they are and future aspirations. Event Panel - CHES students will hear from women leaders in communication, government, education, and the arts. Media interested in attending should contact the Office of Communications at 301-952-6001