



THE SCOOP

GIRL SCOUTS OF KANSAS HEARTLAND

Adult Trip Opportunity

Mexico City & Nuestra Cabana

- World Strides
- Adults only (18+); registered Girl Scouts in GSKH
- Oct 16-22, 2027
- ~\$4,596 (by Nov 5); \$4,666 (starting Nov 6)
 - Includes airfare, all transportation, hotel, breakfast daily, lunch & dinner per itinerary, admission tickets, full time tour director
 - Professional development points/hours/CEUs for educators
 - Extra fees: Tips (~60), GS insurance (~\$10), passport
 - Initial Deposit \$50
- Twin Rooms in centrally located hotels (3-4 stars)
 - Rooms based on same sex; couples ok
 - Single Room option for extra fee
- Private Tour
- Registration: <http://program.worldstrides.com/GSKH-1912>



- **Day 1 Hola Mexico City**

- Meet your tour director and check into hotel
- Churreria Visit
- Welcome Dinner

- **Day 2 Mexico City**

- Explore Paseo de la Reforma in the morning
- Mexico City Guided Sightseeing Tour (Zócalo, Metropolitan Cathedral, Palacio Nacional, Zona Rosa)
- Bellas Artes Palace, Alameda Park
- Lunch at the House of Tiles
- Dinner on your own

- **Day 3 Mexico City**

- Teotihuacán guided excursion
- Lunch in a cave
- Shrine of Our Lady of Guadalupe visit
- Dinner on your own

- **Day 4 Mexico City**

- National Museum of Anthropology visit
- LEAP Tortilla Bake and Taste
- Lunch
- Chapultepec Castle visit
- Dinner with folkloric dancers & mariachi in Plaza Garibaldi

- **Day 5 Mexico City--Cuernavaca**

- Travel to Cuernavaca via Coyoacán
- The Blue House of Frida Kahlo visit
- Coyoacán Market and Fuente de los Coyotes visit
- Lunch on your own
- Group arranged activity at Nuestra Cabaña World Center
- Dinner on your own

- **Day 6 Cuernavaca--Mexico City**

- Morning visit at Nuestra Cabaña World Center
- Lunch on your own
- Torre Latinoamericana ascent
- Free time in Mexico City
- Farewell dinner

- **Day 7 Flight home from Mexico City**

Recruitment

Grateful Girl Scouts Friendsgiving

Invite-A-Friend Troop Growth Incentive

Girls in your troop invite non-member friends to come share the fun of Scouting to potentially grow your troop. (Invitation included in this packet.) If a troop hosts a Grateful Girl Scout Friendsgiving meeting, they can be entered into a prize drawing. And, for each girl who signs up as a Girl Scout to invite a friend, the troop will be entered into the prize drawing (multiple girls = multiple entries).

Therefore, host a meeting, sign up 2 girls, get 3 entries into the drawing. Or, host a meeting and no girls sign up, you get one entry into the drawing. The more girls who come and sign up, the more entries your troop gets.

Plan a Friendsgiving Meeting in the month of November!

The girls should be part of the planning process and the meeting should be fun!



SAMPLE FRIENDSGIVING TROOP MEETING

OPENING CIRCLE:
Welcome & Gratitude Share - Gather in a Friendship circle. (10 Minutes)
Start with the Girl Scout Promise and a quick song like "Make New Friends." Go around the circle and each girl (and friend) shares one thing they're grateful for (e.g., "my troop leaders"). For Invite-A-Friend fun, have girls introduce their guest with a "Girl Scout Shout-Out" (e.g., "This is Mia, and she's awesome at drawing!").
Tip: Print single name tags with a trefoil and "New Friend or Girl Scout Sister?" Have the girls add their names when they arrive.

ACTIVITY 1:
Hands-on Cooking - Build Simple Thanksgiving Treats (20 Minutes)
Divide into small groups to prepare a Friendsgiving menu. This builds skills and lets friends experience Girl Scout creativity.
Pick your own menu or use these ideas:
• Fruit Friendship Kabobs: Skewer grapes, strawberries and cheese cubes.
• (Activity: As they build, use one thing they're thankful for in a friend.)
• Gratitude Dips: Mix Greek yogurt, honey and cinnamon.
• Serve with fruit, crackers, pretzels, strawberry crackers.
• Veggie "Friendship Tree": Arrange fall veggies into a tree shape on a platter, symbolizing growing sisterhood.
• Turkey Ball Toss: Layer turkey slices, spinach, cheese and a sauce of your choice on tortillas.
Roll up and slice into pinwheels. (Activity: Discuss meal balance (protein & veggies).)
• Piggies that Roast: Fridge stripe cookie, yellow or orange melted chocolate, a ribbon and an M & M. Dip the ribs into melted chocolate, place on bottom side of cookie to adhere, place M & M to "vine" of fat for "back", then set in fridge to firm up prior to eating.

ACTIVITY 2:
Games & Gratitude Craft (20 minutes)
Keep energy high with quick, inclusive games that reinforce thankfulness. You can choose any that the girls want to do but here are a couple ideas:
• Nature Scavenger Hunt: Explore nature and find items symbolizing gratitude.
• Grateful Ballroom Volleyball: Volleyball with balloons while sharing gratitude.
• Nature Collage: Create collages with glue and paper using natural materials found outdoors.
• Gratitude Journal Craft: Provide small notebooks, mix craft supplies like markers, washi tape, buttons, ribbon, etc and let girls decorate. Then, have them write items they are grateful for inside the Journal. Encourage them to write in their Journal every night.

CLOSING:
Prayer & Reflection (20-30 minutes)
• Enjoy the treats you made. Play soft music and light candles (battery-operated for safety). Reflect: What was one new thing learned about a friend? About Girl Scouts? Close with a recital of the Girl Scout Law and it's meaning.
• Growth Opportunity: Hand out troop information and registration info (QR code to friends' caregivers when they pick up their girl from the meeting).
• Follow up with thank you notes from your girls to the friends who attended.
• Fill out the online form to be entered into the Troop Growth Incentive drawing.
<https://form.jotform.com/252716648650059> or use QR code here





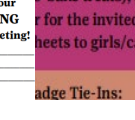
You're invited to our FRIENDSGIVING Girl Scout Troop Meeting!

Meeting Date: _____
Time: _____ Troop # _____
Location: _____
Troop Leaders Name: _____

For More Info Call: _____

Make and eat treats, play games, share thankfulness - all while discussing A caregiver/parent is required to be in attendance at the meeting.

Your friend, _____



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Grateful Girl Scouts Friendsgiving

Invite-a-Friend Troop Growth Incentive

Plan a Grateful Girl Scouts Friendsgiving meeting in the month of November and your troop gets entered into a drawing for one of four \$50 gift certificates to the Girl Scouts of Kansas Heartland shop! If you gain new troop members, your troop will get more entries.

Criteria to be included in the drawing includes hosting an Invite-a-Friend meeting in November; each girl invites 2 non-member friends to the meeting, caregivers are given information to register their girls into the troop and the troop leader submits the form to enter the troop into the drawing.

Download the Grateful Girl Scouts Friendsgiving packet of information at the top of the Volunteer Resources page on our council website. This packet includes a sample troop meeting, ideas, an invitation for girls to give to their friends and a caregiver piece with QR code to register their child to your troop.

Fill out the online form to be entered into the Troop Growth Incentive drawing - <https://form.jotform.com/252716648650059>

or use QR code here



Product Program



Delivery ends November 7

Girls are out delivering product at this time and collecting payment from their Direct Order Card customers.

Girls may also be delivering orders to customers who already paid online and asked for Girl Delivery.



Money Turn-in November 8

Girls turn-in to the Troop Product Manager, all funds collected at the time of product delivery.

For all monies turned in, a receipt signed by both the caregiver and TPM for the agreed upon amount turned in should be received.



End-of-Program Audits November 8 - 17

A Fall Product End-of-Program Audit must be filed and approved by the TPM in the allotted time in order for the troop to participate in the up coming Cookie Program.

Each TPM will receive an email reminder with the audit link on the last day of the Fall Product Program.

Girl Program

Upcoming Events

Create Your Next Girl Scout Chapter

- Mic Check! Girl Scouts at KMWU
November 8th (Register by 10/27-This
event is FULL-Accepting Waitlist)**
- Bows and Belays: Wichita Excursion
November 15th (Register by 11/3)**
- Festival of Giving November 1st-30th
(Register by 12/1 to receive your patch!)**
- Meet the Cookie Mascot: an activity
guide January 1st (Register by 12/31 via
the Jotform)**

Festival of Giving



2025-Festival of Giving

We hope that you have had the opportunity to submit your SU proposal for the 2025 Festival of Giving!

If your SU is planning to sponsor an organization, but forgot to submit your Jotform please email Arielle Miller (amiller@gskh.org) or Daniele Cooper (dcooper@gskh.org) so that we can approve your organization and add it to the Patch Request Jotform.

The FOG Patch Request Jotform will be live on November 1st for troops and girls to register for their FOG participation patch.

<https://form.jotform.com/252994567372169>

2026 Cookie Kick-Offs

Ready, Set, All Things Cookies!!

SU 87, 90, 91 hosts Cookie Kick-Off at the Movies

January 23rd and 24th (Register by 1/5)

SU 80 hosts 2026 Cookie Kick-Off

January 24th (Register by 1/12)

**SU 89 hosts Cookie Kick-Off at the Museum
(Overnight)**

February 6th-7th (Register by 1/19)

SU 83 hosts Cookie Kick-Off

February 12th (Register by 2/2)

2026 Cookie Kick-Offs

Ready, Set, All Things Cookies!!

Are you planning a Cookie Kick-Off event?

Be sure to turn in your Volunteer Event Application soon!

<https://form.jotform.com/242985179482068>

Event applications are required for all volunteer led events, for the success of your event and to get the most out of the services that council staff offer please have your applications in AT LEAST 4 weeks before your event.

If you want Shop on the Go at your event (and it qualifies) the earlier you make the request the better!!

NEW!! Activity and Overnight Application!

Great News!!

The Activity and Overnight Application is now a Jotform!

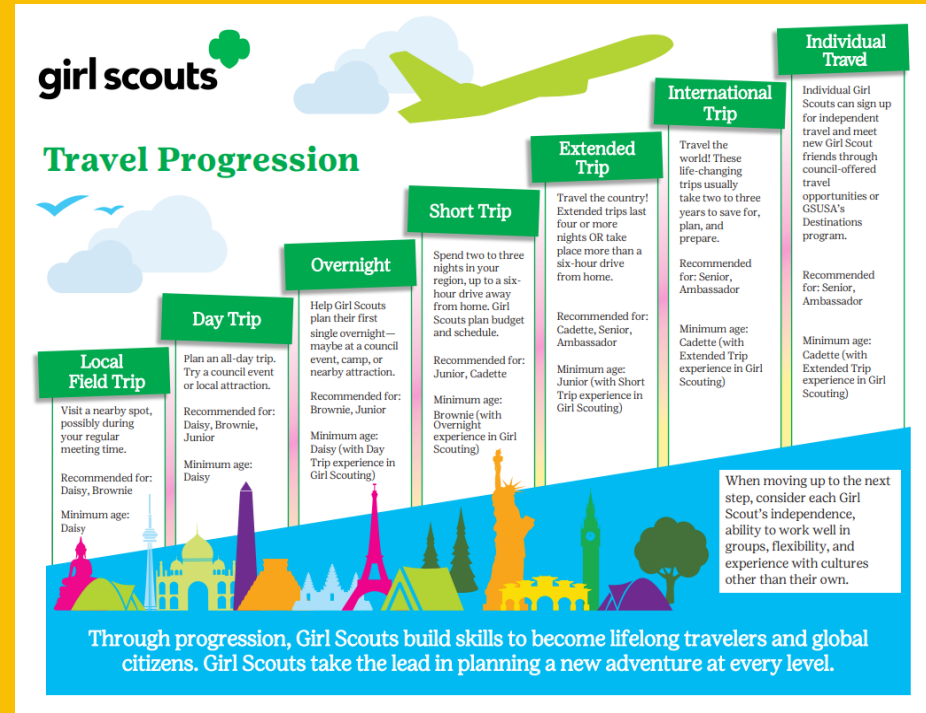
<https://form.jotform.com/252936322512049>

This new form replaces ALL previous Travel Application forms! If you have links to those forms please delete them and use this new, easy to access and complete Jotform!

Reminder to check Safety Activity Check Points to ensure you meet all requirements before submitting your application.

Reminder all adults who are participating need to be registered and background checked.

Please submit a complete itinerary with all applications.



Activity and Overnight Application!

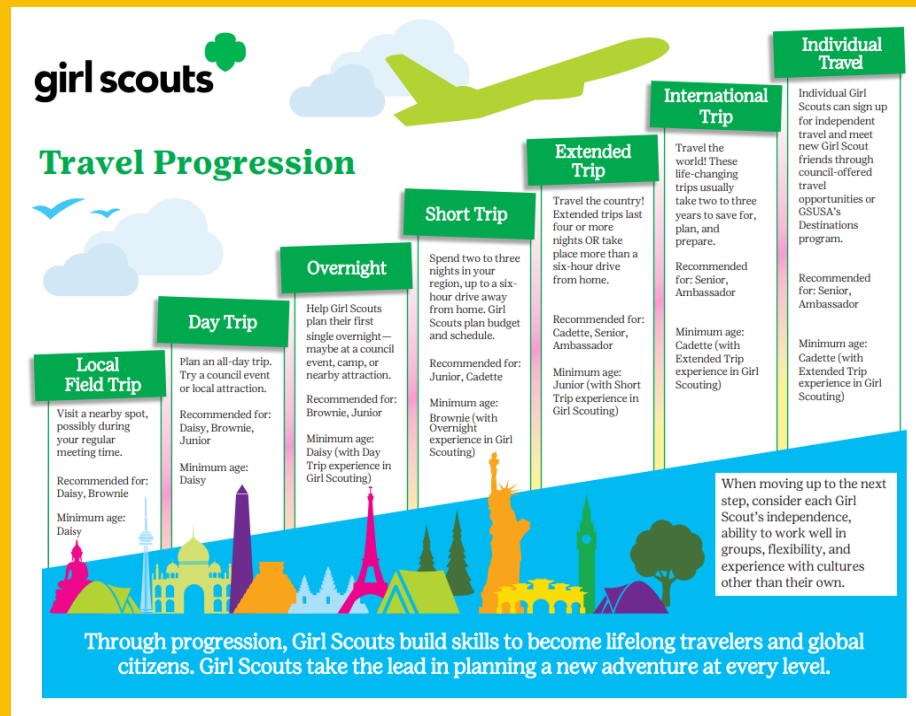
Check out the online training required for GSKH travel

The training can be accessed by all volunteers once they have completed the onboarding training.

Search: GSUSA Field Trips and Travel on gsLearn.

Reminder that Field Trips and Travel are meant to give girls the opportunity to learn, grow, and become more independent. Girl Scout trips are NOT family trips!

Encourage your troops to choose their destinations, activities and adventures!



Troop Activities and Overnight Reminders!



Horseback Riding Activities

If your troop is planning any horseback riding activities you will need to submit an Activity and Overnight Application!



All Target Sports Activities

If your troop is planning any Target Sports activities you will need to submit an Activity and Overnight Application!



All Aquatic Activities

If your troop is planning any Aquatic activities you will need to submit an Activity and Overnight Application!



All Overnight Activities (Local or Travel)

If your troop is planning any Overnight activities (local or travel) you will need to submit an Activity and Overnight Application!

Council Shop



Nov.
15

Green Saturday

20% off everything!

(Yes, uniforms too!)

• • •

Extended shop hours: 10am-1pm



**In-Store
Only**



Volunteer Trainings

Youth Mental Health First Aid

Sat., Nov. 15

Wichita Office

10 a.m. - 5 p.m.

Registration Deadline Is TODAY

Another offering will be a two night virtual event on December 8 & 9 from 6 – 9 p.m. both nights.

Registration deadline for this course is November 24!

WHY YOUTH MENTAL HEALTH FIRST AID?

Youth Mental Health First Aid teaches you how to identify, understand and respond to signs of mental health and substance use challenges among children and adolescents ages 12–18.

10.2%

of youth will be diagnosed with a substance use disorder in their lifetime.

Source: Youth Mental Health First Aid**

1 IN 5

teens and young adults lives with a mental health condition.

Source: National Alliance for Mental Illness*

50%

of all mental illnesses begin by age 14, and 75% by the mid-20s.

Source: Archives of General Psychiatry***

WHO SHOULD KNOW MENTAL HEALTH FIRST AID?

- Teachers.
- School Staff.
- Coaches.
- Camp Counselors.
- Youth Group Leaders.
- Parents.
- Adults who Work with Youth.

WHAT MENTAL HEALTH FIRST AID COVERS

- Common signs and symptoms of mental health challenges in this age group, including anxiety, depression, eating disorders and attention deficit hyperactive disorder (ADHD).
- Common signs and symptoms of substance use challenges.
- How to interact with a child or adolescent in crisis.
- How to connect the youth with help.
- Expanded content on trauma, substance use, self-care and the impact of social media and bullying.

Learn how to respond with the Mental Health First Aid Action Plan (**ALGEE**):

- A**ssess for risk of suicide or harm.
- L**isten nonjudgmentally.
- G**ive reassurance and information.
- E**ncourage appropriate professional help.
- E**ncourage self-help and other support strategies.

Heartland Essentials

Heartland Essentials prepares new troop leaders for the next step in their leadership experience. You'll discover best practices for managing your troop and navigating the possibilities that are available for your Girl Scouts to experience. We will cover the policies, procedures, and guidelines that are specific to Girl Scouts of Kansas Heartland.

In our first four offerings, we've trained 37 New Troop Leaders. However, we've had 11 of our 2026 New Troop Leaders register but haven't made it to a course just yet. Since this is a requirement for New Troop Leaders within 3 months of taking on the leadership role these eleven and any other New Troop Leaders who haven't taken the trainings this fall, should sign up for our next offering!

This is a virtual session you do from your home!

November 19 from 6 – 7:30 p.m.

Next one will be in January, 2026!



Other



Plan to attend the See & Sell Holiday Market on
Saturday, November 22 at Tony's Event Center, Salina
8 a.m. - 3 p.m.

Tickets are \$5 at the door. Children ages 11 and under are free.

More than 200 vendors selling a variety of gift items, crafts, home decor, clothing, jewelry & accessories, bath & body products, holiday decor, kitchen & food items, floral, children's items and much more.

CAMP FOUR WINDS



https://youtu.be/Wi_v1dBhyLc

Go to girlscouts.org and search for Gabby's Dollhouse to download the Girl Scouts and Gabby's Dollhouse: The Movie activity book. It is filled with activities for girls ages three to nine years old. Anyone can join the fun! Explore at home or with your Girl Scout troop. Once you've completed the activity book, unlock the limited-edition fun patch! They sell for \$2.00 each and are available on girlscoutshop.com.

Thank You!

Our next edition of
The Scoop
will be
Monday, November 24
at 8 p.m.

