



## If you are interested in the SEED Program...

Your child must be between the ages of 8 and 13 and live in the greater New York metropolitan area or Catskills region. To apply:

- Visit our website and download the SEED application OR
- Call our office and request a SEED application packet.

Upon completion of the application, mail it and the \$40 application fee to Elizabeth Morales, Program Coordinator, Girls Quest, 150 West 30th Street, New York, NY 10001. All first-time applicants will then need to attend an orientation and be interviewed by one of our staff members.

NOTE: Returning girls are guaranteed a spot at SEED if you return the application and registration fee no later than January 15th. Applications received after January 15th will be processed along with new applications on a first-come/first-served basis.

### Camp Fee and Tuition

There is a \$40 non-refundable application fee. We accept only money orders or cash. No personal checks. SEED tuition is on a sliding scale dependent upon family income and number of people in the household. Tuition ranges from \$110 to \$500.

Scholarships are available on a first-come/first-served basis to girls who qualify for free or reduced school lunch programs. Information on applying for these scholarships is available upon request.



**GirlsQuest**  
*Going Outside. Growing Inside.*

Founded in 1936, Girls Quest's mission is to nurture girls from low-income families in New York to help them achieve their full potential and become active members of their communities by building academic and social competence. In this way, we empower girls to become strong, productive, and caring contributors to their communities, and our work focuses on outdoor experiential education, literacy development, year-round mentoring, leadership training, and peer-to-peer role modeling. To achieve our mission, we operate a continuum of interconnected programs: the Summer Experiential Education and Development Program (SEED), the Mentor Program, the Teen Leadership Program, and the Advancing Year-Round Engagement Program (AYRE). Each year we serve over 300 girls who range in age from 8 to 17. Most come from the five boroughs of New York City, with some 10% from Long Island, Westchester & Rockland, and the Catskills region.

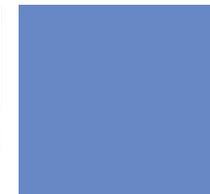


## Contact Girls Quest

For more information on Girls Quest and the SEED Program at Camp Oh-Neh-Tah please visit our website at [www.girlsquest.org](http://www.girlsquest.org) which includes a section devoted to parents' questions about the program. You can also view some great pictures, learn more about some of our girls and alumnae, browse recent newsletters, and read testimonials from girls, staff, and parents. If you still have questions after your visit, please e-mail [SEEDProgram@girlsquest.org](mailto:SEEDProgram@girlsquest.org) or call us.

**Girls Quest**  
**150 West 30th Street, Suite 901**  
**New York, NY 10001**

**Phone: (212) 532-7050**  
**Fax: (212) 532-7061**  
**[www.girlsquest.org](http://www.girlsquest.org)**



## Summer Experiential Education and Development Program (SEED)



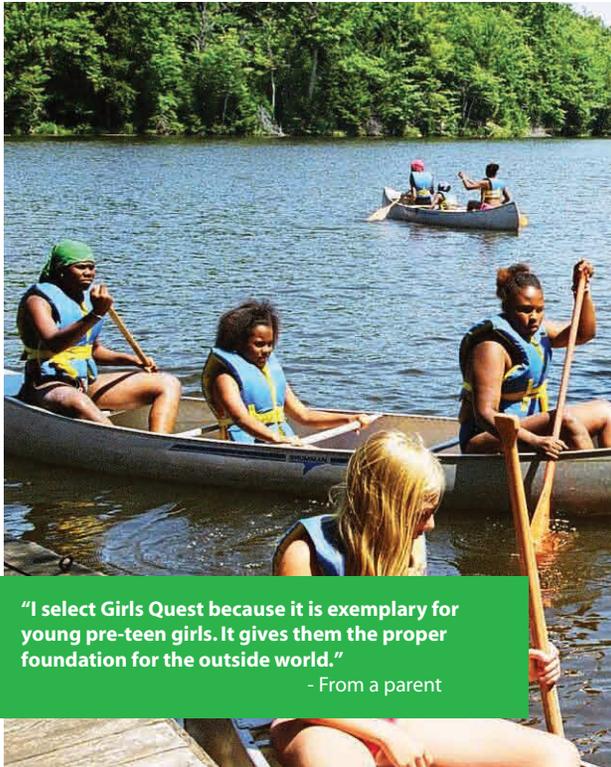
## Going Outside...

### Promoting Healthy Living

- Camp Oh-Neh-Tah is located on 464 acres in the Catskill Mountains, with forests for hiking, streams and beautiful Silver Lake for swimming and boating, as well as sports fields and a high & low ropes course.
- Meals in our dining hall are nutritious, kid-friendly, and served “family style.”
- Our Health Center is staffed with licensed nurses to care for girls’ & staff’s medical needs.
- All girls help with the farm animals or garden, and learn from our “green” environment and procedures: recycling, composting, proper waste disposal, etc.

### Positive Role Models

- Our staff at Camp Oh-Neh-Tah are mature, enthusiastic, and diverse.
- Most are college students studying education, psychology, or social work.
- Staff are carefully selected for those qualities of leadership, personal values, and caring that enable them to relate to and motivate young people.
- All staff are closely supervised by experienced administrative staff.
- Staff participate in a rigorous, week-long pre-camp staff training.
- Criminal background and reference checks are completed on staff prior to hiring.
- Our trained Teen Leaders, peer leaders ages 15-17 who have attended SEED as girls or young teens, assist all summer at SEED. They are powerful role models, and consistently rank high among girls’ best memories of SEED.



**“I select Girls Quest because it is exemplary for young pre-teen girls. It gives them the proper foundation for the outside world.”**

- From a parent

### A Safe Place to Learn and Grow

- Camp Oh-Neh-Tah is accredited by the American Camp Association and licensed by the State of New York.
- At SEED we maintain a minimum 1-to-3 staff-to-girl ratio.
- Girls are under the supervision of an adult at all times.
- We have certified lifeguards and a licensed nurse on the camp premises at all times.
- The atmosphere at our program is warm and supportive.
- Girls develop a strong sense of belonging, challenge themselves, and learn to grow beyond their comfort zones.
- All activities are well-planned, age-appropriate, and carefully supervised.

### Fun and Challenging Activities:

While we focus on literacy enhancement in all of SEED’s programming we also offer a full range of traditional outdoor activities, so that our girls are always learning by doing. These include recent additions such as fashion and design as well as old favorites like swimming and cookouts. Other activities include:

- Boating
- High & low ropes course
- Drama
- Poetry club
- Dance
- Music
- Basketball
- Volleyball
- Soccer
- Archery
- Environmental education
- Farm animal care
- Cooking & nutrition
- Arts & crafts
- Ceramics
- Native American lore
- Backpacking
- Hiking
- Overnight camping
- Fitness
- Knitting
- Double-dutch
- Crochet
- All-camp activities such as Talent Night, the Award Banquet, the Camp Carnival, and Multi-cultural Day

**“I learned that writing gets you anywhere.”**

- From a girl, age 11

## Growing Inside...

### Our girls – your daughters – at SEED will:

- Develop skills in communication, teamwork, and leadership that they will carry with them into adulthood.
- Learn to challenge their abilities and take positive risks.
- Increase their appreciation for and understanding of their natural environment.
- Engage in daily reading and writing and other literacy activities.
- Begin a comprehensive, year-round, multi-year continuum of enrichment: SEED, the Mentor Program, and the Teen Leadership Program, along with several fun and educational outings and workshops during the school year.
- Develop a strong support network of peers and role models.
- Develop self-esteem and self-awareness, as well as empathy for others.
- Continue growing while they have fun learning.

## Summer Experiential Education and Development Program (SEED)

At our Summer Experiential Education and Development Program (SEED), located at Camp Oh-Neh-Tah in the Catskills, girls ages 8 to 13 participate in experiential education programs that promote literacy, ecological awareness, teamwork, peer support and role-modeling, creative expression, problem solving, and leadership. The program runs for two weeks, with three sessions offered through July and August.

SEED focuses on building our girls’ abilities, confidence, and attitudes while reducing the Summer Learning Gap – the loss of learning and knowledge that disproportionately affects children living in low-income and under-resourced communities.

To address this gap, a strong thread of literacy-enhancement interweaves all of SEED’s programming, from art and ecology to nutrition and fitness. This has been a successful way of helping to change attitudes and build skills in ways that are both fun and educational.

SEED is the point of entry for all of Girls Quest’s programming and we hope that once your child joins us she will remain connected to the program, come back annually, and join our other programs.



**“I learned that if you make more friends you will be more happier because you have more people to connect with.”**

- From a girl, age 9