

Sisters With A Dream

STEM/STEAM and Enrichment After School Program for Girls of Color



Our Mission Statement

Our mission is to improve the academic achievement, self-esteem, self-awareness, and social competence needed to enable girls to achieve their DREAMS and to recognize their overall potential in their personal, social and academic lives.

Our Creed

The Sisters With A Dream is dedicated to the social, spiritual, physical, emotional and academic development of young women of color.

We are the young women of Sisters With A Dream.

We are third, fourth and fifth grade young women and we are college bound.

We are dedicated, committed and focused.

We are exceptional not because we say it but because we work hard at it.

We will never fail because we will never give up.

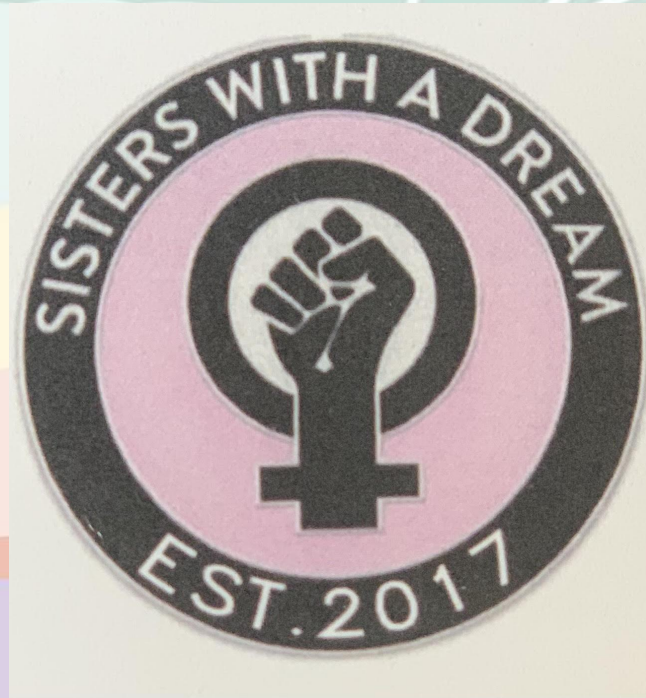
We make no excuses.

We are our sisters' keepers.

We believe in ourselves.

SWD Logo

**COMMUNITY
FEMALE
STRENGTH
SUPPORT**



STAFF



Ms. Jill Minot-Seabrook

Ms. Amatul-Mahmud

Ms. Aishah Abdul-Musawwir

Ms. Leigh Estabrooks

Ms. Evelyn Gomez

Ms. Rovi Porter

What Will We Do in *Sisters With A Dream*?

- Cultural enrichment
- Self-confidence building as sisters grow into womanhood
- STEAM activities with MIT/Lemelson Program
- Learning about ourselves and our full potential
- Poetry presentations & public speaking
- Field Trips (including a Science Museum “sleepover”)
- Fun Activities (arts & crafts related to themes)
- Guest Speakers
- Book Club
- Common etiquettes and more . . .



History of Sisters with a Dream

***Sisters With A Dream* (SWD) is a weekly 4 - 6 hour after- school enrichment program that services girls of color and their allies in the 3rd, 4th, and 5th grades at the Fletcher Maynard Academy (FMA); a pre-k to grade 5 public school in Cambridge, Massachusetts. Our mission is to improve the academic achievement, self-esteem, self awareness and social competence needed to enable girls to achieve their dreams and to recognize their overall potential in their personal, social and academic lives.**

In 2013, after many discussions about the academic success, effort and behaviors of our boys and girls of color, concerned FMA Teachers of Color and community activists (Frank Barnes and Vaughn Allen Goodwin) decided to start a separate mentoring program for these students. A previous mentoring program for boys was re-established and called “Qualls Academy.

After many years and parent requests, in 2017, Jill Minot-Seabrook (retired Speech Pathologist), Aishah Abdul-Musawwir (retired FMA Library Media Specialist) and Amatul-Hafeez Mahmud, (retired Special Educator) started and currently lead the “Sisters With A Dream” program. Our focus is to offer the girls an opportunity to believe in their ability to recognize and achieve their potential in all that they do. We believe it is very important to expose the girls of SWD to the lives, struggles and successes of women who look like them.

Since 2017, SWD has collaborated with the Lemelson Center at the Massachusetts Institute of Technology (LMIT) with Ms. Leigh Estabrooks as our liaison. Ms. Rovi Porter (MIT undergraduate student) and Evelyn Garcia (LMIT instructor) teach STEAM and technology skills related to our yearly theme. They also hope to spark the girls interests and confidence in potential STEAM related activities and careers.



Year One 2017 -2018
Identifying Ourselves:
Building Confidence &
Self-Esteem

Oprah's Tea Party



SWD Tea Party 2018







Sister Circle Ground Rules:

1. Sisters participate in the discussions and stay on topic.
2. Sisters pay attention to and support each other. Sisters respect and value each other's opinions. Sisters are active listeners, listening shows we care.
3. Whatever sisters say in the group stays in the group - confidentiality.
4. Sisters do not speak too loud or just to hear themselves talk. Sisters speak from the heart and make a point.
5. Sisters do not move around, read a book, leave or do other things while we are holding a discussion.
6. Sisters do not interrupt nor argue with each other. Sisters try to back up their ideas with facts and can politely agree to disagree. Instead, Sisters can also help each other learn the truth by discussing topics and exploring the facts.
7. Sisters do not hold side conversations while others are presenting. Sisters especially do not hold *side* or *open* conversations or remarks that would interrupt, make fun of, put down or offend others.

Why do we have a Sister Circle?

1. We as females have a lot in common. If we get together and share our stories, it makes us know we are not alone.
2. We can support each other. We discuss what is on our mind, listen to each other and value what we say.
3. We learn more about ourselves by sharing ideas with each other.
4. We can help each other heal. If one of us has a problem, discussing it with fellow sisters who care helps us feel better and stop hurting. Discussing things with other females who care makes us feel better and help us know how to deal with things
5. It's fun to talk with each other. We become friends and can even become like family!

How is your week so far?

Great!



So so...



Awful!



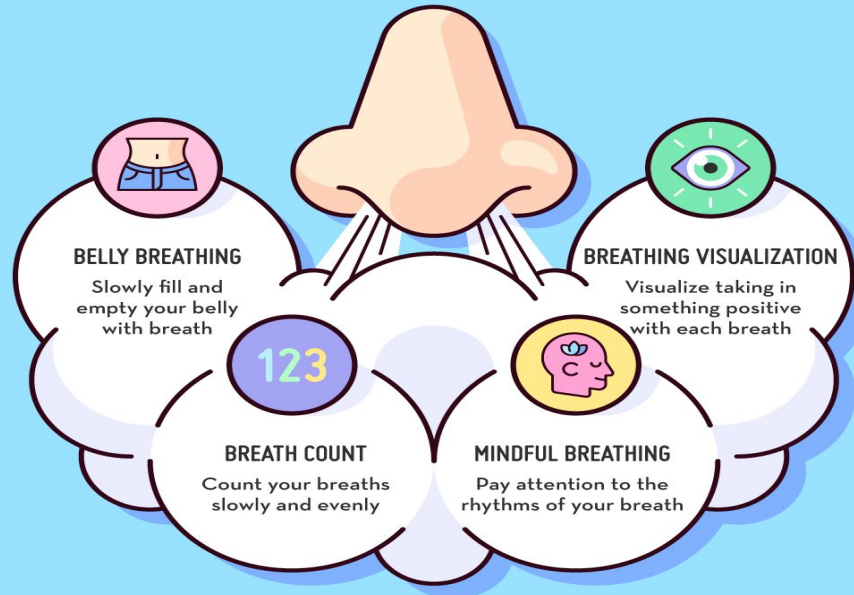
Why?

Time to breathe!

We choose one type of breathing exercise per session.

FOR STRESS RELIEF, JUST TAKE A DEEP BREATH.

Start the week calm with four deep breathing techniques.



#DeStressMonday

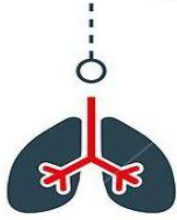
DeStressMonday.org

DE STRESS
MONDAY

MINDFULNESS



MEDITATION



BREATHE



BALANCE



STRESS REDUCTION



AWARENESS



BODY



SOUL

Mindfulness exercise for the day, "Fading Tone": Aim - **We listen closely to the sound of a tone as it fades away to help us relax and focus.** Listen to the tone of the *Singing Bowl* and raise your hand when the sound ends. How do you feel afterwards?





We begin with the recitation of the Mission Statement and the Creed, followed by the Sister Circle/Weekly Mindfulness Activity and ending our program with the Closing Circle. In the Closing Circle, we debrief or comment on whatever topic or feeling is relevant for that session.

**Rovi
teaching
the SWD
girls
coding
using
“Scratch”.**



**SWD Poetry Contest
with two of
the judges
(Frank
Barnes and
Vaughn
Goodwin)
and a
participant.**





Annual SWD “End of Year Celebration” medallions.



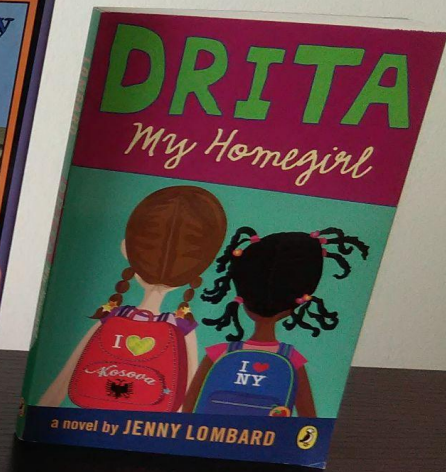
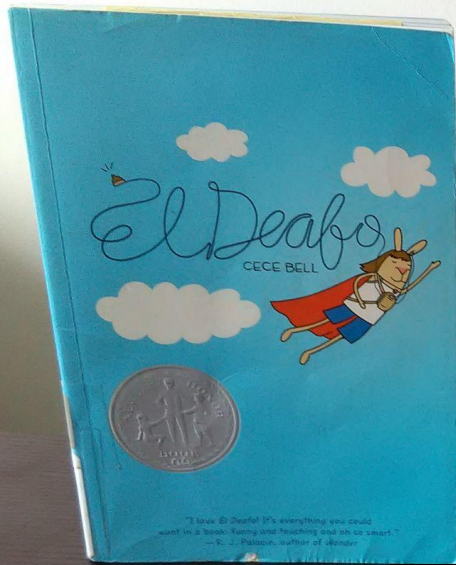
**Year Two 2018 -2019
Women Inventors & Their
Inventions**



We held presentations from a person who was blind and a person who was deaf to raise understanding and awareness of how one can empower themselves with these disabilities. These events supported the theme of creating inventions that can benefit those with disabilities.



A visit with SWD and Dr. Shirley Ann Jackson, first Black MIT graduate with a degree in Physics, founder of MIT's Black Student Union, and inventor of "call waiting".



SWD Book Club Books



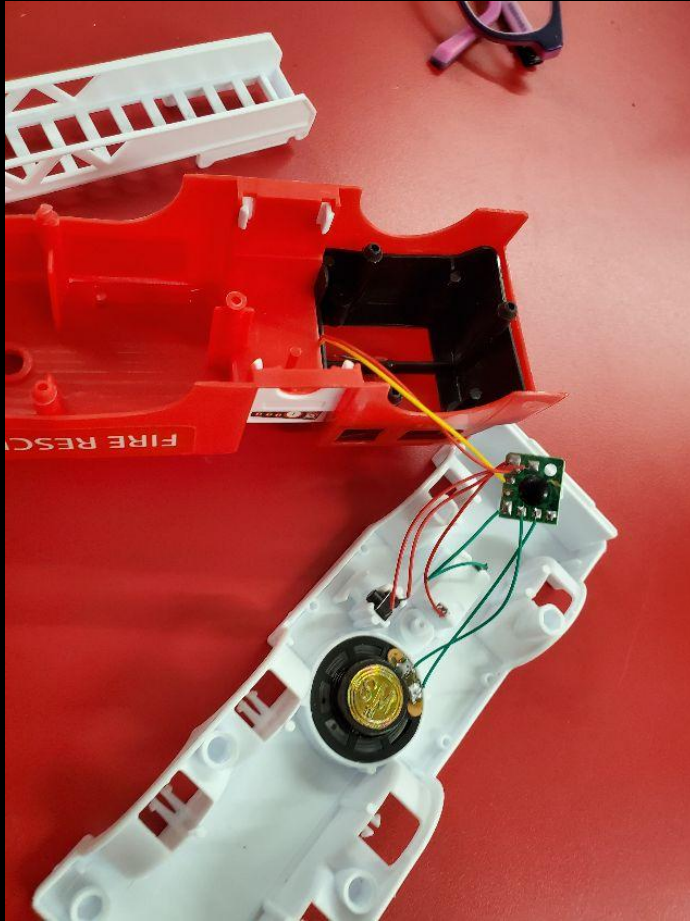
**Year Three: 2019 - 2020
Entrepreneurship With
Inventions & Finance**



Eastern Bank manager giving a workshop on the economics of entrepreneurship.

**Channel Five
TV Reporter
Michelle
Fisher, who,
with her
cameraman,
presented to
our girls.**






“MIT Invention Activity”
Sisters also brainstormed ideas and made prototypes of things they would like to sell as an entrepreneur..



Our SWD girls went on a field trip to activist/author/transcendentalist Louisa May Alcott's home as a follow up from viewing the movie, "Little Women". Our members are listening to the guide.



**Year Four: 2020-2021
Veterinary Medicine & Animal
Related Careers: Using Physics
from Animal Anatomy for
Inventions (Biomimicry)**



Michele James, DVM, DACVIM (Neurology) *Angell-Boston and MSPCA-Angell West, Waltham* was among our wonderful guest presenters when we held SWD sessions online via ZOOM during the pandemic.

SWD book club and even craft activities were accomplished online due to supplies being dropped off at SWD member's homes.

How do Animals Help us Solve Problems?

name: _____

Information: Animals have really neat ways of solving problems in their environments. We humans can copy their ideas to help us solve our own problems.

Directions: Match up the animal with how they help us solve problems by putting the correct letter next to the animal's number.

Animal adaptation that helps him survive



The turtle's shell protects him from other animals. He can pull in his arms and legs and head so that he is fully hidden!



Some butterflies have markings on them that look like big eyes. This scares away other animals.



The porcupine's quills help protect him from animals that want to eat or hurt him. The quills are sharp, and can get through any kind of animal skin.



The bombardier beetle has orange and black warning stripes that tell others that he has a burning spray he can spit out!



Spider webs are really strong and sticky. They can catch their food this way.



The bat has a special way to "locate" things called echolocation. A bat sends out a sound wave and listens carefully to the echoes that return to it. This helps him find something.



The rattlesnake has a rattle that scares off animals that want to kill or eat him. It is a warning to other animals.

How humans copy the animal's ideas to solve problems

A. We are making special needles that can easily get through any surface. We can use these in medicine.

B. We use echolocation to find things on the bottom of the ocean, and we have made a cane for the blind that uses this ideal!

C. We make telephone poles look like palm trees (monopalm) so that it looks nicer!

D. We make bicycle helmets so that we can protect our heads if we fall!

E. We can make stronger parachute lines and artificial ligaments to hold bones together by copying the spider webs structure.

F. We use horns and alarms to scare drivers and robbers away!

G. We make warning signs out of bright colors like red and orange so that we can see them!

Bio-Mimicry
follow up
sheet (small
part of a unit
lesson).

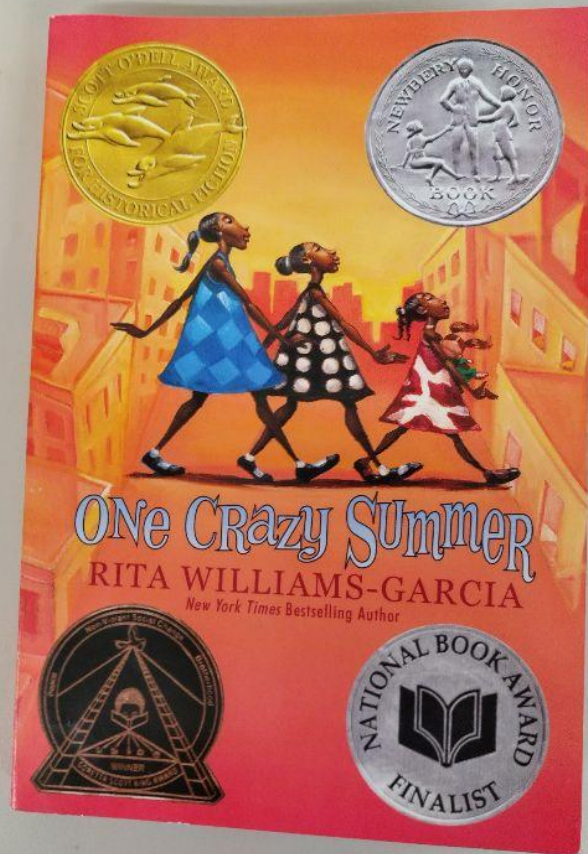


End of year celebration dinner at Portugalia restaurant. SWD Medallions, Certificates and Dunkin' gift cards were awarded to each SWD member.



Year Five 2021 - 2022
Community Activism & Science

Our
2021 -
2022
Book
Club
Graphic
Novel
and
chapter
book





**“Field trip to Moderna”
Featured in the photo is
Barbara Salami, Vice President
of Digital for Commercial
Operations at Moderna and
President of the Moderna
Employees of Color
Association.**



MIT student Emily Condon, promoting the concept of “Scientists as engaged citizens”, gave a presentation and lesson on “Alternative Wind Energy”. 2021-2022 SWD meetings were held at the Margaret Fuller House instead of at the FMA.



**“Museum of Fine Arts Field Trip”
Quilt artist Bisa Butler’s Exhibit.
Sisters made their own quilt pieces as
a follow-up activity.**



On 4/13/2022, SWD participated in the inauguration of the Liberation Libraries, sponsored by the MBK. Our girls were a hit with the mayor and other participants. Nevaeh actually was one of the impromptu speakers at the podium, as an avid reader, expressing her gratitude for having the libraries available. Mayor Siddiqui later invited SWD to visit her on 6/1/2022. SWD was also featured in the CambridgeDay community newspaper: <https://www.cambridgeday.com/2022/04/12/liberation-libraries-launch-across-cambridge-elevating-black-and-brown-authors-and-readers/>



On 6.15.2022, as a culmination of the Covid Project, our SWD girls presented Cambridge Mayor Siddiqui with their Covid Brochure, had a pizza lunch during a question and answer session with the mayor and school Committee member Ayesha Wilson (expecting a baby the following week) and was able to visit the City Hall Chamber where City Council and School Committee meetings are held.



Resources

Association of Child Life Professionals
<https://www.childlife.org/resources/covid-19-resources>

UMass Chan Medical School
<https://www.umassmed.edu/rti/therapeutics/Coronavirus/kids-covid-resources/>

COVID-19 Resources for Parents
<https://www.pbs.org/parents/coronavirus-resources-for-parents>

Download a coloring book:
<https://www.chrichmond.org/blog/7-pages-of-fun-during-covid-19-a-kid-friendly-coloring-book>



How ARE you feeling today?

If you have any of the following symptoms, immediately tell a responsible adult: fever or chills, cough, difficulty breathing, tired, body ache, headache, loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, diarrhea

Our Mission

Our mission is to improve the academic achievement, self-esteem, self-awareness, and social competence needed to enable one to achieve their DREAMS and to recognize their overall potential in their personal, social and academic lives.

Why We Did This

We are young activists who care about the world and the people in it. We share what we learn to help everyone be safe, happy and healthy.



sisterswd.org



Sisters With A Dream

wants to know

How Are You Feeling Today?

The Sisters With A Dream care about you, our families and community as the school year comes to a close. COVID is still here and we want to share some tips with you for a safe, happy summer.

SWD students received information gathering/note taking lessons on Covid19 which culminated in creating a brochure that will be presented to Cambridge Mayor Siddiqui on 6/15/2022 and to the FMA population in general. This assignment reflected SWD 2022 theme of using science for community activism. You are looking at the back of the brochure.



On 6.1.2022, SWD girls were able to do a Lemelson-MIT assignment that was postponed earlier due to the covid19 pandemic. The sisters created decorative ambient lamps from scratch, following complex instructions involving connecting intricate wiring to input/output circuitry and putting together the lamp pieces. The lights can change color and light show patterns.



This is the last year MIT student volunteer Rovi Porter will be with us. From the very beginning, Rovi tirelessly worked with and supported all of us. She became part of the SWD family and we will sorely miss her .



On 6/8/2022, our sisters created tie dyed tee shirts.

Which tee shirt is your favorite?





The SWD 2022 year ended with our Tea Party at the FMA and recognizing each SWD member with a certificate and medallion at the nearby park. Mayor Siddiqui, current/outgoing Principal Rounds and previous Principal Robin Harris all attended our event. We were honored by their presence.





Everyone in
SWD
received a
mug with
our logo in
the
2021-2022
school year.





Check
out our
2022
white
and
navy
blue
SWD
tee
shirts!



CERTIFICATE OF RECOGNITION

THIS CERTIFICATE IS PROUDLY PRESENTED TO

FOR PARTICIPATION IN THE "SISTERS WITH A DREAM" 2021 – 2022 PROGRAM

Your commitment and participation is appreciated and recognized.

JILL MINOT SEABROOK

AISHAH ABDUL-MUSAWWIR

AMATUL-HAFEEZ MAHMUD

Awarded 6/2022



Each SWD sister received a certificate and medallion at the end of the year Tea Party Celebration for their participation.



Sisters With A Dream Year 2022 - 2023
“The Science of Sports”





More to come...

