

What We Do

Every month, students and mentors meet during district convenings that are school-based. Occasionally, enrichment activities and outings are offered for exposure outside of the school setting.

At meetings, attendees practice mindfulness exercises with the intention to cultivate awareness and be able to return to that state again and again. They pay attention to what is occurring in the present moment by observing the thoughts, feelings, and sensations that arise within them. The attitude around the exercise is to be non-judgemental, curious, and kind. In addition, scholars are tasked to complete a challenge that correlates with the theme of the month to maximize their experience and learning.

At the school level, scholars participate in check-ins with mentors, and receive additional support with managing academics and social-emotional wellness.

Our scholars are ready to get healthy, start and enter the school building each morning ready to learn, and feel a stronger sense of belonging and engagement. We aspire for our scholars to graduate high school ready for college or a career; to complete a post-secondary education or training; to successfully enter the workforce; to always keep our scholars on track and give them the support they need.



Reflections of Sisterhood



My Sister's Keeper

Mission

Our mission is to provide young women with access to positive female mentors within their schools and districts, empowering them to uncover their natural talents, inner beauty, and full potential. Through these meaningful relationships, we aim to foster critical thinking, effective communication, and self-confidence, while serving as a supportive outlet and resource that nurtures well-rounded, resilient, and future-ready young women.

Vision

The girls of Norwalk Public Schools will have an enhanced experience through meaningful relationships with educators and community members, fostering a strong sense of belonging and support as part of their educational and personal village.



Background

Former President Barack Obama launched the My Brother's Keeper initiative to address the persistent opportunity gaps faced by boys and young men of color and to ensure that all young people can reach their full potential.

Through this initiative, Norwalk Public Schools is joining with community-based organizations, businesses, and foundations to connect young people to mentoring, support networks, and the skills they need to find a good job or go to college so they can become productive citizens.

My Sister's Keeper is open to middle and high school students and is a district-wide as well as a school-based initiative.

Core Values

- Empowerment
- Leadership
- Confidence
- Self-Love
- Self-Identity
- Empathy



"Every woman's success should be an inspiration to another. We're strongest when we cheer each other on."

SERENA WILLIAMS