

NR 040115

Food Pantry seeks occasional volunteers

Want to lend a hand with the Gladstone Food Pantry without having to make a weekly commitment? Sign up as a Volunteer Substitute to cover occasional two-hour shifts when regular volunteers are unable to be there.

The Food Pantry, located in the portables on the north side of Gladstone High, is open Thursdays from 3 to 5 p.m. and Saturdays from 10 a.m. to noon. To volunteer, contact Volunteer Coordinator Theresa Schmidt at 503.656.6564 or email schmidtt@gladstone.k12.or.us.

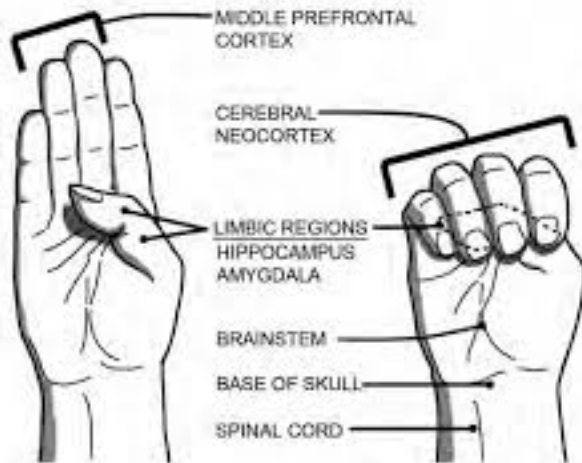
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First and second graders learn how brains work

In March, first and second graders at Gladstone’s John Wetten Elementary explored the structure and function of the brain. Child Behavior Specialist Ann Hargraves demonstrated a hand model of the brain developed by Dr. Dan Siegel of UCLA.

Hargraves started by asking where there brain is located, what size it is, and what does brains do. She talked about three different parts of the brain and showed the students how they could make a "brain" out of their hand. They learned the roles of the brain's Stem, the Limbic System, and the Cortex.

“The primary goal was to help young students understand that when their brains are lit up with strong and sometimes overwhelming feelings in the Limbic System, the thinking part of the brain, the Cortex, is not available to help problem-solve,” said Hargraves. “It 'flips', like flipping your lid. In order to get back to a calm place and a condition for problem-solving, the brain needs the body to move.”

The students shared many creative variations on the basic idea that small bits of physical movement can quickly and quietly help them return to a calm state.



Ann Hargraves is a Child Behavior Specialist at John Wetten to help teachers and students better understand stress, resiliency and behavior change.

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• **Gladstone High to stage Grease**

Grease is the word at Gladstone High School, which will stage the musical in April. Written by Jim Jacobs and Warren Casey, the show portrays teens navigating peer pressure, politics, core values, and love in the 1950s.

Public performances are set for 7 p.m. on April 10 and 11 in the Gladstone High auditorium, located at 18800 Portland Avenue in Gladstone. Tickets, sold at the door, cost \$5.

“Our performance is filled with singing and dancing, and the kids are having a fun time in rehearsals,” said Drama teacher Katy Pearson. “We are hoping the whole community will come to see the show.”

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• **Gladstone environmental science students published in anthology**

Four Gladstone High students had their artwork or poetry selected for publication in the 2015 edition of Honoring Our Rivers. Lindsey Clark, Erandi Magana, Carl Stephens, and Nadea Wilson are all environmental science students in Kevin Zerzan’s class. Their work was chosen from over 1,000 submissions.

The anthology, published annually, showcases Oregon student writing and artwork focused on rivers and watersheds. Fiction, prose and poetry are included with photography and illustrations from youths across Oregon. Publication is expected around Earth Day.

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• **Gladstone High teacher named Educator of the Week**

J.J. Jedrykowski, a learning specialist and football coach at Gladstone High School, was named Educator of the Week by K103 radio. He was nominated for the honor by parent Lisa Berent.

“When my son was injured in a playoff game and was out of school, Coach Jed was extremely helpful in making sure he had all of his homework and assignments, so he didn’t fall behind,” said Berent. “He teaches his students and athletes how to work with one another and to support each other.”

“What I like most about teaching is working with kids, especially kids with disabilities,” said Jedrykowski. “Kids are fun, energetic and very unpredictable. No two days are ever alike in education.”

Jedrykowski was awarded a \$103 gift card for classroom supplies, a Crystal Apple award, and eligibility for a continuing education scholarship at Concordia University.

To nominate your favorite Gladstone teacher, visit <http://www.k103.com/onair/educator-of-the-week-45959/>

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• Gladettes finish 4th in state

The Gladettes from Gladstone High School fought hard and came home with a 4th place trophy at the State Dance & Drill Team competition. Ahven Firth was selected as a member of the All State team and she received a DDCA Dance Scholarship. Lauren Hill received a DDCA Academic Scholarship and Ali McFarland placed 7th in the state Drill Down.

Here is a video of the team’s performance:
<http://www.youtube.com/watch?v=RXzIFkkroCO>

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*** Story Hour features free book giveaway, raffle**

Children six and under are invited to a March 5 Story Hour at the Gladstone Center for Children & Families. The Thursday event is scheduled for 4:15 p.m. at 18905 Portland Avenue.

The theme for the event is pets. Children will enjoy entertaining stories as well as activities, songs, and games that help them build school-readiness skills. Raffle prizes will be given, and each child attending will get a free book.

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*** Rotary plans Gladstone pancake breakfast & Easter egg hunt**

The Gladstone/Oak Grove Rotary has scheduled its 25th annual Max Patterson

Memorial Pancake Breakfast from 8 to 11 a.m. Saturday, April 4, at Gladstone High School, 18800 Portland Ave.

Tickets are \$5 adults, \$4 for children/seniors and \$15 for families of four.

At 11 a.m., children are invited to join the annual Easter egg hunt in front of Gladstone High School.

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*** Gladstone High senior honored as Outstanding Teen**

Lauren Eaton, a senior at Gladstone High School, was crowned Miss Willamette Valley's Outstanding Teen on March 28.

An honor student, she participates in the Gladettes dance team and raises funds for the Children's Miracle Network Hospitals.

PHOTO: Lauren Eaton, a senior at Gladstone High, was crowned Miss Willamette Valley's Outstanding Teen.

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Gladstone High to hold dance team tryouts in May

Gladstone High Dance Team Tryouts will be held May 18-19-20 from 4:30-7:30 p.m. at Gladstone High School.

Dancers must attend all three days in order to audition. The first two days are learning sessions and the third day is for final auditions.

Please wear comfortable clothing (no jeans). No spectators will be allowed.

Please contact Head Coach Denise Harris if you have any questions: peepharris@aol.com

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