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Gladstone High athletes recognized for scholarship

Competing in high school sports is a big commitment, with practices, workouts, and events taking a lot of time and focus. Despite this challenge, three sports teams at Gladstone High School have also excelled as scholars, recognized by the Dairy Farmers of Oregon and the Oregon State Athletics & Activities Association.

Honored teams include:

- Girls Soccer: 3.56 team GPA
- Boys Swimming: 3.31 team GPA
- GHS Boys Football: 3.04 team GPA

This year 46 percent of Gladstone High students participated in at least one sport.

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Gladstone High Green Club launches two projects

Every day is Earth Day at Gladstone High School, thanks to the on-going efforts of the school's Green Club. This month, the nationally recognized Green Ribbon school rolled out two new sustainability initiatives designed to reduce the school cafeteria's impact on the environment.

Students did preliminary research and discovered that their school used more than 60,000 plastic forks and spoons each year. This realization led them to conduct a silverware drive during Spirit Week. As of April, the school cafeteria now uses durable silverware.

After conducting a trash audit, the club documented that students were throwing away as much as 10 gallons a day in food scraps, plus at least 5 gallons of kitchen waste. They were able to divert that waste from the landfill, thanks to an arrangement with a local pig farmer, who uses the scraps to feed her pigs.

"These impressive projects demonstrate GHS's continued dedication to being stewards of the environment," said Green Club sponsor Brad Kuntz. "Gladstone students are proud to be making a measurable difference in the health of the planet."

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Gladstone clothes closet serves youths on Thursdays and Saturdays

A new clothes closet at Gladstone High School is open two days each week to provide free clothing for youths from birth to 21.

Open hours for the clothes closet, run by volunteers from the Gladstone Ministerial Association, are Thursdays from 3 to 5 p.m. and Saturdays from 10 a.m. to noon. The center is located in a modular on the north side of the GHS campus. For easy access, visitors should turn on Nelson Street, just north of the high school, and turn in at the fire lane.

"We just received a large donation of nice baby and toddler clothes, so we hope families will drop by to choose what their children need," said program coordinator LaRae Applebee. "Whether families need shoes, a spring jacket, or children's school clothes for the warmer spring weather, we are here to help."

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Free Parent Power class offered at John Wetten Elementary

Parents hoping to improve family communication, boost student motivation, and build effective discipline strategies will learn that and more at a free 4-week parent course offered in May.

Sponsored by Gladstone Schools and Northwest Family Services, the Parent Power Class will be offered from 6 to 8 p.m. on Tuesday nights, May 6, 13, 20, and 27. Free childcare will be provided. The class location is John Wetten Elementary, 250 East Exeter Street in Gladstone. Parents from any school are welcome. To register, visit www.lastingrelationships.org or call 503-546-6377.

Podcasts with a few lessons from the class are available here:
<http://gladstone.k12.or.us/podcasts-parent-tips/>

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Gladstone Education Foundation seeks garage sale donations

If spring-cleaning led to the discovery that you have *too much stuff*, consider donating clean, gently used household items, clothing, sports equipment, baby gear, books, furniture, office supplies, craft supplies, and collectibles to the Gladstone Education Foundation garage sale.

For item drop off or pick up, call Corinne at 503-722-2284 or Kathy at 971-227-2655. All donations are tax-deductible, and all proceeds will benefit students in Gladstone Schools. The garage sale will take place at Gladstone High School on June 12, 13, and 14.

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Gladstone Police plan prescription drug turn-in event this Saturday

The Gladstone Police are planning a no-questions-asked prescription drug turn-in event, a safe opportunity to dispose of medications. Prescriptions, vitamins, over-the-counter medicines, samples, and pet medications will all be accepted.

The event will take place from 10 a.m. to 2 p.m. on Saturday, April 26 at the Gladstone Police Department Headquarters, 535 Portland Avenue. Pull up in front of the Police Department, and an officer will meet you curbside to take your unwanted medicines.

Prescription medications are among the most commonly abused drugs. Flushing them down the toilet can be dangerous for both the community and for local wildlife. That's why drug turn-in programs are the best option to dispose of unused prescription drugs.

"We hope this event will help raise awareness and use of the Gladstone Police Department's permanent prescription drug receptacle located in the police department lobby," said School Resource Officer Eric Graves. "Last year over 75 pounds of prescription medications were collected."

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Playgroups provide exercise, learning, friends, and fun

Families with children age 5 and younger are invited to participate in free play groups at the Gladstone Center for Children and Families, 18905 Portland Ave.

The groups meet weekly from 9:30 to 10:30 a.m. Mondays in the indoor play area and weekly from 3 to 4:30 p.m. Thursdays in the covered outdoor play park and indoor play area.

The Center also provides information and resources for families with young children. For information, call 503.655.8601.

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Gladstone early childhood center seeks volunteers

The Head Start preschool program, the Family Stepping Stones relief nursery, and kindergarten classes at the Gladstone Center for Children and Families need volunteers who can contribute an hour or two each week.

Volunteers can mentor small groups, supervise playtime, guide art projects, and help children build reading skills. To get involved, call Volunteer Coordinator Susan Trone at 503.496.3939, ext. 306.

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