

NR 092816

Teens offer Gladstone neighbors free help with yard work

Do you know a Gladstone senior citizen or homebound neighbor who could use a free helping hand with yard work or outside chores from local teens?

On Saturday, October 8 from 10 a.m. to 1 p.m., 150 students from Gladstone High will participate in the school's 4th annual Gladstone Gives Back day of service, helping with mowing, weeding, painting, leaf raking, firewood stacking or other chores not requiring a ladder.

Student athletes, Key Club members, Honor Society members, and the Student Senate are ready to roll up their sleeves and help their neighbors.

If you know someone who could use help, contact teacher Lynnda Prom at promL@gladstone.k12.or.us or phone 503.655.2544, ext. 414.

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Grant to extend family support services in Gladstone schools

Thanks to a \$65,000 grant from Family Care Health Plan, the Gladstone Center for Children & Families will continue to provide a social services navigator for families in crisis.

Family Resource Coordinator Yina Arias connects families with young children to a wide range of services to help with housing issues, food, transportation challenges, job searches, legal aid, medical care, mental health care, and more.

"Family stability makes a vital difference to a child's success in school," explained Lennie Bjornsen, Director of Student & Family Supports. "Once we get a distressed family back on track, their children will be ready to focus on learning."

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Kraxberger Middle School to add fitness clubs

Students at Gladstone's Kraxberger Middle School can choose from three new after school fitness clubs, thanks to grant funding provided by the Nike Community Impact Fund. The new co-ed clubs include fitness boxing, wrestling, and soccer.

"We surveyed students about their interests, and these were the most popular choices," said Vice Principal Lori Buchanan. "Besides providing exercise and teaching new skills, the new clubs will give students connections to teacher mentors and opportunities for new friendships."