

February is kindness month

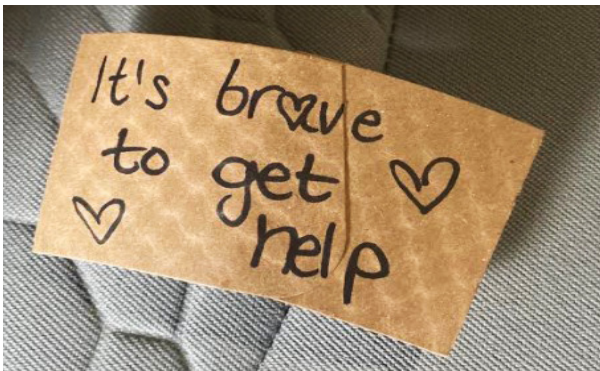
Chinook's Edge school communities are reaching out with care and compassion



As the Hugh Sutherland School community came together to deal with the untimely death of one of their students recently, the Class of 2022 decided to organize a fundraiser for the family to offset some of the costs they were facing.

With the whole school engaged in the efforts, EA Monica Gibson took the idea into the broader community. She approached the local Tim Hortons, where the student had worked, and together they planned a donut sale. Posters were created and displayed around the Carstairs community, and students helped organize pre-orders. As part of the effort, Monica also purchased coffee sleeves and, with the help of some grade 12 students and other staff, wrote encouraging messages and positive affirmations on nearly 400 individual sleeves.

In the end, on January 26, nearly 1,600 donuts were sold, raising approximately \$8,000 for the family. And neighbours throughout the community received a sweet, uplifting message with their coffee!



Sharing an important message

Maddy and Brynlee, who will be graduating from École Olds High School this spring, have been in charge of the school's You Matter initiative as part of their Leadership activities.

They began their campaign in Grade 10, in an effort to promote mental health and wellness at their school and throughout the community. They have sold many You Matter tote bags, lanyards, pillows and decals in the last three years. Recently, in Year 3 of their efforts, they reached the \$10,000 mark for donations towards mental health initiatives.



You Matter - Maddy Byrt and Brynlee Rice (daughter of Olds High Admin Support, Jody Rice) have raised \$10,000 through their efforts. Proceeds have been donated to Headstrong, an initiative that is supported by the Mental Health Commission of Canada.