

SPRING HAS SPRUNG FOR GAT

HERE ARE THE

HIGHLIGHTS



CONGRATULATIONS CLASS OF 2025!

You are just at the beginning of your journey! We wish you all the best!!

Awards Given at the HCCA's Annual Meeting on May 19, 2025



Nora Diversi, RN
Caring for Students and Community
and being an advocate for HOPE

HCCA extends our deepest appreciation to our incredible school nurse, whose compassion and dedication truly make a difference every day. You not only care for the health and well-being of students but also goes above and beyond by advocating for a School-Based Health Center to ensure accessible care for all. Your tireless efforts to rally the community and build partnerships—especially with organizations like HCCA—have brought valuable resources and guidance to MSAD#11. Through your leadership, students receive essential education and messaging around substance use prevention, empowering them to make healthier choices. Thank you for being a champion for students, schools, and our community.
Your impact is felt far and wide.

Awarded at HCCA's Annual Meeting - May 19, 2025

Sara Grant
Chair, HCCA Board of Directors

Renee Page
Executive Director

Patricia Buck Welton
DFC Coordinator



Britney Salley-Gero
Supporting Students to be Resilient and giving them HOPE

Thank you for everything you do for your students—not only in the classroom, but on the court, on the field, and in the everyday moments where they need someone to believe in them. Your care, consistency, and presence make such a difference. The way you show up—not just to teach, but to guide, support, and inspire. Whether you're helping a student navigate a tough decision, cheering them on in a game, or encouraging them to dream about their future, your influence runs deep. Working alongside you in Substance Use Prevention is a privilege. You lead with heart, and it shows in the way your students respond to you—with trust, respect, and a sense of hope.
Thank you for being such a powerful force for good in their lives.

Awarded at HCCA's Annual Meeting - May 19, 2025

Sara Grant
Chair, HCCA Board of Directors

Renee Page
Executive Director

Patricia Buck Welton
DFC Coordinator



Sam Robison
Supporting Students to be Resilient and giving them HOPE

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Thank you for being such a powerful force for good in the lives of our students!

FALCON NIGHT



On March 14th Falcon Night returned in high fashion!! The 6th and 7th Graders were able to spend the entire night at the Middle School participating in activities that included an inflatable obstacle course, gym games, arts and crafts, Minute to Win it challenges, dancing movies, board games and more! In addition there was relaxation spaces and plenty of food! Parent night was mandatory and we were there to provide resources!



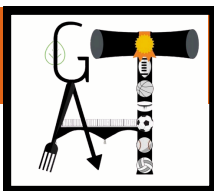
SOURCES OF STRENGTH

The High School Sources of Strength Team tabled the Community event in the library on March 17th and had students spin the wheel to share where they find their strength!



Click Here to Follow Us on Facebook

For more information, visit www.gardinerareathrives.com or contact Patricia Buck Welton, DFC Coordinator patriciab@hccame.org



MORE HIGHLIGHTS...

PREVENTION AT THE MIDDLE SCHOOL



In April Healthy Communities of the Capital Area (HCCA), in partnership with Gardiner Area Thrives (GAT), provided presentations on Vaping Nicotine and Marijuana. These posters, drawn by Middle School students, are an example of the student's PSAs after the presentations.



Our Art Teacher at the High School organizes and promotes The Cinderella Project. This year they provided 60 Dresses to local students.



CONCERT FOR HOPE



Our community really needed this event this year! The Civil Rights Team, Drama Club and Staff gave wonderful performances. The evening was in support of the Capital Area New Mainers.

COMMUNITY SUPPORT

Our Community supports us, so we support our community! We share activities and events both by our students and our community!



Christian Open Mic!
Friday, March 28th 6-9 PM
Contact Adam Tice to reserve a time slot to perform at 207-838-7348



46 Church St, Gardiner ME

Choices Matter, a program of Maine Bureau of Highway Safety, came to both the High School and the Middle School at the end of January. This program presents real life events that happen when you make the wrong choice by using alcohol or using substances and driving.

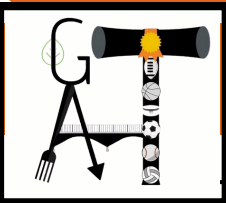


Middle School full assembly!



High School full assembly!





AND EVEN MORE HIGHLIGHTS...

PREVENTION MESSAGES

Sharing prevention messages through social media, classroom screens and library monitor. February focused on Cannabis Prevention, March - National Drug Alcohol Facts Week and Operation Parent FREE Webinars, April -Alcohol Awareness Month and May – Mental Health Awareness. You may have heard the Middle School Students PSA's on 92 Moose in March for NDAFW!

4 SKILLS EVERY CHILD NEEDS
A FOUNDATION FOR HEALTHY CHOICES

Confidence Coping Skills
Supportive Relationships Emotional Awareness

NATURALHIGH.ORG

THE CANNABIS DECEPTION

HELP & RESOURCES ARE AVAILABLE

APRIL

ALCOHOL AWARENESS MONTH

SAMHSA

DID YOU KNOW?

E-cigarettes are the most common form of tobacco use by kids and teens. Over 2.1 million youth are currently using e-cigarettes.

NDAFW
National Drug & Alcohol Facts Week

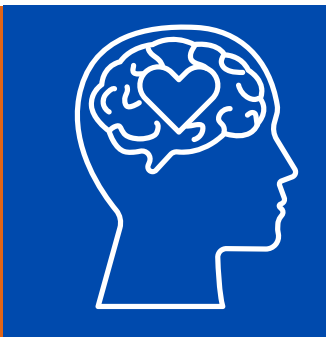
What will your FAMILY DINNERS be like in 2025?

THE FAMILY DINNER PROJECT.ORG

HEALTH CENTER UPDATE



Superintendant Patricia Hopkins has received a brief update on where the health center is in the process with insurance and lawyers. It is going before the health center's board now. We will share updates as we have them.



SUMMER

IS NEARLY HERE!

Tips to Help Youth Stay Healthy and Safe

During the summer months, kids have more unstructured time. As parents and caregivers, you can help them find healthy activities to do with their friends and family members.

Know Where They Are Going And Who They Are With

- Is your teen working a summer job? Help them navigate new relationships with adult co-workers.
- Are they caring for younger kids, like babysitting or working as a camp counselor? Encourage them to be role models.
- Establish expectations about making smart choices, staying safe, and adhering to curfew.



Encourage Healthy Activities and Relationships

Provide opportunities to be active and outdoors.

Set limits around screen time.

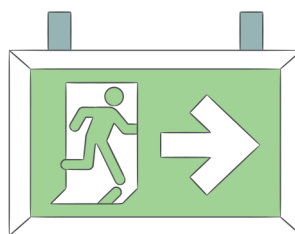
Reinforce the importance of having friends who value your child for who they are.

Remind your child that friends help each other make healthy choices.



Be Prepared Together

- Create a plan with your child so they know how to avoid or get out of a risky situation. Practice refusal skills and have an "exit" plan.
- Be a safe adult for the young people in your life.



**One
Choice**



www.OneChoicePrevention.org