



CAN YOU GIVE
30 MINUTES A WEEK TO
MAKE A
DIFFERENCE
IN THE LIFE OF A
MIDDLE SCHOOLER?

The Bethel School District is launching a pilot mentor project in the 2019-2020 school year at Cascade and Shasta middle schools. The project will pair caring and committed community members with middle school students who would appreciate extra support. The pairs will meet weekly during the school year for 30 minutes of conversation and sharing. Mentors must commit to volunteering weekly for the full school year, pass a criminal background check, and participate in an hour-long training.

**MIDDLE SCHOOLS
MENTORING DAYS & TIMES**

DAY	TIME
Cascade Middle School	
Tuesday	2 lunches: 11:33-12:03 & 12:06-12:36
Shasta Middle School	
Wednesday	2 lunches: 11:24-11:54 & 12:18-12:48

*For more information about the schools
(including address and website), please visit:
bethel.k12.or.us/cascade/
or bethel.k12.or.us/shasta*

**MENTORING
HELPS**

Mentoring in the middle school years is important because it is a time when students may feel isolated or lonely amid their challenges. By matching middle school students with adults in the community, the mentor program allows students one-on-one time with an adult during lunch each week to share time and access additional support.

Research has found that mentoring programs provide the support many youth need today.

Mentoring may help students improve their self-esteem, socialization skills, and compatibility with peers, as well as their outlook on school and life. In addition, mentored students are more likely to have better school attendance.

*For more information or to request an application to the program, please email:
acbridgman@gmail.com*