



News Release

Building Leadership and Confidence through Mentorship: The Ment-to-Matter Program expands in Sylvan Lake

For immediate release – November 21, 2024

École Mother Teresa Catholic School (EMTS), in partnership with Sylvan Lake Family and Community Support Services (FCSS), is proud to announce the second year of the Ment-to-Matter Program.

Building on the success of last year's initiative, this year's program has expanded to include Grade 4 students from École Our Lady of the Rosary School (EOLRS) alongside Grade 9 mentors from EMTS. The program's expansion highlights the commitment to fostering meaningful mentorship opportunities within the Sylvan Lake community.

This year, 40 students are participating in the Ment-to-Matter Program: 20 Grade 4 mentees from EOLRS and 20 Grade 9 mentors from EMTS. The program's primary objective is to cultivate positive relationships that enhance self-esteem and self-confidence for both mentees and mentors. Through carefully planned activities such as team-building games, crafts, and outdoor activities, the program nurtures leadership skills in older students while providing younger students with role models and a strong sense of connection.

Starting October 17 and running until May 29, Grade 9 mentors travel to EOLRS every Thursday during the lunch/recess hour to engage with their Grade 4 mentees.

"What I love most about the program is witnessing the positive growth in both the mentees and mentors, particularly their increased self-confidence and self-esteem," said Lynda Gamroth, a counsellor and teacher at EMTS. "This program creates a unique opportunity to foster

News Release

meaningful relationships, allowing younger children to build personal connections while giving older students a chance to develop leadership skills and serve others.”

Astrid McAllister, Mentoring Program Coordinator with Sylvan Lake FCSS, added, “Mentorship is a powerful tool for growth, both for the mentor and the mentee. Seeing the enthusiasm and connection between the Grade 9s and Grade 4s this year is a testament to how much this program enriches our community. We’re proud to continue partnering with our local schools to make this happen.”

The Ment-to-Matter Program exemplifies the value of collaboration and the impact of mentorship in shaping confident, compassionate leaders for the future.

École Mother Teresa Catholic School is a Grade 5 - 9 dual-track school in Sylvan Lake. Our school offers a broad base of academic programming, tailoring the individual academic needs of every learner in our classrooms. Our school has a strong Catholic Christian focus and all members of our school community work collaboratively to assist students in achieving personal and academic success in an organized and safe and caring environment. Our goal is to develop and preserve in each student a sense of self-worth and self-confidence.

For more information, contact:

Communications Department

Red Deer Catholic Regional Schools

P: 403-343-1055 Ext. 310238

E: communications@rdcrs.ca

W: www.rdcrs.ca