

Superintendent Updates

January 8, 2021



Raph Rittenhouse
Superintendent

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Dear Gull Lake Community School Families,

Welcome back from the Holiday break! As we move into the New Year, many of us take time to reflect on the past year and set new goals for ourselves and our families. One common area for consideration is Health and Wellness. We look for ways to build healthier habits, such as a more nutritious diet or added exercise in order to achieve better results.

With all the changes the past year brought us, another type of Wellness has emerged as a top contender for our New Year's resolutions. Just as we measure vital statistics such as blood pressure and heart rate, we try to capture data on our *Resilience Factor*. Resilience is that special quality that allows us to survive and even thrive when facing new challenges and learning opportunities.

Resilience develops when we find more sustainable ways to build in those activities that help us achieve balance in our lives. Because we are all unique and have different ways of processing our experiences, establishing healthy habits is a personal journey. Whatever your preferences happen to be, I want to encourage you to reflect on what practices best support your *Resilience Factor* this year.

Our Gull Lake Community Schools team is here to support you with your New Year's resolutions and goals. Let's make it a great year as we learn and grow together!

Enjoy your weekend and GO GULL LAKE!

A handwritten signature in blue ink that reads "Raphael Rittenhouse".

Raphael Rittenhouse/Superintendent
Gull Lake Community Schools