

Superintendent NEWSLETTER

May 27



Dear Gull Lake Families and Staff,

As we observe and try to process all that we have seen in the national headlines, it can feel at times like we are powerless to impact the world and our own little corner of it for the better. Our District team of educators has identified three areas that can significantly increase our quality of life and emotional well-being moving forward. We care deeply about supporting you and each other on a holistic level so that we can better meet the challenges of our day, and more importantly, celebrate the things we value. The three areas we mention here are an initial overview and we will be delving into each area consistently over the coming months as we educate ourselves about optimal ways to stay physically fit and emotionally healthy:

- Nutrition
 - Many of us have been increasing the percentage of highly processed foods in our diet as we manage our busy lives. Raising our consumption of whole foods that we prepare together in our homes is a worthy goal that will pay big dividends. Preparing meals together is a bonding experience and our kids appreciate it more than they will ever admit!
- Exercise
 - Participating in an exercise program with friends or family on a regular basis has a direct positive impact on mental stressors and helps the body de-escalate from a state of hypervigilance, allowing for restorative sleep cycles that build up natural immunity.
- Social Media
 - We are social creatures at heart. Too much surfing on multiple apps leaves us worn down, agitated and unsatisfied. We can significantly reduce our negative stress by limiting our consumption of social media.

Let's focus on these three areas and build each other up on the next leg of our journey together. Here is the link to many more [GLCS Good Things](#). Enjoy your viewing and have a great weekend!

Have a wonderful weekend,

A handwritten signature in cursive script that reads 'Raphael Rittenhouse'.

Raphael Rittenhouse/Superintendent
Gull Lake Community Schools



Updates

Gateway Academy Graduation

June 1, 2022, 7:00 p.m.

Richland Area Community Center (RACC)

GLMS/GLHS Choral Concert

June 2, 2022, 7:00 – 8:30 p.m.

GL Center for the Fine Arts