

# ***SUPERINTENDENT***

# **NEWSLETTER**

September 2, 2022

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Dear Gull Lake Families and Staff,

The power went out in our neighborhood for several days this week. A fast-moving storm passed through Richland during the early evening hours and the power was still on at the office. As I drove home, it quickly became evident there was a wide swath of power outage caused by the high winds. Without a backup generator in place, our home sat there in the still blackness. As I stepped into the house, I started making alternate plans for the coming morning. No phone charger, no water pressure, no coffee, check...check...check.

Like any new adventure, the first moments are kind of fun and novel. As the situation progresses, the schedule and patterns get disrupted and the inconvenience of it all begins to set in. It is at this point that one is faced with a decision. How to deal with it? What activities will replace the normal routine? Most importantly, how to react, and what attitude should be adopted? This is a reminder crash course in LIFE 101, taught by Professor Experience.

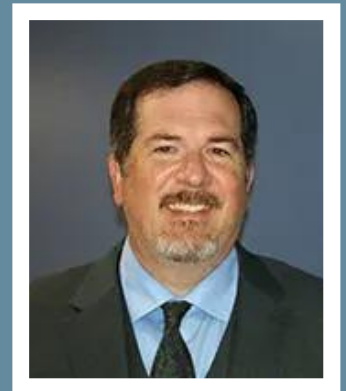
It is these moments in particular that remind us how good we actually have it most of the time. Having to rough it for a few days heightens our senses for the basics like a hot meal and piping cup of coffee, a shower, and the morning news murmuring in the background. You see, being human, our bodies get used to routine and things become automatic. We can get desensitized to all the wonderful small things we experience on a daily basis. This is where choosing mindfulness and reflection can help reset the needle on our sensors and gauges and help us enjoy each moment as it comes.

As you enjoy this holiday weekend with family and friends, my wish for you is that you will hit the reset button and fully experience the good things that come with every new activity and routine.

Have a great weekend and check out all the [GLCS Good Things](#) happening!



Raphael Rittenhouse/Superintendent  
Gull Lake Community Schools



## **Updates:**

**No School Monday, September 5th**



[www.gulllakecs.org](http://www.gulllakecs.org)