

SUPERINTENDENT **NEWSLETTER**

February 3, 2023

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Dear Gull Lake Families and Staff,

The highlighted topic for this week is nutrition and wellness. Our hot lunch program supervised by our Food Service Director, Josh Reames, continues to make great strides with our dedicated staff in providing balanced meals that are both nutritious and appealing. Our meal program is audited on a regular basis to ensure the proper ingredients are being used as the foundation of our daily menu options, such as whole grain flours and farm to table ingredients, sourced locally when available.

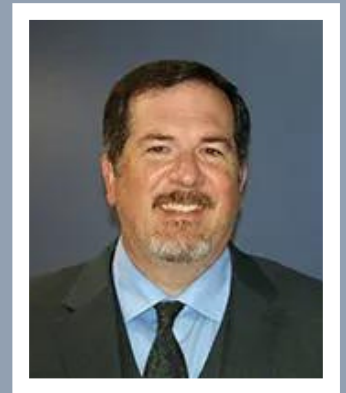
We have done the cost comparisons with the daily cost of our hot lunch versus bag lunch ingredients purchased at local grocery chains and have confirmed that our hot lunch menu is more affordable and nutritious than what most families use in their bagged lunches. This is another way the District stewards valuable resources and provides real value to our students and families.

Nutrition is a key component when it comes to students being at their best for learning activities. Good nutrition balances blood glucose levels and helps kids regulate their mood and affect over the course of the entire school day. It pays to invest in quality nutrition over the long haul and the benefits our kids experience make the endeavor worthwhile. I encourage you to take a deeper dive on this topic and do some comparisons. You will find the real benefits of our school hot lunch program.

Have a great weekend!



Raphael Rittenhouse/Superintendent
Gull Lake Community Schools



Updates

GL Performing Arts Company will be performing *Mythically Mythical Myths* by Jon Jory February 10th at 7 PM and February 11th and February 12th at 2 PM at the GL Center for the Fine Arts.

Early Release Day is February, 15th.

Piano Concert is February 17th at 7 PM at the GL Center for the Fine Arts.

No school on February 24th for Mid-Winter Break.



www.gulllakecs.org