

SUPERINTENDENT **NEWSLETTER**

May 12, 2023

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Dear Gull Lake Families and Staff,

My son is a fitness buff. He finds a way to get in some exercise most days and maxes out his gym membership. One of the things I notice that is different about his workout routine than mine was at his age is how much music factors into his sessions. When I was his age, the technology for wireless ear buds and arm straps for iPhones was not yet available. Another improvement is the way our song preferences are gathered and randomized on playlists without having to create those old cassette mix tapes one...track...at...a...time. If I could have had these new technologies available back then, I am pretty sure I would have used it every chance I got!

When we feel a certain way or want to motivate ourselves to take it up a notch, music is a great way to enhance the experience. Matching our mood to the moment by tapping into the symbolism of music is a human phenomenon practiced by every culture worldwide. People who practice hospitality often set the mood using background music that supports the vibe they are trying to create for their guests.

As we continue to investigate pathways to wellness, exercise, good nutrition, and activities that help us lower stress are in the spotlight. Listening to good music in the right setting is one of the best ways to settle your mood and affect. Our family has a tradition of sitting around sharing our eclectic musical tastes with each other by calling up one song after another on the ALEXA home smart speaker. It certainly produces a lot of humorous situations and elicits cheeky comments from our kids.

This weekend, I encourage you to take a few minutes to listen to your favorite music and feel the good emotions it brings to the surface. It will be a moment well spent and a good reminder that it only takes a few minutes to slow down and enjoy the present.

I am planning on calling up a few classic songs by Gordon Lightfoot.

Happy Friday!



Raphael Rittenhouse/Superintendent
Gull Lake Community Schools



Updates:

GLCS PAC will be performing Clue May 12-14, 2023.

No school on Monday, May 29th.

Last day of school is Thursday, June 8th.



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