

# ***SUPERINTENDENT*** **NEWSLETTER**

**June 15, 2023**

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Dear Gull Lake Families and Staff,

This weekend, I will be biking with my son from Acme, Michigan up into the Leelanau Peninsula and back again. Many years ago, we started a tradition of long adventure bike trips to get away from the normal routine and combine physical activity with the beauty of nature. With enough time, hydration, and electrolytes, most people can crank out more miles than you would think. One of our favorite routines was to bike 25 miles into town on a late afternoon, then eat a late supper at a local pub and catch some sports on TV before hitting the midnight matinee movie. After the movie, we would turn on our bike lights and pedal the 25 miles back home. A few miles into the trip home, conditions permitting, we would turn off the lights and follow the pathway lit by twinkling fireflies the rest of the way.

I am sharing this story because we all have the ability to develop healthy and creative activities with our loved ones that are unforgettable and rewarding. With this particular routine, it cobbled together all kinds of fun things around a wacky schedule complete with an after dark adventure ride home. It gave us a chance to jabber away and share thoughts, ideas and experiences in a unique environment. What I really liked about the format was the fact that it was an active rather than passive experience. Sure, we had to dodge a few skunks and possums along the route, but that only served to make it more interesting!

This summer, after getting your reading time in, I encourage you to develop active new adventures with your child. The sky's the limit when it comes to using your own creativity. Your child is sure to have some of their own ideas on how to up the ante and add in something fun and crazy. The experience will be something you will both be able to look back on with fond memories.

Be Active, Be Well!



Raphael Rittenhouse/Superintendent  
Gull Lake Community Schools



Have a  
wonderful  
summer!



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