

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

September 15, 2023

September 15, 2023

Dear Gull Lake Families and Staff,

If you have been tuned in to media reports on medicine and health in recent months, there is a term floating around that references geographic regions where people are known to live long and healthy lives. These areas have concentrations of individuals who live beyond the century mark and are closely networked with family and friends. These geographic regions are called “Blue Zones” and researchers are feverishly at work trying to unravel the underlying causes that support these extended lifespans.

One factor that extends life in Blue Zones is community. Over the past four years, I have met many of the contractors and construction workers involved in our capital bond project. They all report to me that they can feel the difference right away in the Gull Lake School Community. “It’s just different.” They see active and engaged students, they see parents and the community turning out in droves for school open houses and events, and they appreciate the way they are treated by students and staff in the course of completing their projects. This translates to how people interact at local businesses with a friendly nod and greeting, and the deferential courtesies that are offered.

With all of life’s distractions and fast pace, folks in our community have found a way to hang onto one of the most important Blue Zone qualities. It is clearly evident to guests from outside the community and they deeply value their experience here.

From the Gull Lake Blue Zone,



Raphael Rittenhouse/Superintendent  
Gull Lake Community Schools



Updates:

**Homecoming  
September 29th**

**Parade starts  
@  
5:30 p.m.**



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