

The MakeWaves Monthly

We develop students to become the best versions of themselves, so they can transform the world.



Superintendents' Message

The month of November is filled with meaningful words; such as, honor, veterans, thankful, and family. We are proud to honor our Veterans: our employees, parents and community. Thank you Veterans! This month is also a time of reflecting the meaning of "Thanksgiving and what we are "thankful" for. During this month, take time to reach out to those who are near and far. We express to all employees, students, parents and the community a very Happy Thanksgiving, and we hope your Thanksgiving is filled with blessings and joy! May the warm glow of autumn surround you as you celebrate the holiday with family and friends.

Dr. Matt Akin - Superintendent makin@gsboe.org

Dr. Stephanie Harrison - Assistant Superintendent sharrison@gsboe.org



Health & Wellness



Athletics



Arts Education



Teaching & Learning



ELEMENTARY
SCHOOL



MIDDLE SCHOOL



HIGH SCHOOL



VIRTUAL
ACADEMY

Meet Our Student WaveMakers of the Month

Elementary School

Ryleigh Gibson
Grade - 1st Grade
Area of Recognition -
 Leadership/Friendship



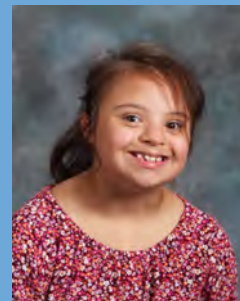
I'm a WaveMaker because...

Ryleigh has displayed not only leadership in our classroom but just a true friendship to all. In our classroom we have leadership roles. Students perform these roles daily. Ryleigh not only has a leadership role, he stands out individually as well. Ryleigh is constantly considerate and giving compliments. He reaches out to those in need. He is never told who to embrace, but he seeks all out to show they are loved. Not only am I fortunate to have him in my class, but his classmates are as well.

~Nominated by Tiffanie Deese~

Middle School

Mercedes Sabogal
Grade - 6th Grade
Area of Recognition -
 Environmental stewardship



I'm a WaveMaker because...

Engaging in a commendable act of environmental stewardship, Mercedes consistently takes the initiative to pick up trash from the playground. Her commitment to maintaining a clean and pristine environment reflects a profound sense of responsibility and care for our shared spaces. By actively participating in the cleanliness of the playground, Mercedes embodies the principles of sustainability and demonstrates a genuine concern for the well-being of our community. Her actions not only contribute to a more aesthetically pleasing environment but also serve as an inspiring example for peers and future generations. Through her consistent efforts, Mercedes is making a tangible and positive impact on the local ecosystem, showcasing the power of individual actions in fostering a cleaner and healthier world.

~Nominated by Kassidy Tavel~

High School

Kolin Wilson
Grade - 11th Grade
Area of Recognition - Academic
I'm a WaveMaker because...



I have been a teacher at Gulf Shores for almost 21 years, and during this time I have taught several dedicated athletes who were also dedicated to being excellent students. Although I have taught countless student athletes, Kolin has far exceeded any student that I have had the pleasure of teaching. Student-athletes tend to miss class time during their seasons due to their sport. Most students leave as soon as they are permitted and do not care if they miss the remaining lecture time, but not Kolin! If I am still lecturing or reviewing material for the lesson, and it is time to leave, he stays and waits until I have completed the lesson. He has even told his teammates when they tell him it is time to go that he isn't leaving because Mrs. Jones isn't finished with the lesson. It is hard to be an exceptional athlete as well as a student who takes AP classes, and Kolin has impressed me on both fronts. He is a leader on and off the field, and I have been thoroughly impressed by his work ethics and attitude towards his education and his extracurriculars. He is the definition of a WaveMaker, and I am proud to have been able to teach a student like him.

~Nominated by Wendy Jones~

Virtual Academy

Coming in December
Grade -
Area of Recognition

I'm a WaveMaker because...

What is a WaveMaker? Someone who incites action or activity.

Meet Our Staff WaveMakers of the Month

Elementary School

Jennifer O'Donnell

4th/5th Grade ELA and History Teacher

I'm a WaveMaker because...



Mrs. O'Donnell is such a team player. She works diligently to assure she is providing meaningful instruction to cover all the standards in two grade levels while differentiating to meet individual student needs. She willingly shares everything she creates and happily plans together with her team members. She is an inspiration!

~Nominated by Kimberly Pennington~

Middle School

Brittney Reeves

Assistant Principal

I'm a WaveMaker because...



Brittney Reeves goes above and beyond to provide the Gulf Shores City Schools system with the latest and greatest technology and opportunities, ensuring that our students and educators have the tools they need to succeed in today's rapidly changing digital world. From Scuba diving classes to a phenomenal After School Care program, she is always looking for opportunities for our students to have experiences that other schools could only dream about.

She works tirelessly to ensure that our teachers receive the best professional development opportunities and data-digging meetings, empowering them with the knowledge and resources required for their success in the classroom. Moreover, Brittney's approachability and readiness to help others are unparalleled, always offering a piece of candy and a warm smile to brighten your day. Her dedication, leadership, and genuine kindness make her a natural choice for the role of WaveMaker.

~Nominated by Kristen Weaver ~

High School

Kristen Madsen

Culinary Teacher

I'm a WaveMaker because...




Mrs. Madsen stays busy with her culinary students. Most recently, she has been catering the tents at the football games, and from what I have seen and heard firsthand, she is providing the students with a great experience. During the school week, she guides the students from planning the meals, organizing the menus, creating the products, and serving. The different level classes participate based on their expertise. Not only are the students getting a quality educational experience, but the community is also seeing and tasting the fruits of their labor. In addition to her friendly smile and helping attitude at school, she is making waves across the state. Mrs. Madsen was recently recognized as the Alabama ProStart's 2023 Educator of Excellence. She is making an impact on our students and community.

~Nominated by Brian Sexton~

What is a WaveMaker? Someone who incites action or activity.

Elementary School

Identifying Plants at Gulf State Park

Future Scientists in Mrs. Gunter's class enjoyed identifying different species of plants  in our ecosystem. Students also determined if the plants were invasive or native species.



Middle School

Under Age, Under Arrest Program

As Red Ribbon Week came to a close, we had the privilege of hosting a special "Under Age, Under Arrest" program, presented by the Alabama ABC Board. Rusty Glover and Lauren Sims delivered a powerful message to our students about the importance of their choices when it comes to underage drinking and substance use. Thank you to everyone who made Red Ribbon Week a success, and here's to a safer, healthier community!



High School

Renewable Energy Sources

Mr. Carson Schaff's Engineering class learned about renewable energy sources. The students designed houses out of recycled cardboard and wired together a circuit to power an LED with a solar panel and wind turbine. The students compared their designs and talked about some of the design advantages of the school's solar flower.



Virtual Academy

Recess at Meyer Park

GS Elementary Virtual Academy families enjoyed recess at Meyer Park after our amazing GSES STEAM Lab lesson with Dr. McKinney!



Connect With Us! Stay informed on what's happening with Gulf Shores City Schools!

District/Schools Websites. - Facebook - Twitter - Instagram - You Tube

Health & Wellness

Harvest of the Month: Satsumas

The first **Bike Train** to GSES took place on October 17th! Thanks so much to the awesome students and parents that participated. We had so much fun riding to and from school on our bikes. If you didn't get the chance to participate on our first ride, make plans to join us in November. Special shout out to Gulf Shores Police Department for helping us to get across the intersection on 22nd Ave and 2nd St.

Sign Up For the Bike Train



Arts Education

GSHS: Theatre

Words cannot express how proud we are of these students. They showed up and showed out at District Trumbauer Theatre Competition. They competed in 19 events! 9 of them scored Excellent ratings and 10 of them scored Superior ratings. Of those 10, 9 of them are advancing to the state level next month!



A Job Well Done!

Athletics

Get Ready GSCS for Winter Sports!

As our fall sports are coming to an end, our winter sports are just beginning. The basketballs are pumped up, hoops are in place, laces are tied, and the basketball season is now underway with the tip-off. Take time to check the schedules for the boys and girls teams at GSHS and GSMS and make plans to attend!



View our Athletics website!

Teaching & Learning

Learning from each other... our 3rd graders reading to our 1st graders

Ava Hamil and Ruth Kakish in Ms. James' 3rd grade class used their classroom rewards to go read to Mrs. Shoemaker's 1st grade class!





So proud of our senior swimmer, State Record Holder and State Champion, Liam Bickham! Liam traveled to Mobile and signed his papers for the USCG. Liam is enlisting and will be an AST (Rescue Swimmer). This is a very specialized group of men and women.



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It was an all hands on deck kind of day at GSMS! Our incredible Principal, Dr. Webb, jumped right in to help our hardworking cafeteria staff. Without hesitation, he rolled up his sleeves, put on his gloves, and got to work! Our school is not just a building; it's a community, a family, and a place where students are nurtured. We believe in the power of unity, and we are constantly inspired by the countless individuals who work together to make our school the very best it can be!



GSMS



Congratulations to junior Beck Montiel and senior Ethan Sharkey for earning all county honors in cross country. They raced against all Baldwin county competitors and finished 8th and 14th respectively out of 130 runners. Sectionals will be held on the same course! Go Dolphins!!



Volleyball 5A Area 1 Champions!!



Girls Basketball Media Day: This team is on a mission. Done talking. Time to start playing. Thank you @ballindownsouth for hosting a first class media day. We will be for you in the Tank this season!



GSMS Principal. Dr. Tim Webb, is on a mission to enhance our school in incredible ways! Dr. Webb is currently visiting the Ron Clark Academy for a Admin Conference. We can't wait for the amazing ideas and inspiration he will bring back to our school.



Middle School Smoothies

Students enjoying their smoothies and the cafeteria workers hard at work!

The Middle school cafeteria staff knocked it out of the park on their first day of making smoothies. The flavor was blueberry and it was a big hit. They sold over 160 smoothies! MakeWaves!



GS Girls Basketball: What a great day. Our JV team went and scrimmaged the 8th grade team. We are doing things right! Both teams are ready for this season! Go Dolphins!



Congratulations to Chef Madsen at GSHS! She was honored at the Alabama ProStart and ARHA and selected as Alabama ProStart's 2023 Educator of Excellence.



Gulf Shores Cross Country team competed today in the AHSAA 5A Sectional meet at Bicentennial park in Stockton, AL. The Girls team finished 3rd overall qualifying them for State next week with two athletes finishing in the top 15 earning all sectional honors. Those athletes are junior Bryanna Borders who finished 7th and sophomore Ella Gilbert finishing 13th.

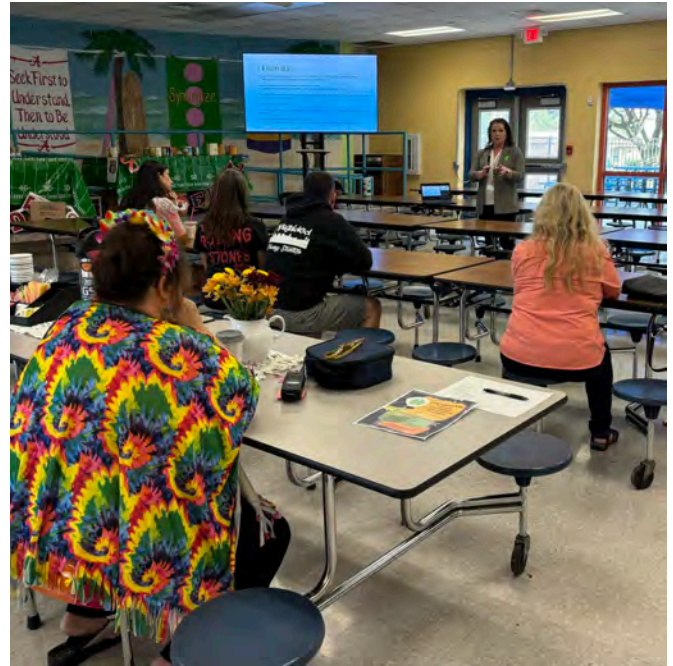
The boys team finished 2nd as sectional runners up just behind Faith Academy. Their leading scorers were sectional champion, junior Beck Montiel. Senior Ethan Sharkey finished 4th, Junior Mason Nettles finished 9th, Junior Daniel Dumas finished 10th and freshman Ryland Livingston finished 15th. All earning All sectional honors. Both teams will compete next weekend in the 5A state championship at Indian Mounds Park in Moulton Alabama.



These four amazing teachers from GSES are off to DC bright and early this morning for a fun filled week of math learning!



Many thanks to Christina Morris from The Bridge who spoke to our GSES parents about ways to talk to our kids about drugs and alcohol. The age appropriate, prevention information was great!



GSHS: Ms. Brandi Owens and Ms. Anna Lynn Lauderdale traveled to a math conference in Washington DC this week. They have collaborated with fellow math teachers from across the country, learned new strategies to bring back to their students, and had a moment to soak up the history in our nation's capital.



GSHS Canned Food Drive



FFA

CANNED FOOD DRIVE

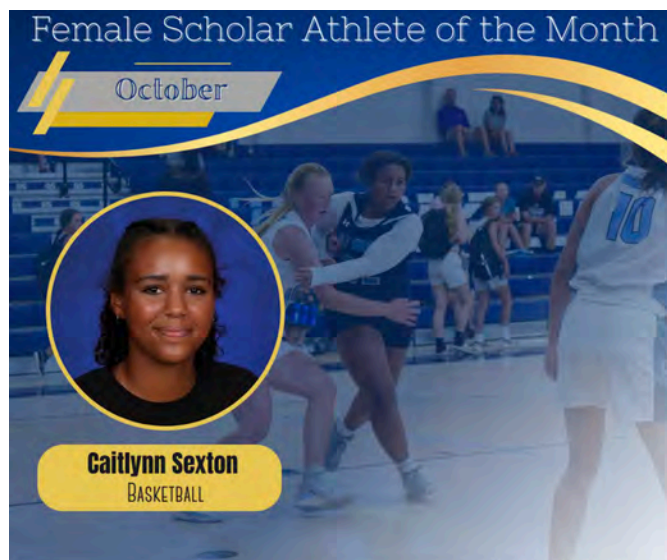
How To Help:

Bring non-perishable Thanksgiving food items to Mr. Tuggle's room now until November 16th! All donations given to Turkey Takeout.



Examples: Stovetop Stuffing, canned green beans, corn, cranberry sauce, boxed mashed potatoes, pie crust, canned pie filling, etc.

Congratulations to freshman Caitlynn Sexton and senior Otto Brewer for the being selected as October Student-Athlete Scholars of the Month!



GSHS NJROTC had their Area Managers inspection and our cadets performed flawlessly. Nothing but high praise from the inspector. Great job to all involved.



Special thank you to our GSCS board member, Mrs. Kelly Walker, for chaperoning our morning rides, and also thank you to Mrs. Roberson and Coach K. Harris for joining us during their planning periods. It was a beautiful day to bike! Students have been studying how organelles work together to perform specific functions for the cell, cells work together to form tissues, tissues work together to form organs, and organs work as systems to perform specific functions for organisms.

Today, we considered how humans work together in nature, and how nature gives back. While some students took the position that we help tend to nature, Milo made the argument that sometimes we are more like cancer cells in the great body of nature. Most students decided that humans can work for the benefit and the detriment of our natural world, but we are part of nature nonetheless.

We concluded our discussion by reflecting on a study about Shinrin Yoku, or Forest Bathing. Shinrin Yoku is the practice of immersing yourself in nature for the physical and mental benefits, including: decreased cortisol levels, increased endorphins, lower blood pressure, and increased parasympathetic nervous system activity.

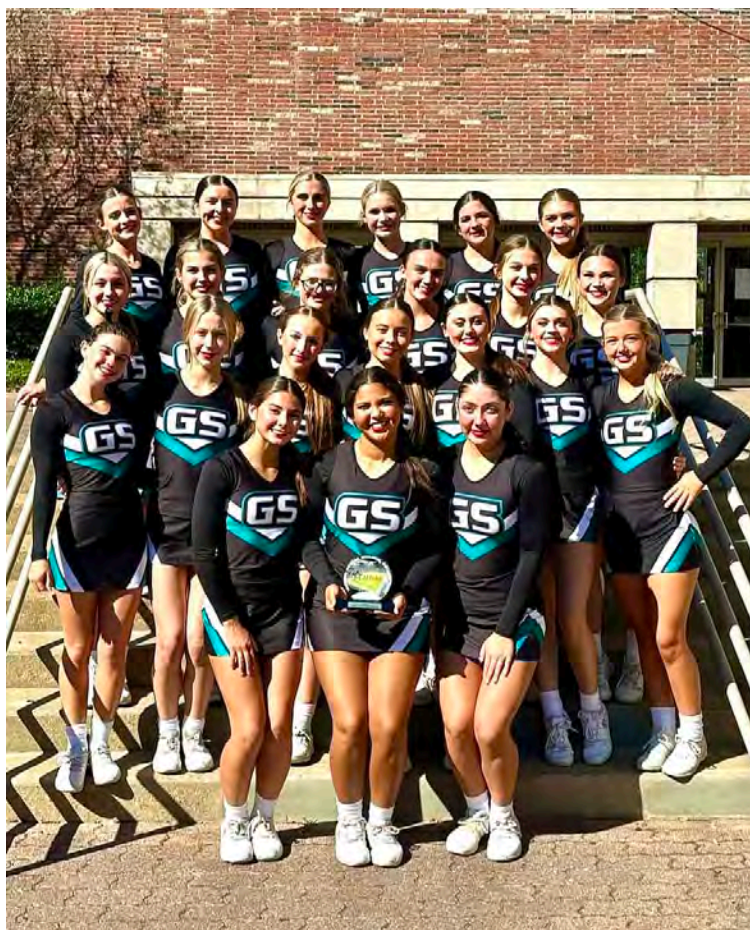
Finally, students explored for two minutes, closed their eyes, and shared their observations about the way their bodies felt after ten seconds of still and quiet time in the forest.



Ms. James' 3rd grade WIN class drew monsters and then used their descriptive writing skills to describe it and a friend drew their monster from what they wrote! We think they were all very close!



GSHS Cheer won 2nd place and headed to STATE! Way to go Dolphins!



Mrs. Morales' Spanish class at GSMS is embarking on an incredible journey of learning about the traditions and cultures of different Spanish countries. As they dove into the rich cultural traditions of Day of the Dead, they learned about the story of the monarch butterflies. These butterflies embark on a journey to Mexico during this time of year. The students were eager to observe and learn more about these butterflies in their natural habitat so of course an outdoor class using our school bikes was a must!



Ms. Barnes's third grade class at GSES is excited to send off their letters to their Michigan pen pals! A lot of hard work and application of skills to get these letters sent.



Our Student Lighthouse Team led visitors on a Tuesday Tour. They loved getting to shine a light on all the amazing things happening at GSES!



Congratulations to Ms. Tavel's class at GSMS for clinching the top spot in the Red Ribbon Week Door Decorating Contest! Their punny food theme won the judges over. They enjoyed a donut party as a sweet reward for their creative thinking. A big shoutout to Robert Monk, Susan Monk, and Patty Haynes from the Kid's Hope Mentoring Program for taking on the difficult task of picking a winner. We appreciate all that you do for our students!



A big thank you to our GSHS Engineering teacher, Mr. Salvant, for assisting with some new tech on our race cars at GSMS!



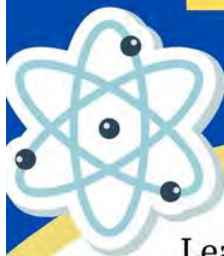
They've prepped, they've practiced, they're rested, they're ready.
County Meet, Sectionals, then State!

UNDEFEATED. The Gulf Shores Dolphins have finished the regular season 10-0 for the first time in program history!



Gulf Shores Elementary
School

PARENT MEETING STEAM ONLINE RESOURCES



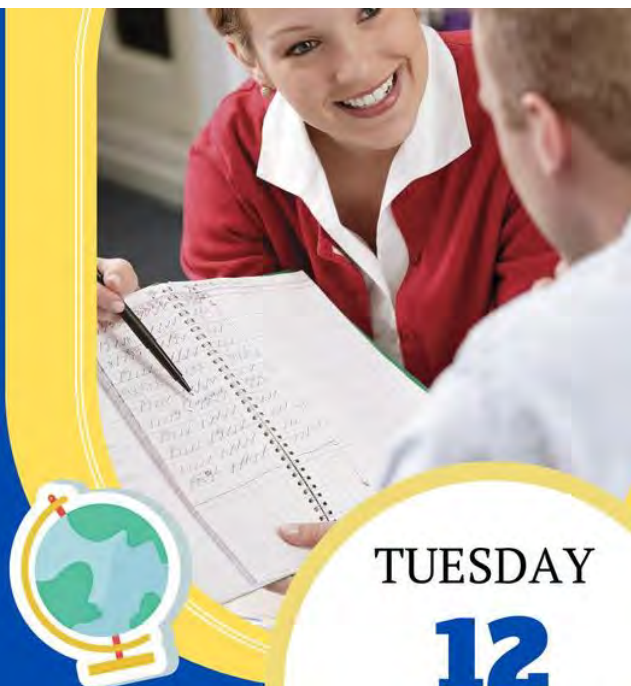
Learn how to access our school's STEAM resources at home for 2D & 3D design, digital literacy, & computer science. Programs include the following:

- ✓ Tinkercad & Maker's Empire for 3D design & printing
- ✓ Fab Maker Studio - 2D design
- ✓ Learning.com Easy Tech
- ✓ Codespark, ScratchJr, Scratch, & Code.org

Please RSVP to Dr. McKinney

hmckinney@gsboe.org

Include your name and your child's name.
If you have a device like an ipad or computer
you can bring, then please bring that to use.



TUESDAY

12

**DECEMBER
12PM-1PM
STEAM LAB**

If you can't come in person, we will have a virtual option. If you're interested in attending virtually, please email Dr. McKinney.



GSMS: Turkey Take-Out Canned Food Drive

We are excited to announce the start of our Turkey Take-Out Canned Food Drive! Our food drive will go on until November 18th. The homeroom with the most cans will receive a donut party. We cannot wait to see the difference we can make in our community!



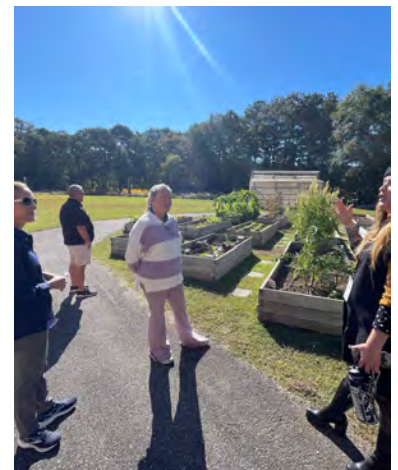
GSES: Alabama Early Childhood Education Conference



GSES Pre-K team was inspired and encouraged by speaker Gerry Brooks at the Alabama Early Childhood Education Conference in Mobile. Pre-K Teachers at ADECE conference with Gerry Brooks. He was absolutely amazing!

GSCS Sustainability Team

GSCS Sustainability Team teachers (Vicki Miller, Tish Gunter, Martha Morales, Jennifer Murphy, and Mark Mitchell), along with Academies and CTE Director, Jessica Sampley, visited [@jonesvalleyteachingfarm](https://www.jonesvalleyteachingfarm.com) in Birmingham to learn, collaborate, and share resources. Jones Valley's food-based education model emphasizes community, leadership, sustainability, and problem and place-based hands-on learning via standards-based, cross-curricular lessons that align with Gulf Shores City Schools' core values. Teachers are excited to share what they learned and further expand our sustainability initiative! GSCS Sustainability Team teachers were also treated with an amazing tour of UAB Clinical Simulation by the Director of Procedural Simulation, Lisa Bergman. Teachers learned about how simulation is used to educate and train students and practitioners and how simulation theory and practices can be applied across the curriculum. The team also visited Kelly Ingram Park to walk part of the Civil Rights Trail and learn more about the Children's March/Crusade.



GSMS: E-Learning Day

On Monday's E-Learning day, our faculty utilized it for some phenomenal department, grade-level, and Professional Learning Team meetings! Our P.E. department added an exciting twist to their meeting – they decided that the crisp fall day was just too beautiful to spend indoors. So, they took our school's bikes for a spin! As they pedaled, they discussed ideas and plans for the rest of the school year. What a fantastic way to combine physical activity and productivity!



GSES: Fort Morgan Field Trip

Fifth graders took a field trip to Fort Morgan to learn about the history of the Fort and the wars it was involved in. We also stopped by Admiral Shellfish to learn about sustainable oyster farming.



GSMS Virtual Cycling Lab

We are thrilled to introduce our latest addition to the GSMS experience - the [#SPIVI](#) Virtual Cycling Lab!

Spivi Studio is a cutting-edge 3D simulator system designed for indoor cycling, aimed at enhancing the way our students engage in physical education. It transforms traditional workouts into thrilling group races, offering an immersive and dynamic exercise environment.

Our students can pedal through captivating virtual landscapes, participate in group races, and monitor their performance in real time. It's not just about exercise; it's about creating an engaging and competitive atmosphere to make fitness more enjoyable.

We are proud to be at the forefront of educational and fitness innovation with this lab, our class sets of bicycles, our rock wall, and more! We believe this investment will not only promote physical health but also inspire our students to embrace the future of fitness in an interactive and engaging way.



GSMS Marching Band

What a HISTORIC day for the Gulf Shores Band Program! The band competed at the Eastern Shore Classic at Daphne High School and brought home a TON of hardware!

All Superior Ratings

Best in Class Drum Major

Best in Class Visual

Best in Class Music

Best in Class General Effect

Best in Class Band

Best in Large Group Division Drum Major (Class 4A and 5A)

Best in Large Group Division Soloist (Caiden Bennet-Keytar)

FIRST OVERALL Drum Major

GRAND CHAMPION General Effect

Fourth Place Overall (only 1.6 points behind first place)

There were 17 band that we competed against and the Large Division included bands that were over twice our size!



Save The Date: Blood Drive

GSHS HOSA Members are appreciative of the opportunity to collaborate with LifeSouth's Youth Grant Program. The Youth Grant Program supports non-profit youth organizations in the community by providing reimbursement to those programs that host blood drives and recruit blood donors. The program helps educate youth about the importance of blood donation and provides lifesaving blood components to patients in the community. Thank you @lifesouth for serving our community with Blood Drives

Fast Fact, according to USDHHS one donation can save up to three lives!

Thank you to LifeSouth for their donation of \$1380!

Save the Date, November 30 is the next scheduled blood drive



Gateway to Great Careers Hosts 2nd Industry Tour in Aviation with GSHS



Aviation Industry Tour for GSHS



Gateway to Great Careers hosted the second of eight industry tours last week with Gulf Shores High School. Each month for the 2023-2024 school year, a maximum of 30 students and teachers hop on a bus and tour a specific industry. For the month of October, Aviation was the focus. Thank you to Coastal Alabama Community College, Airbus, and Collins Aerospace for exposing these juniors and seniors to the aviation industry. We all had a great time!

Red Ribbon Week Around GSCS

SOCK IT TO
DRUGS



PEACE OUT
to BAD
CHOICES



LEI OFF
UNHEALTHY
CHOICES



WE
"MUSTACHE"
YOU to LIVE a
HEALTHY
LIFESTYLE



WE HAVE TOO
MUCH PRIDE TO
USE DRUGS AND
MAKE
UNHEALTHY
DECISIONS



Science By The Shore Team

Thank you, Gulf State Park for hosting Gulf Shores City Schools' Science by the Shore team! We enjoyed learning about the resources available for our students and collaborating on lesson ideas. GSMS science teacher, Anthony Schaff also led the team through model lessons about the characteristics of life in our local ecosystem and various microorganisms within a drop of water from Lake Shelby.



It's been an exciting three months since we began our journey with the House System and the positive impact it has is undeniable. The sense of community, healthy competition, and camaraderie has transformed our school into an even more exciting place of learning and growth. We are thrilled to announce the current standings and extend congratulations to our top point earners! But remember, it's not just about the numbers – every achievement, every act of kindness, and every display of sportsmanship counts, and we're proud of each and every one of you!

HOUSE POINT

UPDATE!

Point Leaderboard

1st place

Richard Hicks

2nd Place- 3 way tie

Ella Grace Coop

Lennox Steffek

Lachlan Steffek

3rd Place- 5 way tie

Tinslee Bebe

Gabi Brane

Milan Francis

JP Meador

Briley Montz

1st

Altruismo

2nd

Amistad

3rd

Protos

4th

Onraka

5th

Isibindi

6th

Sollevare

7th

Nukumori

8th

Rêveur

Tuesday Tour At GSMS



Gulf Shores Garden Club Visits GSHS

Gulf Shores Garden Club toured the greenhouse at Gulf Shores High School after their District VIII Fall Meeting. District VIII Director Kim Edgerton presented a check to Amanda Talantis of the school. They also visited the chicken coop project that the club donated to last year.



GSVA: GAME-ON Storytime Halloween

Gulf Shores Elementary Virtual Academy students enjoyed the GAME-ON Storytime Halloween event put in by the Gulf Shores Public Library. There were live animals from Animal Tales, plenty of games, prizes and trick or treating for candy from the library staff and other city departments. Thank you for the fantastic outing!



Community Conversations Vapes, Drugs, Alcohol

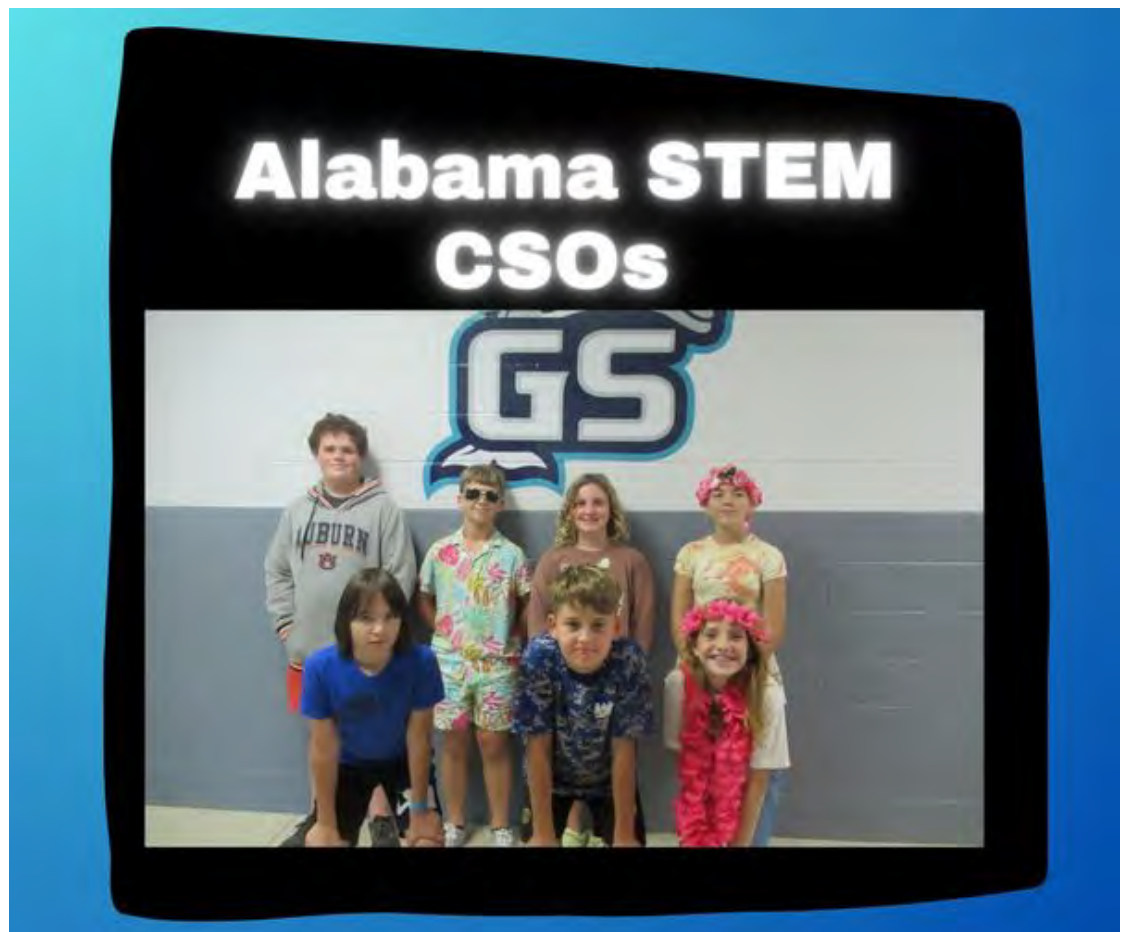
We had a great time at our Community Conversations event. Thank you to the agencies that came and presented. Thank you also to our middle school Peer Helpers, Red Ribbon leaders from GSMS and GSMS, Health Science students, and everyone else who attended.



GSMS: Alabama STEAM CSOs

Gulf Shores Middle School is elated to announce that seven of our students have been chosen as Alabama STEM Council Chief Science Officers (CSOs). This significant accomplishment not only underscores the school's commitment to nurturing future leaders in science and technology but also showcases the exceptional talent of these students. CSOs play a pivotal role in advocating for STEM education, working alongside advisors, administrators, and community leaders to implement STEM Action Plans. They also act as liaisons between their school, science-based organizations, industry partners, and nonprofits, fostering collaboration on recent innovations and bringing new opportunities to their local communities. Additionally, these student leaders will participate in global meetings to enrich the STEM culture on a worldwide scale. The CSO program envisions creating a diverse network of STEM leaders, promoting communication and collaboration, enriching STEM culture, and amplifying student voices in STEM conversations. Our CSOs will undergo extensive leadership training, engage in community events, and receive mentorship from regional STEM professionals. This achievement not only empowers these students but also marks a significant step in the school's commitment to promoting STEM education and leadership. The future of STEM looks brighter than ever in Gulf Shores, thanks to these outstanding students and the Chief Science Officer program.

Congratulations to:
Charlotte Colvin
Hampton Howard
Mirabella Matson
Hannah Reid
Miron Sviridov
Mark Tsuran
Liam Walker



Gulf Shores Fire Department Visits GSES

Thank you [Gulf Shores Fire Rescue](#) for all you do to educate our students and staff about fire safety during Fire Prevention Week! They talked all about what to do if there is a fire, they toured Truck 1 and even saw Firefighter Wiedeman put on his bunker gear.



GSES: K-Kids Need Pajamas!

Please help us make our goal of 200 pajamas. We have 97. Remember we partner with Scholastic and they pair a book with each pair of pajamas. Thank you so much!



GSMS Join The Dune Doctors

GSMS students were able to join the Dune Doctors for a P4P (Planting for Protection) field trip! They learned about native plants that can help protect our beautiful coastline from storm surges and erosion, while also preserving the habitats of some of our coastal wildlife. The Dune Doctors and Gulf State Park Naturalists showed our students how to properly install these plants, and then our kids got to work planting sea oats, grasses, and ground cover plants at Romar Beach! This was an amazing opportunity for hands-on, real-world learning for our kids and such a wonderful way to help protect the beaches we love so much.



GSVA: Fantastic Mr. Fox

Gulf Shores Virtual Academy students enjoyed the Roald Dahl play, “Fantastic Mr. Fox” in Mobile. As usual, [Sunny Side Theater](#), did a fantastic job with this production! The kids are incredible actors, inspiring our students to consider if they could possibly act in a play, too! A picnic lunch on this beautiful day at Fairhope Community Park wrapped up a fun day for all.



GSES: PE Classes

PE classes are outside during this beautiful time of the year. They are enjoying the fall weather and learning how to play paddle ball, badminton, and golf. What a great way to exercise and learn the basics of these sports.



Eat A Rainbow Week November 13-17

November 13-17



Try every color!

RED: Nutrients in red food can lower your risk of cancers. They are great for a healthy memory, healthy heart and urinary tract. Try: red chili peppers, tomatoes, cherries, red apples

ORANGE: The vitamins and nutrients in orange fruits like papaya and tangerines play an important role in vision, bone and cell growth. Carrots, another popular orange vegetable, contain carotene, which is good for eye health. Try: Oranges, carrots, papaya, cantaloupe, sweet potatoes.

 YELLOW: Yellow foods may help lower cholesterol and high blood pressure. Try: Pineapple, spaghetti squash, corn, summer squash

GREEN: Green fruits and vegetables contain vitamins and minerals that support eye health, strengthen bones and teeth, as well as support the immune system. Try: Peas, collard greens, kale, avocado

BLUE/PURPLE: Blue and purple foods may slow the metabolism of toxins, as well as lower blood pressure, and help maintain healthy weight. Try: Blueberries, blackberries, eggplant, purple grapes, purple cabbage

3 Tips to Add Fruits and Veggies to Your Plate

#1 Boost your Breakfast. Breakfast is a great way to slip in an extra serving. Try fruits like berries (fresh or frozen) or bananas in cereal or oatmeal. Get some AM veggies by making yourself an egg scramble with your favorite vegetables (think: spinach, tomatoes, peppers, onions, and more!)

#2 Snack time. Fruits and vegetables are perfect on-the-go snacks. Think whole fruits, like apples, bananas, and plums. Pre-cut veggies, like carrots, peppers and celery make a great snack when paired with light ranch or hummus.

#3 Double it. Get extra vegetables by doubling the vegetables called for in the recipe. This works especially well for casseroles and soups.



Join the fun!

Eat a Rainbow Week is a week-long campaign celebrating the importance of eating a colorful variety of fruits and vegetables.

Participate by packing your child a fruit or vegetable snack based on the color of the day. For more fun, have your child wear a shirt that matches the color of the day!



Eat a Rainbow week is a week-long campaign celebrating the importance eating a colorful variety of fruits and vegetables!



Eat a Rainbow Week

Fill your plate with fruits and veggies!

On Monday, eat, wear, and promote red.

Try red berries, red bell peppers, radishes, and pomegranates!

On Tuesday, eat, wear, and promote orange.

Try carrots, oranges, and sweet potatoes!

On Wednesday, eat, wear and promote yellow.

Try summer squash, pineapple, and bananas!

On Thursday, eat, wear, and promote green.

Try celery, green grapes, broccoli, and kiwi!

On Friday, eat, wear, and promote
blue and purple.

Try purple grapes, purple cabbage, blueberries, and eggplant!

**Try to eat all the rainbow colors
red, orange, yellow, green, blue and purple!**



Eat a Rainbow Week

Fill your plate with fruits and veggies!

**This week I'll eat a rainbow;
each color does its part.**

Eating reds wards off cancer and maintains my healthy heart.

Oranges and yellows give me healthy skin and vision like a hawk.

Eating **greens** keeps me strong and lean to power me through my walks.

Blues and **purples** feed my mind
so it stays nimble and quick.

Eating whites boosts my immune system to keep me from getting sick.

**For all of these reasons,
I will try to eat as many colors as I can.**

**Fruits and veggies,
with your healthy hues,
I am your greatest fan!**

Meet Our CSFO: Chad Green

Chad Green has been employed with Gulf Shores City Schools for nearly 5 years as the Chief School Financial Officer. He was previously employed by Satsuma City Schools as their Chief School Financial Officer. Prior to that he worked in public accounting for five years. He is a graduate of Huntingdon College with a Bachelor's in Accounting and The University of South Alabama with a Master's Degree in Accounting. He also is a Certified Administrator of School Finance and Operations (SFO). He is an active member of the Association of School Business Officials International and was awarded the Emerging Leaders Scholarship in Portland, Oregon and returned to serve as mentor in National Harbor, Maryland in 2023. He was also recently awarded District 1 nominee for the Robert Morton Award by the Alabama Association of School Business Officials. He has published an article in School Business Affairs magazine titled "Building a District from the Ground Up" and recently did a podcast to discuss that article with School Perspectives. Chad joined Gulf Shores City Schools in April 2019, two months prior to breaking away from Baldwin County Schools on June 1, 2019. During the months leading up to opening doors to students, he was responsible for developing all financial policies, procedures, manuals, internal control forms, financial software, etc. In addition, he was responsible for working with the Superintendent to determine staffing needs and setting the Nextgen Payroll software to be able to transition all employees into our system. Currently, Chad is responsible for overseeing the financial operations budget of \$38 million and 296 employees. Since inception in 2019, Gulf Shores City Schools has grown our unrestricted fund balance from 0 to 4.64 months operating reserve. He resides in Gulf Shores with his wife, Sarah Beth and their two children, Margaret and Chance. He is an active member of Island Church and enjoys hunting, boating, golf and really anything outdoors.



Happening at GSCS:

[District](#)
[Elementary School](#)
[Middle School](#)
[High School](#)
[Virtual Academy](#)



11/2: BOE: Work Session
 11/2 & 11/5 GSHS: The Addams Family
 11/7 GSCS: Tuesday Tour - GSES
 11/8 GSES: Veterans Day Program at GSMS Gym
 11/9 BOE: Regular Board Meeting
 11/9 GSES: Heroes' Lunch
 11/9 GSMS: Veterans Day Assembly
 11/10 GSCS: Veterans Day- No School
 11/13-17 GSCS: Eat A Rainbow Well
 11/15 GSMS: Make-Up Pictures
 11/20-24 GSCS: Thanksgiving
 11/29 GSES: Holiday/Fall Make-Up Pictures
 12/1-GSHS: State Trumbauer Competition
 12/5 HSMS: Winter Art Night
 12/6 GSES: Coffee With the Counselors
 12/7 GSHS: Senior Drive-In Movie Night
 12/7 BOE: Work Session
 12/12 GSHS: Christmas Concert
 12/14 GSES: Christmas Program at GSHS Gym
 12/14 BOE: Regular Board Meeting
 12/15 GSCS: Early Dismissal for Winter Break
 12/18-1/3 GSCS: Winter Break

Connect With Us:

[Matt Akin - Superintendent](#)
[Stephanie Harrison - Assistant Superintendent](#)
[Sandi Harris - Office Manager](#)
[Chad Green - CSFO](#)
[Marcelina Parrish - Human Resource Manager](#)
[Chezley Neth - Data Management & Reporting Analyst](#)
[Paul Wilson - Athletic Director](#)
[Joey Drews - Director of Educational Technology & Student Support Services](#)
[Beau Roode - Director of Operations](#)
[Sonya Price - Director of Exceptional Education](#)
[Carrie Barragan - English Second Language](#)
[Tanya Hill - Child Nutrition Program Coordinator](#)
[Randall Carlisle- Student Engagement, Transportation and Safety Coordinator](#)
[Jessica Sampley - Career Tech Coordinator](#)
[Karen Pearson - District Testing Coordinator](#)
[Sara Parker - Mental Health Coordinator](#)

MAKE WAVES!

Do you have a
suggestion or comment
 you would like to share
 with us?

Connect with GSCS

[Joe McAleer-Social Media](#)

