

*Good morning, Gateway! Welcome to the Gateway Broadcast News (GBN). Today is Tuesday, May 6, 2025.*

*\_\_\_\_\_ Today is the start of Mental Health Awareness campaign! "We all have mental health." While 1 in 5 people have a mental health challenge, 5 out of 5 people have mental health! We need to make it normal to talk about and take care of our mental health. Dr Noam Spancer said "Mental health...is not a destination, but a process. It's about how you drive, not where you're going." — We all know the saying; Laughter is the best medicine. Even those with zero sense of humor can reap the benefits of laughter. How? Fake it. A recent study reveals that forcing yourself to laugh (or even just to smile) can improve your mood. So – we want to encourage you to take some time to laugh with friends, family, or even yourself. Watch a funny movie, or your favorite comedian! Play a fun and creative game with your family and/or friends that helps boost your mood.*

*\_\_\_\_\_ Hey 8th Graders! Are you ready for JHS Cheer tryouts? Tryouts will be held in the Jackson High School Gym today from 3:30-5:30. Physicals must be on file and forms completed online on FinalForms. Required Applications and Teacher Referral Forms are available in our main office. See you there!*

*\_\_\_\_\_ Did you receive a slip recommending you for ASB? Come to the informational meeting on Wednesday from 3-4 in Mrs. Richards room 306. Did you NOT receive a slip recommending you for ASB, but you are still interested? Come to the informational meeting Wednesday from 3-4 in Mrs. Richards room 306.*

*\_\_\_\_\_ Are you interested in participating in a competitive STEM-based robotics and engineering program? Apply for the Gateway First Lego League robotics team! Applications are now available for the 2025-26 competition season. Please pick up an application from the Guardian Kiosk and return completed to Mr. Iversen or Ms. Van Tuyl by May 16th. Check out the Gateway Robotics site for more information.*

*\_\_\_\_\_ Just a reminder to all National Junior Honors Society students that our monthly meeting today has been cancelled. It will not be rescheduled and there will be no make-up meeting tomorrow. Our next meeting will be on Tues., June 3.*

*\_\_\_\_\_ Builders Club has officially opened our officer applications for the next school year. Check out the post on the Gateway website in the rotating gallery to apply. The deadline is this Wednesday, May 7.*

*\_\_\_\_\_ Study club meets today after school in the Library; sign up on the blue sheet in the Commons and include details of what you plan to work on. Remember to sign up for the Activity Bus on the list in the Commons if you need a ride home.*

*\_\_\_\_\_ Fall Sports registration is open. If you are interested in Softball, Football, or Cross Country, make sure you have a current physical on file and check out the post on the website in the rotating gallery to sign up on FinalForms.*

*Remember, Students, to be kind and respectful – it's the GATEWay!*