

Good morning, Gateway! Welcome to the Gateway Broadcast News (GBN). Today is Thursday, May 15, 2025.

_____ To help someone unmask and feel safe around you: Lead by example: open up and be vulnerable around others to show them it's ok. Ask twice: when someone says, "I'm fine" and you suspect they aren't, take a moment to ask again, showing genuine care and interest. To unmask yourself: Self-care: spend more time with people and in places you feel safe/comfortable to be yourself, take breaks when you have to be in places where masking feels necessary, balance your social and alone time, and find ways to release and recharge after draining situations. Seek peer support: connecting with others who share similar experiences provides space for validation and comfort and can provide extra support as you explore unmasking.

_____ Attention Sixth Graders: Due to continuous noncompliance with the lunch rules, there will be no extra time outside anymore. All students will stay inside for the duration of lunch. If you are found to be in the wrong lunch, you will earn a consequence. A-L must go outside first, and M-Z eats lunch first. Again, there is NO more extra time at recess.

_____ There is a Talent Show Rehearsal in room 207 after school today. If you are unable to attend, be sure to check in with Mrs. Werder or Mrs. Arango.

_____ Do you know which 7th grade volleyball player was #12 and has been playing the sport for 3 years? Which team loved running lines as a warm-up? Which 7th grader played small forward this year under Mr. Anderson's guidance? Which team had an amazing and memorable comeback against Voyager? You'll read all about it and more in tomorrow's edition of the Gateway Gazette.

_____ This is the last week to submit an application to join the 2025-26 First Lego League robotics team. Please pick up an application from the Guardian Kiosk and return it completed to Mr. Iversen or Ms. Van Tuyl by tomorrow. Check out the Gateway Robotics site for more information.

_____ Attention 8th Graders! If you are interested in being a tour guide when the 5th graders visit Gateway on Monday, June 9th, be sure to check your email for the application and information from Mr. Miller. Applications are due by 1:30pm tomorrow.

*_____ One last call for Builders Club members! On Tuesday, May 20th, we will hold our final meeting of the year and hand out certificates for all the volunteer work you all have done this year. At this meeting, we will collect the food drive items and there will be treats and prizes. We highly recommend that if you would like foods or drinks at the party, you must bring it yourself, it must be individually packaged, and there **MUST** be enough for 20 people. Bring a jacket in case we go outside, and we cannot wait to see you all there.*

_____ Looking to show off your support for PRIDE club and LGBTQ+ individuals? Now through May 16th, you can order a t-shirt or hoodie with the newly redesigned GMS PRIDE

club logo. Hoodies have an additional sleeve design showing a full PRIDE flag. T-Shirts are \$22 and Hoodies are \$40. Orders and payment must be submitted to the main office by the end of school on Friday, May 16h.

_____ The following clubs meet today after school:

- AV meets in room 412; line up quietly outside and wait to check in.*
- Study club meets in the Library; sign up on the blue sheet in the Commons and include details of what you will be working on.*
- Youth & Government meets in room B101.*
- Remember to sign up for the Activity Bus on the list in the Commons by the end of 8th grade lunch if you need a ride home.*

_____ Getting ready to participate in sports this Fall? Make sure you have a current physical on file before school starts. Kaiser Permanente is offering free sports physicals at Kaiser Medical Center in Everett on Saturday, June 21 from 9am-1pm. Save the date!

_____ In Track last night, the Guardians had several outstanding performances as they prepare for the post season. On a cold night, the highlight was the 7th grade girls team with a part in 3 school records. Ella, Elliana, Talia and Theona set a school record in the 4x4 relay with a time of 4:42. The 7th grade girls had 1st place finishes from Theona in the 800 and 1600 meter runs, setting school records in the 1600 with a time of 5:33 and the 800 with a time of 2:39. Ashley Perdue took 1st in the 100 meter dash. Lilly Byrd took first in Discus. Talia Lewis also finished 1st in the 400 meter run.

The 7th grade boys were led by Kam Austin – who finished first in the 100 meters and 2nd in the 200 meter run. The 8th grade boys had 1st place finishes from Ben Kelly in High Jump, and Enoch Jeon in the 400 meter run.

For the 8th grade girls, Courtlyn Drenkow finished 2nd in both the 800 and 1600 meter runs.

Great job Guardians!!!

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