

*Good morning, Gateway! Welcome to the Gateway Broadcast News (GBN). Today is Monday, May 19, 2025.*

*\_\_\_\_\_ The Value of Nature is today's Mental Health theme. Interacting with nature has been linked to a decrease in symptoms of depression, anxiety, and other mental health challenges. Nature exposure can improve self-esteem, boost creativity, and provide a sense of calm and tranquility. Whether it's a short walk in a nearby park or a weekend hike in the wilderness, finding opportunities to connect with nature can have a positive and lasting impact on your physical and mental health. We encourage you to spend some time outdoors!*

*\_\_\_\_\_ What's your favorite fruit? Who's your favorite teacher? Does pineapple belong on pizza? Who would win in a battle... 100 men or a silverback gorilla? Open the Google Form Mrs. Stoskopf emailed to you on Friday to cast your vote. The form will be open until 9:00 tomorrow morning and the results will be included in the next edition of the Gateway Gazette.*

*\_\_\_\_\_ 8th Graders – It's coming! The 3 on 3 tournament at lunch will start right after Memorial Day. Start getting your team together now. You can have up to 4 players if you want an alternate and the sign-up link will be sent out to the 8th grade class by email. Once we see teams signed up, we'll set up the tournament and plan to hold the finals during an assembly at the end of the year..*

*\_\_\_\_\_ The PE classes ran a challenge last week for Jake Vaughn, a 7<sup>th</sup> grade student who was diagnosed with non-Hodgkin's Lymphoma. To show support for Jake as he battles cancer, students took on the "8 for Jake" Challenge. Each lap they completed represented one round of chemo that Jake needs complete. They had the choice to go for the full completion in 30 minutes or the option to "race" the 8 laps to complete it in the shortest amount of time. These are the overall grade level winners and their times:*

6th grade

Boy = 14:17 Timmy Thomas  
Girl = 17:18 Lizzy Mwambia

7th grade

Boy = 14:31 (Sudarshan Surendran)  
Girl = 15:42 Theona Andrews

8th grade

Boy = 14:50 Kevin Wang  
Girl = 18:54 Ria Park

*Fastest boy overall time: 6th grader Timmy Thomas with a time of 14:17*

*Fastest girl overall time: 7th grader Theona Andrews with a time of 15:42*

\_\_\_\_\_ *The following clubs meet today after school:*

- *Chess & Board Games meets in the Commons.*
- *Drama meets in room 313.*
- *Fiber Arts meets in B122.*
- *Study club meets in the Library; sign up in the Commons on the blue sheet and include details of what you will be working on.*
- *Remember to sign up for the Activity Bus by the end of 8<sup>th</sup> grade lunch if you need a ride home.*

\_\_\_\_\_ *The last Builders Club meeting is tomorrow after school. Please bring food drive items and 20 individually packaged treats or drinks to share. This will be a fun meeting with certificates, treats and prizes. Hope to see you there!*

\_\_\_\_\_ *Musical Theatre Club meets tomorrow, and future meetings will be on Tuesday.*

\_\_\_\_\_ *Study Club also meets tomorrow. Please arrange transportation in advance.*

\_\_\_\_\_ *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!*