

Good morning, Gateway! Welcome to the Gateway Broadcast News (GBN). Today is Wednesday, May 21, 2025.

_____ Today's theme for Mental Health Awareness is "Building Resiliency!" Being Resilient means that you easily bounce back from tough moments. Did you know that one of the easiest ways to build resilience is to have and show gratitude? Taking a moment to think about what you are grateful for will take your mind off what didn't go right and center your thinking on the positive. Let's practice gratitude today!

_____ What's your favorite social media app? Snapchat? YouTube? TikTok? Twitter? Fill in the Google Form Mrs. Stoskopf emailed to you yesterday afternoon to cast your vote. The Form will close Thursday morning, and the results will be published in the next edition of the Gateway Gazette.

_____ Hey 6th and 7th Graders!

Have you spotted the posters around school reminding you to VOTE? That's because this Friday, May 23rd, during your 1st period class, you'll get to choose who will represent you in ASB next year!

Want to know who's running? Check out the candidate slideshow on the Gateway Student Canvas page and get to know your future leaders. Make your choice and get ready to vote — your voice matters!

_____ Today we are continuing SBA testing after first period; students need to go to the testing location they were in yesterday.

_____ The following clubs meet today after school:

- *Fandom Club meets in the Commons.*
- *Study Club meets today in the Library; sign up on the blue sheet in the Commons and include information on what you will be working on.*
- *Please sign up for the Activity Bus on the list in the Commons if you need a ride home.*

_____ The following clubs meet tomorrow after school: AV and Study. Please arrange transportation in advance.

_____ On Monday the Track team took on all other schools in Everett. The team did really well and had several athletes that proved to be some of the best in the city. 1st place finishers included Theona, Taliah L., and Courtlyn D. The 7th grade girls team was amazing and won their meet against the other 4 schools. The highlight of the night was 1st place finishes by the 7th grade girls and 8th grade Boys 4x4 Relay teams. Let's keep it going at Pre Lims tomorrow!

_____ *Attention future Cascade freshmen: If you love basketball, consider registering for the Cascade Summer Boys Basketball Program. Tryouts happen June 1 and 2, pick up an information flyer from the Main Office, so we can add you to the Cascade FinalForms database and you can sign up online. Make sure you have a current physical on file.*

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