

Good morning, Gateway! Welcome to the Gateway Broadcast News (GBN). Today is Thursday, May 29, 2025.

_____ The Value of Breathing is the theme for today: Deep breathing exercises can indeed have a positive impact on mental health. They are often used as a relaxation technique and can help reduce stress, anxiety, and promote a sense of calm. Incorporating regular breathing exercises into daily routines can contribute to overall mental health, emotional well-being, and physical vitality. They serve as accessible tools for self-care and can be practiced anytime, anywhere, making them an invaluable resource for managing stress and improving quality of life.

_____ Just a reminder to all National Junior Honors Society students that your Service Hours form is due tomorrow, May 30th. You may turn in your form in the folder outside of room 205, Mr. Anderson's room. If you are looking for more hours, please check your email for two different opportunities today after school.

_____ There will be a Talent Show rehearsal in the Commons today after school. Cast members and Stage Crew, please check your email for details. This is a closed rehearsal and only those involved with the show will be allowed to attend. Everyone else will have to wait for the show on June 6th.

_____ The following clubs meet today after school:

- AV club has their last meeting 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 plan to work on.*
- 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.*

_____ 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.

_____ Last night, the Gateway track team finished their season with amazing accomplishments. Highlights included 1st place finishes from Theona Andrews in the 800 and 1600 meter runs. Taliah Lewis set a school record in the 400 meter run. To cap off the night, the 4x400 relay team of Enoch Jeon, Caden Nakajima, Darrell Eu and Kevin Wang ran the fastest recorded time in 8th grade this year for the entire state of Washington. Amazing job through a fantastic season. Coaches can't wait to build on the success of this season to bring home even more hardware next year.

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

