

*Good morning, Gateway! Welcome to the Gateway Broadcast News (GBN). Today is Friday, May 23, 2025.*

*\_\_\_\_\_ Who Can Help? Today's Mental Health theme is "Who can help?" Did you know that every day you are surrounded by people that can help you with your mental health? These people are in your family, school, and community, many of whom you see every day! We're not just talking about counselors. Your teachers, parents, and even coaches can be great help if you are having mental health struggles. We're here, and we're ready to help. Just reach out!*

*\_\_\_\_\_ Last night at Prelims, Gateway proved to be a strong team in a field of 8 schools. Special shout out to the 7th grade girls who took first place overall and won their meet.*

*Special Recognition goes to first place finishers in their event,*

*Theona Andrews in the 1600 and 800*

*Courtlyn Drenkow in the 1600*

*Talia Lewis in the 400*

*Mario Cruzada in the 100 Meter Hurdles*

*Ashley Perdue in High Jump*

*Also, the 7th grade girls 4x400 team took 1st place.*

*\_\_\_\_\_ 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 Permanente Everett Medical Center on Saturday, June 21 from 9am-1pm. Save the date! Check out the post on our website for the new address.*

*\_\_\_\_\_ Alright 6th and 7th graders—it's time to cast your vote for ASB representatives.*

*Our candidates have been working hard to share their enthusiasm to help make our school even better. Now it's your turn to make your voice heard!*

*Remember, voting is an important way to show leadership, responsibility, and school spirit.*

*To vote: Head over to The Gateway student Canvas page. There, you'll find a form labeled with your grade level. The voting link will close in the next 15 minutes, so do it now while you can.*

***Teachers, please have students vote now.***

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

