

# GEAR UP - LOST HILLS

SEPTEMBER MONTHLY NEWSLETTER



## GEAR UP 0 - 100 Real Quick!

### Back 2 School Night

GEAR UP put the pedal to the metal in September, starting off with Back 2 School Night! Ms. Bernal and Ms. Corona enjoyed talking and handing out free GEAR UP swag to our GEAR UP families. In addition, we had the opportunity to provide families with information about our tutoring services and family workshops for this new school year!

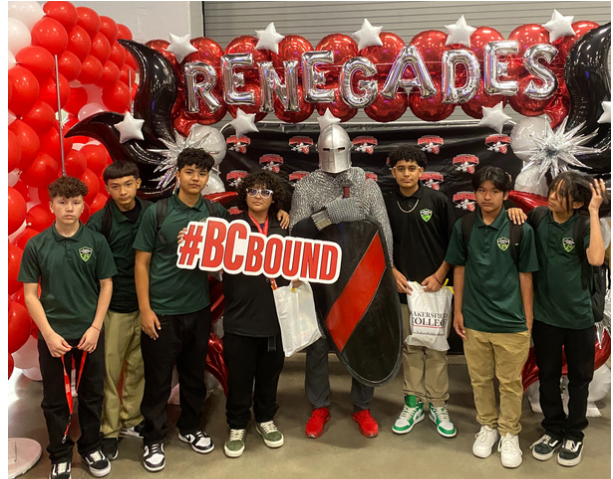
### Highlights:

- Back 2 School Night
- Kern County College Night
- First Family Workshop
- Ambassador Selections
- National GEAR UP Week!

# SEPTEMBER HIGHLIGHTS

## KERN COUNTY COLLEGE NIGHT

Our GEAR UP and Pathway scholars had the opportunity to attend Kern County's College Night fair at the Mechanics Bank Arena in Bakersfield. Students spoke with college representatives about college, majors, college athletics, and career paths. Also, students left with lots of free college merch!



## FIRST FAMILY WORKSHOP

Family Engagement Specialist, Jocelyn Mendoza, held her first family workshop this month on "Goal Setting: Ways to Support your Student in Academic Success." Families were able to set SMART goals and plan for ways to help their students succeed! Weren't able to make it? No worries, our next workshop is on Oct. 19, where we will be covering cyberbullying awareness!



## 23-24 AMBASSADOR TEAM!

Our Ambassador Team for the 23-24 school year has been finalized, and we would like to congratulate our official Ambassadors! Due to so many great applicants, final selections were tough. A big thank you to all who applied, and we look forward to all the great events and opportunities our Ambassadors will partake in!

<b><u>Cohort Leader:</u></b>	<b><u>Marketing Leader:</u></b>
<ul style="list-style-type: none"> <li>• Marlyn Almazan</li> <li>• Isabel Vijeila</li> </ul>	<ul style="list-style-type: none"> <li>• Maylene Contreras</li> <li>• Esmeralda Gutierrez</li> </ul>
<b><u>Assistant Cohort Leader:</u></b>	<b><u>Student Engagement Coordinator:</u></b>
<ul style="list-style-type: none"> <li>• Christopher Gonzalez</li> <li>• Juan Martinez</li> </ul>	<ul style="list-style-type: none"> <li>• Luis Almazan</li> </ul>
<b><u>Administrative Ambassador:</u></b>	<b><u>Activities Coordinator:</u></b>
<ul style="list-style-type: none"> <li>• Adrian Martinez</li> </ul>	<ul style="list-style-type: none"> <li>• Francisco Garcia</li> <li>• Marieli Martinez</li> </ul>

**GEAR UP**  
CENTRAL VALLEY, CA



# NATIONAL GEAR UP WEEK

## MOTIVATIONAL MONDAY

We started off the week strong with some posters to motivate our students through testing, created by your very own GEAR UP ambassadors and staff! Students were also able to collect their new GEAR UP shirts and share their academic dreams on our aspiration board during lunch!



## TURN DOWN TUESDAY

Students were able to de-stress by creating their own calming jars, an activity led by GEAR UP Social Worker, Maria Hernandez.

## BRAIN FOOD WEDNESDAY

GEAR UP partnered up with Harvest Hall and allowed students to fuel their brains after testing by preparing their own delicious fruit cups.



## THANKFUL THURSDAY

Students were able to take pictures in front of our photobooth with someone they were thankful for. The GEAR UP team also surprised our GEAR UP teachers/staff with some goodie bags to thank you for your support!

## FINISH LINE FRIDAY

Coolspeak's own, Juan Cangas, motivated our students to continue to succeed in school. We also judged our door decorating contest participants and awarded a winner! Congrats again to Mrs. Reitz and her Learn by Doing, Cal Poly SLO class door!




# OCTOBER UPCOMING EVENTS



- 10/9-10/16: Fall Break!
- 10/19/23: Anti-Bullying Lunchtime Activity
- 10/26/23: Spooky GEAR UP Tabling
- 10/27/23: Harvest Festival
- 10/19/23: October Family Workshop

**CYBERBULLYING AND  
ANTI-BULLY AWARENESS**

**THURSDAY, OCTOBER 19, 2023**  
**5:30PM - 6:30PM**  
**LH COLLEGE CENTER**



Questions?  
Jocelyn.Mendoza@wonderfulcollegeprep.org



Interested in joining? Please contact  
Family Engagement Specialist,  
Jocelyn Mendoza, to register!

## Major Announcement!



Central Valley GEAR UP now  
has our own Instagram page!  
Follow us to see pictures, videos,  
and important announcements!

**Follow us!**

**@centralvalleygearup**

From your Lost Hills GEAR  
UP Team! Scan the QR Code:

