

# GEAR UP - LOST HILLS

NOVEMBER MONTHLY NEWSLETTER



## November Gratitude

### “Tree of Thanks”

In the spirit of gratitude, our Lost Hills GEAR UP team created a “Tree of Thanks” where students were asked to write something they are thankful for on a leaf and then add it to the tree! It was beautiful to see students participate and share a few things they are grateful for this Thanksgiving holiday. Students were also able to write ‘thank you’

notes to each other, staff, or a family member/loved one that they are thankful for. Our students seemed to really enjoy it as we got a large turnout! Staff and students who received the thank you notes also enjoyed receiving the kind messages.

### November Highlights:

- Lunchtime Fun
- November Family Workshop
- Tutoring

# NOVEMBER HIGHLIGHTS

## HOW TO CREATE A HIGH SCHOOL EXPERIENCE TO BECOME A COMPETITIVE COLLEGE APPLICANT FAMILY WORKSHOP

November's family workshop, presented by Jocelyn Mendoza, discussed how students can be prepared to create a competitive college application. Families learned about college requirements, ways to get involved in their high school, and learned what a competitive university looks at during the application process.



## LUNCHTIME ACTIVITIES

GEAR UP weekly tabling is still happening! Catch us every Thursday outside of Harvest Hall. These activities range from college/career related trivia to holiday related activities to provide some fun for our students! Our GEAR UP Ambassadors help plan and facilitate all of these activities. This month our activities related to gratitude, test-taking strategies, and college knowledge!





# TUTORING

We are so excited to see more students attending tutoring! The first semester is coming to an end, and we are so excited to see our students succeed academically. We would love to see more students come, so please encourage your students to join us!



**GEAR UP Tutoring:**

**Lunchtime: Monday - Friday**

**12 pm - 12:40 pm**

**After School: Monday - Thursday,**

**3:30 pm - 4:30 pm!**



# DECEMBER

## UPCOMING EVENTS

- **Winter Break!**  
**12/18 - 1/5**

Hope all of you have a merry and safe break with your families!



**Follow us on Instagram!**

**@centralvalleygearup**

