

# GEAR UP - LOST HILLS

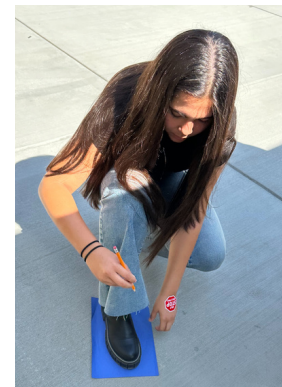
OCTOBER MONTHLY NEWSLETTER



## October Spooks and Anti-Bullying!

### "Stomp Out Bullying"

October is Anti-Bullying month and GEAR UP wanted to dedicate one week of our weekly tabling to have students acknowledge and participate in helping do their part to stop bullying! Students signed anti-bullying pledges and cut-out traces of their foot to post! Students were encouraged to wear boots to help "stomp out bullying!"



# OCTOBER HIGHLIGHTS

## ANTI-BULLY AWARENESS AND WAYS TO BE AN ADVOCATE FAMILY WORKSHOP

This month's family workshop topic was on anti-bullying awareness and ways to be an advocate. Jocelyn Mendoza, our GEAR UP Family Engagement Specialist, discussed with our families tips and strategies on how they can notice if their student is being affected by bullying, and how to support their student.



## LUNCHTIME ACTIVITIES

GEAR UP weekly tabling is back! Every Thursday of the week, GEAR UP will be hosting tabling and activities for all of our secondary students. These activities range from college/career related trivia to holiday related activities to provide some fun for our students! Our GEAR UP Ambassadors also help plan and facilitate all of these activities.



# NOVEMBER


# UPCOMING EVENTS


- 11/9/23 - College Trivia Tabling
- 11/16/23 - “How to Create A High School Experience to Become A Competitive College Applicant” Family Workshops




..... College 101 .....


How to Create a High School Experience to Become a Competitive College Applicant

SCAN THE QR CODE TO REGISTER!

 WCPA LH College and Career Center

 Thursday, November 16, 2023  
5:30PM - 6:30PM



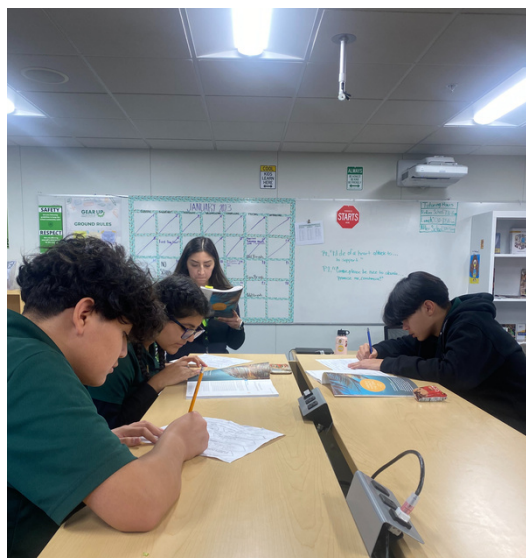
QUESTIONS?  [jocelyn.mendoza@wonderfulcollegeprep.org](mailto:jocelyn.mendoza@wonderfulcollegeprep.org)

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

## Friendly Reminders!

**GEAR UP Tutoring:**  
Monday - Thursday,  
3:30 pm - 4:30 pm!

Sign up at the GEAR UP Center!



**Follow us on Instagram!**  
**@centralvalleygearup**

