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Dear GATE Parents,

The Capuchino IB community would like to thank you for your generosity. Your grant of \$1200 for IB Summerfest in June 2015, allowed us to hire [SOS 4 Students](#) to run a workshop titled "Get Set for Success". This workshop helped students learn about what stress does to their bodies, how to manage their stress, and their time.

With your grant, we were able to explore ways to support our students in the future. While we won't be able to hire the company year after year, we are now privy to the information and can look for ways to train our students in-house.

Thank you, once again for these funds. With the information we gained, we have begun as a school, to discuss, research, and implement ideas to help our students (and teachers and parents!) find balance in their lives. These efforts are reflected in Wellness Wednesdays and Flex Day. The theme of balance will be echoed across our campus all year long and it all started with your help this past summer.

Sincerely,
Martee Lopez-Schmitt
IB Coordinator

Bring Your Best, Expect Success