



## CUNN'S WEEKLY NEWS UPDATE

November 19, 2017

[Edición española](#)

[Mandarin Edition](#)

### Dear Titans,

After many weeks of hard work, attention, and focus, the week-long Thanksgiving Break has arrived. For many of us, the holiday season brings attention to our eating. With that in mind, this week, I am sharing a blog [Nutrition and Teens](#). I hope each of you enjoys the opportunity this week to “recharge”, taking time to enjoy what you love.

### Wellness Center Update (all grades)

It has been so neat to see the student and staff responses to our Thankfulness Challenge. Thank you to all who participated and spent time reflecting on what they are thankful for! We are looking forward to continuing the spirit of gratitude as the school year continues.



### SELF (9th grade)

In order to continue to accommodate our wonderful counselors' visits to each SELF cohort, those students not meeting with counselors this week will participate in the School Connect lesson on Tuning Into Others (the same that was explained more fully in a previous SELF announcement). And, as some cohorts have already done both the lesson and the counselor session, their focus for the week will be on building community within the cohort. Mentors may opt for a board game session, getting some fresh air and going on a walk together, or working as a cohort to engage in the Sources of Strength Gratitude Challenge, to name just a few possibilities.

Beyond what's going on in the SELF classrooms, we are also in the process of conducting three focus groups with randomly chosen students to help us gather feedback and insights to continue to improve the program. Many of the questions we've developed for the focus groups have stemmed from an initial round of feedback form gathered over the past month or so, the results of which can be found [here](#). Finally, we will be administering a district-wide survey in December to SELF students which will yield even more data that we look forward to utilizing as we work to continually improve the SELF program.

### **Sources of Strength** (all grades)

*Source of Strength Information Night: Tuesday, Nov. 28, 2017*

Paly and Gunn will be hosting an event focused on how parents, educators, and students can work together at home and in our schools to prevent the epidemics of bullying and suicide. Research has shown we can do this by creating a preventative culture in our community—one that fosters an epidemic of Hope, Help, and Strength. The evening will provide an overview of the Sources of Strength program and give attendees an opportunity to learn more about a few specific aspects of the Sources of Strength wheel. Dr. Shashank Joshi (Stanford Associate Professor of Child & Adolescent Psychiatry) will be in attendance as well as student and staff leaders helping to spread messages of hope, help, and strength to their peers. Key to the success of the Sources of Strength program is developing awareness and a shared vocabulary at home and in our community so that families can support the work we are doing in our schools. Please register for the event at <https://www.eventbrite.com/e/gunnpaly-sources-of-strength-parent-night-2017-tickets-39560488486> .

### **Advancement Via Individual Determination (AVID)**

The AVID Elective class targets students in the academic middle, who have the desire to go to college and are capable of completing rigorous curriculum using the will to work hard. The AVID curriculum is based on best teaching practices in writing, inquiry, collaboration, organization, and reading, and it is supported by state and national content standards. Typically, AVID Elective students will be the first in their families to attend college, and many are from low-income or minority families.

Our 9<sup>th</sup> grade AVID Elective class meets 3 times per week and is a place where students learn organizational and study skills, work on critical thinking and asking probing questions, get academic help from peers and college tutors, and participate in enrichment and motivational activities that make college seem attainable.

- We currently have 7 college mentors who work alongside the elective teacher throughout the week.
- AVID students visited UC Santa Cruz for our first college visit this past Friday.

### **Sophomore Conferences** (10th Grade)

Beginning this week, counselors will be holding one-on-one Sophomore Conferences with each student. These meetings are expected to last approximately 30 minutes, and will be running through the end of January. Students can expect to receive call slips in the coming days for these meetings. Counselors are mindful about the impact of the appointments during class time, and we thank you in advance for your flexibility and support.

### **College and Career Corner** (11th and 12th Grade)

Just a reminder about our **2017 Filipino/Pacific Islander/Southeast Asian Student Conference** at De Anza College. The conference will take place on **Wednesday, December 6<sup>th</sup>, 2017 from 8:30 am – 1:30 pm**. Gunn will be taking a group of interested students. The event will provide information and opportunities about:

- College and Career Options at California Community Colleges

- Campus tour, culturally relevant discussion, student information panel

For more information or to obtain a permission slip, please contact Myesha Compton, Outreach Counselor. [mcompton@pausd.org](mailto:mcompton@pausd.org) or stop by the College and Career Center. Permission slips are due November 29<sup>th</sup>, 2017.

For those that might be considering one of our local community colleges for next Fall, we're excited to tell you about a new program, the **De Anza College Promise**. This program is designed to benefit students **who need it the most: the lowest income students**, including many who are undocumented and those who are aging out of the foster youth system. The promise is simple: **Your first year of college is free if you qualify.**

You can find more information at [www.deanza.edu/outreach/de-anza-college-promise](http://www.deanza.edu/outreach/de-anza-college-promise).

We have received word that Foothill will also offer a similar program.

**News flash--Community College first year, first time, for all CA residents will be free.**

Mrs. Kirsch is now seeing juniors (book early for Nov/Dec) If you want your student to conduct the junior meeting without you, please let Mrs. Kirsch know. All scheduling of the junior appointments is through Mala at [ghscollegeandcareercenter@gmail.com](mailto:ghscollegeandcareercenter@gmail.com): leave your name, your student name and the best period for your student to miss a class.

Please check the [College and Career Center web page](#) for updated information. We will be posting a list of colleges that waive the fee for applying to college. It is by state and Mr. Lang will consult with any parent who needs more help with this topic.

### **Save the date**

**Dec 5th** 5:30 -6:30 FGY architects 81 Encina Ave, Palo Alto: **ACE Mentoring program** information (Architecture, Construction or Engineering career focus--a national not-for-profit organization) there will be tours, speakers and mentors.

**Jan 14** *National Portfolio Review* day in SF at Calif College of the Arts. See: [portfolioday.net](http://portfolioday.net) to get specific details. This should be done starting in sophomore year to be sure you understand what needs to be in the portfolio and to gain more info on the impact of this event in art school selection.

**Jan 31** Summer OPS night in the library at 7 PM-- there will be grab and go information and a small collection of booths.

**Feb 22** -"Out of State Publics Info Night" will be held at Paly at 7 PM in the Media Arts building in the Atrium. Info on how to save money and why this is a real option

**Mar 3-** GAP Fair in Los Altos--more info to come. .

### **Transcript Ordering** (12th Grade)

For students applying through the Common App, transcripts do not need to be ordered through Parchment. If you have questions about ordering transcripts for schools *not* on the Common App, please see Ms. Douglas, our registrar.

### **Financial Aid** (12th Grades)

#### **FAFSA**

Families are required to complete a **Free Application for Federal Student Aid (FAFSA)**, to demonstrate need and establish eligibility for aid. **All two and four year colleges, public and private require the FAFSA.** FSA ID information can be found and created:

<https://fsaid.ed.gov/npas/index.htm>. The FAFSA is also required for families applying for some of the federal loan programs. [www.fafsa.ed.gov](http://www.fafsa.ed.gov)

### **Cal Grant (GPA Verification)**

The California Student Aid Commission uses the information provided on the FAFSA and the Cal Grant GPA Verification process to determine if students qualify for Cal Grant. The GPA information is available on the web at [www.csac.ca.gov](http://www.csac.ca.gov). To be considered for 2018-2019 Cal Grants (California State Aid), each student must confirm their email address in Family Connection with Naviance is the same as the one they will or have used with their FAFSA. If your email is different please send me your new email address to [llang@pausd.org](mailto:llang@pausd.org). Your GPA verification was submitted electronically on September 25<sup>th</sup>, 2017.

### **CSS/Financial Aid Profile**

Many private colleges and universities use the information collected from a form called the CSS/Financial Aid Profile in addition to the FAFSA. Follow the directions colleges send with their application materials to be certain you meet their **specific requirements and due dates**. The PROFILE can be completed online. There is registration fee for submitting the CSS Profile Application. There is a charge for each college or university to which information is sent. The CSS PROFILE registrations guides are available on the College Board website, <https://student.collegeboard.org/css-financial-aid-profile> then find the Pay for College and click on CSS/Profile.

### **Important Dates**

October 1, FAFSA is available on the web

March 2, California Grant application deadline **2018**

**Check with each college or university about that institution's form deadline.**

### **Scholarships**

A scholarship listing is compiled and updated weekly to assist students and their parents who are looking for scholarships. Be sure to check your **Family Connection account with Naviance** under the "college" tab for local and school scholarships.

### **Please Support PiE**

Thank you to all that have supported Partners in Education (PiE). The donations to PiE continue to support many programs at Gunn, including our guidance department. Your donations have made a difference for all students at Gunn.

Thanks for your role as a caring member of the Titan community,

Mike Heffner  
Assistant Principal  
Gunn High School