



GUNN'S WEEKLY NEWS UPDATE

January 28, 2018

[Edición española](#)

[中文翻译版](#)

Dear Titan Community,

Please take a few minutes to read this week's updates from our guidance and wellness programs. Have a great week.

Titan Pride Week: "We're All in This Together" (all grades)

Titan Pride Week is a new, student-led effort dedicated to appreciating Gunn's diversity and inclusivity. This new version of a longstanding Gunn tradition (formerly named Not In Our Schools Week) is designed to bring awareness to the importance of mental health, recognize the positive relationships in our lives, and encourage the fostering of new relationships and connections within the Titan community. Titan Pride will be present on our campus throughout the week of January 29th-February 2nd, through brunch and lunch activities put on by SEC, Sources of Strength, and many other clubs; many teachers will also be incorporating themes of wellness, diversity and inclusion into special lessons designed to accompany the activities and themes for each day. And, get ready to bring all your Titan Pride on Friday by wearing red and black!

Course Registration (all grades)

The registration window for the 2018-2019 school year will be open February 5th - February 16th. Please reach out to current teachers if you have questions regarding which courses to register for next year. Remember, students will now select their own math, science and English courses. Your current teachers and guidance counselor are a wealth of information in helping you develop a balanced schedule for the upcoming school year. The [course catalog](#) is available on the Gunn HS web page (http://gunn.pausd.org/sites/default/files/GunnCourseCatalog18-19_Jan26.pdf).

AP Testing (all grades)

AP Exam registration is now available. Early registration ends February 28 and late registration continues until March 26. You may visit www.TotalRegistration.net/AP/052347 to register for AP Exams. Please see the middle section on the main Gunn web page for more information. For questions, please contact Mr. Jack Ballard (jballard@pausd.org).

College and Career Corner (11th and 12th grade)

JUNIORS: If you have not yet made an appt to meet with Mrs. Kirsch, be on the look-out for an e-mail message prompting you to schedule. These appointments are designed to support you with your post-high school goals.

Community College Information Night: Will be on Wednesday, March 28th in the Gunn library at 6:30 to 8:00 pm. We will have multiple Community Colleges present to showcase areas of special interest for each of the colleges (i.e. fashion design, architecture, drones, etc.). All community members are welcome to attend this informational night. If you have a Gunn alum who is still looking for what to do next, this may be just the event to spark interest.

Seniors: Your early college replies are coming in. Please let Mr. Lang know what the results were by sending a quick [e-mail](#). This gives us a general idea of how things worked out in the early pool.

Save the Date

- Jan 31: **Summer Opportunities Night** in the library at 7 PM. This is a Gunn first time event. There will be grab and go information along with a collection of booths (as many as 20 booths).
- Feb 7: **ELAC** meeting at Gunn at 6PM in K-4. Meeting for all parents/guardians of English language learners.
- Feb 22: **"Out of State Public College Info Night"** will be held at Paly at 7 PM in the Media Arts building Atrium. Info on how to save money and why this is a real option.
- Mar 3: **GAP Fair** in Los Altos 12 to 3 at Los Altos High.
- Apr 28: **College Fair** at the Cow Palace from 1:30-4:30.
- May 3: **College Fair** at West Valley. all day and closes at 8.

Wellness Center Update (all grades)

Looking for more information to support your student in conversation around sexual violence? Check out this [helpful website](#) for extended information on student rights and resources!

Our Titan Upstander PSA Contest has launched! The Wellness Center is hosting a PSA contest for Gunn students to create their own video on sexual harassment prevention and healthy relational behaviors. Students are encouraged to submit their self-made PSA to bring awareness to fellow students for a chance to win free prom tickets! For more information students can check Schoology, visit the Wellness Center, or reach out to the Wellness Outreach Worker Lauren Rocha at LRocha@pausd.org.

SELF Update (9th grade)

This week, SELF cohorts will be focusing on one of three different activities, due to another round of counselor rotations regarding course selection for next year. For those cohorts not meeting with their counselors, about half will be doing the active listening lesson and activities described last week, while the others will be introduced to one of Gunn's core wellness programs, Sources of Strength (see below). All 9th grade students will become familiar with each of the wedges in the Sources of Strength wheel, and, after engaging in related activities, will be able to identify their primary sources of personal strength.

Sources of Strength (all grades)

January's Sources of Strength wedge was Healthy Activities. The Peer Leaders and Trusted Adults met on Thursday, January 18, and Tuesday, January 23 to practice mindfulness and continue working on the great projects that are underway: "A Titan Is," "I Am Stronger," and "Dress Like Your Mentor" are the upcoming and ongoing projects. They also created New Year's resolutions around promoting Healthy Activities among their friends and family. February's wedge will be Positive Friends. March will focus on Mentors.

If you are interested in finding out more about Sources of Strength, please visit the national website at www.sourcesofstrength.org or follow the Gunn Sources of Strength Instagram account @gunnsourcesofstrength.

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.

Thank you for your support and engagement,

Mike Heffner
Assistant Principal
Gunn High School