



## GUNN'S WEEKLY NEWS UPDATE

October 22 , 2017

[Edicion espanola](#)

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Dear Titan Community,

Thank you to all of you that made homecoming a week to remember. The student body had amazing spirit and Titan Pride. SEC and PTSA thank you for all your dedication and hardwork.

### **Unity Day (all grades)**

Come to the amphitheater on Wednesday, Oct. 25 to participate in Unity Day activities, sponsored by SEC and the Wellness Team! [Unity Day](#) is a national event designed to unite us in kindness, acceptance and inclusion. Make sure you **wear orange** to show your support for Unity Day. Stand up, stand strong, and stand together.

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

We have a strong team of Peer Leaders and Trusted Adults working to spread "Hope, Help, and Strength" throughout the Gunn community with "Sources of Strength." In September, 60 students from all grades and social groups were trained as Peer Leaders, learning about the eight areas of total wellness and how to connect others to help when appropriate. They will continue to meet bi-monthly throughout the year, and, with the help of the 34 staff members, will work on projects intended to promote wellness and connectedness, ranging from "I Am Stronger" testimonials to appreciation letters to promote a mindset of gratitude. During Homecoming Week, Sources of Strength students held a Buddy Challenge, where students were encouraged to take photos with members of their buddy class and share them with the Gunn Sources of Strength Instagram. Students who shared photos were put into a raffle for gift cards, and got extra entries if their photos included staff. Each month will emphasize a different portion of the Sources Wellness wheel: October, "I Am Stronger"; November, Generosity; December, Family Support; January, Healthy Activities; February, Positive Friends; March, Mentors; April, Spirituality and Gratitude; May, Mental Health and Medical Access. You can follow Gunn Sources of Strength on Instagram: [@gunnsourcesofstrength](#).

### **College & Career Corner** (12th grade focus)

Common App: Nov. 14th (during Flex)

UC/CSU App:, Nov. 2nd, Nov. 14th, Nov. 28th (all during Flex)

Mrs. Kirsch is now seeing juniors (all appointments in October are now full--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. **Send a message through [ghscollegeanddcareercenter@gmail.com](mailto:ghscollegeanddcareercenter@gmail.com)**: leave your name, your student name and the best period for your student to miss a class. You will be contacted to confirm a date and time. On your scheduled date and time, please show up at the College and Career Center, no call slip goes out.

If you are a senior and still need assistance, send an e-mail to Mrs Kirsch to see what is possible. Oral interviewers are available now.

### **Save the dates!**

**Oct 25** *Colleges and Career Day at Google for Deaf and Hard of Hearing.* 9am to 2 pm at Google Headquarters in Mt View. [www.rit.edu/ntid/ccd](http://www.rit.edu/ntid/ccd)

**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 it and to gain more info on the impact of this event in art school selection.

### **College Visits (11th and 12th Grades)**

Colleges continue to visit Gunn. To see which colleges are coming, please check your Family Connection account for details. To be able to attend one of the sessions, sign up at least 24 hours in advance through Family Connection. Students should make arrangements with their teachers if the college visit leads to missed class time. Please note that when the seat count says the session is full, **it is full**; unfortunately, no more students can be added.

If your plans include visiting college campuses, please take note of the [attendance procedures](#) should the visit require missing class time.

**Applying EARLY:** Remember to read the rules carefully as some changes have happened. There are primary rules and *exceptions*. Always be sure to have more than one application fully done as if you do not catch that early as you hoped, you will have several other quality applications still in play.

### **Senior Conferences (12th grade)**

The Gunn Counselors are continuing Senior conferences for the next few weeks. In the sessions, the counselors will check in with the students, go over the college application process and also let them know about the services that are available in our College and Career Center.

### **Final Day to Drop a Class-November 14 (All Grades)**

The final day to drop a class and not have it appear on the transcript is November 14. If a student is going to drop a class, the student must consult with the teacher and the instructional supervisor of that department. Course drop forms can be picked up in the Counseling Office.

### **Wellness Center Updates**

Shout to all the parents who have donated tea and snacks for student use in the Wellness Center! We really appreciate how generous and supportive the Gunn community is.

### **Yes! Parent Night**

Next Tuesday evening, October 24<sup>th</sup> from 7:00-8:30pm at the Palo Alto High School Media Arts Center we invite all 9<sup>th</sup> grade parents to attend an interactive session informing and giving you direct experience of a unique and powerful two-week program all freshmen received in their PE

classes. Please click on the attached link for more information and to RSVP:

<http://evite.me/CX2Sd1PfyW>.

### **SELF (9th Grade)**

This week in SELF, students will continue with the "Reviving Digital Zombies" lesson, presenting original spoken word poems, and voting on the best student-generated "you might be a digital zombie if..." jokes. A small number of SELF cohorts will start meeting with their school counselors, who will be working with them on their four-year plans. These visits will continue through November, eventually reaching all freshman students.

### **SEL Event (All Grades): "A Social Emotional Learning Journey Towards Unity"**

Nationally renowned SEL instructor Keeth Matheny will be coming back to PAUSD this week to host two interactive SEL sessions, available to parents as well as staff and other community members. These sessions will take place Wednesday evening, 10/25, from 6:30-8 PM at the Paly MAC, and Thursday morning, 10/26, 8:45-9:45 AM in the Gunn library. He'll be working through several of the most engaging School Connect activities, and we invite you to come and experience a little bit of the SELF program. Mandarin and Spanish interpretation will be provided at Wednesday's event, as well as childcare. Please register at [goo.gl/P4vBcn](http://goo.gl/P4vBcn)

### **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 support!

Mike Heffner  
Assistant Principal  
Gunn High School