



## GUNN'S WEEKLY NEWS UPDATE

December 10, 2017

[Edición española](#)

[Mandarin Edition](#)

Dear Titan Community,

I am excited to announce and introduce Genavae Pierre Dixon as our new Mental Health & Wellness Coordinator, a position that has been vacant since the start of the school year. Ms. Dixon will be working in the Wellness Center, with responsibilities for coordinating the wellness efforts for students, staff and families. Some of you may recognize Genavae's name as she has been working as a member of the CASSY team in our Wellness Center this year.

### **Wellness Center** (All Grades)

Next week is Self Care Week at the Wellness Center! Students are encouraged to stop by and enjoy one of our activities happening throughout the week! See the schedule below:

- Monday 12/11: Make your own trail mix
- Tuesday 12/12: Watercolor painting
- Wednesday 12/13: Make your own stress ball
- Thursday 12/14: Snack attack! Fresh fruit and additional snacks available.
- Friday 12/15: Self-care Jenga

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

Though the last SELF session of the semester finished up last week, we wanted to share the results and next steps of the SELF focus groups that we conducted with the students during the month of November. The background, questions, summary of student responses, and the initial steps we plan to take to adjust in response to that feedback can be [found here](#). Please contact the SEL TOSAs, Courtney Carlomagno ([ccarlomagno@pausd.org](mailto:ccarlomagno@pausd.org)) and Tara Firenzi ([tfirenzi@pausd.org](mailto:tfirenzi@pausd.org)), with any further feedback or questions.

### **Sources of Strength** (All Grades)

Students finished the second part of a listening partnership activity during this week's Sources of Strength meeting and talked about how to use this skill with friends and family. Students are also working on their projects for second semester, including the I Am Stronger campaign and the Titan Pride week.

If you are interested in finding out more about Sources of Strength, please visit the national website at [www.sourcesofstrength.org](http://www.sourcesofstrength.org) or follow the Gunn Sources of Strength Instagram account [@gunnsourcesofstrength](https://www.instagram.com/gunnsourcesofstrength).

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

*Appointments:* About one half of our junior students/families have made appointments. As we return in January, your student will be on the semester 2 schedule. Please be sure when making an appointment you are looking at the second semester schedule for meeting times. Contact Mala by using the [GHScollegeandcareercenter@gmail.com](mailto:GHScollegeandcareercenter@gmail.com) to set your January appointment. It is ideal to have this prior to spring break so you can take your student to see colleges during the first week in April

### Save the Date

- Jan 14: National Portfolio Review day in San Francisco at California 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 Opportunities 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 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

### **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