



CUNN'S WEEKLY NEWS UPDATE

April 29, 2018

[Edición en Español](#)

[Mandarin Edition](#)

Dear Titan Community,

Please stay informed with this week's guidance and wellness updates.

Progress Reports

The final progress reports are now available in Infinite Campus (IC), and hard copies will be mailed home early next week.

AP Testing (all grades)

AP Testing will be offered Monday, May 7th – Friday, May 18th. Be sure to care of yourself during this time, whether it means additional sleep, eating a good breakfast or engaging in activities that you enjoy daily. It is important to take time each day to reset and unwind. Parents, if you notice your student is under more stress than is manageable, please reach out to your students' counselor or the Wellness Center.

Graduation 2018

With graduation quickly approaching, I am also sharing a [link](#) to our senior class activities page.

SELF (9th grade)

This week, students will be working through ideas around focusing and prioritizing, contemplating how smaller tasks and distractions can sometimes get in the way of accomplishing larger, more important goals. Students will think about the biggest challenges to sustaining their focus in both general and personal contexts, and develop a strategy for overcoming these challenges.

In addition, randomly selected SELF students from each cohort will be participating in the second of three rounds of focus groups, similar to those conducted at the end of the fall semester. They will be helping to improve the program by assessing the impact of changes made to the program since we last gathered feedback, and providing guidance with respect to the design and focus of the SELF program in their 10th grade year and beyond.

Sources of Strength (all grades) The Strengths focus for May is [Mental Health/Medical Access](#), and there will be a Healthy Activities Walk on May 11 after school.

The May 1 Sources of Strength Flex time meeting has been cancelled so that interested peer leaders can attend the “Dispelling the Myth of the Total Winner” workshop that will be happening during that Flex time. Peer leaders and other participants should still keep our May 22 lunch celebratory meeting on their radar, however.

Gunn Shoutouts campaign continues through Facebook; they are posting student-submitted shoutouts in order to promote everyday acts of kindness. The Facebook page is accessible at facebook.com/rockatgunn.

ROCK will be sponsoring a “Talk to Me” t-shirt airbrushing activity on the lawn between the amphitheater and hedge on May 3.

ROCK students are also planning "I'll Be There For You When . . ." for the last week of April and start of May. Students are encouraged to share thoughts about showing peers “when you will be there for someone, whether going through tough times or simply needing encouraging words.”

ROCK is also sponsoring a Mobile Barnyard to visit campus on May 18 to help students minimize stress and create community.

Wellness Center (all grades)

Students are encouraged to attend a special event on May 1st: **Dispelling the Myth of the Total Winner** with Speaker: Dr. Jamie O’Keeffe during FLEX in the Staff Lounge. Students sign up using their Family Connection account. This event is a collaboration between Wellness, College & Career, SELF, and Parent Education. To sign-up, log into your [Family Connection](#). Click on the "colleges" tab, then "view all upcoming college visits", then "sign-up". **If don’t have access to your Family Connection account please email [Mr.Lang](#).**

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

If you have questions, we are here to help. Money matters: please contact [Mr Leighton Lang](#). Muddled about where to go and need to think out loud about your choices, let [Mrs Kirsch](#) know you need an appt. Please go visit colleges you are interested in attending before you send in your firm yes . Know that ALL UCs except Merced *will have wait lists*.

IF you know you are **not going to take a particular college seat**, please let that college know ASAP as then they will go to the wait-list more quickly and make people very happy!

Save the Date

- May 1: **Dispelling the Myth of the Total Winner** student presentation with Speaker: Dr. Jamie O’Keeffe during FLEX in the Staff Lounge. Students sign up using their Family Connection account.
- May 3: **College Fair** at West Valley, all day and closes at 8 PM.
- May 9: **Junior Class Student and Parent Night** in Gunn’s Titan Gym 6:30 PM. To RSVP, please click [here](#).

- **May 25: Unpacking the Culture of Success: Flourishing in an Age of Anxiety**
Featuring DR Jaimie O’Keeffe. Performing Arts Center at Palo Alto High, use Eventbrite to get your ticket.

Junior Parent Night (11th grade)

Join our amazing counseling team on May 9, beginning at 6:30 pm in Titan Gym. The evening will focus on preparing for senior year and remaining calm and focused during the college admission notification season.

The evening will begin with junior parents together in Titan Gym learning about the many benefits and tools available in Family Connection. After the opening session, parents will be engaging in one of two breakout sessions. One break out session will focus on writing the college application essay questions for both the Common Application and the University of California. The second break out session will focus on paying for college.

The evening will close with parents coming back together for a panel discussion. The panel will host counselors, parents, current seniors and graduates. Don’t miss this fabulous event, mark your calendars now. To RSVP for the event, please click [here](#).

Junior Conferences (11th grade)

Junior Conferences have begun! Following up on individual appointments with Mrs. Kirsch in the College and Career Center, counselors will hold these individual student conferences in March, April and into May. To get started on the process, each junior will need to complete a 5 minute survey on Family Connection that gives the counselor a glimpse into the student’s post-secondary goals, current needs and anything specific they’d like discussed at the meeting. The survey can be found on the “About Me” tab in the left hand column titled “**Junior Conference Survey**”. After your student has completed the survey, they should email the counselor to request a meeting.

This information is being sent to all juniors through their Schoology accounts and will be broadcast on multiple showings of the daily Gunn produced television show, TBN.

If your student is unable to log on to Family Connection, they should seek out Leighton Lang in the College & Career Center for support.

Summer School (All grades)

The summer school website: <https://www.pausd.org/programs/summer-school>

Counselors will continue to enroll students for summer school classes that are “credit recovery.”

For student registration of classes, registration went live on March 7th at 8 AM.

Self-registration is only applicable for the following courses:

1. Living Skills (priority to rising 11th and 12th grade students)
2. Economics
3. Work/Exploratory Experience
4. Bridge to Geometry A (rising 9th graders)
5. Geometry A (rising 10th graders)
6. Transition to Calculus

To register for these classes on the summer school website the following information is required:

1. Student's Infinite Campus ID Number
2. Student's email address
3. Parent email address
4. Phone number

If you are planning to take a class for credit off campus, be sure to discuss this with your guidance counselor.

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!

With appreciation,

Mike Heffner
Assistant Principal
Gunn High School