



CUNN'S WEEKLY NEWS UPDATE

May 20, 2018

[Edición en Español](#)

[中文版](#)

Dear Titan Community,

This is our final edition for the 2017-2018 school year. Thank you for taking the time to read these weekly updates from the Counseling and Wellness Programs. We wish you healthy and happy conclusions to the school year and summer.

Senior Check-Out Forms (12th grade)

As part of preparation for graduation, **each senior must complete a Senior Check-Out Form**. These forms will be handed out during cap-and-gown distribution and used to verify grade(s) in any outstanding graduation requirements you have left to meet this semester.

Attached to the Senior Check-Out Form will be a transcript with specific classes highlighted. For the highlighted classes, please have your teacher(s) fill in the grade box and sign in the signature box. **Completed Senior Check-Out Forms must be turned into your counselor on May 23rd, 24th, or 25th between 12:00-4:00pm**. Please note, this form must be completed and turned-in to be able to participate in graduation. Please reach out to your counselor with any questions.

Graduation 2018

With graduation quickly approaching, I am also sharing a [link](#) to our senior class activities page. This website is updated by our Student Activities Office and will have all relevant information for seniors and their families.

Wellness Center Updates (All grades)

It is the home stretch towards summer! Help us foster self-care during these last few weeks by encouraging your student to take meaningful breaks in between studying. Students can also take advantage of the following opportunities at the Wellness Center next week:

- Music Monday: Make your own relaxing playlist

- Tactile Tuesday: Make your own slime
- Watercolor Wednesday
- Trail Mix Thursday: Create your own healthy study snack
- Finger painting Friday

SELF Update (9th grade)

As SELF students will be using this coming Thursday Flex to prepare for final exams, we wanted to use this opportunity to release the results of the feedback collection processes we have undertaken in the past month or so, as well as the conclusions and next steps we have drawn from the data. The summary of focus group data from 4/26, 5/3 and 5/10 [is here](#), and the results of the April 16th feedback form [can be found here](#).

The SEL TOSAs would like to extend a special thank you to the mentors who have given so much time and energy to their SELF students, and on behalf of everyone involved with the program, we would like to express our appreciation to the Gunn community for its support this year. As always, we welcome your feedback: please contact Courtney Carlomagno, ccarlomagno@pausd.org, and Tara Firenzi, tfirenzi@pausd.org, with any comments or suggestions.

Sources of Strength Update (All grades)

Our final meeting of the year will be one to celebrate the work our Peer Leaders and Trusted Adults have done. Come to the Staff Lounge at lunch on May 22. Lunch will be provided.

ROCK hosted the Mobile Barnyard on Friday, May 18, featuring goats, mini-donkeys, and other animals.

Look for the final compilation video of "I'll Be There For You When," featuring students posing with a white board and their positive intentions.

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

Seniors: Please add your data for where you applied and what the outcome was as this helps next year's seniors make decisions on appropriate places to apply to --or not!

Parents with a question about college (any grade level), this is a good time to make a mini appointment with Mrs. Kirsch and get those questions answered.

Our guidance team members have the opportunity to meet with a variety of colleges this time of year where they share info with us so expect to see days when many of us will be attending these events.

Save the Date

- **May 20:** Brown, Rice, Columbia Cornell and University of Chicago in San Jose. See details and RSVP at ExploringEducationalExcellence.org
- **May 25:** Jamie O’Keeffe, PHD at Paly’s performing arts center @7:30PM. This is for both students and parents. Topics include reframing and exploring stress.
- **June 19,** author Katherine Reynolds Lewis will discuss her new book at Books Inc: Palo Alto 7 PM, in conversation with Julie Lythcott-Haims (*How to Raise an Adult*). Lewis’s book, *The Good News About Bad Behavior: Why Kids Are Less Disciplined Than Ever – And What to Do About It*.
- **June 5:** Northwestern in San Francisco, 44 Mopntgomery St 7 PM
- **Sept 20:** The *Performing and Visual Arts College* Fair in San Francisco
- **Oct 7:** The STEM College Fair at the Santa Clara Convention Center 1-4 pm
- **Oct 8:** The PAUSD College Fair at GUNN
- **Oct 16:** *Colleges That Change Lives*. Thanks to the PTSA for funding this event.

Expect more exciting and informative parent education nights next year as PTSA has some good plans for making that happen.

Summer School (All grades)

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

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

Kindness to our neighbors

While we are aware of the changes in parking due to construction, please remember our neighbors on the streets surrounding Gunn. We have received many reports of blocked driveways, increased congestion due to student drop off and pick up and dangerous driving. We understand the impact our construction has had on everyone, but please remember to drop off and pick up on campus and if you must park on a neighboring street, please obey all traffic laws.

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!

Thank you for your engagement,

Mike Heffner
Assistant Principal
Gunn High School