



## GUNN'S WEEKLY NEWS UPDATE

May 6, 2018

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### **Dear Titan Community,**

This week brings us National Teacher Appreciation Week (May 7-11) with May 9th California Day of the Teacher. Every day, our teachers work incredibly hard to partner with students and parents to nurture and support learning. It is incredibly rewarding to hear from students and parents who have been positively impacted by a teacher or leader. If you haven't had the opportunity to thank a staff member for their efforts, perhaps this week is an opportunity.

### **Wellness Center Updates** (All grades)

May is National Mental Health Month! Here is what's happening at Gunn to celebrate mental health: [Mental Health Awareness Month Calendar](#). Check out this page from Mental Health America for ways to support the mental health of all at [Mental Health America Toolkit](#).

### **SELF Update** (9th grade)

Next week in SELF, students will be playing a trivia game about the relationships between education, career, satisfaction in life, and SEL. This lesson is meant to reinforce ideas discussed in the previous SELF session about the priorities students have, and how they can develop their focusing skills in order to attain their goals.

### **Sources of Strength Update** (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.

Our next Sources of Strength meeting is the 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](https://facebook.com/rockatgunn).

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.

### **AP Testing (all grades)**

AP Testing begins this week. This time of year may add additional stress to already full schedules. 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. This website is updated by our Student Activities Office and will have all relevant information for seniors and their families.

### **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 make decisions on appropriate places to apply to --or not!

We have been funded to host a *Colleges That Change Lives* next OCT--thank you PTSA!

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

Finally, 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 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.

### **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 be 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!

With appreciation,

Mike Heffner  
Assistant Principal  
Gunn High School