



GUNN'S WEEKLY NEWS UPDATE

September 10th, 2017

Dear Titan Community,

With the school year in full swing, we want to share Stanford University's Challenge Success back-to-school tips for your consideration. The Challenge Success website has [additional resources](#) for parents that may be worth exploring.

Top Ten Back-to-School Tips to Help Your Child Thrive

With kids back in school, these practical tips are helpful reminders for ways to build resilience, share your values, and support the overall health and well-being of your children.

1. Ask your child: "How was your day? Learn anything interesting? Get to spend time with friends?" instead of "How did you do on the math test?"
2. Resist the urge to correct the errors in your child's homework. It's your child's work, not yours.
3. Work done with integrity is more important than an A. Pressure to achieve *only* high grades can make students resort to cheating.
4. Make time for PDF: playtime, downtime, family time. Research shows PDF is critical for overall well-being.
5. Create a technology-free environment during mealtimes. Every adult and child can benefit from a break from constant interruptions and distractions.
6. Collaborate with your child's teachers. Assume best intentions and work together to solve problems.
7. Fight the temptation to bring your child's forgotten homework to school. Kids gain resilience by learning from small failures.
8. An extra hour of sleep is more valuable than an extra hour of studying. Research shows sleep deprivation can be associated with depression and anxiety.
9. When your child wants to talk with you, stop what you are doing and engage. Does "I hate school" really mean something else: "I am being bullied" or "I don't fit in?"
10. Help your child develop his or her interests and strengths. Discover what your child really loves to do outside of school, not what you think a college admissions officer would like to see on an application.

Fall Club Day (All Grades)

Interested in joining a club or learning about ALL the clubs Gunn has to offer - join us on the quad on Friday, September, 15th during lunch. There is a club for everyone!

Senior Conferences (12th grade)

The Gunn Counselors have begun senior conferences. In the sessions, each counselor checks in with the student, goes over the college application process and shares services that are available in our expanded College and Career Center.

College Visits are Starting (11th and 12th Grades)

We are beginning to have colleges visiting Gunn and to check to see who is coming, please check your Family Connection (Naviance) account for details. To be able to attend one of the sessions, sign up at least 24 hours in advance through Family Connection. When the seat count says full, it is full. No more can be added.

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

College workshops 2017

Building a College List: Sept. 12th and Sept. 21st (Flex), Oct. 11th (PSAT Day)

Common App: Sept. 19th, Oct. 5th, and Nov. 14th (Flex), Oct. 11th (PSAT Day)

UC/CSU App: Oct. 3rd, Nov. 2nd, Nov. 14th, Nov. 28th (Flex), Oct. 11th (PSAT Day)

College Essay Writing: Oct. 11th (PSAT Day)

Additional senior workshops will be held **OCT 11** during College and Career Day. There will be many topics to choose from. Please note that this is the same day as the PSAT.

Mrs. Kirsch is still taking appts for grade 12 students wanting assistance. Please send an e-mail to Mrs. Kirsch with your free time to meet; she will confirm the date and time. If you are a junior family who wants an early appt, please send Mrs. Kirsch the student name and again the best time to meet as she has openings in Sept available. If you are a new grade 12 and have not met with Mrs. Kirsch, please schedule an appointment for a post high school planning meeting. lkirsch@pausd.org. Any questions you have on the topic of college can be sent to Mrs. Kirsch and you should hear back within in a day or so.

College Fair

Oct 9 at 6:30-8:30PM in the Paly HS Gym. Please carpool, bike or walk as parking is limited. Meet 125 representatives from private California colleges and universities as well as out-of-state public and private institutions. Please go to <http://paly.net/list-of-colleges> for a list of participating colleges. The College Fair will have a Financial Aid Workshop at 7:30pm Dance Studio as well.

Family Connection (Naviance) Sessions (12th grade)

We will be running two sessions on Family Connection for our seniors. These sessions will:

- support students new to the platform (or haven't logged in as a Gunn High School student yet)
- College search features
- Accessing "To Do's" for college packets

Thursday, September 26th at lunch in the College & Career Center

Parent Informational Evenings (11th and 12th grade)

- **Wednesday, September 13th**
 - 11th grade parents 6:30 - 7:30PM in our library
Topics that will be discussed:
 - The college process
 - Family Connection information
 - 12th grade parents 7:45 - 8:45PM in our library
Topics that will be discussed:
 - Important dates/timelines
 - College admissions/application information
 - Campus and online resources

Parent Informational Evenings (9th and 10th grade)

- **Wednesday, September 27, 2017**
 - 9th grade parents 6:30 - 7:30PM in our library
Topics that will be discussed:
 - Gunn counseling services
 - Informational booths
 - 10th grade parents 7:45 - 8:45PM in our library
Topics that will be discussed:
 - Gunn counseling services
 - Informational booths

SELF (9th grade)

This week, students will be engaging with the more academic side of the School Connect program, and working through strategies for success in the classroom identified by our mentors as being the most appropriate for our students at Gunn. Mentors will be talking to students about classroom behaviors, the impact of missing assignments, and organizational techniques (including using a planner effectively) which strongly correlate to academic success and effective time management.

Wellness Center Information

Curious what services the Wellness Center offers? Please check out the [video](#) to see Gunn students sharing their favorites about the center.

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, Student Services
Gunn High School