

Gunn Connection

Due to the Thanksgiving break, there will be no Gunn Connection next week. *Happy Thanksgiving!*

由于感恩节的休息，下周将没有Gunn Connection。感恩节快乐！

Calendar

Fri, Nov 18 【周五，11月18日】

Junior Parent Network Meeting, 8:30 AM, Staff Lounge

11年级家长联络会议，上午8:30，员工休息室

Jazz Swing Dance, 6:30 PM, Terman Café

爵士摇摆舞会，6:30 PM, Terman 初中餐堂

Mon-Tue, Nov 21-22 周一-周二【11月11日-- 11月12日】

Two-Day-Week Schedule (see [Calendar](#))

这周2天上学（请用调整课程时间表[Calendar](#)）

Mon, Nov 21

Fall Band Concert, 7:30 PM, Paly Performing Arts Center

秋季乐队音乐会 7:30PM, Palo Alto高中艺术表演中心

Wed-Fri, Nov 23-25

NO SCHOOL - Thanksgiving Holiday

学校无课 - 感恩节

Jasmine

Gunn

Gunn Fall Band Concert Featuring the Gunn Freshman Concert Band, Symphonic Band and Wind Ensemble Gunn秋季音乐会由Gunn九年级乐队，交响乐队，管乐合奏团演出

Mon, Nov 21, 7:30 PM, Palo Alto High School Performing Arts Center, 50 Embarcadero Rd, Palo Alto

Come and hear our award-winning concert bands perform a variety of musical styles and genres with several student soloists! Highlights include: "Rejouissance" by James Curnow based on the famous German Hymn A Mighty Fortress, the energetic "Undertow" by John Mackey and "The Klaxon March" by Henry Fillmore. Donations accepted at the door.

周一，11月21日，晚7：30，Palo Alto高中艺术中心，地点：
Embarcadero路50号，*Palo Alto*

来听我们的获奖音乐会，乐队演奏各种音乐风格和流派还有几个学生独奏者！亮点包括：詹姆斯·科诺的“Rejouissance”基于著名的德国赞美诗，力量的城堡，精力充沛的“暗潮”由约翰·麦基作曲和亨利菲尔莫“电喇叭游行”。在门口接受捐赠。

Parent Education: Maintaining Wellness at Home 父母教育：保持健康

Tuesdays, Nov 29, Dec 6 & 13, 6-7:30 PM, Staff Lounge

PAUSD invites you to a three-class series on ways to support your child's

mental and physical wellness at home. Learn how to improve communication with your child, to recognize warning signs of distress, and to help your teens cope with stress and prevent reaching

levels of distress. Dr. Moira Kessler is a Child and Adolescent Psychiatrist. She is on faculty at Stanford University and also at Bay Area Children's Association. Dr. Kessler specializes in school mental health and suicide

prevention and provides consultation to the school mental health

teams at the various schools in PAUSD.

周二，11月29日，12月6日和13日，晚上6点-7：30，员工休息室

PAUSD邀请你参加三级系列来支帮助孩子在家里的精神和体力上的健康。学习如何改善和孩子的沟通，了解危险的警示信号，帮助青少年处理应对压力，防止接触危险。博士 Moira Kessler是儿童和青少年精神病学家她是斯坦福大学的教师也在湾区儿童协会。博士Kessler专门从事学校心理健康和自杀预防和为P A U S D学区的学校提供心理健康提供咨询。

Book Drive for Tiekunu Primary School in Kenya 在肯尼亚 Tiekunu小学的图书推动

Drop off by Wed, Dec 15, in Rm E-2

Students in Tiekunu Primary School need English reading books from 1st to 5th grade. These books will be used in Tiekunu's classroom library as supplemental reading materials. Research has shown it is best to support literacy from an early age. Gunn's Stairway to Literacy Club calls for your support to donate English reading books -- whether used or never-read -- to help students at Tiekunu in Kenya. To donate books, simply drop them off to room E-2 inside the box labeled "Books for Kenya." Any questions, please email StairwayToLiteracy@gmail.com.

捐赠截止日期周三，12月15日，在E-2教室

Tiekunu小学的学生需要从1到5年级的英语阅读书。这些书将用于Tiekunu教室图书馆作为补充阅读材料。研究表明最好从小就识字的支持。Gunn的楼梯文化俱乐部呼吁您的支持捐赠英语阅读书籍——无论是旧的或从未读过的——帮助在肯尼亚的Tiekunu小学的学生。捐赠图书，简单地把书放在E-2房间内写着“书为肯尼亚的盒子里。任何问题，请电子邮件StairwayToLiteracy@gmail.com。

Linda

From the Gunn Sports Boosters 来自GUNN体育助推

The holidays are approaching and your supporters will be busy shopping for gifts, decorations, and more. By reminding them to shop at smile.amazon.com, Henry M Gunn High School Sports Boosters Club can increase its AmazonSmile donations. Use the message and link below in email, social media on your website to spread the word to your donors, staff, and volunteers. In the coming weeks we will email you with additional holiday banners starting with one for Black Friday/Cyber Monday. [#StartWithaSmile](https://smile.amazon.com/ch/94-3207060) at smile.amazon.com/ch/94-3207060 for your holiday gifts and Amazon donates to Henry M Gunn High School Sports Boosters Club.

假日即将到来，您的支持者将忙于购买礼品，装饰品等等。通过提醒他们在smile.amazon.com商店， Henry M Gunn高中体育俱乐部可以增加其AmazonSmile捐款。使用您的网站上的电子邮件，社交媒体中的消息和链接，将这个词传播给您的捐赠者，工作人员和志愿者。在接下来的几周内，我们将向您发送额外的节日横幅，从黑色星期五/网络星期一开始。

[#StartWithaSmile](https://smile.amazon.com/ch/94-3207060) at smile.amazon.com/ch/94-3207060为您的节日礼物和亚马逊捐赠给HenryM Gunn高中体育助推俱乐部。

FROM THE PREVIOUS ISSUE:

从前期:

3rd Annual Gunn Swing Dance

第三届年度Gunn摇摆舞

*Fri, Nov 18, 6:30-10 PM, Terman Middle School Café, 655
Arastradero Rd, Palo Alto*

*Fri, 11月18日, 6: 30-10 PM, Terman Middle SchoolCafé, 655
Arastradero Rd, Palo Alto*

Gunn Jazz Swing Dance tickets are now on sale in the SAC and from Jazz Band members. Tickets are \$30 each and include food, dance instruction, and live music all night! This is THE student dance event of the year! Don't miss it! (Note: Students only. Adult swing dance takes places during second semester.)

Gunn爵士摇摆舞票现在在SAC和爵士乐队成员出售。 门票每张\$ 30, 包括食物, 舞蹈教学和现场音乐整夜! 这是一年一次的学生舞蹈活动! 不要错过! (注: 仅限学生。成人舞在第二学期开学。)

Attention Families Interested in applying for the CIEE Global Navigator Scholarships for Summer Study Abroad
注意有兴趣申请为海外暑期学习的CIEE全球导航奖学金的家庭

Priority application deadline: Dec 1
优先申请截止日期: 12月1日

There are two separate applications: one for the summer program and one for the scholarship. Remember to get your teacher recommendation in ASAP, so that there is not a last minute rush. Please contact Gunn teacher Liz Matchett (lmatchett@pausd.org) if you have any questions specific to the Gunn Scholarships. All Gunn students are encouraged to apply. General info is available [here](#).

有两个单独的申请: 一个是暑期课程, 一个是奖学金。 记得以ASAP的方式得到你的老师推荐, 所以没有最后一分钟的冲动。 如果您有任何关于Gunn奖学金的问题, 请联系Gunn老师Liz Matchett (lmatchett@pausd.org)。 鼓励所有Gunn学生申请。 一般信息在[这里](#)

Senior Parent Network Social
高级家长网络社会

*Wed, Dec 7, 7-9:30 PM, Eichler Swim and Tennis Club, 3539
Louis Rd, Palo Alto*

周三, 12月7日, 7-9: 30, Eichler游泳和网球俱乐部, 3539 *Louis
Rd, Palo Alto*

This is a parents only event. Bring a dessert or a drink to share and join us for a fun evening. Sign up [here](#) to RSVP. If you have any questions or suggestions please contact Ani Gnanalingam, Ani_Gnanalingam@hotmail.com, or Barbara Best, barbarabest@gmail.com.

这是一个只有父母的事件。带点甜点或饮料分享, 加入我们一个有趣的夜晚。注册[这里](#)回复。如果您有任何问题或建议, 请联系Ani Gnanalingam, Ani_Gnanalingam@hotmail.com或Barbara Best, barbarabest@gmail.com。

Kar ly

The Gunn Band & Orchestra Boosters Need YOUR Help!

Aloha! The Gunn Instrumental Music Program is going on tour to Hawaii in April 2017! Students will be performing at the Honolulu Heritage Festival and will participate in clinics at the University of Hawaii. This tour is made available to any interested Gunn Instrumental music student. Because we believe strongly in the importance of an equitable experience for all students, we have committed to raising \$20,000 in financial support so that every music student who wants to attend may do so. We are hoping to get our entire community involved to raise these much needed funds and have launched an online campaign with generosity.com to help raise our scholarship funds and spread the word about our fundraising campaign. More information and how to give can be found [here](#). Tours have a huge, positive impact on our ensembles and musicians. Please give, share, pass it on. If you are able to

make a donation to help support our music students, we would be so grateful. Mahalo!

Gunn乐队和管弦乐团需要您的帮助!

Aloha! 大家好! Gunn乐器音乐课程将于2017年4月参观夏威夷, 学生将在檀香山文化遗产节上表演, 并将参加夏威夷大学的音乐实习。Gunn乐器音乐课上任何感兴趣的学生都可以参加这个旅行。因为我们坚信所有学生都应该有平等的经验, 所以我们承诺筹集2万美元的经济支持, 以使每个希望参加的音乐学生都能参加。我们希望让我们的整个社区都参与进来, 以筹集这些急需的资金; 我们还发起了一个网络运动, generosity.com, 以帮助筹集我们的奖学金资金, 并传播关于我们筹款活动的信息。可以在这里找到更多信息和如何捐款的方式 [here](#)。这次旅行对我们的乐团和小音乐家们有巨大的积极影响。请捐款, 分享, 传递信息。如果你能够捐款帮助支持我们的学音乐的学生, 我们将非常感激。 Mahalo! 谢谢您!

Be Safe. Be Seen. Bike lights are required by law for riding after dusk.

With shorter days, students are bike commuting in the dark when bicycle lights and reflectors are required by law. Visibility begins to decline at dusk, so bicyclists should turn on their lights as soon as light begins to fade. A handlebar headlight makes a bicycle visible to others and illuminates the road so the rider can see. Higher powered lights do a better job. Tail lights and reflectors should be mounted on something stable where they won't be obscured by bags, panniers or other gear on the bike. Lights are vastly superior to reflectors, so a rear red light is recommended for maximum visibility. Outfitting student bikes for a safe and legal ride is a smart investment (and a great holiday gift!). For information about safe school commutes, visit <http://saferoutes.paloaltopta.org/index.shtml>.

注意安全。 让自己明显可见。 法律要求在黄昏后骑行时必须要有自行车灯。

随着白天日光的缩短，学生们现在会在黑暗中骑自行车上下学，法律要求这时应该使用自行车灯和反光板。 可见性在黄昏时开始下降，所以骑自行车的人应该在阳光开始暗下去时立即开灯。 车把头上的灯使其他人可以看见骑自行车的人并照亮道路，以便骑车人可以看清楚路。 高功率的灯更好一些。 尾灯和反光板应该安装在稳定的地方，不会被自行车上的包，行李或其他装备遮挡。 直接的光线要比反光板好很多，因此我们建议使用车后面的红光灯以获得最大的可见度。 给学生的自行车做好良好的配备以使得他们的出行安全合法，这是一个聪明的投资（和一个很棒的节日礼物！）。 有关安全学校通勤的信息，请访问<http://saferoutes.paloaltopta.org/index.shtml>

Caroline2020

Gunn Athletics

Gunn 体育运动

Gunn Sports Boosters would like to recognize the

following athletes/teams:

Gunn运动支持小组这期要表彰如下的运动队和运动员：



- Gunn Cross Country Girls finished second in CCS Cross Country race, Division II, and advanced to states final.
- Athlete of the week, Honorable Mention goes to Tara Tracy for Gunn Volleyball.
- The Gunn Boys Varsity Water Polo was narrowly defeated by Menlo Atherton in the CCS semifinals on Wednesday night. Aaron Babian led the Titans (21-8) with four goals and Jackson Waschura made eight saves. Gunn won the SCVAL De Anza Division title and has been involved in three consecutive one-goal contests, all in

postseason play. The Titans are 5-1 in games decided by a single goal this year

- Gunn女子长跑队在CCS长跑比赛中，夺得Division II的第二名，晋级加州决赛。
- 每周最佳运动员：本周要表彰的最佳个人是Gunn女子排球队的Tara Tracy。
- 在周三晚上的男子水球CCS半决赛中，Gunn代表队惜败Menlo Atherton队。Aaron Babian 是个人得分最多的队员，进了4分，Jackson Waschura救了8球（Gunn本季21胜8败）。Gunn取得了SCVAL De Anza Division冠军，并在季后赛中连续三次碰到比分只相差一分的赛事。在今年总共六场一分定输赢的比赛中，Gunn的成绩是5赢1输。

Congratulations, athletes! GO TITANS!

祝贺运动员们取得的好成绩！加油Titans！

PAUSD & PTAC

Palo Alto 联合学区与家长教师咨询委员会

"Being You" a RoadTrip Nation Documentary Film for the Entire Family

“做你自己”是一部适合全家人观看的由RoadTrip Nation出品的纪录片。

Thu, Dec 1, 6:30-8:30 PM, Palo Alto High School, Haymarket Theatre, 50 Embarcadero Rd, Palo Alto

放映的时间地点：周四，12月1日，晚上6:30-8:30, Paly高中, Haymarket 剧院, 50 Embarcadero Rd, Palo Alto。

This event is a screening of the documentary "Being You," followed by a facilitated discussion. RoadTrip Nation shares inspiring stories of struggle, self-acceptance and success. Follow three young people with learning and attention issues

as they travel the country to seek advice from TV host Howie Mandel, ice sculptor John Rodrigues, and many more who have transformed their learning and attention issues from a struggle into an asset. What started as a road trip around the U.S. sparked an annual documentary series, books, and a career exploration educational curriculum—all dedicated to helping individuals build meaningful livelihoods around the things they love. Recommended for middle and high school students and their parent/caregivers. Jointly sponsored by PAUSD, Palo Alto Community Advisory Committee for Special Education and the Parents Education Network. For questions contact paloaaltocac@gmail.com.

本活动将放映纪录片“做你自己”，随后是引导讨论。RoadTrip Nation 的这部作品与我们分享了有关挣扎、接纳自我和成功的励志故事。影片记录了三位有学习障碍的年轻人如何在旅行途中，从曾经同样有学习障碍的电视主持人Howie Mandel和冰雕家John Rodrigues等人那里得到许多忠告，这些人都将过去的挣扎努力升华成人生财富。由一场美国境内的公路旅行开始，激发了一年度的纪录片系列、书本和职业探索教育性课程—所有的一切都是为了帮助他们能够围绕自己喜欢的事情建立有意义的生活。建议初中生和高中生与父母/监护人一起观看。由Palo Alto联合学区、Palo Alto社区特殊教育咨询委员会以及家长教育网站联合主办。如有问题请联系paloaaltocac@gmail.com

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Richard

Community
社区

****NEW** Be Safe. Be Seen. Bike lights are required by law for riding after dusk.**

****新内容** 注意安全！让自己能被看见！法律规定黄昏后骑自行车必须有车灯。**

With shorter days, students are bike commuting in the dark when bicycle lights and reflectors are required by law. Visibility begins to decline at dusk, so bicyclists should turn on their lights as soon as light begins to fade. A handlebar headlight makes a bicycle visible to others and illuminates the road so the rider can see. Higher powered lights do a better job. Tail lights and reflectors should be mounted on something stable where they won't be obscured by bags, panniers or other gear on the bike. Lights are vastly superior to reflectors, so a rear red light is recommended for maximum visibility. Outfitting student bikes for a safe and legal ride is a smart investment (and a great holiday gift!). For information about safe school commutes, visit <http://saferoutes.paloaltopta.org/index.shtml>.

随着白天越来越短，学生们在黑暗中骑车往返学校，但法律规定天黑时自行车灯和反射器是需要打开的。能见度在黄昏时开始下降，所以骑车者应该在黑暗降临时就开启车灯。车把上的车前灯不仅能让其他人看到自行车，而且能照亮路面，让骑车的人看见前行的路。车灯越强照明效果越好。尾灯和反射器应该放在稳定且不会被车上的包、筐或齿轮等物体挡住的位置。车灯比反射器好很多，所以建议选用红光车尾灯来达到最大的能见度。为了安全和达到法律要求而装备好学生们的自行车，是一个聪明的投资(也是一个很好的假日礼物!)。更多详情请关注<http://saferoutes.paloaltopta.org/index.shtml>.

Silicon Valley Boychoir Auditions

硅谷男声合唱团试唱

Fridays in November by appointment, Palo Alto

11月份每星期五, 需要预约, Palo Alto

Audition for the January 2017 semester and join 80 other boys across four levels. Auditions are held at the choir's rehearsal location in Palo Alto (600 Homer Ave). Open to boys ages 7 and up. High school and middle school boys with experience may audition for upper levels. SVB provides a

personalized approach to teaching singing, music theory, and sight-singing, and provides flexible scheduling for busy families. In addition to their own winter and spring concerts, SVB performs for local events including performances at Stanford University, West Bay Opera, and singing the national anthem at sporting events.

Email info@svboychoir.org or visit <http://svboychoir.org>.

试音是为2017年1月开始的春季学期准备的，合唱团共有80位男孩，组成四个不同级别的班。试音地点在合唱团平常的练习地 Palo Alto (600 Homer Ave)。欢迎7岁以上男孩参加，有经验的高中和中学男生可以参选高级班。SVB提供了一种个性化的方法来教授歌唱，音乐理论和视唱，并为忙碌的家庭提供灵活的安排。除了自有的冬季和春季音乐会，SVB为当地活动，包括斯坦福大学，西湾歌剧演出，还在体育赛事上唱国歌。详情请发邮件联系 info@svboychoir.org 或访问 <http://svboychoir.org>。

Shawn

Teen Arts Council's Second Open Mic Night

Fri, Nov 18, 7 PM, Palo Alto Children's Theatre, 1305 Middlefield Rd, Palo Alto

It's time for the second Open Mic of the year. Teens can either perform or watch, both are super fun! This event is open to all teens and free. For more information, contact teenartscouncil@gmail.com.

青少年艺术理事会的第二次开放Mic之夜

周五，11月18日，晚上7点，帕洛阿尔托儿童剧院，1305 Middlefield Rd, Palo Alto。今年第二次打开话筒的时间。青少年可以表演或观看，都是超级有趣！本次活动是开放给所有的青少年，并且免费。欲了解更多信息，请联系teenartscouncil@gmail.com。

****NEW** Project Safety Net Community Collaborative Meeting**

*Wed, Nov 30, 4-6 PM, Rinconada Library, Embarcadero Room,
1213 Newell Rd, Palo Alto*

Are you interested in reducing youth mental health stigma and supporting youth voice? Please join Project Safety Net at its next community collaborative. At this month's meeting, local youth will talk about the Palo Alto Art Center's teen programs and representatives of Kara will talk about its grief services for children, teens, families and adults. Please register for this event [here](#). For more information go to <http://www.psnpalalto.com>.

****新**项目安全网社区合作会议**

2011年11月30日下午4点至6点, Rinconada图书馆, Embarcadero Room, 1213 Newell Rd, Palo Alto

你有兴趣减弱青年心理问题的耻辱感和增强支持青年的声音吗? 请加入项目安全网在其下一个社区合作。在本月的会议上, 当地青年将谈论帕洛阿尔托艺术中心的青少年节目, 代表将谈论其对儿童, 青少年, 家庭和成年人的服务。请在这里[here](#)注册这个活动。有关详细信息, 请访问<http://www.psnpalalto.com>。

Dance Connection's 18th Annual Nutcracker Ballet

*Fri, Dec 2, 7 PM, & Sat, Dec 3, 4 PM, Smithwick Theater,
Foothill College, 12345 El Monte Rd, Los Altos Hills*

Mark your calendars for Dance Connection's 18th Annual Nutcracker Ballet! An entertaining, child-friendly, and professionally executed production the whole family will enjoy! Tickets go on sale through the Dance Connection website beginning October 24th. Reserved seating. More info at: www.danceconnectionpalalto.com.

舞蹈联会第18年度胡桃夹子芭蕾舞

表演时间: 周五12月2日下午7点和星期六12月3日下午4点, Foothill学院的Smithwick剧院。

请在日历标记Dance Connection第18年度胡桃夹子芭蕾舞！精彩的儿童喜欢和专业制造的节目，整个家庭将都会喜欢！从10月24日开始，可以通过Dance Connection网站买票。预留座位。更多信息 www.danceconnectionpalto.com。

Andy

Palo Alto Chamber Orchestra (PACO) Opens its 51st Season

Sun, Dec 18, 3 PM, Holiday Extravaganza (Senior Orchestra), Cubberley Theatre, 4000 Middlefield Rd, Palo Alto

Award-winning youth orchestra PACO's Senior Orchestra will open its season with music by Handel, Britten and more. There is something for everyone at PACO concerts from small ensemble pieces to orchestra music as these dedicated musicians present an extraordinary passion for music making! Mark your calendars for the Holiday Extravaganza with guest performers from the Pacific Ballet Academy and Cantabile Youth Singers. Admission is FREE except for the Holiday Extravaganza (Adults \$10, 18 & under FREE). More info and complete line-up of concerts on the [2016-17 season brochure](#) or visit www.pacomusic.org.

Palo Alto Chamber 乐团 (PACO) 开启他们第51季

十二月十八号下午三点, Cubberley 社区中心剧院, 4000 Middlefield 路, Palo Alto

获奖的 PACO青年管弦乐队将用Handel, Britten等音乐开始今年的演出。每个 PACO音乐会适合每个人的曲目, 包括小合奏到乐团音乐。请在您的日历上记下与Pacific芭蕾舞学院和Cantabile Youth Singers青年歌手的特邀嘉宾一起表演的“Holiday Extravaganza”! 除了“Holiday Extravaganza”(成人\$ 10, 十八岁及以下免费) 外入场免费。如果需要更加信息请到www.pacomusic.org。

Family Holiday Volunteering

If you're looking for a way to get your family into the holiday spirit by helping others, check out <http://familyholidayhelpers.org>, a non-profit web site created by a mom of two PAUSD students to help families find local volunteering opportunities during the holiday season. There are a variety of local opportunities for families, such as prepping/serving food for Thanksgiving, working a shift at a food bank or holiday warehouse, or donating food or gifts for those in need. Happy volunteering!

家庭度假志愿服务

如果您正在寻找一种方法让你的家庭通过帮助他人进入过节气氛，请查看<http://familyholidayhelpers.org>，一个由两个PAUSD学生的妈妈创建的非营利网站，可以帮助家庭在节日期间找到当地志愿者机会。有各种各样的当地机会，如为感恩节准备/服务食物，在食品银行或假日仓库值班工作，或为有需要的人捐赠食物或礼物。志愿者快乐！

Make a Difference: Tutor Low Income East Palo Alto 5th Graders in Reading or Writing -- 8 one hour sessions

If you've enjoyed helping in your own child's classroom, or just love literacy, please consider tutoring 5th graders at Brentwood School in East Palo Alto (near IKEA). It is a special project to work with low income students from February 6th - March 31st. Volunteers would work in the same classroom one day per week, for an hour either at 9:45 am (reading) or 11:40 am (writing). All Students Matter provides a brief training in January and coordinates all details. You can make a real difference! To sign up, visit www.allstudentsmatter.org or to learn more contact Keri Tully at keritully@gmail.com.

导师低收入东帕洛阿尔托五年级读者或写作 - 8个一小时的会话

如果您喜欢在自己孩子的教室里帮帮忙，或只是爱读写，请考虑在 East Palo Alto 的 Brentwood 学校（靠近宜家）辅导5年级学生。这个

项目从2月6日 到 3月31日。 志愿者在同一个教室里每周工作一天，在上午9:45（阅读）或上午11:40（写作）工作一个小时。All Students Matter 会在1月提供简短的培训，并协调所有的细节。 要注册，请访问www.allstudentsmatter.org。 如果要了解更多， 联系 Keri Tully在keritully@gmail.com。