

## T1

### CALENDAR

**Fri, Nov 15** Alternate Schedule (see [calendar](#)) Friendship Week

**Wed, Nov 20** 7:00 p.m. Sports Boosters Meeting

**Thu, Nov 21** Turkey Feast

**Mon, Nov 25 - Fri, Nov 29** THANKSGIVING BREAK

**11月15日，星期五**

备用时间表（请参阅日历）

友谊周

**11月20日，星期三**

下午7时 运动助推协会会议

**11月21日，星期四**

火鸡盛宴

**11月25日星期一-11月29日星期五**

感恩节假期

## Emily GUNN

**PiE Rally Days - Challenge Grant** A second chance to double your donation! Generous PiE supporters have offered a second Challenge Grant to PiE. Donate or make a pledge by November 18 [DONATE HERE](#), and together we can give an additional \$254,000 to PAUSD students. This is the final Challenge Grant of the year. Support our students by donating to PiE today. If you have already given or pledged, thank you so much. If not, now is a great time to make your impact.

PiE Rally Days-挑战补助金第二次机会使您的捐款翻倍！慷慨的PiE支持者已经向PiE提供了第二个挑战补助金。在11月18日之前捐赠或承诺在此捐款，我们共同为PAUSD学生提供254,000美元的额外捐款。这是今年的最后一项补助金。立即向PiE捐款支持我们的学生。如果您已经给予或保证，则非常感谢。如果没有，那么现在正是发挥影响力的好时机。

### **T3 Angela**

**Turkey Feast Thu, Nov 21** Turkey Feast is a great community building event that serves 1500 students and staff members. Due to your generous donations this year, PTSA is able to fully cover the food for the event. Students will be raising money for a charity of their choosing. We still need help with food preps, servings and many more jobs! It's a fun event to volunteer and see how great the Gunn community is! Please go to the Turkey Feast [Signup](#) to help. Thank you!!

### **感恩节大餐 11月21日, 星期四**

感恩节大餐是一项很棒的社区建设活动，可为1500名学生和工作人员提供服务。由于您今年的捐款，PTSA能够全额支付此次活动的食品费用。学生将为自己选择的慈善机构筹款。我们仍然需要准备和提供食物方面的帮助，还有更多工作！如果您想帮忙，请去感恩节大餐[注册](#)。谢谢！！

### **T4**

**YCS-I Annual Open Mic Fri, Nov 22** On Friday, November 22 YCS-I is hosting its Annual Open Mic. It is a fundraiser for the Spring service trip. This year's theme is Frozen. Open Mic will be from 6:30 pm to 9 pm and tickets are \$3 for students and \$5 for adults. Each person is entered in a drawing to win prizes with the purchase of a ticket. If you want to perform you can sign up at [tinyurl.com/ycsopenmic19](http://tinyurl.com/ycsopenmic19). Bring your friends and have a fun night listening to talented students!

### **T4YCS-I年度街头表演**

11月22日星期五，11月22日，YCS-I将举办其年度街头表演。这是春季服务之旅的筹款活动。今年的主题是《冰雪奇缘》。街头表演的开放时间为下午6:30至晚上9点，门票为学生3美元，成人5美元。每位参加人员都可以获得抽奖名额，抽奖名额需要申请。如果您想表演，可以在[tinyurl.com/ycsopenmic19](http://tinyurl.com/ycsopenmic19)上注册。带上您的朋友，听听有才华的学生的表演并度过一个愉快的夜晚！

**T5 Richard \*\*DATE CHANGE\*\* Fall Sports Awards Ceremony Tue, Dec 3, 6:30 p.m., Titan Gym** To ensure all our Fall teams can attend the Fall Sports Awards Ceremony, we found it necessary to move the Ceremony to Tue, Dec 3 at 6:30 p.m. in Titan Gym. We have teams currently competing in the NorCal and CCS tournaments and the original Fall Awards date of Mon, Nov 18, conflicts with the team's tournaments/practices. Come out and celebrate our fantastic Fall athletes at the

Sports Awards Ceremony. A reception with refreshments will be held immediately following the ceremony. Great job Titans!

**\*\*日期变更\*\*秋季运动颁奖典礼** 星期二，12月3日傍晚6:30在Titan Gym举行。为了确保我们所有的秋季运动队都能参加秋季运动颁奖典礼，我们发现有必要将颁奖典礼改期至星期二，12月3日傍晚6:30于Titan Gym举行。目前，我们有一些运动队还在参加NorCal和CCS的锦标赛，而原定的秋季颁奖日期为星期一，11月18日，与这些运动队的赛事/训练时间相冲突。届时请大家来参加体育颁奖典礼，庆祝我们出色的秋季运动员。颁奖典礼之后会有茶点招待。干得好Titans！

## Edward

**Titan Athletics Spirit Corner** Welcome to our Titan Athletics Spirit Corner where we'll highlight key news from Gunn Athletics each week. -- **Softball preseason training** - started on 11/11 from 4:00-6:15 p.m., will run Mon, Wed and Fri, meet at the softball field. -- Congrats to **Odeya Russo/volleyball** on receiving Athlete of the Week and **Rachel Grant/volleyball, Ana DuBois/volleyball** and **Justin Chiao/cross country** on receiving Honorable Mention - Palo Alto Weekly, Nov 13. -- Congrats to the following three Honorable Mention - Athletes of the Week **Ana DuBois/volleyball, Kate Mallery/water polo** and **Richard Jackson/football** - Palo Alto Weekly, Nov 6. -- **Titan Football Varsity and JV teams** had a stellar football season. They lost their last game of the season to Homestead 42-21, both teams were playing for the title. Coach Miller said, "it gives our guys a taste of what we need to do to get to the next level" and they will with a record of 9-2. Thank you for a great season!

泰坦田径精神角欢迎您来到我们的泰坦田径精神角，每周我们都会重点介绍耿恩田径的重要新闻。-垒球季前训练-从11:11下午4:00-6:15开始，将在星期一，星期三和星期五进行，在垒球场举行。-祝贺奥德亚·鲁索（Odeya Russo）/排球获得了本周最佳运动员，雷切尔·格兰特（Rachel Grant）/排球，安娜·杜波依斯（Ana DuBois）/排球和贾斯汀·乔（Justin Chiao）/越野赛获得了荣誉提名-帕洛阿尔托周刊，11月13日。-祝贺以下三位荣誉议员提及-每周运动员安娜·杜波依斯（Ann DuBois）/排球，凯特·马勒里（Kate Mallery）/水球和理查德·杰克逊（Richard Jackson）/足球-11月6日在帕洛阿尔托（Palo Alto Weekly）。他们本赛季最后一场比赛输给了Homestead 42-21，两支球队都在争夺冠军。米勒教练说：“这使我们的球员尝到了要达到更高水平所需要做的事情”，他们的战绩为9-2。感谢您度过了一个愉快的季节！

**T7Meiting**-- **Girls Volleyball won the CCS Division 1 title** with a sweep of top-seeded Los Gatos on Sat, 11/9. The last time they captured this title was 43 years ago. Way to

go, Titans! **Rachel Grant** was awarded the Sportsmanship Award! -- **Girls Volleyball** went on to win their first round match in the Division IV NorCal against Kingsburg on Tue, 11/12. Shoutout to **Odeya Russo, Rachel Grant, Ana DuBois, Jessica Carter, Micaela Leong** and **Livia Bednarz**. They have advanced to the second round against top-seeded Alameda on Thu, 11/14. -- **Girls Water Polo** won their CCS Division 1 semifinal game against Paly 11-8 on Tue, 11/12. They will play Santa Clara HS on Sat, 11/16, 1:15 p.m.. **Cooper McKenna** scored 5 goals, **Kate Mallery** scored twice and 5 assists, and **Kenza Ashworth** had four steals to go with a goal and assist. **Molly Wilkerson** had two goals and a pair of assists, **Siham Arsalane** scored once and had two steals, and **Isobel Taylor** had an assist and steal.

**女子排球在11/9星期六以头号种子Los Gatos赢得了CCS 1级冠军。** 他们最后一次获得此头衔是43年前。 要走的路， 泰坦！ 雷切尔·格兰特 (Rachel Grant) 被授予体育精神奖！ **女子排球**在11/12星期二在对阵金斯堡的IV区NorCal赢得了首轮比赛。 向**Odeya Russo, Rachel Grant, Ana DuBois, Jessica Carter, Micaela Leong**和**Livia Bednarz**大喊。 他们在11/14星期四对阵头号种子阿拉米达的比赛中进入第二轮。 -**女子水球**在11/12星期二对阵Paly 11-8的比赛中赢得了CCS Division 1半决赛。 他们将在11/16星期六下午1点15分在圣克拉拉HS比赛。 **Cooper McKenna**攻入5球， **Kate Mallery**攻入2次和5次助攻， **Kenza Ashworth**则有4个抢断进球和助攻。 Molly Wilkerson有2个进球和1次助攻， **Siham Arsalane**得分1次， 两次抢断， **Isobel Taylor**助攻和抢断。

**T8Jane**-- **Girls and Boys Cross Country** - Girls Varsity took 2nd in the El Camino League and Boys Varsity took 3rd place and both teams advance to the CCS Championship on Sat, 11/16 at Crystal Springs - 1:00 a.m. Girls and 11:45 a.m. Boys. Individual Medal winners: Varsity Boys - 3rd **Justin Chiao**, 13th **Henry Moshfeghi**, 15th **Jacob Axelrod** / Varsity Girls: 6th **Izy Hilbert**, 8th **Neha Rishi**, 14th **Sophie Alexis** / JV Boys: 1st **Joshua Gehring**, 7th **Andrew Schoenen** / JV Girls: 7th **Alexandra Wong**, 10th **Moyu Shimada**.

**男女越野赛**-女子校队在El Camino联赛中獲得第二名， 男子校队获得第三名， 两支球队均于11月16日在Crystal Springs参加了CCS锦标赛-上午1:00女生和上午11:45男生。 个人奖牌获得者：Varsity男子组-第3 **Justin Chiao**， 第13 **Henry Moshfeghi**， 第15 **Jacob Axelrod**/Varsity女子组：第6 **Izy Hilbert**， 第8 **Neha Rishi**， 第14 **Sophie Alexis**/JV男生：第1 **Joshua Gehring**， 第7 **Andrew Schoenen**/JV女生：第7 **Alexandra Wong**， 第10 **Moyu Shimada**。

**T9 Hannah** -- **Girls Tennis** - Finished 12-4 for the season! Congrats! **Maxima Agrawal** meets Sacred Heart's Sara Quinlan in the first round of the CCS Singles Tournament next Tue, 11/19 in Los Gatos. -- Follow all the upcoming sporting **events**. -- **Sports**

**Boosters Board Meeting** - Wed, 11/20 7:00 p.m. in the Staff Lounge. Everyone is invited. -- **Fall Sports Awards Night** - Parents, Athletes, Coaches - New Date Tue, Dec 3 at 6:30 p.m. Titan Gym

**女子网球** - 这个季节他们是 12-4 ! 恭喜 ! Mahima Agrawal 会跟 Sacred Heart 的 Sara Quinlan 打在下个星期二, 11/19 在 Los Gatos. 着是 CCS Singles 的第一个比赛。看以后的比赛。-- **Sports Boosters** 董事会会议 - 星期三, 11/20 在 7:00 pm 在 Gunn 的 Staff Lounge。他家都可以来。**秋季体育颁奖之夜** - 家长, 运动员, 教练 - 星期二, 十月三号在 6:30 pm 在 Titan 健身房。

## GUNN SAFE ROUTES TO SCHOOL

### T10 Sonia Qi

**Be Safe. Be Seen.** Bike lights are required by law for riding after dusk. With shorter days, students are bike commuting after dusk when headlights 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, though they can be a little more expensive. Tail lights and reflectors should be mounted where they won't be obscured by bags, panniers or other gear on the bike. Lights are superior to reflectors, so a red tail light is recommended for maximum visibility. Outfitting student bikes for a safe and legal ride is a smart investment. For information about safe bicycling, visit <https://saferoutes.paloaltopta.org/getting-to-school/bike-safety/> Local bicycle shops have a wide variety of lights, both rechargeable and battery-powered, please visit one and get a set of lights for your ride!

**要安全。要显眼。** 法律要求在黄昏后骑车时使用自行车灯。在白天变短后, 法律规定学生们在黄昏后骑自行车时需要大灯和反光镜。黄昏时可见度开始下降, 因此骑自行车的人应在光线开始消失后立即打开车灯。车把上的灯可以使他人看见自行车, 并为骑手照亮道路, 使他们可以看到。尽管高功率的灯可能会贵一些, 它们的效果会更好。尾灯和反光镜应安装在不会被自行车上的背包, 车筐或其他设备遮挡的地方。尾灯会比反射镜更好, 所以最容易看到的红色尾灯是最推荐的。为学生能安全合法的骑车而装备自行车是一项明智的投资。请访问

<https://saferoutes.paloaltopta.org/getting-to-school/bike-safety/> 获取更多有关安全骑行的信息。当地的自行车商店有各种各样的车灯, 包括可充电和电池供电的类型。

请去其中一家购买一套！

## PAUSD & PTAC

**\*\*NEW\*\*** Superintendent's **Newsletter** and **PAUSD News**.

### **T11 Jackie**

**Palo Alto CAC's Holiday Tea and Mindfulness Fri, Dec 6, 9:00-11:00 a.m. at The Foster, 940 Commercial St, Palo Alto** Please join us for the CAC's 4th Annual Holiday Tea for parents of children who face extra challenges, along with a short guided mindfulness session. A Mindful Schools Certified Mindfulness Instructor, Ms. Jayakumar will lead this moment of caring for ourselves. **RSVP here** please (requested but not required). Childcare will not be provided but children are welcome. Spanish & Chinese translation available. Organized by **Palo Alto CAC** and sponsored by **Palo Alto Council of PTAs**. For questions, contact [paloaltocac@gmail.com](mailto:paloaltocac@gmail.com).

### **PTAC - Honorary Service Awards April 23, 2020. Please save-the-date.**

帕洛阿尔托CAC的节日茶和正念活动12月6日星期五，上午9:00-11:00 帕洛阿尔托商业街940号的福斯特（Foster），请加入我们为面临挑战的孩子的父母举办的CAC第四届年度假日茶进行简短的正念训练。Jayakumar女士是一名获得学校认证的正念教练的老师，将带领这一刻的关爱自己。请在此处回复（要求但不是必需的）。将不提供托儿服务，但欢迎儿童入住。提供西班牙语和中文翻译。由Palo Alto CAC组织，并由PTA的Palo Alto委员会赞助。如有疑问，请联系[paloaltocac@gmail.com](mailto:paloaltocac@gmail.com)。

## COMMUNITY 社区

### **Palo Alto High School Cheer and Dance Teams Fundraiser-Gizdich Ranch Pies!**

This holiday season, the Paly Dance & Cheer teams are selling farm-fresh pies from Gizdich Ranch in Watsonville. The Apple, Two Berry, and/or Pumpkin pies are \$20 each, or 3 for \$55. Pickup in person outside of the Tower Building at Paly on Monday, December 9th from 3:00- 7:00 p.m., or we can deliver for an extra \$5. Pies arrive frozen and baking instructions are included **Pie Order Form** Deadline Friday, November 15th Please contact [awilliamson@pausd.org](mailto:awilliamson@pausd.org) for more information 帕洛阿尔托高中啦啦队和舞蹈队筹款活动-吉兹迪奇牧场馅饼！在这个假期，Paly

Dance & Cheer团队将出售沃森维尔 (Watsonville) 的吉兹迪奇牧场 (Gizdich Ranch) 的农场新鲜馅饼。苹果派, 两个浆果派和/或南瓜派每个20美元, 或3个55美元。12月9日, 星期一, 下午3:00-7:00, 在Paly塔楼外亲自接客, 否则我们可以额外收取\$5。馅饼到达冷冻状态, 并包含烘焙说明馅饼订购表的截止日期为11月15日, 星期五, 请联系awilliamson@pausd.org了解更多信息

**T12 Teen Civil Discourse Program Second Meeting on Sat, Nov 16, 5:00 - 6:15 p.m., Mitchell Park Community Center** The Teen Civil Discourse Program is holding its second meeting next Saturday. We meet biweekly to talk about various issues in philosophy, current events, public policy, etc., because discourse is critical to being an informed citizen, as well as to learn about philosophy. The program is free and done in coordination with the Palo Alto Youth Council. If you are interested, please [sign up](#). For questions or comments email [justinsunqiu@gmail.com](mailto:justinsunqiu@gmail.com).

**\*\*NEW\*\* Fletcher Library's Books and Burger Night at Kirk's Steak Burgers & Books Inc Wed, Nov 20, 5:00-8:00 p.m. Town & Country, 855 El Camino Real** Please support Fletcher's Library by coming to the Books & Burgers night at Town & Country. Holiday gifts and free gift wrapping. Eat at Kirks, tell your server you're supporting the Fletcher Library. Then buy some books at Books Inc. and get some holiday shopping done. Questions? Email Ms Lee [klee@pausd.org](mailto:klee@pausd.org)

**T13 \*\*NEW\*\* Pacific Ballet's Nutcracker Features Palo Alto High and Gunn Students Sat, Nov 23 and Sun, Nov 24, Times vary, Mountain View Center for Performing Arts** Pacific Ballet Academy announces its 29th Nutcracker performances with a Special Autism/Sensory Friendly Performance Sun, Nov 24 at 1:00 p.m. Buy Tickets [online](#).

**\*\*NEW\*\* Parent Talk: Being an Askable Adult Tue, Dec 3, 6:30-8:30 p.m., Health Connected, 763 Green St, East Palo Alto** This interactive workshop helps parents explore they why, what, when, and how of talking with young people about sexual health. For parents of children ages 10-15. \$45 (sliding scale available). To learn more and to register go to <https://www.health-connected.org/open-enrollment-workshops>

## **Charlotte**

### **PJYCA Leadership Group Info Session Sun, Dec 8, 2:00 p.m. - 4:00 p.m.,**

**Peninsula JCC** Are you looking to take leadership on the urgent social issues that matter to you? This program is an informational session to learn more about PJYCA and our introductory leadership cohort that runs from January through June. PJYCA is a social justice and youth empowerment program for high schoolers. Youth build strong, lasting friendships with one another in a tight-knit community while learning about and taking action on the most important issues of our times.

<https://jycajustice.org/peninsula-jyca>.

**PYJCA 领导才能 消息团会 星期天 十二月八号 下午两点至下午四点, 在JCC。** 您想参与到您关心的项目里来, 并起到领袖作用嘛? 来参加这个信息发布会, 您就能了解PJYCA和如何进入到这个领导团体, 该团体会从一月份到六月份有活动。PJYCA是个为高中学生组织的社会正义和青年赋权的组织。青年人会在这个关系紧密的团体里建立起强大和持久的友谊, 也能学会怎么解决我们当前面对的重要的问题。请看:

<https://jycajustice.org/peninsula-jyca>.

## **T15 Play Palooza – The Children’s Theatre Ten Minute Playwriting Contest**

**Submission Deadline: Friday Dec 20, 2019, 12:00 a.m.** The Children’s Theatre is pleased to announce the 2019-20 Play Palooza Ten Minute Playwriting contest, giving young writers an excellent opportunity to showcase talents. Students can submit original work in three categories: Elementary School (3rd-5th grade), Middle School (6th-8th grade), and High School (9th-12th grade). Winning plays receive a staged reading at the Children’s Theatre, and winning playwrights receive prizes donated by the Friends of the Palo Alto Children’s Theatre. Submissions can be submitted electronically to [christopher.luciani@cityofpaloalto.org](mailto:christopher.luciani@cityofpaloalto.org).