

George

CALENDAR

Friday, May 1

9:00am - Sophomore Parents Virtual Zoom Coffee

Please consult the Gunn High School [calendar](#) and [website](#) for updated event information.

****NEW**** Gunn Principal, Kathleen Laurence's [April 22 Update](#)

****NEW**** Gunn Principal, Kathleen Laurence's [April 22 Update](#)

日历

5月1日，星期五

9:00 am-10年级生家长虚拟校长会

请查阅Gunn高中日历[calendar](#)和网站 [website](#)以获取更新的活动信息。

****最新**** Gunn校长，凯瑟琳·劳伦斯（Kathleen Laurence）4月22日更新[April 22 Update](#)

****最新**** Gunn校长，凯瑟琳·劳伦斯（Kathleen Laurence）4月22日更新[April 22 Update](#)

****NEW** Nominations Now Open for the The Principal's Cup**

The Principal's Cup celebrates a Gunn teacher who has demonstrated professional knowledge and expertise in teaching, shown commitment to building relationships with students in a way that positively impacts his/her students' learning, has contributed to the school community, and is a respected leader among his/her colleagues. Please take a few minutes to nominate a Gunn teacher by filling out the [nomination form](#). You may also send letters of support to Martha Elderon at melderon@pausd.org by Friday, May 15, 2020. Thank you so much for your time and nomination! *Please note that previous winners cannot be nominated again* ***See the nomination form for previous Principal's Cup winners.***

****新**提名名单即将开放**

校长杯庆祝一位表现出专业水平的冈恩老师 教学方面的知识和专业知识表明了与学生建立关系的承诺，从而对学生的学学习产生积极影响，为学校社区做出了贡献，并在同事中倍受尊敬。请花几分钟的时间填写提名表[nomination form](#)来提名Gunn老师。您也可以在2020年5月15日，星期五之前通过melderon@pausd.org向Martha Elderon发送支持信。非常感谢您的时间和提名！*请注意，以前的优胜者不能再次提名*请参阅以前的校长杯冠军的提名表。

T2 Angela

****NEW** Sophomore Parents Virtual Coffee on Zoom**

Please join us for a Virtual Coffee on Zoom with Gunn College and Career Counselor Linda Kirsch next Friday May 1 from 9-10am. Linda will update us on some important changes taking place in college admissions. Please submit any questions you have here by Thursday April 30 at NOON and she'll do her best to answer them at the Coffee. If anyone can cohost the meeting (very easy job!) on Zoom please email me at jen.h.schultz@gmail.com . We'll send out the zoom link just prior to the meeting.

****新** 10 年级家长Zoom咖啡**

请与我们一起在5月1日（星期五）上午9点至10点参加Gunn 大学和职业顾问Linda Kirsch的Zoom虚拟咖啡。Linda将向我们介绍大学录取方面发生的一些重要变化。请在4月30日星期四中午之前在这里提出您的任何问题，她将尽力回答。如果有人可以在Zoom上共同主持会议（非常简单的工作！），请上给我发个邮件 jen.h.schultz@gmail.com。我们将在会议之前发送Zoom链接。

Edward

****NEW** Advertising in The Oracle Senior Issue**

Although our school year has pretty much come to an end, the Gunn Oracle's staff is determined to publish one more physical issue. The Oracle is reaching out to offer a chance to advertise businesses within the "Senior Issue" a final printed magazine issue of the 2019/20 school year. Due to unprecedented times, this issue will be getting mailed out to over 700 students and subscribers of our paper instead of being circulated by hand. Prices will be the following:

- Full page: \$210
- Half-page: \$130
- Quarter Page: \$80
- Business (2x4): \$50

Contact oraclegunn@gmail.com. Thank you for considering us as an advertising opportunity!

****NEW** National Merit Scholarship Recipients**

Congratulations to Peyton M. Lee and Joshua Z. Mei, recipients of a 2020 National Merit Scholarship.

Thank You for PACF COVID-19 Relief Fund Donation

Many thanks to Gunn parents for approving a generous PTSA donation of \$6000 to the [PACF COVID-19 Relief Fund](#). Gunn families so far have received over \$12,000 in financial support from the Fund, in addition to other individual fundraisers. Thank you for making a difference and supporting our Gunn community!

****新** 《Oracle高级杂志》中的广告**

尽管我们的学年已接近尾声，但Gunn Oracle的员工还是决心再出版一本物理期刊。Oraclex正在努力提供机会，在2019/20学年的最终印刷杂志“高级期刊”中为企业做广告。由于空前的时代，这一问题将被邮寄给700多名学生和我们的论文订阅者，而不是手工分发。价格如下：

-整版：\$ 210

-半页：\$ 130

-四分之一页：\$ 80

-商业 (2x4)：\$ 50

请联系 oraclegunn@gmail.com。感谢您将我们视为广告机会！

**** NEW ****国家优异奖学金获得者

祝贺获得2020年国家优异奖学金的Peyton M.Lee和Joshua Z.Mei。

感谢您向PACF COVID-19救济基金捐款

非常感谢Gunn的父母批准PTSA向PACF COVID-19救济基金慷慨捐赠6000美元。到目前为止，除其他个人筹款人之外，耿氏家庭还从该基金获得了超过12,000美元的财政支持。感谢您做出的贡献并支持我们的Gunn社区！

T4 Hannah

Middle College - Accepting Applications thru April 30, 2020

We hope you and your families are all doing well! We know that it's been a challenging few weeks for everyone as we've transitioned to online classes. To give you more time to learn about the program and apply, we've extended our deadline to April 30, 2020. Feel free to contact us if you have any questions -- we'd be happy to set up a time to talk with you and your parents (annett.trail@mvla.net)

学院-现在接受申请，一直到2020年4月30日

我们希望你和你的家庭现在的日子还好！我们知道这些礼拜对大家都很困难因为学校现在在网络上。这是为什么我想给大家多一点时间去申请我们的学院。我们接受申请一直到 4/30/2020。如果你有问题，请问我们。我们非常愿意跟你们聊一聊！（annett.trail@mvla.net）

#WHATHELPSUS Sources of Strength

Gunn is joining the national Sources of Strength #whathelpsus campaign to highlight how we are coping and connecting in the midst of this major disruption. It is possible for us to not just survive, but to THRIVE. Follow Gunn's Sources of Strength efforts at <https://www.facebook.com/sourcesofstrength>

#WHATHELPSUS 力量之源

Gunn 要加入“力量之源”国民组织的 #whathelpsus 运动，所以我们可以跟别人讲我么现在怎么在应付。在这世界，我们不只是生活，我们也可以蓬勃发展。跟随我们的努力在 <https://www.facebook.com/sourcesofstrength>

T5 Claire Wang

Gunn Counseling

[Newsletter for Juniors](#) Information on admissions, testing, grading, college visits as of 4/2

[Newsletter for Seniors](#) information on colleges, APs, grading, FAFSA and financial needs as of 4/2

Gunn PTSA Safe Routes to School group encourages students and parents to get out and exercise during shelter in place, everyone needs to get physical activity. Following are some tips to get some exercise and stay safe:

-- Does your neighborhood have rolled curbs? Please park off of the sidewalk to maintain access to the sidewalks for everyone and help your neighbors observe social distancing requirements. Even better, parking on your driveway or in your garage will help pedestrians to stay out of the middle of the street to maintain social distances safely.

-- New to riding or getting out on a bike more often? Check out our [Palo Alto's Safe Routes to School Educational Resources](#).

-- No sidewalks in your neighborhood? Remember to walk facing traffic. More safety tips for pedestrians can be found [here](#).

-- If you have ever wondered, where are bicyclists supposed to ride on the road, what are some tips for physically distancing while walking or biking during Shelter in Place or what kind of bike or accessories can improve your walking/biking experience, set up an appointment [here](#).

Gunn 高中辅导

[高三生的简报](#)-4/2起的入学, 考试, 等级, 大学访问信息

[高四生的简报](#)截至4/2的有关大学, AP, 等级, FAFSA和财务需求的信息

Gunn PTSA安全上学路线小组鼓励学生和家长在庇护所就位时出去锻炼, 每个人都需要进行体育锻炼。以下是一些锻炼身体并保持健康的建议:

-您的邻居有没有整备的整备措施? 请停在人行道旁, 以确保所有人都能进入人行道, 并帮助您的邻居遵守社会疏远要求。更好的是, 在车道上或车库中停车将有助于行人远离街道中间, 以安全地保持社交距离。

-第一次骑自行车或出门骑自行车新手? 查看我们的[帕洛阿尔托通往学校教育资源的安全路线](#)。

-您的家附近没有人行道? 记住要面对交通的车辆。有关行人的更多安全提示, 请点击[此处](#)。

-如果您曾经想知道, 骑自行车的人应该在哪里骑行, 在庇护所中步行或骑自行车时身体疏远的一些提示是什么, 或者什么样的自行车或附件可以改善您的步行/骑车体验, 请设置[在这里](#)预约。

T6Xiao lin

Backstage with the Superintendent [Webinar Series](#)

MONDAYS 5:30PM

For those who would like the option of submitting questions and comments through the Chat feature, we would suggest the webinar option found at:

<https://go.pausd.org/backstage-webinar>

If you would like to view the webinar live and do not want to submit questions or comments, we would suggest the YouTube live option found at:

<https://youtu.be/fp5wdY5VffU>

[Watch the first Backstage](#) with the Superintendent Webinar.

PAUSD Zoom Guidelines

[STUDENT PAUSD Zoom Guidelines & Norms 03/25/20](#)

后台与管理员网络研讨会系列[Webinar Series](#)

星期一下午五点半

对于那些想要通过聊天功能提交问题和评论的人，我们建议您使用以下的webinar选项：

<https://go.pausd.org/backstage-webinar>

如果你想观看在线研讨会，但不想提交问题或评论，我们建议您在以下网站找到YouTube live选项：

<https://youtu.be/fp5wdY5VffU>

观看第一个后台与管理员网络研讨会。

PAUSD指南

[学生PAUSD缩放指南和规范03/25/20](#)

T7 Zora

****NEW** Escaping Vaping: Informational Anti-Vape Informatory Panel for Parents**

Thu, April 30 7-8:30pm, [Zoom Conference](#)

The Palo Alto Youth Council will be hosting a teen vaping zoom webinar for all parents who are interested in the effects of vaping. The panelists include Palo Alto City Council Member, Greg Tanaka, Pediatric Medicine professional, Dr. Kellen Glinder, Santa Clara County Office of Education representative, Natalie Andrade, and teen Instagram influencer, Jada Jordan. Each panelist will provide a 15-minute presentation of vaping as it pertains to their field, which will be followed by an open 45 min. Q and A for the parents. The PAYC will also present vaping data collected from over 300 PAUSD students. If you have any questions, please contact PAYC at officialpayc@gmail.com.

****最新**逃离电子烟：给家长的反电子烟信息汇**

周四, 4月30日 下午7-8:30, [Zoom线上讨论会](#)

帕罗奥图青少年理事会(Palo Alto Youth Council)将会为家长提供一个有关电子烟危害的线上讨论会。讨论会嘉宾有：帕罗奥图议会成员 Greg Tanaka, 儿科专家 Kellen Glinder博士, 圣塔克拉拉县教育部代表 Natalie Andrade, 以及青少年网红 Jada Jordan。每位嘉宾都会从他们各自的职业领域出发，讲述关于电子烟的影响(约每人15分钟)。之后会有45分钟的开放问答，家长们都可以提问。帕罗奥图青少年理事会(PAYC)也会展示从300名PAUSD学区内学生收集到的电子烟数据。详情请咨询帕罗奥图青少年理事会(PAYC)：officialpayc@gmail.com

T8 Michael

Help for Families in Need During COVID-19 Shelter-in-place

-- Food will still be provided to students who are in need through PAUSD's school nutrition program. Students who previously qualified or are experiencing hardship may choose any one pick-up location at Gunn, JLS or Greene Mon-Fri from 11am-1pm.

-- PAUSD families who have lost income during the 'shelter-in-place' can request emergency financial aid for daily necessities like groceries. This Grant is from the Palo Alto Community Foundation's COVID-19 Relief Fund. Contact your counselor or Family Engagement Specialist for a referral. For questions contact HelpPAUSDFamilies@gmail.com

-- Find more Community resources of where/how [PAUSD families can get help during the Coronavirus crisis](#) including utilities and rent relief

COVID-19关于安置到位的家庭帮忙

-PAUSD的学校营养计划会继续帮助需要的学生提供食物。以前已经资格或遇到困难的学生可以选择从上午11点到下午1点在Gunn, JLS或Greene Mon-Fri任何一个地点领取。

-在“安置到位”时间里失去收入的PAUSD家庭们可以为了日常用品或商品求紧急帮助。该赠款来自于 Palo Alto社区的COVID-19救济基金。请联系您的辅导员或家庭帮助专家以进行帮助的过程。有任何问题的话, 请联系HelpPAUSDFamilies@gmail.com

-查看跟多有关[PAUSD家庭COVID-19帮助](#), 包括公用事业和租金减免

T9 Kevin

NEW Webinar: Gap Year Considerations for Students with Learning Differences

Wed, April 29, 5:30pm

Join LD expert, Elizabeth Hamblet of LD Advisory, and gap year experts, Jane & Jason Sarouhan from J2Guides, for a free 30-minute presentation and Q&A. Learn more about: why students take a gap year, how they begin planning, what questions those with learning differences should be asking, and what all of this means in the context of COVID-19. [Registration](#) required.

新 网上会议：为有学习差异的学生考虑空挡年

4月29日, 星期三, 下午5点半

来参加 LD Advisory 学习差异专家 Elizabeth Hamblet 和 空挡年专家 Jane 和 Jason Sarouhan 的免费 30分钟讲座和问答。了解更多关于学生选择空挡年的原因, 如何开始规划空出的一年, 有学习差异的学生应该问的问题, 和 COVID-19 对这些话题的影响。必须提前[注册](#)。

T10

NEW YCS Presents Qigong Relationship Meditation Workshop Series For Parents, Counselors, Teachers, Adults

Tue, Apr 28, May 5 and Thu, Apr 30, May 7, May 14, 4-5pm

How has “shelter in place” affected your emotional state at home? Learn strategies to utilize while in Quarantine Mode. We will help other parents by teaching ancient practices of Qigong while creating great relationships with the people we love. Join us on this series every Tuesdays and/or Thursdays from 4pm-5pm starting on April 28th. FREE EVENT. If you have any questions, please email yci.parent.coord@youthcommunityservice.org Register at tinyurl.com/threeqigong

最新 YCS为家长, 辅导员, 教师, 成人举办气功关系冥想研讨会系列

4月28日, 5月5日, 星期二, 4月30日, 5月7日, 5月14日, 星期四, 下午4-5点
现在的“安置到位”如何影响您在家中的情绪状态? 了解在隔离模式下使用的策略。我们将通过教气功的古老做法帮助其他父母, 同时与我们所爱的人建立良好的关系。从4月28日开始, 每个星期二和/或星期四的下午4点至下午5点与我们一起参加此系列。免费活动。如有任何疑问, 请发送电子邮件至 yci.parent.coord@youthcommunityservice.org 在 tinyurl.com/threeqigong 注册

Mingjie Duan

****NEW** Special Needs Families Support Group - FREE**

Tue, Apr 28, May 5, May 12 1-2pm - Online workshop

Parents of children and teens who have special needs are currently immersed in crisis-schooling at home, facing daunting challenges different from parents with neuro-typical kids. This 4-session Special Needs Support Group provides an opportunity to connect, share experiences and challenges, swap ideas, and receive expert guidance and support for navigating these challenging times. Cost is FREE. Donations are appreciated but not required.

Register [here](#). Any Questions? Email Tiffany at tiffanyl@jfcs.org

****新**特殊需要家庭支持小组-免费**

2月28日, 5月5日, 5月12日, 星期二下午1-2点-在线研讨会

目前, 有特殊需要的儿童和青少年的父母沉迷于在家中的危机学校, 面临着与有神经型孩子的父母不同的艰巨挑战。这个由四部分组成的特殊需求支持小组提供了一个机会, 可以连接, 分享经验和挑战, 交换想法, 并获得专家指导和支持, 以应对这些困难时期。费用是免费的。感谢捐款, 但不是必需的。

在[这里注册](#)。任何问题? 电子邮件蒂芙尼 (tiffanyl@jfcs.org)

T12 Bill

****NEW** Sensory Processing Support Group - FREE**

Thu, Apr 30, May 7, May 14, 11:30am-12:30pm - Online Workshop

The Sensory Processing Parent Support Group is for parents of children with sensory processing challenges. Parents will have an opportunity to meet with others to share experiences, swap ideas, and receive support. These workshops are FREE—a donation is appreciated but not required.

Register [here](#). Any Questions? Email Tiffany at tiffanyl@jfcs.org

***新*感觉处理失调症志愿小组-免费**

星期四, 4月30日, 5月7日, 5月14日, 中午11点半到中午12点半-网络讲习班。

感觉处理失调症家长支持组是为了家里有孩子感觉处理有问题的父母。父母将有机会与其他家长见面, 分享经验, 交流想法并获得支持。这些是免费的讲习班—捐款是被赞赏的但是同时也不必要。在[这里注册](#)。其他问题? 请给 tiffanyl@jfcs.org 发email。

T13

****NEW** Digital HackaThon**

May 22 - May 24 on Discord

Airtime 2020 is a digital hackathon being hosted by PilotCity and MenloHacks with the intent to give all participants an opportunity to qualify for an internship program for the summer of 2020 upon completion of a specific project. PilotCity x MenloHacks has a wide range of challenges to solve, from voice user experiences to sustainability to marketing. You can view all active challenges at

<https://bit.ly/pilotcityprojects>. The hackathon will be held on May 22nd-24th on Discord. The link to register is [here](#).

T14

****NEW** SKY Schools Online Educator and Parent self-care program – necessary tools to relax and de-stress**

SKY Schools has taught its evidence based stress reduction program to Gunn Freshmen for the past 5 years and at PALY for 2 years. We are happy to invite you to the online adult program. This 3 session, 6.5 hour program teaches breathing techniques to reduce stress and help sleep, tools to handle negative emotions and techniques to improve relationships. Multiple dates available at <https://www.skyschools.org/courses-educators/#register> Course fee \$195; complete a survey and get \$50 off. Contact: sfba.skyschools@iahv.org

T15

Emergency Services Volunteers Needed, Sign-Up Today

The City activated its Emergency Services Volunteer (ESV) program to assist neighbors needing support. Please consider joining to help your fellow neighbors in need. ESVs receive comprehensive training and are registered members of the City's emergency organization. Learn more at cityofpaloalto.org/emergencyvolunteers.

For now volunteers walk through the neighborhoods being the city's eyes and ears and make themselves available for questions or for people to connect while maintaining distance. As well as identifying vulnerable or neighbors needing help. Twice a week these volunteers report to the city. There is now an abbreviated block preparedness coordinator training you can do online.

https://cityofpaloalto.org/gov/depts/mgr/news/newsletter_signup.asp

<http://www.cityofpaloalto.org/coronavirus>

<http://cityofpaloalto.org/civicax/filebank/documents/75687>

<http://cityofpaloalto.org/helpsign>

https://www.cityofpaloalto.org/services/public_safety/plans_and_information/coronavirus/support_services.asp

<https://www.scchealthhelpinghands.com/>