

T1

CALENDAR

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

April 26

6 PM Gunn Data Night with Site Council

April 27

7 PM Class of 2022 College Panel Discussion

April 29

6 PM Class of 2023 Parent Network Mtg

NOTE: Dates and times of events are as of the date of this publication and may change. Be sure to check the [Gunn Calendar](#) for any last-minute changes. For corrections or additions to the Calendar, contact [Martha Elderon](#).

GUNN NEWS & EVENTS

Gunn High School Data Night

Mon April 26, 6:00 - 8:30 PM on Zoom

The Gunn Site Council and administration would like to invite you to join us for the second Data Night of the year, a time for students, staff and parents to reflect together on how Gunn is doing as a school, what we can celebrate, and how we can improve. We'll be meeting via Zoom on Monday, 4/26 from 6-8:30, and your participation would be greatly valued. Please contact Tara Firenzi for more information or with any questions at tfirenzi@pausd.org.

<https://pausd.zoom.us/j/98985107739>

Meeting ID: 989 8510 7739

One tap mobile

+16699006833,,98985107739# US (San Jose)

+13462487799,,98985107739# US (Houston)

T2

****UPDATED** Gunn Counseling Signup Requests for 4-days In-Person**

Gunn is opening up opportunities for selected students based on academic, attendance, and other circumstances to attend 4 days a week. If your students would benefit from attending 4 days on campus in person, please fill out the following form, and your student's counselor will forward their recommendations to the administrators for approval. Request for [4-day In-Person form](#).

Class of 2022 Parent Network Panel Discussion on College Admissions

Tues April 27, 7:00 PM

Please join professional college counselors Sunita Verma, Donna Pioppi, and Lily Hu for a discussion about college admissions for the Class of 2022. They will talk about recent developments in the field of college admissions and host a Q&A. Bring your questions! The zoom link will be sent out the day before the meeting.

Class of 2023 Parent Network Meeting

Thurs April 29, 6:00 PM

Linda Kirsch of the College and Career Center will join sophomore parents for an open discussion. Bring your questions. The Zoom link will be sent via UpToUs before the meeting.

T3 Emily Z.

****新**2021-2023 需要家长代表**

星期五，五月七号是交代表声名的最后一天

Gunn Site Council在找两位当选的家长代表从**2021年8月到2023年6月**任期两年。如果你有兴趣，请在**2021年5月7日**星期五之前提交一份简短的候选人声明供投票。因为我们有很多十和十一年纪家长，我们会很感谢九和十二年纪家长。我们会很感谢有对所有**Gunn**学生的想法的家长。这可以包括改善弱势群体学生的人际关系和归属感，扩大对大学和职业准备的支持，并加深社会情感学习。

感兴趣吗？这是一些关于这个的[资料](#)，这是一个提交您的候选人陈述的[链接](#)。

我们邀请新选上的家长代表来参加**2021年**的对后网会在五月二十四号，星期一**2021**

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T4 Irene

****NEW** Latte Cart Coordinators Needed for 2021-22**

PTSA is looking for 2-3 leads to run the beloved monthly Latte Cart at Gunn High School. If food is your thing, and you like to host and make things look pretty and appetizing, this job is for you! The job involves coordination, purchase, and execution of a breakfast for the teachers and staff in conjunction with the staffed Latte Cart service we provide. The Latte Cart events are from 7:30-10:30am, about once a month during the school year. Our current PTSA parent volunteers have run this event for 7 years, and are departing after this spring with their graduating seniors. Their longevity attests to the fun and gratifying nature of this volunteer position! The Gunn staff love their Latte Cart days and you will get inundated with thank you notes from them. If you're interested to try it out, we have two more Latte Carts planned for this year: May 12th and June 1st. Please contact the current leads: Peyma (peyma.oskou@gmail.com) and Laura (laura_wingard@yahoo.com) to get more information.

****新** 需要2021-22拿铁推车协调人**

PTSA在寻找2-3位能操作Gunn High School每月心爱的拿铁推车《Latte Cart》。如果你喜欢食物，喜欢举办活动和把东西摆的漂亮开胃，这个工作适合你！工作包含协调，购买，和进行一个早餐给老师和工作人员，随着我们提供的拿铁推车服务。拿铁推车活动从7:30到早上10:30，每月大概两次。我们现在的PTSA家长志愿者举办这个活动7年了，会跟他们的高四学生今年秋天离开。他们举办这么久表明这个活动好玩与令人满足！Gunn的工作人员爱他们的拿铁推车天；你们会被收到许多的感谢卡片。如果你有兴趣，我们这个月还剩两个拿铁推车天：5月12日和6月1日。想要更多信息，请联系现在领头的人：Peyma(peyma.oskou@gmail.com) 和 Laura(laura_wingard@yahoo.com)。

T5 Nancy Liang

****UPDATED** Notes/Recordings from Recent Zoom Meeting**

- Recordings and Slides from all the 9th - 12th grade counseling nights [HERE](#)
- [Recording](#) of Dr. Pelayo's April 13 Webinar on *Sleep and Youth Health*
- [Recording](#) of the March 16 Parent Ed Night with Scott Fried

- [Recording](#) and [Slides](#) from the March 8 Return-to-Campus Orientation Webinar
- Recording of the March 3 Class of 2022 [Naviance Presentation](#)

****更新**最近的缩放会议的注释/记录**

- 录音和幻灯片从所有9至12年级辅导之夜的在[这里](#)
- Pelayo博士于4月13日举行的关于睡眠与青年健康的网络研讨会的[录音](#)
- 3月16日父母Ed Night与Scott Fried一起录制的[录音](#)
- 3月8日返校指导网络研讨会的[录像](#)和[幻灯片](#)
- 3月3日的2022年[航空演示](#)演讲班级记录

Athletics Update

Athletic Registration and Updates

Sports currently practicing and playing contest:

- Football – Ended 4/17/21
 - [Read the San Jose Mercury News article about our Titans](#)
 - [SF 49ers PREP Selects Coach Miller as Week 2 Coach of the Week](#)
- B/G Soccer – Ended 4/23/21
- Girls Volleyball – Ended 4/24/21
- Badminton – Ended 4/24/21
- Baseball – Ends 5/29/21
- Softball – Ends 5/29/21
- B/G Track and Field – Ends 5/29/21
- Boys Golf – Ends 5/29/21
- Boys Tennis – Ends 5/29/21
- B/G Water Polo – Ends 5/29/21
- Girls Lacrosse – Ends 5/29/21
- B/G Basketball – Ends 5/29/21
- B/G Wrestling – Ends 5/29/21
- Boys Volleyball – Ends 5/29/21

运动注册和更新

现时有练习和参加比赛的运动

- 足球 - 4月17日结束了
 - [读San Jose Mercury News文章关于GUNN学生](#)
 - [SF 49er PREP 选择教练Miller当第二个星期《这个星期的教练》](#)
- 男/女足 - 4月23日2021年 结束了
- 女排球 - 4月24日2021年 结束了
- 羽毛球 - 4月24日2021年 结束了
- 棒球 - 5月29日2021年 结束
- 垒球 - 5月29日2021年 结束
- 男/女田径 - 5月29日2021年 结束
- 男高尔夫球 - 5月29日2021年 结束
- 男网球 - 5月29日2021年结束
- 男/女水球 - 5月29日2021年结束
- 女长曲棍球 - 5月29日2021年结束
- 男/女篮球 - 5月29日2021年结束
- 男/女摔跤 - 5月29日2021年结束
- 男排球 - 5月29日2021年结束

T6 Syma C

SCVAL Conference Spectator Policy for Season 3 Outdoor Sports - Spring 2021. Families of athletes playing outdoor sports will be the only fans allowed at

contests this Spring 2021 at this time. Each family of an athlete will be given a SCVAL pass that allows four immediate household members to attend the contest home or away. The pass must be shown to gain entrance to the contest home or away. Students without a parent will not be allowed into the contest. Other protocols are listed below.

- SCVAL Family Pass - 4 Immediate Family members - Adult must be present
- Masks must be worn
- Social Distancing on Bleachers - Spacing has been marked out for distancing
- Soccer Fans will sit across from the side that the player bench is located
- No Concession Stand will be provided
- Restrooms will be open

We look forward to having families back on campus for these activities. Please follow the rules set up by the SCVAL conference for a safe and enjoyable experience at the contests that you attend.

SCVAL 户外运动第三节会议观众政策 - 2021年春天

2021年春季户外运动比赛，所有观众只限于运动员家属。每个运动员的家庭会收到一个SCVAL通行证。这张通行证可以让四个直系亲属参观比赛，而一定要有通行证才可以进比赛场地。没有家长陪伴的学生不可以进比赛。以下是其他的要求。

- SCVAL家属通行证 - 四位直系亲属 - 必须有一位成年人陪同
- 必须戴面罩
- 观众必须社交隔离 - 隔离间距提前画好了
- 主球观众座位在球员板凳对面
- 不会提供零食摊位
- 不会提供洗手间

我们很期待大家回到校园上参加这些活动。为了保持安全和愉快的经验，清遵守SCVAL会议规则

T7 Sonia

All athletes must have a current physical and be signed up on Athleticclearance.com. We also hope that families, who are able, will donate to Gunn Athletics. The recommended amount is \$250. Payments can be made at Athleticclearance.com, Titan Store, and by check made out to Gunn Athletics. Donations supply 85% of the funds to run all of the sports programs. Indoor sports have to covid test three times a week on Monday-Wednesday-Friday. This is a mandate from the State of California Health Department. At this time fans aren't allowed at indoor contests. Outdoor contests

do allow fans. Each family of an athlete will be given a SCVAL pass for entrance to an outdoor event.

- AthleticClearance.com to register and current athletic physical to be able to start practice.
- Updates at GunnAthletics.com and GunnSportsBoosters.org

所有运动员都需要准备最近的体检单，并在Athleticclearance.com上进行注册。我们也希望有能力承担的家庭能够向Gunn Athletics捐款。建议金额为\$ 250。捐赠方式有在Athleticclearce.com的Titan商店支付和直接给Gunn Athletics写支票。这些捐款为所有体育项目提供了85%的资金。

室内运动必须每周分别在周一、周三和周五进行一次新冠测试。这是由加利福尼亚州卫生局规定的。目前，只有户外运动的比赛允许观众旁观，室内运动的比赛不可以。每个运动员的家里会收到一张用于观看户外比赛的SCVAL通行证。

- 在AthleticClearance.com上报名并提交运动员体检单才能开始训练
- GunnAthletics.com和GunnSportsBoosters.org的更新

PAUSD & PTAC

T8 Michael Wang

****NEW** Superintendent's Messages**

Read Superintendent's 4/23 message [here](#)

****新****

收看学监的4/23消息

****NEW** Parent Event - Building Skills for College and Life: Why Service Matters**

Thu Apr 29, 7:00 – 8:00 pm

RSVP at tinyurl.com/YCScollegeandlife How does service-learning build & reinforce skills essential for success in college and the workforce? What are some impactful ways to earn community service hours that go beyond the checkbox? Answers to these questions and more will be discussed by our panelists representing college admissions, local businesses, and more. The panel will be moderated by a former PAUSD college student and is open to all in the community. Questions? Email ashley@youthcommunityservice.org. This panel is hosted by Youth Community Service (YCS), DreamCatchers, and PTA Council.

****新**家长活动-大学和生活的构建技能：服务重要的原因**

4月29日，星期四7:00 –晚上8:00

在tinyurl.com/YCScollegeandlife上进行RSVP服务学习如何建立和增强对大学和员工成功至关重要的技能？有哪些超出复选框的赚取社区服务时间的有效方法？我们的小组成员将讨论这些问题的答案以及更多问题，以压制大学录取，本地企业等等的问题。该小组将由一名前PAUSD大学生主持，并向社区中的所有人开放。问题？电子邮件ashley@youthcommunityservice.org。该小组由青年社区服务（YCS DreamCatchers和PTA委员会主持。

T9 Hannah Zhang

****NEW** Green Tip! Foot and Pedal Power to the Rescue!**

Non-electric sport utility vehicles, pickup trucks, and minivans are the #1 producer of greenhouse gas emissions. Walking or biking to school, or for trips of 2 miles or less, supports others to do the same, and do it more safely. Other tips:

- [Sign up for Bike Everywhere Day and get a free swag bag.](#)
- Share your support for bike and pedestrian projects by emailing city.council@cityofpaloalto.org.
- Check out the [Safe Routes Reading List](#) for walking and biking books for every age.
- Together, we can have an impact!

****新的** 建议! 用脚踏力!**

非电动越野车, 皮卡车, 和小型货车是产生温室气体排放第一。走或者汽车到学校, 如果是比两个公里或者少一点, 是一个非常好的注意。而且, 这回鼓励其他人也这样做。这里还有其他的建议:

- [注册“Bike Everywhere Day”和拿到一个免费的脏物袋](#)
- 分享你对汽车和走路的支持通过一个电子邮件给 city.council@cityofpaloalto.org.
- 看一看我们的 [安全路线清单](#) 给所有年纪走路和汽车的人
- 在一起, 我们可以有影响!

Health & Wellness Resources

- COVID-19 vaccination appointments for anyone who is 16 years of age or older and lives or works in Santa Clara county.
<https://vax.sccgov.org/home>
- [Where to go for Free COVID Vaccines](#)
- [Where to go for Free COVID-19 Testing](#)
- [California State PTA COVID-19 Resources](#)
- [Family Resources here: Health Wellness Resources](#)
- [Teen Mental Health Resources](#)
- [Children's Mental Health Resources](#)
- Learn more about important vaccine topics. Pre-recorded in Spanish. [El Foro Comunitario: Vacuna COVID-19](#)

健康资源

- 所有十六岁以上的住在 Santa Clara 的人都可以拿到 COVID-19 的疫苗
<https://vax.sccgov.org/home>
 - [到哪里去找免费的 COVID-19 疫苗](#)
 - [到哪里去找免费的 COVID-19 测试](#)
 - [加州 PTA 的 COVID-19 资源](#)
 - [家庭的资源：健康资源](#)
 - [青少年精神健康的资源](#)
 - [小孩年精神健康的资源](#)
 - 学习更多关于疫苗的话题。也有西班牙语的信息。[El Foro Comunitario: Vacuna COVID-19](#)
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COMMUNITY

社会信息

T10 Sunny Peng

****NEW** Silicon Valley Biking Class**

Tues Apr 27, 6:00 - 7:00 P

For the month of April, we are discussing Family Biking! Come learn how to bike safely with kids of any age. We'll cover gear and equipment options to help you have safe and enjoyable riding. Click here to register [Family Biking](#)

****新** 硅谷自行车班**

四月二十七日星期二下午6:00 - 7:00

在四月份, 我们正在讨论如何安全地骑自行车! 来学习怎样跟任何年龄的孩子安全地骑车。我们将提供设备为了保证你安全和愉快的骑车经验。请点这里注册[全家骑单车的活动](#)。

****NEW** Positive Parenting During COVID by Stanford Medicine Series: How Parents Can Support Teens with the Changing Challenges of COVID**

Fri May 21 and Pre-recorded Videos

Stanford Medicine presents an online series of recordings: [CLICK HERE](#) to view the recordings or register for upcoming webinars

****新** 斯坦福医学系列举办的疫情期积极育儿演讲: 家长如何在疫情期支持自己的青少年**

五月二十一日星期五和提前录好的视频

斯坦福医学展示在线录像系列: [点这里](#) 来看录好的视频或注册即将举行的演讲

T11 Ethan Chen

****NEW** Bike to Wherever Day**

Fri May 21

Bike Everywhere Day. Join Us for Bike Month and Bike to Wherever Day! Have fun and win prizes! Sign Up Here. <https://bikesiliconvalley.org/btwd/>

****NEW** Tips For Preventing Bike Theft**

Bike theft continues to be a problem in Palo Alto with several bikes recently stolen at PALY and Greene. Please register your bike by [CLICKING HERE](#) and [always lock your bike](#). If your bike is registered it may help you get your bike back if it goes missing.

****新** 骑自行车到任何地方天**

星期五, 五月 21

骑自行车到任何地方天。加入我们的自行车月和骑自行车到任何地方天！很好玩然后得到大奖！在这里加入。<https://bikesiliconvalley.org/btwd/>

****新** 预防自行车盗窃注意**

自行车盗窃是一个帕罗阿尔托的问题，最近有几个自行车偷了在PALY和Greene。请你在这一报名你的自行车 [CLICKING HERE](#) 然后 [总是锁你的自行车](#)。如果你的自行车有报名，也许可以帮你找到你的自行车如果它不见了。