

# Gunn Connection



Monday, May 18, 2020

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## Parent Networks

- | Senior Class |  
**Annie Bedichek & Sigrid Pinsky**
  - | Junior Class |  
**Nisha Datta & Julie Dubrouillet**
  - | Sophomore Class |  
**Masha Doty & Jennifer Schultz**
  - | Freshman Class |  
**Ramji Digumarthi & Lili Nova-Roessig**
- 



## CALENDAR

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

*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**.*

## Translations

Courtesy of the Gunn Culture

Connection Club

[的翻译现在提供](#)

[Traducciones de eNews](#)

[한국어 번역본: 이곳을](#)

[클릭해주시시오](#)

[日本語訳: こちらをク](#)

[リックして下さい](#)

[Traduction en français](#)

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**GUNN NEWS & EVENTS**  
**GUNN NOTICIAS Y EVENTOS**

**\*\*NEW\*\*** [Principal Kathie Laurence's Gunn Community Update 5.13.2020](#)

**\*\*NUEVO\*\*** [Actualización de la comunidad de Gunn 5.13.2020](#) de la Directora  
Kathie Laurence

**\*\*NEW\*\* PAUSD Annual Update (Deadline May 26)**

**\*\*NUEVO\*\* PAUSD Actualización anual (Fecha de entrega 26 de mayo)**

You received an email on May 11 explaining more about the Annual Update. [Click here](#) for that email. And remember, please mark "Yes" to receive PTA communications, otherwise, you may not receive the NEW Online Back-to-School packet or any other Welcome to the 2020-2021 School year info.

Recibió un correo electrónico el 11 de mayo explicando más sobre la actualización anual. [Hace 'clic' aquí](#) para el correo electrónico. Y recuerde, por favor marca "Sí" para recibir comunicaciones de PTA. De lo contrario, usted no puede recibir el NUEVO paquete de regreso a la escuela en línea o cualquier otra información de Bienvenida a la 2020-2021 año escolar.

**\*\*NEW\*\* Gunn SEC News**

This week student council is holding its second virtual Spirit Week class competition! Students can participate in challenges such as "Masterchef Monday," where they can submit pictures of food they've made over quarantine or "Thriving Thursday," where they post videos of newfound talents and hobbies they have picked up during quarantine, to the Gunn SEC instagram page or individual class accounts and pages. Senior SEC members are also coordinating a variety of other senior-centric events to bond as a class, celebrate graduation, and pass on advice to younger students. We hope to continue fostering Titan spirit and end the school year strong!

**\*\*NUEVO\*\* Noticias del Consejo Ejecutivo Estudiantil**

¡Esta semana, el consejo estudiantil presenta su segunda Semana de Espíritu virtual! Los estudiantes pueden participar en competiciones entre las clases como «Masterchef Monday,» en que suben fotos de comida que han cocinado durante cuarentena o «Thriving Thursday,» cuando suben videos de talentos y pasatiempos nuevos que se han interesado durante cuarentena. Todas las respuestas serán subidos a la página red de Gunn SEC en Instagram o a las redes individuales de las clases. Miembros del Senior SEC también están preparando una variedad de eventos para que los estudiantes del último año

puedan hacerse amigos, celebrar la graduación, y pasar consejos a los estudiantes menores. ¡Esperamos cultivar el espíritu de los Titanes y terminar el año académico con entusiasmo!

### **\*\*NEW\*\* End of the Year Activities For Seniors**

Gunn will have some events for seniors near the end of this school year. Here is what the SEC senior officers are working on:

- **Senior Messages** - short videos of seniors sharing advice and messages of their time at Gunn. Compilation will be released on May 18.
- **Senior Appreciation** - letters of appreciation to seniors from the student body. This will begin May 22 after AP testing, and will be posted on the @gunnseniors Instagram account on May 25.
- **Teacher Farewell** - a video compilation of videos from teachers to the class of 2020. SEC is soliciting videos from the teachers and they intend to release the video via their YouTube channel on May 29, the last day of school for seniors.
- **Senior Babies** - seniors send in a baby photo and people try to guess who it is - submissions are starting May 4 until the end of the school year on the @gunnsec Instagram account.

### **\*\*NUEVO\*\* Actividades del fin del año para los estudiantes del último año**

Gunn tendrá algunos eventos para los estudiantes del último año. Aquí hay una lista de las actividades que los SEC está planificando:

- **Mensajes de los estudiantes del último año** - videos cortos de los estudiantes en que comparten consejos y mensajes sobre su tiempo en Gunn. Esta compilación será publicado el 18 de mayo.
- **Agradecimiento a los estudiantes del último año** - cartas de agradecimiento a los estudiantes del último año hecho por otros estudiantes. Este proyecto comenzará el 22 de mayo después de los Exámenes AP, y será publicado al cuenta de Instagram @gunnseniors el 25 de mayo.
- **Despedida de los maestros** - una compilación de videos hecho por los maestros para la Clase de 2020. SEC está solicitando estos videos y quiere publicar la compilación a través de su canal de YouTube el 29 de mayo, el día final de la escuela para los estudiantes de último año.

- **Bebés** - los estudiantes del último año mandan fotos de ellos mismos como bebés, y los demás intentan adivinar quién es. Envíos empiezan el 4 de mayo hasta el final del año académico en Instagram @gunnsec.

The activities listed above are being run entirely by the Senior class members of SEC. School directed events are as follows:

Las actividades enumeradas arriba son dirigidas completamente por los SEC miembros de la clase de último grado. Eventos dirigidos por la escuela son las siguientes:

- **Cap and Gown** drive thru pick up, May 26th from 1-4pm (details to be released next week about assigned pick up times and protocols for senior families). This way, families will have caps and gowns in hand for photos should they want to use them.
- **Recogida de Toga y Birrete**, 26 de mayo desde 1 pm hasta 4 pm (detalles sobre tiempos de recogida asignados y protocolos para familias estarán emitidos la próxima semana). En esta manera, familias tendrán togas y birretes para fotografías si quieren usarlos.
- **Senior Showcase and Awards Video** to be released on June 3rd, which will have Senior Awards, student speeches, and student performances (a combination of Senior Awards Night and Baccalaureate).
- **Video de Exhibición de Los Estudiantes de Último Año y Premios** estará publicado 3 de junio, que tendrá Premios para Estudiantes de Último Año, discursos de estudiantes, y actuaciones de estudiantes (una combinación de Noche de Premios para Estudiantes de Último Año y Bachillerato).

**\*\*NEW\*\* Summer Work and Internship Opportunities**

**\*\*NUEVO\*\* Oportunidades de Trabajo Veraniego y Pasantías**

Are you looking for virtual internships and other work opportunities for your student this summer? The PAUSD Curriculum and Career Education Department (CCE) regularly updates their [Work Experience Bulletin Board](#) with job opportunities available to high school students by area organizations. (PAUSD does not endorse these organizations but simply makes the information available to the students. Students and parents must do their own research and contact the organizations.) Students under age 18 must also obtain a [work permit](#) from the Work Experience Education Program for any paying job that they obtain. Please note that the CCE department has not yet been cleared to process any work permits, so current listings are for students age 18+ only. Check back on the bulletin board for updated information regarding renewed processing of work permits. Contact Gunn staff member Rachel Kaci at [rkaci@pausd.org](mailto:rkaci@pausd.org) with any questions.

¿Está buscando pasantías virtuales y otras oportunidades de trabajo para su estudiante este verano? El PAUSD Departamento de Educación Carrera y Currículo actualizaba regularmente su [Tablón de Anuncios de Experiencia de Trabajo](#) con oportunidades de trabajo disponibles a estudiantes secundarias por área. (PAUSD no promociona esas organizaciones sino simplemente hace la información disponible para los estudiantes). Estudiantes menor de la edad 18 deben obtener un permiso de trabajo del Programa de Educación Experiencia de Trabajo para cualquier trabajo pago ellos obtienen. Por favor note el Departamento no ya ha sido franqueado controlar ningún permiso de trabajo, entonces listas actuales son solo para estudiantes de edades 18+. Revise el tablón de anuncios para información actualizadas en relación con el procesamiento de permisos de trabajo renovado. Contacte empleada Gunn Rachel Kaci en [rkaci@pausd.org](mailto:rkaci@pausd.org) con cualesquiera preguntas.

**\*\*NEW\*\* Get Excited for the 2020-2021 School Year!**

Great parents are needed to fill key PTSA roles and join Gunn Event teams for the 2020-2021 school year. This is a great way to meet other parents, make new friends, and get involved in the Gunn community! Send email to the Gunn PTSA Nominating Committee at [jen.h.schultz@gmail.com](mailto:jen.h.schultz@gmail.com) if you're interested in helping with any of the following roles or event teams:

- Roles & Event Teams
- PTSA Co-Secretary (Executive Board position)
- Health & Wellness Chair
- Social & Emotional Learning (SEL) Chair
- Advocacy Chair
- Volunteer Online Administrator
- PTA Council Representative
- Freshman Parent Network Coordinator
- School-Wide Events (Homecoming BBQ, Turkey Feast, International Week)
- Staff Appreciation/Hospitality Team
- Student Appreciation Team
- Career Speaker Team
- Media/Webinar Team

**\*\*NEW\*\* Gunn Site Council: Make Your Voice Heard! Vote TODAY! Vote by Sun, May 24**

We are pleased to present the following slate of parent-candidates for the 2020-2022 Site Council. [View parent bios here](#) Please vote for TWO (2) candidates (per household) below by the Sunday, May 24th deadline. NOTE: YOU MUST HAVE A STUDENT ATTENDING GUNN IN THE 2020-2022 SCHOOL YEAR TO VOTE. PLEASE VOTE FOR TWO CANDIDATES--ONLY ONE BALLOT PER HOUSEHOLD ACCEPTED. If you have any questions about the election process or the Site Council, please email Olga Celis ([ocelis@pausd.org](mailto:ocelis@pausd.org)). Election results will be announced after May 25, 2020 Please vote: <https://forms.gle/Mrj1Q9NohbPAiToK8>



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## WEBINARS

### **\*\*NEW\*\* Collegewise Webinar Series**

[Collegewise](#) will be offering 5 webinars between now and June 11. 3 of the five webinars are exclusively for our Gunn families and the remaining two will be offered districtwide. The 3 exclusive webinars are: State of the Admissions Nation due to COVID, Highly Selective Admissions, and Changes to the UC/CSU Admissions Policies. The other two district-wide webinars are STEM's Many Branches: College Planning for Students Considering Majors in Science, Technology, Engineering, and Mathematics and Character Counts: How Character Plays a Powerful Role in Selective College Admissions.

### **\*\*NUEVO\*\* Collegewise Webinar Serie**

[Collegewise](#) ofrecerá 5 webinars entre ahora y el 11 de junio. Tres de los 5 webinars son exclusivamente por familias de Gunn y los dos restante son para todos del distrito. Los tres webinars exclusivos son: Estado de admisiones nación debido a COVID, Admisiones muy selectivas, y Cambios a reglas de admisión por UC/CSU. Los otros son Las filiales de STEM: Planeando por la universidad por estudiantes que considera carreras en ciencias, tecnología, ingeniería, y matemáticas y Carácter Cuenta: Como carácter hace un papel poderoso en admisiones selectivas de universidades.

***Highly Selective Admissions*** ([Register HERE](#))

**Tuesday, May 19 • 6:00pm – 7:00pm PDT**

Grades, test scores, and impressive activities alone won't get a student admitted to schools that reject almost all their applicants. While we don't believe that prestigious colleges are necessarily better colleges, we want students who are interested in these schools to have straight answers about what it will really take to have a shot at getting admitted.

***Admisiones muy selectivas*** ([Inscribe AQUÍ](#))

**Martes, 19 de mayo • 18:00 – 19:00 PDT**

Sólo las notas, calificaciones de pruebas, y actividades impresionantes no van a dejar entrar a una universidad para un estudiante. Especialmente si las escuelas rechazar a casi todos de sus candidatos. Cuando no creemos que universidades prestigiosos son los mejores todo el tiempo, queremos que estudiantes que están interesados en estas escuelas tienen respuestas simples sobre que ellos necesitan para tener una oportunidad ser aceptado.

***Character Counts: How Character Plays a Powerful Role in Selective College Admissions*** ([Register HERE](#))

**Saturday, May 30 • 10:00am – 11:00am PDT**

When applying to college, students and parents understand the role of grades, course rigor, and standardized testing. An increasingly important element is Social and Emotional Learning. In this presentation, you'll learn how SEL distinguishes itself from academic factors and why even the most selective of colleges place an immense value on empathy, ethical behavior, and engagement with others.

***Carácter Cuenta: Como carácter hace un papel poderoso en admisiones selectivas de universidades*** ([Inscribe AQUÍ](#))

**Sábado, 30 de mayo • 10:00 – 11:00 PDT**

Cuando aplicando a universidades, estudiantes y padres entienden el papel de notas, rigurosidad de clases, y pruebas estandarizados. Un elemento que es cada vez más importante es aprendizaje social y emocional (SEL). En este presentación, aprenderá como SEL se distingue de otros factores académicos y

por que las universidades más selectivas da una importancia grande en el valor de empatía, comportamiento ético, y interacción con otros.

***Changes for UC & CSU Admissions*** ([Register HERE](#))

**Wednesday, June 3 • 6:00pm – 7:00pm PDT**

Lots of rumors swirl out there about admissions process for the University of California and California State campuses. Are there certain majors that are easier to be admitted to than others? Do they talk to each other when making admissions decisions? Come on a myth busting adventure with us and learn how to be strategic with your UC and CSU applications.

***STEM's Many Branches: College Planning for Students Considering Majors in Science, Technology, Engineering, and Mathematics*** ([Register HERE](#))

**Thursday, June 11 • 6:00pm – 7:00pm PDT**

Did you know biologists work at NASA? Curious about the role of math in agriculture, or of statistics in public health? Some people assume that STEM is just computer science and/or engineering, but the secret of STEM is that the fields are vast, complex, and interrelated.

**\*\*NEW\*\* Virtual College Webinar Series** Hosted by [Regional Admission Counselors of CA \(RACC\)](#) via Zoom! Now until May 27

Each webinar will consist of four to five RACC college representatives.

Webinar Series Dates & Information

- May 19: Understanding Holistic Admissions - 5:00pm PST | [REGISTER HERE](#)
- May 21: Connecting with Colleges - 6:00pm PST | [REGISTER HERE](#)
- May 26: Understanding Holistic Admissions - 6:00pm PST | [REGISTER HERE](#)
- May 27: Exploring Out of State Options - 3:30 PST | [REGISTER HERE](#)

**\*\*NEW\*\* Coalition Week Events**

**Mon, May 18 - Fri., May 25, 1 - 3pm PDT**

This event is meant to provide college search resources to students and to celebrate all the hard work they do! Join UChicago and many of their Midwestern partners to learn about the ins and outs of the college admissions process. ***Please note times below are in CDT:***

- Tuesday, 5/19 from 3-5pm.: [Introduction to College Apps](#) with the Coalition for College
- Wednesday, 5/20 from 3-5pm.: [Tackling Financial Aid](#) with the College Advising Corps
- Thursday, 5/21 from 3-5pm.: [Midwest Is Best!](#) Learn about Midwestern schools with Kenyon College, Notre Dame, the University of Chicago, and the University of Iowa
- Friday, 5/22 from 3-5pm.: [Any additional questions?](#) Join us for a Q & A session with Knox College, Northwestern University, the University of Chicago, and the University of Illinois at Urbana-Champaign

**\*\*NEW\*\* Free Career Education Webinars for Teens Every Thursday at 5pm**

Get Involved Foundation connects teens to their interests to gain a sense of purpose and to make an impact. The program started at Paly in 2008, now a local nonprofit organization. Teens and their families are invited to join a free webinar series for college and career success. Some topics include: Networking, Personal Branding, Dress for Success, and Interviewing Skills, and Financial Literacy. Presented by members of the community, corporate professionals, and grads from Paly and Gunn. Visit the [website](#) or [Facebook Live](#) to sign up for webinars. receive recap emails,. Email questions or suggestions for webinar topics/presenters to: [projects@getinvolvedfoundation.org](mailto:projects@getinvolvedfoundation.org)

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**PAUSD & PTAC**

**\*\*NEW\*\* “Backstage with the Superintendent”** will be hosted by [thoughtexchange](https://www.thoughtexchange.com) on **Monday, May 18, at 5:30pm.** to gather your thoughts about reopening schools in the future. The live version will allow viewers to see the data flow in real time. The webinar will be immediately posted to YouTube at the same address and thoughtexchange data collection will continue through May 22. The webinar can be accessed at <https://go.pausd.org/backstage-webinar>. If successful, PAUSD has plans to use thoughtexchange for several closure / reopening dialogues in the near future.

#### **RECORDED WEBINAR FROM MAY 11**

The previously recorded “Backstage with the Superintendent” highlighted community outreach efforts to assist those needing help during the extended closure.

#### **RECORDED WEBINAR FROM MAY 4**

The previously recorded “Backstage with the Superintendent” included interviews with two students (1st and 2nd grade), two elementary school principals, and two classified support workers.

**\*\*NEW\*\* Come give City Council your thoughts on Vape-Shop Ordinance**  
**Mon, May 18, 7:15pm, on Zoom: <https://zoom.us/join>. Meeting ID: 362 027 238**

Agenda (see item 6) and more info:

<https://www.cityofpaloalto.org/gov/agendas/council/default.asp>

Palo Alto City Council will vote Tuesday on a proposed ordinance to further regulate Vape Shops, in an effort to prevent sales to minors. Unlike some other similar local ordinances, this proposal allows for 'adults-only' shops. PTA Council is advocating for closing this loophole. Do you have concerns, stories, or personal experiences with teen vaping? Come share them with City Council! Your voice matters!! (Can't come, but want to comment? You can send public comments to [city.council@cityofpaloalto.org](mailto:city.council@cityofpaloalto.org).) Questions: Erwin Morton, [advocacy@paloaltopta.org](mailto:advocacy@paloaltopta.org)

**\*\*NEW\*\* Please Take Action: Ask Congress to support Schools during the Pandemic**

Unless Congress acts, schools are about to experience major budget cuts triggered by the coronavirus pandemic. Your action will help prevent layoffs, larger class sizes and the reduction or elimination of important programs and services for our students. Please join with education leaders around the country in asking for \$200 billion to support education funding, including special education, distance learning, Title 1 for low-income students and other programs, including:

- [Learning Policy Institute](#): "A 15 percent reduction in state education funding could lead to the loss of more than 300,000 teaching positions."
- [Ed100](#): "During Teacher Appreciation Week, let's say a loud 'thank you' in a way that really matters: by supporting education funding in this time of crisis."
- [National Education Leaders](#), including PTA: "As Congress negotiates a fourth emergency supplemental in response to the COVID-19 pandemic, it is imperative any package include significant, robust and flexible funding for our nation's public schools."
- [Council of Great City Schools](#):"...Support an additional federal allocation of \$175 billion in Educational Stabilization Funds distributed to the local level through the Title I formula. We also urge Congress to provide an additional \$13 billion for IDEA, \$12 billion in additional Title I program funding, \$2.0 billion for E-Rate, and emergency infrastructure funds that include public schools."

Please click [HERE](#) to send a message to your U.S. senators and representatives, and help ensure that robust education funding is included in the next COVID-19 relief package. Our children deserve it!

**Mental Health & Wellness Resources while Sheltering In Place**

[CDC: Children's Mental Health during COVID-19: Stress & Coping](#)

[CDC: Children's Mental Health](#)

[CDC: Stress and Coping During Pandemic](#)

[CDC: Taking Care of Your Emotional Health](#)

[Mayo Clinic: Covid-19 and Your Mental Health](#)

[American Medical Association: Managing Mental Health During COVID-19](#)

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## COMMUNITY

**\*\*NEW\*\* Town Hall with Foothill College's President**

**Thu, May 21, 4:30pm**

You are invited to an upcoming town hall with Foothill College's President Thuy Thi Nguyen on Thursday, May 21st at 4:30pm. We'll be providing an update on how we are serving our students in our first 'virtual' quarter and plans for summer and fall of 2020. In addition, we'd like to find out what Foothill College can do to better support our communities (businesses, cities, local schools) and how we can work together to return our economy to its former vitality.

<https://cccconfer.zoom.us/j/92254710626>.

**\*\*NUEVO\*\* Ayuntamiento con el presidente de la universidad de Foothill**



**Jueves, el veintiuno de mayo, 4:30pm**

Estas invitado a un ayuntamiento con Thuy Thi Nguyen, el presidente de la universidad de Foothill en jueves, el veintiuno de mayo, en 4:30pm. Nosotros daremos una actualización de la escuela durante este trimestre en línea y haremos a decir planes para el verano y otoño. Además, nosotros queremos oír tus opiniones sobre como podemos mejor soporte los estudiantes, ciudades, y empresas, y cómo podemos trabajar juntos para mejorar estas cosas.

<https://cccconfer.zoom.us/j/92254710626>.

**\*\*NEW\*\* Paly Robotics Free Entrepreneurship Zoom Lessons**

**Via Zoom, June 4, 6, 11, 13, and 18th, 4pm - 4:40pm**

Interested in starting a business or exploring entrepreneurship in robotics? We will teach you the basic skills you need! Paly Robotics will be hosting free entrepreneurship workshop classes for middle school students over Zoom! After qualifying for FIRST World Championships this year, our team is hosting biweekly STEAM lessons throughout the summer. Each class will cover a different entrepreneurship topic, from writing mission statements to improving presentation skills. Keep an eye out for sessions that cover more topics later in the summer! Click [here](#) to register, and please contact [czhang@palyrobotics.com](mailto:czhang@palyrobotics.com) or [nshinghal@palyrobotics.com](mailto:nshinghal@palyrobotics.com) with any questions.

**\*\*NUEVO\*\* Clases gratis por el equipo de robótica de**

**Por Zoom, el 4, 6, 11, 13, 18 de junio, June 4, 4pm a 4:40pm**

Tienes interés en crear una empresa o aprender más de emprendimiento y robótica? Nosotros podemos ayudar. El equipo de robótica de Paly va a tener clases gratis sobre estos temas por Zoom cualquier otra semana en el verano. Este equipo califica para los campeonatos mundiales para FIRST. Las clases son sobre todo de el emprendimiento desde escribir declaraciones de misión hasta mejorar las habilidades de presentación. Probablemente tenemos más sesiones sobre más temas en el verano! Haz click [aquí](#) para registrar y por favor contactar [czhang@palyrobotics.com](mailto:czhang@palyrobotics.com) o [nshinghal@palyrobotics.com](mailto:nshinghal@palyrobotics.com) si tienes preguntas.

**\*\*NUEVA\*\*** Abierto: 2020-21 Solicitudes de voluntarios para ser tutores de DreamCatchers High School

Un enorme grito a los increíbles tutores Gunn y Paly que han seguido apoyando a nuestros alumnos de secundaria de bajos ingresos durante la pandemia. ¡No podríamos estar más agradecidos por todo su increíble trabajo! Para marcar una verdadera diferencia en la vida de un estudiante de secundaria de Palo Alto y ayudar a reducir la brecha de oportunidades, únete a nosotros durante un par de horas a la semana como tutor el próximo año escolar, 2020-2021. Visite [www.dreamcatcheryouth.org/get-involved](http://www.dreamcatcheryouth.org/get-involved) para aprender más y solicitarlo!

**\*\*NUEVA\*\*** Decepción, pérdida y dolor ayudando a nuestros adolescentes y a nosotros mismos a sobrellevar la situación - GRATIS

Lun, 3pm-4pm - Taller en línea

Grupo de Apoyo GRATUITO para discutir los cambios significativos que nuestros adolescentes están enfrentando durante la crisis de COVID-19. Aprenderán estrategias para ayudarles a sobrellevar la decepción y las preocupaciones sobre el futuro, en un ambiente seguro donde podrán seguir desarrollando su propio estrategias de autocuidado. El costo es GRATIS. Las donaciones son apreciadas pero no son requeridas.

Regístrese aquí. ¿Alguna pregunta? Envíe un correo electrónico a Tiffany a [tiffanyl@jfcs.org](mailto:tiffanyl@jfcs.org)

**\*\*NEW\*\* OPEN: 2020-21 Applications for DreamCatchers High School Tutor Volunteers**

Huge shoutout to the amazing Gunn and Paly tutors who have continued to support our low-income middle schoolers during the pandemic. We couldn't be more grateful for all their amazing work! To make a real difference in the life of a Palo Alto middle school student and help shrink the opportunity gap, join us for a couple hours a week as a tutor next school year, 2020-2021. Visit [www.dreamcatcheryouth.org/get-involved](http://www.dreamcatcheryouth.org/get-involved) to learn more and apply!

**\*\*NEW\*\* Disappointment, Loss and Grief Helping our Teens and Ourselves Cope - FREE**

**Mon, 3pm-4pm – Online workshop**

FREE Drop-in Support Group to discuss the significant changes our teens are facing during the COVID-19 crisis. Learn strategies to help them cope with disappointment and worries about the future, in a safe environment where you can continue to develop your own

self-care strategies. Cost is FREE. Donations are appreciated but not required.

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

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

**Tue, 3pm-4pm - Online workshop**

FREE 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](mailto:tiffanyl@jfcs.org)

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

**Thu 11:30am-12:30pm - Online workshop**

FREE 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. Cost is FREE.

Donations are appreciated but not required. [Register here](#). Any Questions? Email Tiffany at [tiffanyl@jfcs.org](mailto:tiffanyl@jfcs.org)

**\*\*NEW\*\* Parenting Support Chats – FREE**

**Fri 1:30pm-2:30pm - Online workshop**

FREE Friday Parenting Support Chats: During these uncertain times, we understand that you may be struggling to balance work commitments with caring for children at home. Whether you need help with daily routines, positive discipline, sibling rivalry, or ways to play and interact with your children, we can help you develop concrete strategies to manage these new challenges and help you feel more effective as a parent. Cost is FREE. Donations are appreciated but not required. [Register here](#). Any Questions? Email Tiffany at [tiffanyl@jfcs.org](mailto:tiffanyl@jfcs.org)

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**PLEASE SUPPORT OUR BOOSTERS AND FOUNDATIONS**



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**Gunn Foundation**



*College Scholarships for Gunn Seniors*

