

# **Gunn Connection**

# **Gunn Conexión**

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Monday, April 27, 2020

Lunes, 27 abril 2020

## Quick Links

### Enlaces rápidos

[Gunn High School Website -  
Página web de Gunn](#)

[Gunn PTSA Website -  
Página web de PTSA de Gunn](#)

[Gunn Student Activities -  
Actividades estudiantiles Gunn](#)

[Gunn Connection Recent Editions -  
Ediciones recientes](#)

[Gunn Oracle Current Edition -  
Edición actual](#)

[PAUSD ID Portal](#)

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## CALENDAR CALENDARIO

**Friday, May 1  
Viernes, 1 mayo**

**9:00am -  
Sophomore Parents Virtual  
Zoom Coffee (Café virtual  
para padres sophomores)**

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

Consulta con el [calendario](#) y [sitio web](#) de Gunn para la información más actualizada.

## Parent Networks

### Consejos de Padres

| Senior Class - Clase Senior |

**Annie Bedichek & Sigrid Pinsky**

| Junior Class - Clase Junior|

**Nisha Datta & Julie Dubrouillet**

| Sophomore Class - Clase  
Sophomore|

**Masha Doty & Jennifer Schultz**

| Freshman Class - Clase  
Freshman |

**Ramji Digumarthi & Lili  
Nova-Roessig**

*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**.*

*NOTA: Las fechas y horas de esos eventos son de cuando esta publicación fue escrito, y podría cambiar. Vi al **Calendario Gunn** para cambios. Para correcciones o adiciones a este calendario, contacta con **Martha Elderon**.*

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## Translations

### Transducciones

Courtesy of the Gunn Culture  
Connection Club

**的翻译现在提供**

**Traducciones de eNews**

**한국어 번역본: 이곳을**

**클릭해주십시오**

**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 NOTICIAS GUNN Y EVENTOS

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

**\*\*NUEVO\*\*** La Clase Gunn de Último Curso 2020 [27 de abril Actualización](#)

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

**\*\*NUEVO\*\* Nominaciones Están Abiertas Ahora para la Copa de la Directora**

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](mailto: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.***

La Copa de la Directora celebra un(a) profesor(a) quien ha demostrado conocimiento y habilidad en la docencia, mostrado el compromiso con fomentar relaciones con estudiantes en una manera que impacta positivamente sus aprendizaje, ha contribuido a la comunidad escolar y es un(a) líder respetado/a entre sus colegas. Por favor tome unos minutos a nominar alguien por llenar este [formulario de nominación](#). Puede también enviar cartas de apoyo a Martha Elderon en [melderon@pausd.org](mailto:melderon@pausd.org) para **viernes, 15 de mayo, 2020**. ¡Muchas gracias por su tiempo y nominación! \*Por favor considere los ganadores anteriores no pueden ser nominado de nuevo\* ***Mire el formulario de nominación para los ganadores anteriores de la Copa de la Directora.***

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

**\*\*NUEVO\*\* Café Virtual en Zoom para los Padres de Sophomores (10 grado)**

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](mailto:jen.h.schultz@gmail.com). We'll send out the zoom link just prior to the meeting.

Por favor únase para café virtual en Zoom con Linda Kirsch, consejera Gunn para las universidades y carreras, el próximo viernes 1 de mayo desde 9 am hasta 10 am. Linda nos actualizará sobre algunos cambios importantes pasando en el proceso de admisión a las universidades. Por favor entregue cualquier preguntas tiene para jueves 30 de abril MEDIANOCHE y ella hará lo mejor que pueda a contestarlas durante el café. Si alguien puede co-alojarse (¡trabajo muy fácil!), por favor envíe un correo electrónico a [jen.h.schultz@gmail.com](mailto:jen.h.schultz@gmail.com). Enviarán el enlace Zoom justo antes de la reunión.

**\*\*No era un enlace para preguntar, entonces por favor contacte [jen.h.schultz@gmail.com](mailto:jen.h.schultz@gmail.com).**

### **\*\*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](mailto: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!

**Middle College - Accepting Applications thru April 30, 2020**

**Colegio Universitario - aceptando solicitudes hasta el 30 de abril, 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](mailto:annett.trail@mvla.net)).

¡Esperemos que tu y tus familias estemos bien! Sabemos que ha sido unas semanas difíciles para todos a medida que hemos pasado a las clases en línea. Para darle más tiempo para aprender sobre el programa y aplicar, hemos ampliado nuestra fecha de entrega al 30 de abril, 2020. No dude de ponerse en contacto con nosotros si tiene algunas preguntas -- Estaríamos encantados de establecer un tiempo para hablar con tu y tus padres ([annett.trail@mvla.net](mailto:annett.trail@mvla.net)).

### **#WHATHELPSUS Sources of Strength**

### **#WHATHELPSUS Fuentes de Fuerza**

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>

Gunn se está uniendo a la nacional Fuentes de Fuerza #whathelpsus campaña para resaltar cómo estamos haciendo frente y conectado en medio de esta gran interrupción. Es posible que podemos no solo sobrevivir, pero también crecer muy bien. Seguir los esfuerzos de Fuentes de Fuerza de Gunn a <https://www.facebook.com/sourcesofstrength>

### **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

### **La terapia en Gunn**

[Boletín para estudiantes de 11 grado](#) Información de admisiones, pruebas, calificación, y visitas universitarias a partir de 4/2

[Boletín para estudiantes de 12 grado](#) Información de universitarios, APs, calificación, FAFSA y necesidades financieras a partir de 4/2

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## SAFE ROUTES TO SCHOOL

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](#).
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## PAUSD & PTAC

### **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](#)

**\*\*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](mailto:officialpayc@gmail.com).

**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](mailto:HelpPAUSDFamilies@gmail.com)

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



## ONLINE LEARNING OPPORTUNITIES AND RESOURCES POSIBILIDADES Y RECURSOS PARA APRENDER EN LÍNEA

### **\*\*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.

### **\*\*NUEVO\*\* Seminario en línea: Consideraciones sobre Años Sabáticos para Estudiantes con diferencias en el aprendizaje**

**Mié, 29 de abril, a las 5:30 de la noche**

Acompañe a la experta Elizabeth Hamblet de LD Advisory y expertos en los años sabáticos Jane & Jason Sarouhan de J2Guides, por una presentación gratis y Preguntas y Respuestas. Aprenda más sobre: por qué algunos estudiantes deciden tomar un año sabático, cómo empiezan el proceso de planificación, qué preguntas los estudiantes con diferencias en el aprendizaje deben considerar, y qué significa todo esto en el context de COVID-19. [Inscripción](#) necesario.

## COMMUNITY COMUNIDAD

### **\*\*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](mailto:yci.parent.coord@youthcommunityservice.org) Register at [tinyurl.com/threeqigong](https://tinyurl.com/threeqigong)

### **\*\*NUEVO\*\* YCS presenta Qigong relación meditación taller serie por padres, consejeros, maestros, y adultos**

**Martes, 28 de abril, 5 de mayo y jueves, 30 de abril, 7 de mayo, 14 de mayo, 16-17:00**

¿Como el “quédese en casa” ha afectado su estado emocional en casa? Aprenda estrategias utilizar cuando está en el Modo Cuarentena. Ayudamos a otros padres a través de enseñar las prácticas antiguos de Qigong mientras creando relaciones positivas con las personas que amamos. Nos junta en este serie cada martes y/o jueves desde 16:00 a 17:00, empezando el 28 de abril. EVENTO GRATIS. Si tiene cualquiera pregunta, por favor envía un correo electrónico a [yci.parent.coord@youthcommunityservice.org](mailto:yci.parent.coord@youthcommunityservice.org) Inscribe a [tinyurl.com/threeqigong](https://tinyurl.com/threeqigong)

**\*\*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](mailto:tiffanyl@jfcs.org)

**\*\*NUEVO\*\* Grupo de apoyo por familias de necesidad especial - GRATIS**

**Martes, 28 de abril, 5 de mayo, 12 de mayo, 13-14:00 - Taller en línea**

Padres de niños y jóvenes que tienen necesidades especiales están sumergidos en escolaridad crisis en casa, con desafíos abrumadores y diferentes que padres con neuro-típico niños. Este 4-sesión Grupo de apoyo por necesidad especial provee una oportunidad conectar y compartir experiencias y desafíos, intercambiar ideas y recibir guía experto y apoyo por dirigir estos tiempos difíciles. Es GRATIS. Donas están apreciados pero no son requeridos.

Inscribe [aquí](#). ¿Preguntas? Envía un correo electrónico a Tiffany a [tiffanyl@jfcs.org](mailto:tiffanyl@jfcs.org)

**\*\*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](mailto:tiffanyl@jfcs.org)

**\*\*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](#).

**\*\*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](mailto:sfba.skyschools@iahv.org)

### **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](https://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](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.cityofpaloalto.org/services/public_safety/plans_and_information/coronavirus/support_services.asp)

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

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**PLEASE SUPPORT OUR BOOSTERS AND FOUNDATIONS**





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**THEATRE**  
***BOOSTER***

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**BAND**  
**ORCH**  
**BOOS**



**Gunn Auto T**

**Gunn Foundation**



*College Scholarships for Gunn Seniors*

