

Gunn Connection



Monday, April 6, 2020

Quick Links

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- [Gunn PTSA Website](#)
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- [Schoolology](#)

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

Wed, April 15
NEWLY SCHEDULED
Gunn High School
Measure Z Bond Project
Community Meeting #1
Zoom Meeting, 2:00pm

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

Sección 2: Ethan

GUNN NEWS & EVENTS

****NEW** Principal's Week 4 Message** ([Read Mrs. Laurence's full message here](#))

****NEWLY SCHEDULED** Gunn High School Measure Z Bond Project Community Meeting #1 via ZOOM Link**

Wed, April 15, 2:00pm

The Palo Alto Unified School District will host a Gunn High School Community Meeting to present the [Schematic Design Plans for the Renovation of the Administration Building](#). The meeting will be conducted by HED Architects and will be held online via Zoom at <https://pausd.zoom.us/j/723978306> or dial +1 669 900 6833 and enter Meeting ID: 723 978 306 then press # to join the meeting. Meeting ID: 723 978 306 [View this conceptual design and overall scope of this and other future projects here.](#)

****NEW** Updates from Gunn SEC**

From the Editor-in-Chief of The Olympian:

Hey guys! I hope you all have been safe and having fun at home. I know that you might be bummed that certain events have been cancelled due to coronavirus, but the yearbook is here to stay! There is a limited supply, so buy your yearbook now [\[tinyurl.com/gunnyearbook\]](http://tinyurl.com/gunnyearbook) (ht!* Prices are \$90 without ASB membership and \$83 with ASB. Starting April 13th, prices will rise to \$95. If you have any questions or issues, contact Angela Cheong (Angela Cheong on FB/Messenger, @ang.c_ on IG).

***UPDATE* on GoFundMe benefiting Gunn Families impacted by COVID-19**

Thank you to everyone who donated to the GoFundMe to benefit Gunn families impacted by COVID-19. Over \$4,600 was raised and as of today, all funds have been distributed to help Gunn families make rent or with other necessities. If you are interested in helping our community, consider donating to the [Palo Alto Community Fund COVID-19 Relief Fund](#). Titans Strong.

***PREVIOUS* [The Gunn Oracle's March 20 Interview with Dr. Austin](#)**

***PREVIOUS* Our Next PTSA General Meeting** (currently scheduled via Zoom video-conference for April 16 at 6:30pm) Link will be published in next Monday's eNews.

***PREVIOUS* Thank You Gunn Teachers and Staff!**

Gunn teachers and staff are working exceptionally hard for our students during this time. The Gunn SAC has organized an easy, personal, and meaningful way for students and parents to show our appreciation. Their goal is to reach every staff member at Gunn. Thank you for taking the time to give teachers and staff your love and respect here: <https://forms.gle/L3wiseMzf5idkfeD7>

***PREVIO* Gracias a los profesores y personal de Gunn**

Los profesores y personal de Gunn trabajan mucho para los estudiantes durante el pandemia. El SAC de Gunn ha organizado un fácil y significativo actividad para

mostrar nuestro agradecimiento. Su meta es agradecer a todos los maestros en Gunn. Gracias por su tiempo a muestra amor y respeto aqui:

<https://forms.gle/L3wiseMzf5idkfeD7>

***PREVIOUS* Gunn PTSA donates to Relief Fund Benefiting PAUSD Families Financially Impacted by COVID-19**

The Gunn PTSA Executive Board voted to make an initial \$1,000 donation to [The Palo Alto Community Fund \(PACF\)](#)'s newly launched [COVID-19 Relief Fund](#).

This is the community-wide relief effort that specifically provides for emergency financial needs of PAUSD families living in Palo Alto or EPA. The Palo Alto Council of PTAs voted last week to co-sponsor this fundraising effort also. Please [donate using this link](#) if you are able. Families in need of assistance should contact their Gunn [Counselor](#) or [SaFe/FES \(Family Engagement Specialist\)](#) for a referral.

***PREVIO* Gunn PTSA dona para ayuda las familias de PAUSD que son afectados financieramente por COVID-19**

El PTSA de Gunn vota para dona \$1000 a el [COVID-19 Relief Fund](#) de [The Palo Alto Community Fund \(PACF\)](#). Este dinero ayuda familias en Palo Alto o EPA que tienen emergency financial needs. El Palo Alto Consejo de PTAs vota para copatrocinar esto. Por favor [dona aqui](#) si pueda. Si su familia necesita ayuda, contactar su [consejero/a](#) o [SaFe/FES \(Family Engagement Specialist\)](#) para un remision.

***PREVIOUS* Gunn Cares Facebook Group**

This Facebook group was started by Gunn students aiming to bring the community together and discuss ways to make the best of this situation. Anyone is welcome to join at <https://www.facebook.com/groups/gunncares/> or by searching for "Gunn Cares" on Facebook.

***ANTES* Facebook grupo Gunn Cares**

Este grupo era empezado por estudiantes de Gunn que quiere juntar la comunidad y hablar sobre maneras hacer la mejor de esta situación. Damos la bienvenida a cualquier quien quiere nos acompaña a <https://www.facebook.com/groups/gunncares/> o puede buscar por "Gunn Cares" en Facebook.

**A Message from Safe Routes to School
Una mensaje de Rutas seguras a la escuela**

UPDATED Bicycling remains an allowable activity under the current [shelter-in-place order](#). Families should keep riding for transportation, the environment, and for their physical and mental health. If you and your children ride your bicycles, the shelter-in-place order requires that you maintain social distancing of at least six feet from any other person, and riding only with those in your household.

Bike shops are considered essential businesses under the shelter-in-place order, so if you need bike equipment or repair, contact your local bike shop in advance to confirm their hours of operation and to support a local business.

Bicyclists of all ages can learn more about safe riding by going to the city [Safe Routes to School website](#) including useful [“High School Top Ten Bike Safety Tips”](#), highly recommended for teens and parents.

ACTUALIZADO Ciclismo está permitido debajo del [orden de quede-en-casa](#). Familias deben mantener andando en bici por transportación, el medio ambiente, y su salud física y mental. Si su y sus niños andan sus bicicletas, por favor mantenga distancia social de dos metros de cualquier persona, y solo andando con las personas de su hogar.

Tiendas de bicicletas son negocios esenciales debajo el orden de quede-en-casa, así que si necesita equipo o arreglo, contacta a su tienda local en avance para confirmar sus horas de operación y apoyar a la empresa local.

Ciclistas de todas edades pueden aprender más sobre andando seguro a través de visitando el sitio web de la ciudad [Rutas seguras a la escuela](#) incluye [“Diez tipos útiles por bicicleta para la escuela alta”](#), está recomendado jóvenes y padres.

PAUSD & PTAC

****NEW** Superintendent's & PAUSD Update**

****NUEVO** Actualización PAUSD y del Superintendente**

- Closure Updates as of March 31 <https://youtu.be/1qmBqWbBpGk>

Noticias del Cierre a partir de 31 de marzo

<https://youtu.be/1qmBqWbBpGk>

- Finishing the School Year Remotely
<https://www.pausd.org/explore-pausd/news/students-complete-19-20-school-year-remotely>

Completando el Año Escolar Remotamente

<https://www.pausd.org/explore-pausd/news/students-complete-19-20-school-year-remotely>

- Santa Clara County Letter from All District Superintendents
https://drive.google.com/open?id=1yToEhfh4HEwLlc_Jzz9kINXc5rKs-go1H

Conedad Santa Clara Anuncio de Todos Superintendentes Districtos

https://drive.google.com/open?id=1yToEhfh4HEwLlc_Jzz9kINXc5rKs-go1H

- Dr. Austin on Twitter: We are exploring options for graduation and other ceremonies. Looking for great ideas. [\(Follow Dr. Austin on Twitter\)](#)

Dr. Austin en Twitter: Nosotros estamos explorando por opciones para graduación y otros ceremonias. Buscando para gran ideas. [\(Siga Dr. Austin en Twitter\)](#)

Do you still have questions or comments about PAUSD during this time? Try the Let's Talk feature at <https://www.pausd.org/explore-pausd/lets-talk>

¿Todavía tiene preguntas o comentarios sobre PAUSD durante este tiempo? Trate el "Let's Talk" artículo en <https://www.pausd.org/explore-pausd/lets-talk>.

****NEW** PTAC: COVID-19: How You Can Help. Be an Emergency Block Volunteers (EBV)**

****NUEVO** PTAC: COVID-19: Cómo puede ayudar. Ser un voluntario de bloque de emergencia (EBV)**

Our City of Palo Alto's Office of Emergency Services (OES),

<https://www.cityofpaloalto.org/>, is recruiting official BLOCK PREPAREDNESS COORDINATOR (BPC). The training is easy and will be online. Once registered and approved, you will be connected with your Neighborhood Preparedness Coordinator (NPC) for more orientation and to identify your area/block of responsibility. You will be given the appropriate city identification (vest, cap, ID) to use connections on their block (no more than 30 residences). If you know anyone who may be interested, the city email address is <esv@cityofpaloalto.org>.

Questions? Email: Hamilton Hitchings at ePrep@paloaltopta.org.

Nuestra oficina de ciudad de Palo Alto de Servicios de Emergencia (OES),

<https://www.cityofpaloalto.org/>, está reclutando COORDINADOR DE PREPARACIÓN PARA BLOQUES oficial (BPC). El entrenamiento es fácil y será en línea. Una vez registrado y aprobado, estará conectado con su Coordinador de Preparación Vecinal (NPC) para más orientación y para identificar su área/bloquear de responsabilidad. Se le dará la identificación de ciudad apropiada identification (el chaleco, la gorra, ID) para usar conexiones en su bloque (no más de 30 residencias). Si sabe cualquier persona que estaría interesado, la dirección de correo electrónico de la ciudad es <esv@cityofpaloalto.org>. ¿Preguntas? Correo electrónico: Hamilton Hitchings a ePrep@paloaltopta.org.

***UPDATE* PTAC Alert on Teen Vaping and COVID-19.** The Santa Clara County Office of Education reminds us: vaping and COVID-19 are not a good combination. If you have, or know of, a teen who is vaping, please ask them to quit. [Please read](#) more here: [Resources](#) to help them quit. **One specific resource:** Smokefree TXT, a mobile text messaging program that provides 24/7 tips, advice and encouragement to help you quit. To sign up, simply text QUIT to IQUIT (47848). This free program is designed and run by the National Cancer Institute.

PTAC invites you to join Palo Alto Youth Council Virtual Teen Vaping Panel

More information coming soon on this previously scheduled, now virtual, teen event. Questions: president@palooptopta.org.

ONLINE LEARNING OPPORTUNITIES AND RESOURCES

****NEW** Health & Wellness Webinar Series:**

The [Palo Alto PTA Council](#) Health & Wellness Committee invites you to join our weekly Zoom webinar to hear our expert panelists every Thursday evening at 7pm speak on a relevant topic as we shelter at home. (Note: Past webinars are recorded and viewable on the [PTA Council website](#))

- Thursday April 16, 7pm: "Crisis Schooling at Home without Losing Your Sanity" <https://zoom.us/j/344008626>
- April 21: Managing Stress with Mindfulness Strategies: Attend this session to help your kids develop habits and responses that reduce their worries with mindfulness strategies. Presented by [Patrice Crisostomo, PhD](#), Clinical Program Manager and Licensed Psychologist at CHC and [Madison Sunnquist, MA](#), Doctoral Psychology Intern at CHC. [REGISTER FOR WEBINAR NOW](#)

****NUEVO** Serie de Seminarios web Sobre Salud y Bienestar:**

El Comité de Salud y Bienestar del Consejo de [la PTA de Palo Alto](#) lo invita a unirse a nuestro seminario web semanal Zoom para escuchar a nuestros panelistas expertos todos los jueves a las 7pm hablar sobre un tema relevante mientras nos refugiamos en casa. (Nota: los seminarios web anteriores se registran y se pueden ver en el sitio web del Consejo de la PTA)

- Jueves 16 de abril, 7 pm: "Crisis escolarizada en casa sin perder la cordura" <https://zoom.us/j/344008626>
- 21 de abril: Manejo del estrés con estrategias de atención plena: asista a esta sesión para ayudar a sus hijos a desarrollar hábitos y respuestas que reduzcan sus preocupaciones con estrategias de atención plena. Presentado por [Patrice Crisostomo, PhD](#), Gerente de Programa Clínico y Psicólogo Licenciado en CHC y [Madison Sunnquist, MA](#), Pasante de Doctorado en Psicología en CHC. [REGÍSTRESE PARA EL WEBINAR AHORA](#)
- April 22: Responding to Your Child's Challenging Behavior: Attend this session to learn about some effective strategies you can use to respond to your child's challenging behavior. Presented by [Kendra Fraka, MSW](#), Licensed Clinical Social Worker and Behavior Specialist at CHC. [REGISTER FOR WEBINAR NOW](#) Please [register](#) to ensure that you receive the details regarding how to attend this live webinar.
- Thursday April 23, 7pm: "Responding to Bias and Racism in the Wake of COVID-19" <https://zoom.us/j/310164252>

March 29 Titan Talk - the latest edition from our wonderful Gunn counseling staff!
Tending the Soil - publication for parents and educators by Josh Bloom, PALY's TOSA for Social and Emotional Learning
EQ in your PJs - new lesson for families on navigating relationships in close quarters

COMMUNITY

****NEW** CommonSense Media** has launched a new site full of activities and other resources <https://wideopenschool.org>. It's a free service for families and educators who are transitioning to online and remote learning.

****NEW** Online Learning Opportunities**

- [Spring Drawing](#); Mondays at 1:00pm; through April 20
- [Explore Fiber Arts](#); Wednesdays at 10:00am; April 8-29

El 22 de abril: Responder al comportamiento desafiante de su hijo: Asista a esta sesión para aprender sobre algunas estrategias efectivas que puede usar para responder al comportamiento desafiante de su hijo. Presentado por Kendra Fraka, MSW, Trabajadora Social Clínica Licenciada y Especialista en Comportamiento en CHC. Inscribirse para el webinar ahora. Por favor inscribirse para asegurarse de recibir los detalles sobre cómo asistir a este webinar en vivo.

Jueves, 23 de abril, 7 P.M.: Respondiendo a los prejuicios y al racismo en el despertar de COVID-19. <https://zoom.us/j/310164252>

El 29 de Marzo "Titan Talk": la última edición de nuestro maravilloso personal de asesoramiento de Gunn

Cuidando el suelo - publicación para padres y educadores por Josh Bloom, PALY's TOSA para el aprendizaje social y emocional
EQ en tus PJs - nueva lección para las familias sobre cómo navegar en las relaciones cercanas

Comunidad

Nuevo CommonSense Media ha lanzado un nuevo sitio web lleno de actividades y otros recursos <https://wideopenschool.org>. Es un servicio gratuito para las familias y los educadores que están en transición hacia el aprendizaje en línea y a distancia.

Nuevo Oportunidades del aprendizaje en línea

- Dibujos de Primavera: Lunes a las 1 P.M., a través del 20 de abril
- Explorar artes de la fibra: El miércoles a las 10 A.M., el 8-29 de abril

****NEW** HERO Swim**, an organization run by Paly students, is raising funds to support local businesses whose employees are financially affected by COVID-19. Sancho's Taqueria and Kirk's Steakburgers have been forced to make tough decisions around necessities. According to Adam Torres, the owner of Sancho's Taqueria, "We will have to end [up] choosing between rent at our home or health care for our family." You can help these businesses through these difficult times by [clicking here](#) to donate as much as you are inspired to give. Please share this message with friends and family or contact us at heroswimpaca@gmail.com.

****NUEVO** HERO Swim**, una organización operada por estudiantes de Paly, está recaudando dinero para apoyar empresas locales cuyos empleados están afectados financieramente por COVID-19. Sancho's Taqueria y Kirk's Steakburgers han sido obligados a tomar decisiones difíciles sobre necesidades. Según Adam Torres, el dueño de Sancho's Taqueria, "Tendremos que elegir entre el alquiler de nuestra casa o asistencia médica para la familia." Para ayudar estas empresas durante esta época difícil, [haga clic aquí](#) y done tanto como se pueda estar inspirado. Por favor comparta este mensaje con amigos y familia o contacte a nosotros por heroswimpaca@gmail.com.

PLEASE SUPPORT OUR BOOSTERS AND FOUNDATIONS

**POR FAVOR RESPALDE NUESTROS ADEPTOS y
FUNDACIONES**



**GUNN HIGH SCHOOL
THEATRE
BOOSTERS**

GUNN TITANS
SPORTS BOOSTERS



BAND 
ORCHESTRA
BOOSTERS

Gunn Auto Tech



Gunn Foundation



College Scholarships for Gunn Seniors

