

Section 0 - Karly

Calendar - Calendario

Fri, Sep 7 - Viernes, 7 de septiembre
Alternate Schedule (see Calendar)
Horario Alternativo (vea al Calendario)
Mon, Sep 10 - Lunes, 10 de septiembre
Site Council, 4 PM, Staff Lounge
Reunión del Consejo Escolar, 4 PM, Sala del Personal
Wed, Sep 12 - Miércoles, 12 de septiembre
Junior Parents Night, 6:30 PM, Library
Noche de los padres del grado 11, 6:30 PM, Biblioteca
Senior Parents Night, 7:45 PM, Library
Noche de los padres del grado 12, 6:30 PM, Biblioteca
Thu, Sep 13 - Jueves, 13 de septiembre
PTSA Meeting, 8:45 AM, Staff Lounge
Reunión del PTSA, 8:45 AM, Sala del Personal
New Families Potluck, 5:30 PM, Library
Mon, Sep 17 - Lunes, 17 de septiembre
Make-Up Photos, 1:30-2:30, Staff Lounge
Fotos escolar, 1:30 - 2:30, Sala del Personal

Section 1 - Nikki Suzani

Gunn

Gunn Site Council is Interested in Hearing from YOU!

First Meeting: Mon, Sep 10, 4 PM, Staff Lounge

The Site Council brings together elected parent, student, and staff representatives to develop, review, and assess a school improvement process for Gunn High School. We are charged with working collaboratively with Principal Kathie Laurence and both staff and student representatives on whole-school issues. Site Council meets once a month (dates are on the Gunn calendar) and are open to members of the Gunn community. All meetings begin with an Open Forum opportunity for members of the Gunn community to address the Council. If you are unable to attend a meeting in person but have a question, concern, or idea that affects the whole school (not just a particular course or student), please email one of us and we can present the issue on your behalf and follow up with you afterwards, as appropriate. In addition, we will try to communicate agenda items for upcoming meetings as they are decided. For more information about Site Council, [click here](#). Gunn Site Council 2018-19 parent reps:

Glynn Edwards

Jane Dick

Liz Milner
Mudita Jain
Jade Chao (alternate parent representative)

Palo Alto Parent Education Series

Compassionate Parenting: How to Raise Teens Who Are Kind, Creative, and Resilient
Tue, Oct 2, 7-8:30 PM, Palo Alto High School Performing Arts Center (PAC), 50 Embarcadero Rd, Palo Alto

How can you raise teens who are more creative, compassionate, and resilient? Students who will become emotionally intelligent leaders? Dr. Leah Weiss, Stanford University, international expert in compassion, shares advice about what parents can do to remain mindful while navigating the ups and downs of raising kids. Learn how to quiet your critical inner voice and practice greater self-compassion to raise kids who are emotionally resilient. Leah Weiss, PhD, is a researcher, professor, consultant, and author. She teaches courses on compassionate leadership at Stanford Graduate School of Business and is founding faculty for Stanford's Compassion Cultivation Program. Her acclaimed new book, *How We Work*, is endorsed by the Dalai Lama. Parents, students, and educators welcome! Free admission and light refreshments. Spanish and Mandarin interpretation will be available. Palo Alto Parent Education Series events are sponsored by Paly PTSA and Gunn PTSA. Info & tickets: <https://leahweiss2018palalto2.eventbrite.com>

Gunn Foundation September Challenge Match

The Gunn Foundation has a generous donor who will match September donations. Gunn Foundation provides need-based scholarships to college-bound Gunn seniors. Scholarships fund essential expenses -- housing deposits, books, enrollment fees -- often unmet by aid packages. Any amount can make a difference. Double your impact in September at gunnfound.org/donate. Thank you. The Gunn Foundation also thanks our fantastic Gunn community for making the first annual Back-to-School Social event with food trucks a smashing success.

The Gunn Academic Center Accepting Peer Tutor Applications Now

You should become a Student Tutor in AC tutor if...

You can tutor SPANISH 2 or 3, ANALYSIS H, or AP PHYSICS 1.

You're taking AP courses, and are feel you can help other students succeed in the subject.

You want to earn community service hours for Living Skills or for your college apps.

Apply NOW in the AC (D-2), right next to the Library!

Done:

FROM THE PREVIOUS ISSUE:

New Families Potluck

Thu, Sep 13, 5:30-7:30 PM, Gunn Library

New to PAUSD or to the United States? Or maybe you were unable to come to the 9th grade Parent Orientation? Want to meet some more Gunn families? Then the New Family Potluck is for you! The PTSA invites you to come to the New Family Potluck where you can hear from PTSA leaders, meet with Gunn Administration, Gunn Student Leaders, PAUSD Leaders, Parent Network Moderators, learn about the Student Activity Center (SAC) and more! We'll have Spanish and Mandarin speaking parent ambassadors to help answer questions you may have. Find out what you need to know to feel comfortable and settled in at Gunn. Mandarin and Spanish translators as well as childcare available. Please sign up [here](#).

PTSA CENA DE LAS NUEVAS FAMILIAS (Traer un plato para compartir)

Jueves, la 13 de septiembre, 5:30-7:30pm, en la Biblioteca de la escuela Gunn

¿Nuevo en PAUSD? ¿No pudo venir a la Orientación de Padres del 9no grado? Ven a la Cena de las Nuevas Familias el 13 de septiembre, 5: 30-7: 30pm. Conoce a la administración de Gunn, PTSA, a los estudiantiles líderes de Gunn, los Líderes del PAUSD, a los moderadores de la Red de Padres, a aprender sobre el Centro de Actividades para Estudiantes (SAC), y más. Averigüe lo que necesita saber para sentirse cómodo en Gunn. Traductores y niñera disponibles. Regístrate [aquí](#).

Section 2 -

Subscribe to The Oracle: Support Quality Student Journalism at Gunn

Though we like to think that our coverage and enthusiasm are what make our newspaper successful, funding is critical for all that we do. Distributing a 16- to 24-page color newspaper to our students cost us \$1,200 per issue. Additional funds help us purchase the tools and outside educational experiences that make our newspaper more exciting for us to produce and more exciting for you to read. With continuing subscriber support, we also hope to place among the top high school newspapers this year in the JEA/NSPA Pacemaker competition. Subscribers receive nine issues in your mailbox, including the Senior Issue magazine, which is published in May. To subscribe, visit the SAC webstore or return the form with the summer mailing. We'd love to keep you informed of the important events happening on campus, and we appreciate your support!

Join the Gunn High School Parent Community Facebook Page

There are about 800 Gunn parents/guardians who have signed up.

It's a forum for sharing information, asking questions, asking for help with references for tutors, outside resources, programs within PAUSD, ride sharing, Gunn High School affiliated fundraising, coffee opportunities to talk about issues. Click [here](#) to go to the Facebook group page.

It is not appropriate to complain about specific teachers, programs, administrators or students, and those posts will be removed and the author may be banned from the group. For posts about mental health, we follow the guidelines of the Suicide Awareness Voices of Education (SAVE). Posts that do not follow these guidelines will be removed. This page is not affiliated with Gunn administration and Gunn PTSA.

New Gunn Websites

There is a fresh new look for two Gunn websites. Take a look!

Official Gunn High School website: <https://gunn.pausd.org>

Gunn PTSA website: <https://gunn.paloaltopta.org>

Big Success for the Fall Bike Event at Gunn

The Fall Bike Event on August 22 was very successful:

104 bikes registered bikes live with BikeIndex.com

50 bikes repaired by BikeMobile

18 recycled bikes given away

25 Gunn parent and student volunteers

Thanks to organizer Jenny Zhang, Gunn PTSA co-chair of Transportation Safety, Marilyn Keller, co-chair, who organized bike repairs, Jeff Greenfield who headed up BikeIndex registration, Toni Smith, who worked at giving away bikes, and Julie Dubrouillet, who help fit bike helmets.

For self bike registration go to <https://bikeindex.org/users/new> and link bike to Gunn High School. For more information, contact Jenny Zhang: jennyzhang@gmail.com.

PAUSD & PTAC

Measure Z Hosts a Night with Superintendent Austin

Tue, Sep 11, 7-9 PM; Address Provided in RSVP

Come meet Dr. Don Austin, PAUSD's new superintendent, and learn more about Measure Z, the \$460 million school improvement bond for PAUSD schools, that will be on the November ballot. Refreshments provided. RSVP here or contact Susan Usman at

susanlusman@gmail.com. Stay tuned for information on a second event on October 4. Can't wait until September 11th? Details about Measure Z are available at Yes-On-Z.org. Please make an effort to learn more about Measure Z and how you can help support our schools.

Section 3-

****NEW**** Got a Burning Nutrition Question? We've Got a Local Expert!

Wed, Sep 26, 6:30-8:00 PM, SDC Room, PAUSD District Office, 25 Churchill Ave, Palo Alto

Bring your burning questions to an evening with Professor Christopher Gardner, Ph.D, of Stanford Medicine's Stanford Prevention Research Center. Low carb? Low fat? Fake meat? Non-Dairy Milks? Omega 3 supplements? Organic? The microbiome? Professor Gardner will be taking any and all questions on nutrition in a free form Q&A format. Professor Chris Gardner, PhD, has been involved in nutritional research for the past 20 years, focusing mainly on investigating the potential health benefits of various dietary components or food patterns. His research has also included non-health related approaches to improving diet, like the connections between food and climate change and children's education, and improving institutional food, such as food served in universities, schools, hospitals and worksites. Parents may bring their children. Sponsored by PTAC Health and Wellness Committee

Palo Alto Council PTAs Welcomes You Back-To-School

The PTAC welcomes you back to school. Each school's PTA/PTSA have been hard at work all

summer in the behind the scenes work, e.g., back to school (BTS) packets. PTA volunteers are the strength of communities and you can be one, too. Thank you for your involvement, time, talent, or treasure. Come to our first PTAC GENERAL ASSOCIATION meeting on Sept 12 (Wed). See you there! For info: paloaltopta.org or email evp@paloaltopta.org.

Palo Alto Council of PTAs - Looking for a few good men and women...

If you have a desire to serve your community, want to know what is happening, enjoying meeting other like minded seasoned PTA members, we have a suggestion for you. The Palo Alto Council of PTAs (PTAC) is looking to fill a few remaining key volunteer and board positions. See paloaltopta.org. PTA Councils meets twice a month (Sept-Oct & Jan-Mar), once for the Executive Board and once for the general public. PTA volunteers also served on PTAC committees, including but not limited those listed below. Please consider this an opportunity to be influential in our students' education with our strategic partners. All level of experience, expertise, and interest welcome. Please email us at evp@paloaltopta.org. Join us!

Open Positions

Vice President of Parent Education

Vice President of Communication (Co-Position)

Parliamentarian

Key Volunteers

Sponsorship Committee (3 members - Fall)

Elections Observers Committee (2 members - Fall) - this is a non-partisan group

Honorary Service Awards Committee (3 members - Spring)

125th Celebration Committee (3 members - Spring)

Urgent: Keep Tapping on your phones for our Students!

Congrats!!! The Governor signed our bill to help homeless students. Takes seconds -- two taps on your phone -- to support our remaining PTAC bills on the Click My Cause Two-Tap App:

Increase K-12 school funding targets (AB 2808)

Help foster youth (AB 2043)

Pupil Suicide Prevention and Training (AB 2639)

Sign up for Palo Alto PTA Council mobile alerts on the FREE Click My Cause Two Tap App

<https://clickmycause.com/download/>.

Community

Section 4 - Niki

Buddies4math: Making Math Fun

Buddies4math: Haciendo Matemáticas Divertido

Tutor Orientation: Fri, Sep 14, 4-6 PM

Orientación para Tutores: viernes, 14 de septiembre, 4-6 PM

Buddies4math is an award winning program staffed by Gunn students. Come join us to teach

elementary students math through games and play! A wonderful volunteering opportunity for students to take on leadership roles and work closely with second-fifth graders on improving and building math fluency. Volunteer hours count towards community service. Interested? Fill out this Google Form and if you have any questions, email us at volunteer4buddies4math@gmail.com.

Buddies4math es un programa premiado proveído de personal con estudiantes de la secundaria. Venga con nosotros a enseñar estudiantes de la primaria matemáticas por juegos! Una oportunidad maravillosa para estudiantes a hacerse cargo de puestos liderazgos y trabajar cerca de estudiantes de segundo a quinto grado en mejorando y construyendo fluidez. Horas voluntarias son contada a servicio comunitario. ¿Está interesado? Contáctenos a volunteer4buddies4math@gmail.com.

WHERE:

Mariano Castro Elementary School (505 Escuela Ave, Mountain View)

Edith Landels Elementary School (115 W Dana St, Mountain View)

Monta Loma Elementary School (460 Thompson Ave, Mountain View)

WHEN: Two sessions available: 4-5 PM and 5-6 PM

CONTACT: volunteer4buddies4math@gmail.com

Dónde:

Mariano Castro Escuela Primaria (505 Escuela Ave, Mountain View)

Edith Landels Escuela Primaria (115 W Dana St, Mountain View)

Monta Loma Escuela Primaria (460 Thompson Ave, Mountain View)

Contacto: volunteer4buddies4math@gmail.com

Palo Alto High School's 2-Day Weekend Glass Workshops

Tallers Vidrios Fines de la Semana de la Secundaria de Palo Alto

Sat & Sun, Sep 15-16, Nov 10-11, Nov 24-25, Dec 8-9, 9-3 PM, Paly Glass Studio, Palo Alto High School, 50 Embarcadero Rd, Palo Alto

Sábado y Domingo, 15-16 de septiembre, 10-11 de noviembre, 8-9 de diciembre, Paly Estudio Vidrio, Palo Alto High School, 50 Embarcadero Rd, Palo Alto

The workshop will focus on beginning glass blowing techniques. It's an incredible, fun, hands-on experience and it benefits the Paly Fiery Arts Program. Repeating students progress from their last session. Advanced Sign up required. Class limit is four. Teens and adults. \$425 per person. Open to Paly and the public. Contact: David Camner, founder of the Paly Fiery Arts, dcamner@pausd.org.

PALY Fiery Arts Fall Glass Sale: Glass Pumpkins, Pears, Cats and More!

PALY Artes Fogosos Venta Otoño de Vidrio: Calabazas de vidrio, Peras, Gatos, y más!

Fri, Sep 21, 3-6 PM; Sat, Sep 22, 11-4 PM; in front of the Palo Alto High School Art Bldg between the Performing Arts Center and the Haymarket Theatre, Palo Alto High School, 50 Embarcadero Rd, Palo Alto

Viernes, 21 de septiembre, 3-6 PM; Sábado, 22 de septiembre, 11-4 PM; en frente del edificio arte de Paly entre el centro de artes escénicas y el teatro Haymarket, Palo Alto High School, 50 Embarcadero Rd, Palo Alto

Discover 800+ magical glass pumpkins, pears, fish, cats, birds, bowls, moose and more. Hand-blown art made by Paly instructors, alums and students. Glass sales benefit the Fiery Arts program which creates opportunities for students to participate in an amazing sculpture curriculum. Come see the live demonstrations! Invite your family, friends, and neighbors! See you there! 2018 Fiery Arts Glass Sale <https://www.facebook.com/PalyFieryArts> Contact: PalyFieryArts@gmail.com

Descubra 800+ calabazas de vidrio mágicas, peras, peces, gatos, pájaros, bols, alce americanos, y más. Vidrio soplado artesanal por instructores, exalumnos, y estudiantes de Paly. Ventas beneficia el programa Paly Artes Fogosos que crea oportunidades para estudiantes a participar en un currículo de escultura fantástico. Venga a ver demostraciones en vivo! Invite su familia, amigos, y vecinos! Nos vemos allí! 2018 Artes Fogosos Venta Vidrio: <https://www.facebook.com/PalyFieryArts>
Contacto: PalyFieryArts@gmail.com

Teen Read Week Movie

Película de la semana Libro Adolescente

Tue, Oct 9, 4-6 PM, Mitchell Park Library, 3700 Middlefield Rd, Palo Alto

Martes, 9 de octubre, 4-6 PM, Biblioteca de parque Mitchell, 3700 Middlefield Rd, Palo Alto

Join us for Teen Read Week as we watch a movie based from David Levithan's YA novel, Every Day. Every day a different body. Every day a different life. Every day in love with the same girl. Rated PG-13. Register on PACL website. Grades 8-12.

Acompáñenos a mirar una película surgió a parte de Every Day (Cada Día) por David Levithan. Cada día un cuerpo diferente. Clasificado PG-13 (edades 13 y mayor). Inscríbese en línea a PACL. Grados 8-12.

Section 5 -

High School Families: Host an AFS Exchange Student

Hosting helps a high school student become fluent in English and experience life in America.

"Becoming a host family took us out of our comfort zone and provided many new experiences."

Questions? Contact Veronica Buxton at vbuxton@afsususa.org . AFS-USA is a premier volunteer cultural exchange program approved by the State Department. Contact us: AFS-USA.

FROM THE PREVIOUS ISSUE:

FREE Mindful Moms Intro Class with Krassi Harwell

Tue, Sep 11, 12-1:30 PM, 67 Encina Ave, Palo Alto

Come try this intro class for FREE and join our community of wise and caring moms as we navigate the rich and rewarding journey of raising kids into adults. We'll practice yoga, meditate, and tap into the healing power of togetherness as we share stories, strength and support. For moms who have kids of all ages -- particularly toddlers thru teens! Be wise: build your support network as you navigate motherhood. Registration is required. More Info:

<http://mindbodymoms.com/moms-groups/>. Register:

<http://mindbodymoms.com/free-introductory-classes/>.

Volunteer on Coastal Cleanup Day: Community Service Opportunity

Sat, Sep 15, 9 AM-12 PM, Baylands (Matadero or Adobe Creek)

The City of Palo Alto is hosting two Cleanup sites (Matadero: site 16 and Adobe: site 17) to clean up litter in the Baylands. Please go to www.cleanacreek.org to sign up and be sure to bring your waivers. Three hours of community service will be available.

Banned Book to Movie

Tue, Sep 25, 4-6 PM, Mitchell Park Library, 3700 Middlefield Rd, Palo Alto

Celebrate Banned Books Week with a movie! We will be watching *The Giver*, a movie based on a banned book. In a seemingly perfect community, without war, pain, suffering, differences or choice, a young boy is chosen to learn from an elderly man about the true pain and pleasure of the "real" world. Rated PG-13. Register on PACL website. Grades 8-12.

Section 6 -

FREE Women's Wellness Intro Class: A Taste of the Season with Jalene Salus

Fri, Sep 28, 10 AM-12 PM, St. Mark's, 600 Colorado Ave, Palo Alto

In this FREE class, Jalene Salus will offer an introductory taste of Integrative Nutrition as she shows you some sweet and simple ways to nourish your mind, body and spirit. Enjoy a little taste of some seasonal spring bites while you discuss foods to support your unique body -- and your family. Jalene will show you how aligning your self-care with the rhythm of the season can guide you on your path of women's wellness as she engages you in fulfilling dialogue with other

thoughtful, wise women. Registration is required for this FREE workshop as space is limited!
More info: <http://mindbodymoms.com/wellness-groups>. Register:
<http://mindbodymoms.com/schedule/>.

LEAD: A Service-Mentorship Program (9th-12th grade)

Thursdays, Oct 4-Nov 8, 4:30-6:30 PM

Don't miss out on this chance to become a LEAD-er; LEAD mentors and show 3rd-5th graders the value of service and community engagement! Through this largely youth-led program, high school and elementary age students build connection and community through service to others. High school mentors can either earn service hours or receive a stipend. Presented by Youth Community Service and the Palo Alto YMCA. To register email Ashley Yee-Mazawa at Ashley@youthcommunityservice.org .

Family Yoga

Saturdays, 10:30-11:30 AM, NEW LOCATION: Blossom Birth, 290 California Ave, Palo Alto

Family Yoga at Blossom is perfect for moms, dads or grandparents and their toddlers or preschool kids. Enjoy vitalizing yoga, playful meditation and singing as a sweet way to connect with your child. Have two or more? Bring them all, children join for free. Make this a joyful weekend family routine or just drop-in whenever you need some vitalizing movement. Blossom Birth Services is a 501 c(3) community based nonprofit organization.

<https://www.blossombirth.org/mom--toddler.html>