

Friday, October 11, 2019

Quick Links

[Gunn High School Website](#)
[Gunn PTSA Website](#)
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CALENDAR

T1

Fri, Oct 11 NO SCHOOL (Staff Development Day)

Mon, Oct 14 HOMECOMING WEEK , Alternate Schedule ([see calendar](#))

4:00 p.m. Site Council

6:30 p.m. Palo Alto College Fair @ Paly

Tue, Oct 15 HOMECOMING WEEK, Alternate Schedule ([see calendar](#))

Wed, Oct 16 HOMECOMING WEEK

Alternate Schedule ([see calendar](#))

PSAT College and Career Day

7:00 p.m. Sports Booster Meeting

Thu, Oct 17 HOMECOMING WEEK , Alternate Schedule ([see calendar](#))

5:30 p.m. Homecoming BBQ

8:00 p.m. Night Rally

Fri, Oct 18 HOMECOMING WEEK, Alternate Schedule ([see calendar](#))

8:45 a.m. PTSA General Meeting and

Principal Coffee

Sat. Oct 19 7:30 p.m. Homecoming Dance

10月11日, 星期五 学校无课 (员工发展日)

10月14日, 星期一 返校周 备用时间表 (请参阅日历)

4:00 PM 现场理事会

6:30PM 帕洛阿尔托大学博览会@ Paly

10月15日, 星期二 返校周 备用时间表 (请参阅日历)

10月16日, 星期三 返校周 备用时间表 (请参阅日历)

PSAT大学与职业日

7PM 运动助推会议

10月17日, 星期四 返校周 备用时间表 (请参阅日历)

5:30PM 返校周烧烤

8:00 PM 返校周夜间拉力赛

10月18日, 星期五 返校周 备用时间表 (请参阅日历)

8:45PM PTSA大会, 以及 校长咖啡日

周六十月19 7:30PM 返校舞会

T2 Caroline 2020

GUNN

Homecoming BBQ & Night Rally Thu, Oct 17, 5:30-7:00 p.m. (Homecoming BBQ), 8:00 p.m. (Night Rally) Homecoming is around the corner -- It is the most spirited event of the year! The Gunn PTSA is hosting this year's annual Homecoming BBQ on Thu, 10/17 from 5:30 - 7:00 p.m. before the Night Rally. We need your help to make this event successful! Please [sign up here](#) to volunteer -- Thanks very much. Claudia Yu and Heewon Park The Night Rally will take place after the BBQ at 8:00 p.m.(doors open at 7:45 p.m.) and is a lot of fun. Titan Spirit will be on FULL display. Students may buy tickets for family/guests starting October 15, and the remaining tickets will be sold at the door. Cost is \$3 for Gunn students and \$5 for everyone else.

Homecoming烧烤和晚会, 10月17, 周四, 傍晚5:30-7:00(Homecoming烧烤), 晚上8:00 (晚会)
Homecoming周即将到来--这是一年之中最热烈的活动! Gunn PTSA将在10/17星期四傍晚5:30-7:00 pm于晚会进行前举办今年的Homecoming BBQ。我们需要您的帮助才能成功举办此活动! 志愿者请在这里注册--非常感谢, Claudia Yu和Heewon Park。晚会 (Night Rally) 将在BBQ后的晚上8:00 (晚上7:45开门) 举行, 非常有趣的一个活动。Titan精神将充分显示。学生可以从10月15日开始购买家庭成员/客人的门票, 多余的门票将在晚会前于门口出售。Gunn学生门票每张3美元, 其他人每张5美元。

Pow

Gunn PTSA General Meeting and Principal's Coffee Fri, Oct 18, 8:45-10:00 a.m., Gunn Staff Lounge Please join us for a PTSA General Meeting and Principal's Coffee with Kathie Lawrence on Friday October 18 from 8:45-10:00 a.m. in the Staff Lounge. Find out what's going on in the Gunn community and meet other parents over a cup of coffee. We look forward to seeing you there!

Gunn PTSA 公共会议以及校长咖啡 星期五, 10/18, 早上8点15到10点, Gunn员工休息室
在星期五, 十月十八号, 早上8点45到10点, 在 工休息室与Kathie Lawrence来参加我的 PTSA 公共会 和校 咖啡。来 Gunn社区的事情和活 , 以及有机会在当 其他的家 的 刻, 享受一杯咖啡。我 期待来 到您!

Pre-translated

Separating Fact from Fiction in College Admissions with Paul Kanarek Parent education event hosted by Gunn PTSA Thu, Oct 24 6:30 p.m., Gunn Spangenberg Auditorium
Tickets at <https://factfromfiction.eventbrite.com> Paul Kanarek will discuss both the accuracies and inaccuracies that lead to erroneous assumptions about college affordability and admissibility. Mr. Kanarek will also address rumors about admissions in 2019. Mr. Kanarek is an informed, articulate and entertaining speaker who possesses both knowledge and insight around this subject, a set of skills that he developed first as the co-founder of The Princeton Review in California and then as the CEO of Collegewise.

Separando el hecho de la ficción en las admisiones a la universidad **Jueves 24 de octubre Auditorio Gunn Spangenberg, 6:30 p.m.** Entradas en <https://factfromfiction.eventbrite.com> Los Mitos alrededor de las admisiones son extensivas y frecuentemente erróneas. La buena noticia es que muchos de los mitos son incorrectos en beneficio de las familias. Esta sesión liderada por el presentador invitado- Paul Kanarek – hablara sobre las exactitudes e inexactitudes que le llevan las asunciones erróneas sobre la asequibilidad y admisibilidad al colegio o universidad. El Sr. Kanarek hablar sobre los rumores sustanciales que son correctas de las admisiones en 2019 y más allá. Traducción disponible bajo petición.

Paul Kanarek	
Mr. Kanarek	2019
Mr. Kanarek	
(The Princeton Review)	
Collegewise	
Mr. Paul Kanarek	“ ” (The Princeton Review
30	Collegewise
36	Mr. Kanarek
	Mr. Kanarek
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Please contact gunnparented@gunnpta.org for translation requests.

T4Max Gao

Junior Parent Network Meeting Oct 30, 8:30 a.m. -10:00 a.m., Room P-116 Our next meeting will be in the new Wellness center building P-116 and we will tour the Wellness Center at the end of the meeting. We will have the School Resource Officer, Brad Young, Genavae Pierre Dixon and Rosie Castillo from the Wellness Center. They will answer a wide variety of questions ranging from teen driving ,vaping and how would a parent know if their student needs mental health services and who should they talk to if they are not sure?

Titan Athletics Spirit Corner -Welcome to our Titan Athletics Spirit Corner where we'll highlight key news from Gunn Athletics each week. -- Congrats to **Kenza Ashworth**/water polo who received Honorable Mention from Palo Alto Weekly, 10/9. -- Congrats to **Cooper McKenna**/water polo, **Justin Chiao**/cross country and **Eitan Smolyar**/football all received Honorable Mention from Palo Alto Weekly, 10/2. -- **Girls Water Polo beat Saratoga 17-8** on Tue, 10/8. **Cooper McKenna** contributed 8 goals and **Molly Wilkinson** added four. --

11年级家长网络会议 10月30日, 上午8点30分到上午10点, 房间P-116 下一次会议将在新的健康中心大楼P-116中进行, 我将在会 束 参 健康中心。我 将有来自健康中心的学校 源官 , Brad Young, Genavae Pierre Dixon和Rosie Castillo。他 将回答各种各 的 , 包括青少年开 , 吸烟, 父母如何知道他 的学生是否需要心理健康服 , 如果不确定他 与 交 ?

泰坦竞技精神角- 迎来到我 的泰坦 技精神角, 每周我 都会重点介 Gunn 技的重要新 。--恭喜Kenza Ashworth /水球 手在10/9的Palo Alto周刊上 得了荣誉 。-祝 Cooper McKenna/水球, Justin Chiao/越野和Eitan Smolyar/足球都 得了Palo Alto周刊10/2的荣誉 。女子水球比 在10/8星期二以17-8 Saratoga。Cooper McKenna 献了8个 球, Molly Wilkinson添加了4个 球。--

George Zheng

Girls Varsity Cross Country placed 3rd in the SCVAL Crystal Springs meet and Maansay Rishi placed 3rd with a time of 18:36.4. -- Titan Football teams travel to Saratoga Friday, 10/11 - JV at 4:30 p.m. and Varsity at 7:00 p.m. The Titans are 4-1! Come cheer them on to another victory! -- Upcoming games - Girls JV and Varsity Volleyball teams host Mountain View, Fri, 10/11 5:30 p.m./JV and 6:45 p.m./Varsity. -- Upcoming games - Girls and Boys Water Polo teams travel to Paly on Tue, 10/15. Games at 3:30, 4:45, 5:45 and 6:45 p.m. -- Looking for coaches for Wrestling, and Boys and Girls Lacrosse. Reach out to [Curt Johansen](#), Athletic Director with any leads. -- Follow all the upcoming [sporting events](#). -- Next Sports Boosters meeting - Wed, 10/16 at 7:00 p.m. in the Staff Lounge.

女子越野跑校 在水晶泉运 会中名列第三 Maansay Rishi 以18分36.4秒的成 同 名列第三。泰坦JV橄 球 将于周五10月11日下午4:30前往 拉托加, 而校 将于晚上7:00出 。我的球 4-1 手!来 他 的另一 利 呼吧!

——即将到来的比 ——男女水球 将于周二10月15日前往Paly。下午3:30,4:45,5:45和6:45的比

—— 找摔跤教 , 和男女曲棍球教 。有任何 索 系体育 Curt Johansen。关注所有即将到来的体育 事。—下一届运 促 会 -星期三, 10月16日下午7 在 工休息室 行。

T6 Xiaolin

PTA SAFE ROUTES TO SCHOOL

Commuting to Gunn Here are some tips for commuting to Gunn. Additional information is on the Gunn website: [Commuting to Gunn](#) . According to California law, anyone under age 18 must wear a bicycle helmet if using the following modes of transportation: bicycle, non-motorized scooter, skateboard, inline/roller skates or as a passenger. Not wearing a helmet can result in a traffic citation plus traffic class attendance. PAPD has traffic officers which frequently patrol popular routes and enforce helmet laws and traffic safety.

Biking, Scootering, Skating, Walking Here is a map of suggested routes to Gunn for bikers and pedestrians: [Gunn Walk & Roll Map](#) This map highlights streets which have less cars and are safest for walking, biking and scootering. U-locks are the recommended bike locks; cable locks are easy to cut.

家 教 会安全的上学路

里有一些关于通勤的建 。更多信息 Gunn网站:[通勤到Gunn](#)。根据加州法律, 任何18以下的人在使用以下交通工具 必 戴上自行 盔: 、非 滑板 、滑板 、直排 / 滑 或乘客。不戴 盔会 致交通 票+交通上 。交通警察部 有交通官 , 他 常巡 路 , 行安全帽法 和交通安全。

自行 , 滑板 , 溜冰, 步行。 是一幅 自行 的人和行人的建 路 的地 :[Gunn Walk & Roll map](#) 幅地 突出了那些汽 少, 最适合步行, 自行 和滑板 的街道。u型是推荐的自行 ; 很容易切断。

T7 Zora Zhang

Locking the front wheel and frame is helpful: [Photo of bike locked properly](#). There are many bike cages at Gunn, try not to lock to a fence or railing where people walk, there's usually a location with space.

Taking the Bus to Gunn The VTA route 88 bus stop is directly in front of Gunn on Arastradero Road. There's a section in the Gunn Transportation webpage devoted to the VTA bus, it is a great alternative transport option for many students in the eastern and northern parts of town. If you do take the 88 bus, then subscribing to the message list will insure you

get schedule updates.

上前和架十分有帮助：[适当锁上的自行车照片](#)。Gunn有很多自行车架，尽量不要把自行车在架上，不然会阻碍人行道，通常会有空。

乘公交车上学 VTA88路会直接停在Atastradero路，Gunn的前面。Gunn交通网上有介绍VTA公交的部分，于城部和北部的多学生来，是一种很好的替代运输。如果您乘坐88，那么消息列表将确保您得到表的更新。

PAUSD & PTAC

T8 Michael

****NEW**** Superintendent's [Newsletter](#) and [PAUSD News](#).

****NEW** PTA Emergency Preparedness (ePrep) Chair** Help make your child's school campus safer by volunteering as your school's PTA Emergency Preparedness (ePrep) Chair. If you are interested contact one of your school's PTA officers and also reach out to the Hamilton Hitchings, PTAC ePrep Chair, at eprep@palaltopta.org who can tell you more, mentor you and add you as a representative for your school to the PTAC ePrep Committee.

****新** 院长通讯和PAUSD消息**

****新** PTA紧急准备席位**

帮忙您的小孩造一个更加安全的学院。去但一个急准备席位的志愿者。如果您有个位子有趣的，将系您的学校的PTA。您可以用eprep@palaltopta.org来系Hamilton Hitchings, PTAC ePrep席位。他可以跟您交代跟多的信息和指您怎么做一个PTAC ePrep Committee的代表。

T9 Kevin

****NEW** PTAC - Special Education Committee** The Special Education Committee of the PTA Council work collaboratively with PAUSD and Palo Alto Community Advisory Committee (CAC) for Special Education. Unity Day is Wed, Oct 23 at all schools, as part of **October Bullying Prevention Month** We welcome you to [learn more about us](#).

****新** PTAC- 特殊教育委员会** 家和教 会的特殊教育委 会将会与 PAUSD (帕 奥 学区) 和帕 奥 社区特殊教育委 会合作。作 **十月防止校园欺负月**的一部分, 日将会在 10月23日星期三在所有的学校 。 欢迎您**对我们作出更进一步的了解**。

T10

Take Action on the Stanford General Use Permit (GUP) - County voting this Fall Your voice needed now - we're in the home stretch! Message the county and Stanford to "fully mitigate" the impacts of the new Stanford GUP on our schools, so the GUP does not detrimentally impact the high quality of our PAUSD education. iPhone users: Tap twice on your phones in the [Click My Cause](#) app (allow notifications, select Palo Alto PTA Council); Android users: if you have not yet done so, sign our [online petition](#). More [info](#).

T11

Parent Ed Night at Fletcher: ANGST the Movie Wed, Oct 16, 6:45-8:15 p.m., in the Cafe (all PAUSD parents and students are invited) The Fletcher PTA will be screening "[Angst](#)"; a film that explores anxiety, its causes, effects and what we can do about it. The [filmmakers'](#) goal is to raise awareness around anxiety. Angst features candid interviews with kids and young adults who suffer from anxiety and what they've learned about it. The film includes discussions with [mental health experts](#), as well as [help, resources and tools](#).

T12

PTAC - Stanford General Use Permit (GUP) - Getting to the Finish Line Tue, Oct 22, 6:00 p.m., Palo Alto City Hall [250 Hamilton Ave](#) Please mark your calendars Tuesday, 10/22 for the final public hearing in Palo Alto on the 2019 Stanford GUP. Final decision will be made. We hope Stanford will come through with their promise to our schools and kids for FULL MITIGATION. All 17 PAUSD school PTAs and all PAUSD Board of Ed Members plan to attend this meeting. Let your voice be heard. Palo Alto City Hall ([250 Hamilton Ave.](#)) For more: www.paloaltopta.org.

COMMUNITY

****NEW** PAPH is ticketing! Your child MUST wear a helmet and STOP at stop signs**
Those who receive citations must attend a weekday traffic class with a parent or pay \$200+ fees. PAPH is actively issuing citations to students who are not wearing helmets for biking, skateboarding, scootering, skating.

T13 Mingjie Duan

This month, there were 60 students who received citations either for helmet violations, being on the wrong side of the road, or not stopping at stop signs. Be sure your student follows the rules of the road and protects their brain with a helmet! See this link for proper helmet fitting: [Getting the Fit Just Right](#).

****NEW** Volunteer at Cycle of Hope Sun. Nov 3, 5:30 a.m. – 6:00 p.m., Palo Alto**
Location given when you sign-up Habitat for Humanity East/Bay Silicon Valley provides affordable housing for families. Our second annual Cycle of Hope is a cycling event on Sunday, in Palo Alto. Volunteer roles include event day activities, course marshals or cheer squad. Volunteers are needed all day from 5:30 a.m. – 6:00 p.m. Perks include event T-shirt and snacks. Sign up at www.habitatcycleofhope.org. Questions: 510-803-3322, volunteer@habitatebsv.org

本月，有60名学生因反盔，在的道路上或没有在停志停而被引用。确保您的学生遵守道路，并用盔保大！参此接以正确安装盔：[正确安装头盔](#)。

****新**：希望之轮的志愿者** 11月3日，上午5:30 – 下午6:00，帕洛阿托（Palo Alto）署人居地的位置 / 湾硅谷 家庭提供 担得起的住房。我的第二次年度希望周期是周日在帕洛阿托行的自行比。志愿者角色包括活日活，程或加油。从上午5:30 – 下午6:00整天需要志愿者特 包括活 T恤和小吃。在www.habitatcycleofhope.org上注册。如有问题联系：[510-803-3322](tel:510-803-3322), volunteer@habitatebsv.org

T14

****NEW** Dine Out at Gott's Mon, Nov 4, 2019** Catch dinner before or after the 7pm Slow Parenting lecture at Paly. On Monday, November 4 from 5:00 - 9:00 p.m. Gott's Roadhouse will donate 10% of your bill to the Gunn Foundation which funds need-based scholarships for students. Grab some friends and head to Gott's at Town & Country Village in Palo Alto for great, locally sourced California road-house classics. If you pre-order your dinner online, please mention the Gunn Foundation.

Slow Parenting: Raising Children in a Fast World Parent education event jointly hosted by Paly and Gunn PTSAs **Nov 4, 7:00 p.m.- 8:30 p.m. at the Paly Haymarket Theatre** Tickets at slowparenting.eventbrite.com Hear Speaker Carl Honore talk about the powerful drive to reinvent childhood for the 21st century, touching on themes ranging from technology and extracurricular activities to education, safety and consumerism.

T15

Carl Honoré is the global guru of the fast-growing "Slow Movement" from London. This award-winning author, broadcaster and TED speaker travels the world teaching individuals and organizations that the best way to power forward in today's hyper-competitive, hurry-hurry world is often the radical act of willful deceleration.

****NEW** A CHRISTMAS STORY Musical, Presented by Palo Alto Players Fri, Nov 8 - Sun, Nov 24, show times vary; Lucie Stern Community Theatre** Kinder through adult; no children under age three admitted to the theatre Palo Alto Players presents A CHRISTMAS STORY, THE MUSICAL. Young Ralphie Parker schemes his way toward the holiday gift of his dreams, an official Red Ryder® BB gun ("You'll shoot your eye out kid!"). Warm up for your holiday season with this inspired stage musical adaptation of the perennial film classic. \$27-\$57 Tickets or 650-329-0891