



GUNN'S WEEKLY NEWS UPDATE

December 3, 2017

[Edición española](#)
[Mandarin Edition](#)

Dear Titan Community,

I hope each of you enjoyed a nice Thanksgiving break. As we approach the final stretch of the first semester, please know that the counseling and wellness staff are here to support our students. Please take a moment to read this week's updates.

Wellness Center (all grades)

We hope that the break was restful for both yourself and your student(s). This month we will be focusing on self care and stress management. As we approach finals we will boost up resources for students to engage in self-care both at the Wellness Center and outside of the space. To jumpstart education around this month's theme of managing stress we have included a [link](#) with some awesome information about teen stress.

Sources of Strength (all grades)

Thank you to those who joined us at the November 28 joint Gunn-Paly Sources of Strength information night for parents! Fifty parents and community members attended, and the feedback around the format and the information was positive. Students led small-group sessions with testimonials about their experiences with strength and resilience, and they facilitated discussions with the parents. Dr. Shashank Joshi (Stanford Associate Professor of Child & Adolescent Psychiatry) also presented about the importance of Sources of Strength and of students spreading messages of hope, help, and strength to their peers. Principal Kathie Laurence and Assistant Principals Mike Heffner and Pier Angeli La Place were also part of the evening.

If you'd like more info about Sources of Strength, please check out the national website at www.sourcesofstrength.org or contact a Gunn Sources of Strength Adult Lead: Kristy Blackburn, Courtney Carlomagno, Paul Dunlap, Tara Firenzi, Daisy Renazco and Cora Ross.

A special thank you to our student presenters and organizers: Naama Bejerano, XiLin Choi, Helena Cirne (planning), Gwen Dunlap, Sarah Glasser, Gaya Gupta, Eric Her, Camille Jacobsen, Ainsley Roh (photos), Meghna Singh and Brianna Wingard.

SELF (9th grade)

This week in SELF, the freshmen will be looking ahead to their first set of finals. Working with their Titan Ambassadors to brainstorm study tips, they'll complete a checklist about their time management processes, and set specific goals around how to study for each of their upcoming finals. Each cohort will finish out with a closing activity that offers them an opportunity to reflect on their first semester at Gunn, as this will be the last meeting of SELF for the semester.

Also, as part of our efforts to build community within SELF cohorts, we're looking to provide each mentor with a selection of board games and card games that they can use with their students for an occasional game day. If you have any complete board games or card games sitting around that you might like to donate, please bring them to the front office. Thank you in advance!

Sophomore Conferences (10th Grade)

Counselors are continuing with one-on-one Sophomore Conferences with each student. These meetings are expected to last approximately 30 minutes, and will be running through the end of January. Students can expect to receive call slips in the coming days for these meetings. Counselors are mindful about the impact of the appointments during class time, and we thank you in advance for your flexibility and support.

College and Career Corner (11th and 12th Grade)

For those who might be considering one of our local community colleges for next Fall, we're excited to tell you about a new program, the De Anza College Promise. This program is designed to benefit students who need it the most: the lowest income students, including many who are undocumented and those who are aging out of the foster youth system. The promise is simple: Your first year of college is free, if you qualify.

You can find more information at www.deanza.edu/outreach/de-anza-college-promise.

We have received word that Foothill will also offer a similar program.

News flash--Community College first year, first time, for all CA residents will be free.

Mrs. Kirsch is now seeing juniors. If you want your student to conduct the junior meeting without you, please let Mrs. Kirsch know. All scheduling of the junior appointments is through Mala at ghscollegeandcareercenter@gmail.com. Please leave your name, your student name and the best period for your student to miss a class.

Please check the [College and Career Center web page](#) for updated information. We will be posting a list of colleges that waive the fee for applying to college. It is by state and Mr. Lang will consult with any parent who needs more help with this topic.

Save the Date

- Dec 5 5:30 -6:30: ACE Mentoring program information (Architecture, Construction or Engineering career focus--a national not-for-profit organization) with tours, speakers and mentors. Location: FGY Architects 81 Encina Ave, Palo Alto.
- Dec 9: 9-12 Southern Oregon University will be at Embassy Suite by Hilton. 2885 Lakeside Dr, Santa Clara
- Jan 14 National Portfolio Review day in SF at Calif College of the Arts. See: portfolioday.net to get specific details. This should be done starting in sophomore year to be sure you understand what needs to be in the portfolio and to gain more info on the impact of this event in art school selection.
- Jan 31 Summer OPS night in the library at 7 PM-- there will be grab and go information and a small collection of booths.
- Feb 22 "Out of State Publics Info Night" will be held at Paly at 7 PM in the Media Arts building in the Atrium. Info on how to save money and why this is a real option
- Mar 3 GAP Fair in Los Altos 12 to 3 at Los Altos High

Transcript Ordering (12th Grade)

For students applying through the Common App, transcripts do not need to be ordered through Parchment. If you have questions about ordering transcripts for schools not on the Common App, please see Gunn Registrar, Ms. Douglas.

Financial Aid (12th Grade)

FAFSA

Families are required to complete a Free Application for Federal Student Aid (FAFSA), to demonstrate need and establish eligibility for aid. All two and four year colleges, public and private require the FAFSA. FSA ID information can be found and created:

<https://fsaid.ed.gov/npas/index.htm>. The FAFSA is also required for families applying for some of the federal loan programs. www.fafsa.ed.gov.

Cal Grant (GPA Verification)

The California Student Aid Commission uses the information provided on the FAFSA and the Cal Grant GPA Verification process to determine if students qualify for Cal Grant. The GPA information is available on the web at www.csac.ca.gov. To be considered for 2018-2019 Cal Grants (California State Aid), each student must confirm their email address in Family Connection with Naviance is the same as the one they will or have used with their FAFSA. If your email is different please send your new email address to llang@pausd.org. Your GPA verification was submitted electronically on September 25th, 2017.

CSS/Financial Aid Profile

Many private colleges and universities use the information collected from a form called the CSS/Financial Aid Profile in addition to the FAFSA. Follow the directions colleges send with their application materials to be certain you meet their specific requirements and due dates. The PROFILE can be completed online. There is registration fee for submitting the CSS Profile Application. There is a charge for each college or university to which information is sent. The CSS PROFILE registrations guides are available on the [College Board website](#), then find Pay for College and click on CSS/Profile.

Important Dates:

- October 1, FAFSA became available on the web
- March 2, California Grant application deadline 2018

Check with each college or university about that institution's deadline.

Scholarships

A scholarship listing is compiled and updated weekly to assist students and their parents who are looking for scholarships. Be sure to check your *Family Connection* account with *Naviance* under the "College" tab for local and school scholarships.

Please Support PiE

Thank you to all that have supported Partners in Education (PiE). The donations to PiE continue to support many programs at Gunn, including our guidance department. Your donations have made a difference for all students at Gunn.

Thank you for your care,

Mike Heffner

Assistant Principal

Gunn High School