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Calendar

Fri-Sat, Mar 23-24

Gunn Theatre presents *King Lear*, 7 PM, N Building Staircase

Mon-Wed, Mar 26-28

CAASPP Testing for Juniors (see [Calendar](#))

Mon-Fri, Mar 26-30

Alternate Schedule (see [Calendar](#))

Wed, Mar 28

Community College Info Night, 6:30 PM, Library

Thu, Mar 29

CMEA Preview Concert, 7:30 PM, Paly PAC

Fri, Mar 30

Minimum Day, 12:40 PM Dismissal

Mon-Fri, Apr 2-6

NO SCHOOL - Spring Break

Mon, Apr 9

Site Council, 4 PM, Staff Lounge

Tue-Thu, Apr 10-12

Alternate Schedule (see [Calendar](#))

Thu, Apr 12

PTSA Meeting, 6:30 PM, Staff Lounge

Sat, Apr 14

Prom, 7:30 PM

日历

周五, 周三, 23-24

Gunn剧院表演李尔王下午7点, N楼梯

周一至周三, 3月26日至28日

CAASPP11年级测试 (请参阅日历) [Calendar](#)

周一至周五, 3月26日至30日

备用时间表 (请参阅日历) [Calendar](#)

星期三, 3月28日

社区学院信息夜, 6:30 PM, 图书馆

星期四, 三月二十九日

CMEA预演音乐会, 7:30 PM, Paly PAC

星期五, 3月30日

学校早放学, 12:40 PM放学

周一至周五, 4月2-6日

春假

星期一, 4月9日

现场理事会, 下午4点, 职员休息室

星期二, 四月10 - 12日

备用时间表 (请参阅日历) [Calendar](#)

星期四, 4月12日

PTSA会议, 6:30 PM, 职员休息室

星期六, 4月14日

Prom 舞会, 7:30 PM

Gunn

Caroline 2019

Adjusted Bus Schedules for March 26-30

Monday, March 26, and Tuesday, March 27

2:25 PM dismissal - School trippers will depart Vets Hospital at 2:33 PM (88M), 2:35 PM (88L). An additional N/B 88 trip to Middlefield/Colorado will depart Vets Hospital at 2:37 PM.

Wednesday, March 28

12:15 PM dismissal - School trippers will depart Vets Hospital at 12:23 PM (88M), 12:25 PM(88L). An additional N/B 88 trip to Middlefield/Colorado will depart Vets Hospital at 12:27 PM.

Thursday, March 29

3:40 PM dismissal - School trippers will depart Vets Hospital at 3:48 PM (88M), 3:50 PM (88L). An additional N/B 88 trip to Middlefield/Colorado will depart Vets Hospital at 3:52 PM.

Friday, March 30

12:40 PM dismissal - School trippers will depart Vets Hospital at 12:48 PM (88M), 12:50 PM(88L). An additional N/B 88 trip to Middlefield/Colorado will depart Vets Hospital at 12:52 PM.

3月26日至30日的调整巴士时刻表

3月26日星期一，3月27日星期二

下午2点25分放学 - 搭载学生的巴士将于下午2:33 (88M) , 2:35 PM (88L) 离开Vets医院。下午2点37分，另外前往Middlefield / Colorado的N / B 88次巴士将离开Vets医院。

3月28日星期三

12:15 PM放学 - 搭载学生的巴士将于12:23 PM (88M) , 12:25 PM (88L) 离开Vets医院。下午12:27，另外一次前往Middlefield / Colorado的N / B 88巴士将离开Vets医院。

3月29日，星期四

下午3点40分放学 - 搭载学生的巴士将于下午3:48 (88M) , 下午3:50 (88L) 离开Vets医院。另外一次去Middlefield / Colorado的N / B 88巴士将于下午3:52离开Vets医院。

3月30日星期五

12:40 PM放学 - 搭载学生的巴士将于下午12:48 (88M) , 12:50 PM (88L) 离开Vets医院。另外N / B 88次前往Middlefield / Colorado的巴士将于12:52 PM离开Vets医院。

Gunn Band CMEA Preview Concert

Thu, Mar 29, 7:30 PM, Palo Alto High School Performing Arts Center, 50 Embarcardero Rd, Palo Alto

Come hear the Freshman Concert Band, Symphonic Band and Wind Ensemble present a sneak peak at some of the literature they will be performing for the CMEA Bay Section Large Group Festival in April. Tickets: FREE for Gunn Band & Orchestra Boosters members (family of 4); FREE for students with ID & children under 12; \$5 general admission at the door.

Gunn乐队CMEA预演音乐会

3月29日星期四, 晚上7:30, Palo Alto高中表演艺术中心, 帕洛阿尔托Embarcardero路50号

请来听听高中一年级学生音乐会乐队, 交响乐团和风琴乐队的演出, 他们将在4月份的CMEA Bay Section Large Group音乐节上演出一些文学作品。门票: Gunn 高中乐队管弦乐队Boosters会员 (4人家庭) 免费; 有学生证以及12岁以下儿童免费; 现场门票5美元。

International Buffet Parent Volunteers Needed

Thu, Apr 19

Need parents to sign up to help at the Annual Gunn PTSA International Buffet on Thursday, April 19, at lunchtime. Delicious international dishes will be served. Volunteer duties from food server, cashier, set up tables, clean up, hydration and bringing excess food to homeless shelter, are listed on sign-up link: www.tinyurl.com/GunnInternationalBuffet2018. PAUSD has announced that no food can be made at home and brought onto campus for this event. Due to health concerns for our students, only food produced at a professional kitchen can be served. The World Languages Department and several language clubs are planning a whole week of events during Gunn's International Week festivities April 16-20. More information, please contact the Gunn PTSA: GunnPTSA@gmail.com

需要国际自助餐家长志愿者

星期四, 四月十九日

4月19日星期四, 午餐时间, 需要家长报名参加年度Gunn PTSA国际自助餐会。将提供美味的国际美食。义务工作如食品服务员, 收银员, 设置餐桌, 清理, 供水和将多余食物带到无家可归的庇护所, 都列在注册链接上: www.tinyurl.com/GunnInternationalBuffet2018。Palo Alto 联合校区宣布, 此次活动不在家中制作食品, 要将食品带到校园。为了我们学生的健康着想, 只有在专业厨房生产的食物才能提供。世界语言系和几家语言俱乐部计划在4月16 - 20日举行的 Gunn国际周庆祝活动期间, 举办整整一周的活动。要了解更多信息, 请联系Gunn PTSA: GunnPTSA@gmail.com

FROM THE PREVIOUS ISSUE:

T2 Jasmine

PiE Seeking Parent Input

Please check your inbox for the Partners In Education (PiE) annual parent survey! Every spring, PiE collects input from the parent community. This information, coupled with input from each principal, determines where PiE dollars are spent in our schools the following year. Please complete the *brief* survey to give PiE feedback and communicate what is most important to you.

PiE

请检查您的收件箱为合作伙伴在教育(PiE)年度家长调查!每年春天, PiE都会从父社区收集信息。这一信息, 再加上每个校长的投入, 决定了下一年我们学校的PiE钱花在哪里。请完成这个简短的调查, 以反馈和沟通什么对你最重要。

Gunn College & Career Center--Upcoming Events

Community College Information Night

Wed, Mar 28, 6:30 PM, Library

Gunn学院&职业中心——即将举行的活动

社区学院信息晚上

3月28日下午6:30, 图书馆

"The Changing Trends in College Admissions," with Felicia Fahey

Tue, Apr 24, 7 PM, Staff Lounge

Ms. Fahey earned a PhD in Latin American Literature and Cultural Studies. Ms. Fahey is a frequent volunteer at Gunn on college essay writing and college pathways students. She recently toured colleges in Europe and can provide information on that at this event.

“大学录取的变化趋势”, 费利西娅·费伊说

4月24日 下午 7 PM, 职工休息室

费伊女士获得了拉丁美洲文学和文化研究的博士学位。她是Gunn的一名志愿者, 她经常参加大学论文写作和大学教育。她最近参观了欧洲的大学, 并可以在这个活动上提供相关信息。



Gunn Athletics



From the Gunn Sports Boosters

Gunn Sports Boosters is excited to announce that the Girls Softball team has new equipment and a new scoreboard, for which Boosters paid 50% of the expenses. Go TITANS!

来自Gunn的体育助推器

Gunn Sports的支持者们兴奋地宣布，女子垒球队有了新设备和新的记分板，助推器支付了50%的费用。加油太阳神!

FROM THE PREVIOUS ISSUE:

Athlete Recognition

Gunn Sports Boosters would like to recognize **Andy Zhou** for Boys Golf for Honorable Mention for Athlete of the Week.

动员 认

Gunn 们 尔 . 为 动员

PAUSD & PTAC

Karly

****B9K** Read the current message from our Interim Superintendent**

We will re-post Karen Hendricks' communications here each week, in case you missed it on her Friday Infinite Campus email to you. Visit <https://www.pausd.org/news> for the latest message from Karen Hendricks.

** **

campus Karen Hendricks infinite
<https://www.pausd.org/news> Karen Hendricks

PAUSD Secondary Art Exhibition

Now-Apr 13 at JLS; and Mon-Fri 8 AM-4 PM (closed Sat-Sun) at PAUSD, Main Hallway, [25 Churchill Ave, Palo Alto](#)

This exhibition features artwork by PAUSD 6-12. Visual Art students in a variety of media, including drawing, painting, photography, printmaking, Graphic Design, sculpture, ceramics, and glass.

PAUSD 学区中学艺术展

现在至 4月13日在JLS;

周一至周五上午8点至下午4点 (周六至周日关闭) 在PAUSD学区主走廊, [25 Churchill Ave, Palo Alto](#)

本次展览展出了PAUSD 学区6-12年级学生的艺术作品。视觉艺术的学生以各种媒介作出的作品, 包括绘画, 油画, 摄影, 版画, 平面设计, 雕塑, 陶瓷和玻璃。

****B9K** How Do We Know What's True Anymore?**

Mon, Apr 9, 7 PM, Palo Alto High School Performing Arts Center, [50 Embarcadero Rd, Palo Alto](#)

Democracy requires well-informed voters to thrive. Yet truth and facts are under assault from misinformation, disinformation, propaganda and fake news. Learn strategies, tips and tools to gauge the credibility of information from experts at Snopes, Data for Democracy, Google, Facebook, Stanford University, and the Institute for the Future. Event is designed for high school students, parents and all other adults, and co-sponsored by the League of Women Voters Palo Alto and the Palo Alto PTA Council. Registration (free) & information: <https://goo.gl/SHLwmm>.

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4 9 7 Palo Alto [50 Embarcadero Rd, Palo Alto](#)

Snopes Data for Democracy Google Facebook

Institute for the Future

League of Women Voters Palo Alto)

PTA

Palo Alto

PTA Council)

<https://goo.gl/SHLwww>

****B9K** Proxima Junta del Latino Parent Network, Ohlone Elementary School, co-patrocinado por PAUSD y el concilio del PTA**

Martes

Abril 17, 6-7:30 PM, Ohlone Elementary School, [950 Amarillo Ave](#)

El Latino Parent Network se enfoca en incrementar el número de estudiantes hispanos que están completamente preparados para entrar a la universidad o carrera a la hora en la que se graduen. Conozca al coordinador de equidad del distrito, Keith Wheeler, quien aboga por aumentar el acceso y el éxito de nuestros niños. La presentación y la discusión se llevarán a cabo en español con traducción en inglés disponible. Cuidado de niños y pizza.

Latino Parent Network Meeting at Ohlone Elementary School, co-sponsored by PAUSD and PTA Council

T4Emily

Tue, Apr 17, 6-7:30 PM, Ohlone Elementary School, [950 Amarillo Ave](#)

The Latino Parent Network aims to increase success for Hispanic students and ensure that 100% are college and career ready by the time they graduate. Meet the district's Equity Coordinator, Keith Wheeler, who is advocating to increase access and success for our children. The presentation and discussion will be conducted in Spanish with English-translation available. Childcare and dinner provided.

星期二，4月17日，6-7 : 30 PM，Ohlone小学，950阿马里洛大道

拉丁裔家长网络旨在为西班牙裔学生增加成功，并确保他们毕业时100%是大学和职业准备。与该区的平等协调员Keith Wheeler会面，他们正在倡导为我们的孩子增加访问和成功。演讲和讨论将以西班牙语进行，并提供英文翻译。提供儿童看护和晚餐。

Bus Driver Appreciation Breakfast

Thank You messages due: Sun, Apr 22

Donations due: Thu, Apr 26

Each year, the Palo Alto CAC honors the bus drivers who play a vital role in transporting students to and from school. The event will be on April 26th, 2018 at 8:00 AM, when we will serve breakfast to the bus drivers at their office. If you want to show your support for the dedication and kindness demonstrated daily by your child's bus driver, please send a thank-you note with your message to CacBusDriverAppreciation@gmail.com. If you would like to donate a breakfast item or gift

card/money, please let us know as well. Please send your messages by Sunday, April 22nd.
Sponsored by <http://cacpaloalto.org>.

巴士司机欣赏早餐

谢谢你的信息：星期日，4月22日

捐赠到期：星期四，四月二十六日

每年，帕洛阿尔托CAC都会为在学生上下学中发挥重要作用的巴士司机表示敬意。该活动将于2018年4月26日上午8:00举行，届时我们将为他们的办公室的巴士司机提供早餐。如果您想表达对您孩子的巴士司机每天演示的奉献精神和支持，请发送带有您的消息的感谢信到 CacBusDriverAppreciation@gmail.com。如果您想捐赠早餐食品或礼品卡/钱，请告诉我们。请在4月22日星期四发送你的信息。由<http://cacpaloalto.org>赞助。

****B9K** Summer Camps Held at PAUSD Sites**

Looking for a summer camp in your neighborhood or at one of our Palo Alto Unified school sites? Now you can find it at the PTAC website at <https://ptac.paloaltopta.org/2018-summer-camps/>. Camp providers listed on this page host activities/summer camps at PAUSD Schools, and pay rental fees to our district. These rental fees help to defray the cost of running our schools while providing local opportunities for our kids. PTA Council does not endorse one camp over another. This service is offered to give parents an easy way to find out what is being offered and where. Please contact the [PTAC Webmaster](#) to recommend updates to this information. There is no charge to providers to be listed.

****新** **夏令营在PAUSD网站举办**

在您的社区或我们的帕洛阿尔托统一学校网站上寻找夏令营？现在您可以在PTAC网站 <https://ptac.paloaltopta.org/2018-summer-camps/> 上找到它。本页面列出的营地供应商在PAUSD Schools举办活动/夏令营，并向我们的区域支付租金。这些租赁费用有助于支付我们学校的经营成本，同时为我们的孩子提供当地机会。PTA委员会并不认可另一个阵营。这项服务是为家长提供一个简单的方法来找出正在提供什么和在哪里。请联系PTAC网站管理员以推荐更新此信息。提供商无需收费。



Community

T5 Eric W

Boy Scout Troop 50 Open House

Mon, Mar 26, 7:30-9 PM, Boy Scout Fire Circle, Lucie Stern Community Center, [1305 Middlefield Rd. Palo Alto](#)

Palo Alto Boy Scout Troop 50 is having an open house in order to give kids (grades 5-10) and their parents a chance to get to know Troop 50 to see if it is the right troop for them. This is an excellent opportunity to learn about the troop and about scouting. For more information about Troop 50, please see the following web site: <https://sites.google.com/view/patroup50/home>.

“50号童子军部队”开放参观活动

三月二十六日，早七点半至九点，位于 [1305 Middlefield Rd. Palo Alto](#) 的露西斯特恩社区中心的“童子军火圈”

帕洛阿尔托 50号童子军部队 会开放参观活动，以便让5-10年级的孩子们和他们的父母能够了解 50号部队 是否是他们的合适的童子军部队。这是了解童子军和 50号部队 的绝佳机会。更多关于 50号部队的信息请浏览：<https://sites.google.com/view/patroup50/home>。

Charleston/Arastradero Corridor Project

The City of Palo Alto will be constructing roadway modifications and streetscape improvements to a continuous segment of Arastradero Road and Charleston Road. As part of this project, the City will also be repaving and widening the Los Altos/Hetchy-Hetchy bike path from Arastradero Road to Adobe Creek. Public Works Engineering (PWE) will be holding two open houses that will allow stakeholders and the community to ask questions and learn more about the project:

- March 27: Gunn High School, 6:30-8:00 PM, Staff Lounge
- March 29: Hoover Elementary School, 6:30-8:00 PM, Multi-purpose Room

For updates and more information, visit the project's website at www.cityofpaloalto.org/cacorridor.

Charleston/Arastradero 道路改善计划

帕洛阿尔托市将在 Arastradero路 和 Charleston路 的一部分连续路段进行道路改造和街道景观改善。作为这个项目的一部分，帕洛阿尔托市还将重建并扩大从 Arastradero Road 到 Adobe Creek 的 Los Altos / Hetchy-Hetchy 自行车道。PWE将举办两场开放参观活动，让利益相关者和社区提出问题并进一步了解该项目：

- 三月二十七日晚六点半至八点，位于Gunn高中的员工休息室
- 三月二十九日晚六点半至八点，位于Hoover小学的多功能教室

更多信息请浏览：www.cityofpaloalto.org/cacorridor。

Parent Ed Night at Jordan Middle School: Social Media Wellness: How to Help Children and Adults Thrive in an Unbalanced Digital World with Ana Homayoun

Wed, Mar 28, 7.30- 9 PM, Jordan Middle School Multi-Purpose Room, [750 N. California Ave. Palo Alto](#)

In our always-on digital world, it can be hard for teens -- and adults! -- to successfully navigate online and IRL worlds. With empathy, compassion, and humor, noted Silicon Valley author Ana Homayoun will discuss some of the modern parenting dilemmas in the age of the smartphone and speaks about her latest book, [Social Media Wellness: Helping Teens and Tweens Thrive in an Unbalanced Digital World](#). She will explore how the digital balancing act affects all aspects of our lives and personal wellness, and for students impacts academic abilities and social well-being as well as emotional and physical health. Ana's work, which is grounded in research and based on over fifteen years of working with students, offers practical solutions for students, parents, and educators as they navigate the ever-changing issues involving social networking and healthy child and teen development.

Jordan中学的家长教育夜：社交媒体健康：如何帮助儿童和成人在不平衡的数字世界中茁壮成长

讲师：Ana Homayoun

三月二十八日，星期三，晚七点半至九点，位于 [750 N. California Ave. Palo Alto](#) 的Jordan中学的多功能教室

成功在网络与现实世界“航行”对青少年——甚至对大人——来说可能很艰难！知名硅谷作家 Ana Homayoun 将讨论一些智能手机时代家长的困扰，并讲解她的新书：“[社交媒体健康：帮助青少年和补间者在不平衡的数字世界中茁壮成长](#)”，她将以共情，同情且幽默的形式表达她的观点。她将探讨数字平衡行为如何影响我们生活和个人健康的各个方面，以对学生来说如何影响学术能力，社会福祉以及情绪和身体健康。安娜的研究基于十五年与学生合作的研究，为学生，家长和教育工作者提供切实可行的解决方案，帮助他们处理涉及社交网络以及健康的儿童与青少年发展等不断变化的问题。

Angela

Teenpower Safety and Self Defense Workshop

Sun, Apr 15, 1-6 PM, [3900 Ventura Court, Palo Alto](#)

www.kidpower.org

Designed for teens ages 13-17, this workshop gives teens focused practice in using boundary-setting, conflict resolution, self-protection, and self-defense skill. Includes physical skills with a padded instructor. \$140 per teen. Pre-registration required. For more information, contact safety@kidpower.org or call (800) 467-6997.

青少年安全和自我保护

星期日，4月15日，下午1-6点 [3900 Ventura Court, Palo Alto](#)

www.kidpower.org

本课程特别为十三至十七岁的青少年而设计，会为青少年提供了使用边界设置，冲突解决，自我保护和自我防卫的技能。包括练习有护垫保护的指导员的互动练习。每位青少年140美元。需要预先注册。欲了解更多信息，请联系 safety@kidpower.org 或致电(800) 467-6997。

Help Students Who Need You Most: Learn about All Students Matter

Wed, Apr 25, in Atherton, or Thu, Apr 25 in Palo Alto, 10 AM

Come learn about volunteering next school year, once a week in a K-5th grade classroom in East Palo Alto and eastern Menlo Park where students face many challenges and are eager for your support to build academic and social/emotional skills. Hear about the impact you can have at the home of a current volunteer. Contact Jeanette Kennedy at jkc_kennedy@yahoo.com to receive details. Learn more about us at www.allstudentsmatter.org.

帮助最需要你的学生: 了解 'All Students Matter'

周三, 4月25日, Atherton, 或周四4月25日, Palo Alto, 上午10点

来了解下一学年的志愿服务, 每周一次在东Palo Alto和Menlo Park的K-5教室中学习。学生们面临着许多挑战, 并渴望得到您的支持以建立学术和社交/情感技能。听听现任志愿者家中听听他们志愿工作中的亲生感受。请联系Jeanette Kennedy jkc_kennedy@yahoo.com 以获取详细信息。在 www.allstudentsmatter.org 上了解更多关于我们的信息。

Host Families Wanted for 2018-19 Foreign Exchange Students

Is your student interested in studying abroad? Is your family interested in hosting a foreign exchange student? AFS is the largest student exchange organization in the US, with about 1,000 US high school students currently studying abroad, and 2,200 foreign exchange students studying in the US this year (30 in the Bay Area). Currently AFS has 1 student at Paly, and typically hosts 1 or 2 students at Gunn. Study abroad is a great way for your student to learn a culture, language, and to mature. Hosting a student builds bonds that can last a lifetime, and is a great way to broaden your student's horizons. Learn more at www.afsusa.org.

征集寄宿家庭2018-19学年交换学生

你的学生是否有兴趣出国留学? 你的家人是否有兴趣托管一名交换学生? AFS是美国最大的学生交流机构, 目前有约1,000名美国高中学生在海外留学, 今年在美国留学的交换学生有2,200名(在湾区有30名)。目前, AFS在Paly有1名学生, 通常在Gunn接待1或2名学生。留学是学生学习文化, 语言和成熟的好方法。托管一名学生可以和您的孩子建立一生的友谊, 是扩大学生视野的好方法。了解更多信息 www.afsusa.org.

FROM THE PREVIOUS ISSUE:

T7 Danny

LEAD: Learning Engagement Asset Development

Thursdays, Now-Apr 19, 4:30-5:30 PM, 5:30-6:30 PM (high school mentors only), YMCA, [3412 Ross Rd, Palo Alto](#)

Youth Community Service (YCS) and the Palo Alto YMCA are teaming up to host a new service mentorship program! LEAD is a largely youth-led program where a high school student will be paired with elementary school students to work together in service to the community. Elementary students will learn new ways to serve the community and high school students will learn leadership skills. For more information and to enroll please email ashley@youthcommunityservice.org or

elizabeth.bedortha@ymcasv.org.

Paly 5K Fun Run & Walk (for the whole family)

Sat, Mar 24, Palo Alto High School, [50 Embarcadero Rd](#)

[Paly](#) Sports Boosters and the Paly Track & Field Team will be hosting the Paly 5K Fun Run & Walk on March 24. Along with the 5K run (or walk), we'll have a 2K Stroller Walk and Tot Trot, and sprint races for elementary school kids. The Riekes Center will be hosting a nature-based obstacle course for the kids. There will be jugglers, ukulele players, balloon artists, and more! In partnership with Paly's Best Buddies program, all races are accessible. Early-bird registration discount closes on March 18th. [Sign up here](#).

FREE Stress Relief Workshop for Moms & Teens

Sat, Mar 24, 7-9:30 PM, Yoga Source, [158 Hamilton Ave, Palo Alto](#)

Moms and teens are invited to come enjoy a nourishing evening together to reduce stress, restore balance and replenish reserves. Moms will begin with Jaclyn Long in one studio, and teens will begin in the adjacent studio with Danielle Seybold. At the end of the evening, moms and teens will be invited into the same studio to practice a sweet relaxation practice together. [Registration](#) is required for this FREE workshop as space is limited.

星期四，从现在起到4月19日截止，4：30-5：30 PM，5：30-6：30 PM（仅限高中导师），YMCA，3412 Ross Rd，Palo Alto

青年社区服务（YCS）和帕洛阿尔托基督教青年会正联手主办一项新的服务指导计划！LEAD主要是青年领导的项目，高中生将于小学生组队为社区服务。小学生将学习为社区服务的新方法，高中学生将学习领导技能。欲了解更多信息和报名，请发送电子邮件至ashley@youthcommunityservice.org或elizabeth.bedortha@ymcasv.org。

Paly 5K Fun Run & Walk（全家福）

星期六，3月24日，Palo Alto高中，Embarcadero路50号

Paly Sports Boosters和Paly田径队将于3月24日主办Paly 5K Fun Run & Walk。随着5000米跑步（或步行），我们将有2000米推车步行和Tot Trot，以及冲刺赛事小学的孩子。Riekes中心将为孩子们举

办一场以自然为基础的障碍课程。会上将杂技，夏威夷四弦琴演奏和气球艺术等等！与Paly的Best Buddies计划合作，所有比赛都可以进行。提前注册优惠在3月18日关闭。在此注册。

为妈妈和青少年免费举办减压讲习班

星期六，3月24日，7-9：30 PM，瑜伽源，158哈密尔顿大道，帕洛阿尔托

妈妈和青少年被邀请来共同享受一个美妙的夜晚，以减轻压力，恢复平衡和补充储备。妈妈们将在一间工作室中与Jaclyn Long一起开始，而青少年将在与Danielle Seybold的相邻工作室中开始。第二天早晨，妈妈和青少年将被邀请到同一工作室一起练习甜蜜的放松练习。由于空间有限，此免费研讨会需要注册。

Richard

FREE Mindful Moms Yoga Class with Krassi Harwell

Tue, Mar 27, 12-1:30 PM, [67 Encina Ave, Palo Alto](#)

Join our community of wise and caring moms as we navigate the rich and rewarding journey of raising kids into adults. We will practice yoga, meditate, and tap into the healing power of togetherness as we share stories, strength and support. This FREE class is for moms who have kids of all ages - particularly helpful for moms who have toddlers thru teens! [Registration](#) is required for this FREE workshop as space is limited!

Krassi Harwell

时间地点：星期二，3/27，中午十二点到下午一点半，67 Encina Ave, Palo Alto

请和我们社区睿智与体贴的妈妈一起，经历将孩子教育培养成人的丰富而有益的旅程。活动内容包括瑜伽、冥想以及通过分享彼此的故事、力量和支持方式来获得治愈的能量。这是一个为妈妈们准备的免费课程-特别是为那些家有幼儿至青少年的妈妈们！需要注册！名额有限！

Project Safety Net (PSN) Community Meeting, Youth Intensive Outpatient Programs

Wed, Mar 28, 3:30-6 PM, Rinconada Library, [1213 Newell Rd, Palo Alto](#)

You're invited to PSN's March Community Meeting! Please join us for a forum on Intensive Outpatient Programs for youth. By the end of the forum, participants will: understand the role of Intensive Outpatient Programs in the continuum of youth health care services; learn about the various youth Intensive Outpatient Programs available in our region; and identify opportunities to improve youth mental health care utilization and access. Volunteer/service hours are available to students attending PSN meetings. Refreshments and light snacks provided. [RSVP](#) appreciated.

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时间地点：星期三，3/28，下午3:30-6点，Rinconada Library, 1213 Newell Rd, Palo Alto

诚邀您来PSN's的三月社区会议，参与我们为青少年强化门诊计划提供的论坛。在论坛结束时，参会者将会：了解强化门诊计划在持续青年保健服务中的作用；了解我们地区提供的各种青少年强化门诊计划；并找出改善青年如何使用和获得精神卫生保健的机会。PSN会给参与会议活动的学生们社区服务小时。将提供点心和小吃。需要预约。

Dementia Awareness: Making Palo Alto a Dementia-Friendly Community

Wed, Mar 28, 7-9 PM, Mitchell Park Community Center, El Palo Alto Rm

Learn how to identify, communicate effectively with and support those living with Alzheimer's and other dementias in our community. Hear how small changes in your daily life can help people with dementia remain independent and socially engaged. See [featured article in Palo Alto Weekly](#) on this subject and event Mayor Kniss is one of the featured speakers. To register, please go to tinyurl.com/AdvocacyPA2018. Contact Minka van der Zwaag @ minka.vanderzwaag@cityofpaloalto.org or (650) 463-4953 for more information. This event is co-sponsored by the Alzheimer's Association, City of Palo Alto, Avenidas and Age Friendly Palo Alto and Silicon Valley.

palo alto

时间地点：周三

3/28, 晚上7-9点, Mitchell Park 社区活动中心, El Palo Alto室 学习如何分辨痴呆症, 如何有效地与我们社区中的老年痴呆症和其他种类的痴呆症患者进行沟通和支 持。听听我们生活中哪些微小的变化能够帮助痴呆患者保持自立和参与社交。请参阅Palo Alto Weekly有关这个主题的专题文章, 市长Kniss将是主讲之一。注册请上tinyurl.com/AdvocacyPA2018 需要更多信息请联系Minka van der Zwaag minka.vanderzwaag@cityofpaloalto.org或拨打(650) 463-4953。本次活动由老年痴呆症协会、Palo Alto市政, Avenidas and Age Friendly Palo Alto and Silicon Valley共同提供。

T9

Tony Chan LBGTQ+ Listening Forum

Thu, Mar 29, 7-9 PM, Mitchell Park Community Center, El Palo Alto Rm

Members of the LBGTQ community, along with their families, friends and allies, are invited to share their needs and concerns. The County Office of LBGTQ Concerns and the City of Palo Alto Human Relations Commission want to learn what it can do to better support the LBGTQ community and establish priorities for future projects and initiatives. To RSVP, please go to [HTTPS://TINYURL.COM/Y9LMPTTG](https://tinyurl.com/y9lmpttg). Contact Minka van der Zwaag @ minka.vanderzwaag@cityofpaloalto.org or (650) 463-4953 for more information This event is co-sponsored by the County Office of LBGTQ Concerns and the City of Palo Alto Human Relations Commission

To register, visit: gamblegardenpart1.eventbrite.com (3/17) and gamblegardenpart2.eventbrite.com (3/31)

LBGTQ+讨论会

星期四, 三月29号, 晚上7点到九点, 地点: Mitchell Park Community Center, El Palo Alto Rm

LBGTQ社区的成员们和他们的亲朋好友受到邀请来分享他们的需求和忧虑。县政府和帕罗奥图市人际关系委员会想要学习如何更好地支持LBGTQ社区并且为他们建立。请登陆 [HTTPS://TINYURL.COM/Y9LMPTTG](https://tinyurl.com/y9lmpttg)报名讨论会。更多资料请通过邮箱: minka.vanderzwaag@cityofpaloalto.org或手机: (650) 463-4953联系Minka van der Zwaag。此活动由县政府和帕罗奥图是人际关系委员会共同赞助。

登陆gamblegardenpart1.eventbrite.com (3/17)和amblegardenpart2.eventbrite.com (3/31)注册

Terrariums & Movie

Tue, Apr 3, 3-5 PM, Mitchell Park Library, [3700 Middlefield Rd, Palo Alto](#)

Make your own mini-world succulent terrarium to keep in your garden or give away to a loved one. We will also be watching a movie. Grades 5-12 only. Please [register here](#) for this event.

玻璃容器和电影

星期二，四月三号，下午三点到五点，地点：*Mitchell Park Library, [3700 Middlefield Rd, Palo Alto](#)*

做一个属于自己的迷你世界植物容器，你可以放在自己的花园里或者送给亲人朋友。我们也会看电影。仅限5至12年级。在[这里](#)注册活动

Cupcake Wars & Movie

Thu, Apr 5, 3-5 PM, Mitchell Park Library, [3700 Middlefield Rd, Palo Alto](#)

Decorate your own cupcake with as much icing as you want and then compete in Cupcake Wars! We will also watch a movie. Grades 5-12 only. Please [register here](#) for this event.

杯型蛋糕战争和电影

星期四，四月五号，下午三点到五点，地点*Mitchell Park Library, [3700 Middlefield Rd, Palo Alto](#)*

用糖衣装饰属于自己的杯型蛋糕！然后参加杯形蛋糕战争！我们也会看电影。仅限5至12年级。在[这里](#)注册活动

Friday Fun @ MP

Fri, Apr 6, 4-5:30 PM, Mitchell Park Library, [3700 Middlefield Rd, Palo Alto](#)

Drop in for Legos, board games, and crafts. All ages are welcome!

快乐周五 @ MP

星期五，四月六号，下午四点到五点半，地点：*Mitchell Park Library, [3700 Middlefield Rd, Palo Alto](#)*

参加乐高，桌游和手工艺。不限年龄。

Emily

FREE Women's Wellness Workshop: "A Taste of the Season"

Fri, Apr 13, 10-11 AM, Blossom Birth, [505 Barron Ave, Palo Alto](#)

In this FREE workshop, 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--this spring. 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!

免费女性健康研讨会：“一个季节的味道”

星期五，4月13日，10-11上午，Blossom出生，505巴伦大道，帕洛阿尔托

在这个免费的研讨会上，Jalene Salus将为您展示一体化营养的入门味道，因为她向您展示了一些甜美而简单的方法来滋养您的思想，身体和精神。今年春天，当你讨论食物来支持你独特的身体和你的家人时，享受一些春季的味道。Jalene将向您展示如何将您的自我照顾与季节节奏融为一体，引导您走上女性健康的道路，让您与其他有思想的聪明女性进行对话。免费研讨会需要注册，因为空间有限！

Family Film Festival @ MP

Sat, Apr 14, 4-6 PM, Mitchell Park Library, [3700 Middlefield Rd, Palo Alto](#)

Enjoy a movie with your family at the library. See [library website](#) for movie title. All ages are welcome!

家庭电影节@ MP

星期六，4月14日，下午4-6点，米切尔公园图书馆，3700米德菲尔德路，帕洛阿尔托

在图书馆与家人一起欣赏电影。查看电影片名的图书馆网站。所有年龄都欢迎！

Emily

Family Date Night, "The Children of the World"

Fri, Apr 20, 7-8:15 PM, Children's Library, [1276 Harriet St, Palo Alto](#)

Bring your imagination and help us create decorations for our May Fete Parade "float." All ages welcome! Please register for this event by calling (650) 329-2436. Sponsored by The Friends of the Palo Alto Library.

家庭之夜，“世界的孩子”

星期五，4月20日，7日下午8点15分，儿童图书馆，1276哈里特街，帕洛阿尔托

带上您的想象力，并帮助我们为我们的五月节日游行创造装饰“浮动”。所有年龄段欢迎！请致电（650）329-2436注册此活动。由帕洛阿尔托图书馆之友赞助。

Palo Alto Speech and Debate Camp

Jun 4-8 & Jun 11-15, 9 AM-12 PM, 1-4 PM, Palo Alto High School, [50 Embarcadero Rd](http://www.pasdc.com)

For two weeks each summer, Palo Alto High School's nationally ranked Speech and Debate team holds a camp at Paly to teach the fundamentals and advanced skills of both speech and debate to students (10-16y) around the Bay Area. Participants in the camp become more effective communicators and improve their public speaking and persuasion skills. Students learn to develop arguments and analyze those of their opponents while eliminating insecurities and building self-confidence. To sign up for the first session (the week of June 4th) or the second session (the week of June 11th), or both, go to www.pasdc.com.

帕洛阿尔托演讲和辩论营

6月4日至8日和6月11日至15日，上午9点至12点，下午1点至4点，帕洛阿尔托高中，50 Embarcadero Rd

每年夏天，帕洛阿尔托高中的全国排名言论和辩论小组在帕利举办两周，为海湾地区周围的学生（10-16岁）传授基本知识以及演讲和辩论的高级技巧。参与者成为更有效的传播者，并提高他们的公共演讲和说服能力。学生学习发展论点并分析他们的对手，同时消除不安全感和建立自信心。要报名参加第一届（6月4日那一周）或第二届（6月11日那一周），或者两者都有，请访问www.pasdc.com

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对于较早的社区公告，请参阅最近的Gunn日报。

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