

Section 1 - Karly

Calendar - Calendario

Fri, Mar 30 - viernes, 30 de marzo

Minimum Day, 12:40 PM Dismissal

Día mínimo, termina el día a 12:40 PM

Mon-Fri, Apr 2-6 - lunes-viernes, 2-6 de abril

NO SCHOOL - Spring Break

NO HAY ESCUELA - Vacaciones de la primavera

Mon, Apr 9 - lunes, 9 de abril

Site Council, 4 PM, Staff Lounge

Reunión del sitio escolar, 4 PM, Sala del Personal

Tue-Thu, Apr 10-12 - martes-jueves, 10-12 de abril

Alternate Schedule (see [Calendar](#))

Horario alternativo (vea al Calendario)

Thu, Apr 12 - jueves, 12 de abril

PTSA Meeting, 6:30 PM, Staff Lounge

Reunión del PTSA, 6:30 PM, Sala del Personal

Sat, Apr 14 - sábado, 14 de abril

Prom, 7:30 PM

Baile de graduación, 7:30 PM

Tue, Apr 17 - martes, 17 de abril

Freshmen Parents Network, 8:30 AM, Staff Lounge

Red de los padres del grado 9, 8:30 AM, Sala del Personal

Wed, Apr 18 - miércoles, 18 de abril

Junior Parents Network, 8:30 AM, Staff Lounge

Red de los padres del grado 11, 8:30 AM, Sala del Personal

Thu, Apr 19 - jueves, 19 de abril

International Buffet, lunchtime

Bufé internacional, almuerzo

Fri, Apr 20 - viernes, 20 de abril

Senior Parents Network, 8:15 AM, Staff Lounge

Red de los padres del grado 12, 8:15 AM, Sala del Personal

For a complete calendar of all school events, go to the [Gunn Calendar](#). For corrections or additions to the Calendar, contact [Martha Elderon](#).

Para ver un calendario de todos los eventos escolares, vaya al Calendario de Gunn.

Gunn

PiE Seeking Parent Input

PiE quiere la aportación de los padres

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.

Por favor, revise su bandeja para la encuesta de los padres anual de PiE! Cada primavera, PiE colecta aportación de la comunidad de padres. Esta información, con aportación de cada principal, determina adónde van el dinero de PiE en las escuelas el próximo año. Por favor, complete la encuesta corta para dar comentario a PiE y comunicar lo que es el más importante para usted.

RT 88 Bus Schedule Adjustments for April 10-12

RT 88 Autobús horario ajustes para 10-12 de abril

Tuesday, April 10 - martes, 10 de abril

3:30 PM dismissal - School trippers will depart Vets Hospital at 3:38 PM (88M), 3:40 PM (88L). An additional N/B 88 trip to Middlefield/Colorado will depart Vets Hospital at 3:42 PM.

Termina la escuela a 3:30 PM - el autobús saldrá del Hospital a 3:38 PM (88M), 3:40 PM (88L). Un autobús adicional que va a Middlefield/Colorado saldrá del Hospital a 3:42 PM.

Wednesday, April 11 - miércoles, 11 de abril

2:45 PM dismissal - School trippers will depart Vets Hospital at 2:53 PM (88M), 2:55 PM (88L). An additional N/B 88 trip to Middlefield/Colorado will depart Vets Hospital at 2:57 PM.

Termina la escuela a 2:45 PM - el autobús saldrá del Hospital a 2:53 PM (88M), 2:55 PM (88L). Un autobús adicional que va a Middlefield/Colorado saldrá del Hospital a 2:57 PM.

Thursday, April 12 - jueves, 12 de abril

3:05 PM dismissal - School trippers will depart Vets Hospital at 3:13 PM (88M), 3:15 PM (88L). Regular scheduled N/B 88 will depart Vets Hospital at 3:10 PM. An additional N/B 88 trip to Middlefield/Colorado will depart Vets Hospital at 3:17 PM.

Termina la escuela a 3:05 PM - el autobús saldrá del Hospital a 3:13 PM (88M), 3:15 PM (88L). Un autobús regular saldrá del Hospital a 3:10 PM. Un autobús adicional que va a Middlefield/Colorado saldrá del Hospital a 3:17 PM.

Section 2 - Isabelle

Join the Gunn PTSA!

¡Únase al Gunn PTSA!

Thu, Apr 12, 6:30 PM, Staff Lounge

Jueves, 12 de abril, 6:30 PM, Staff Lounge

The Gunn PTSA election for the 2018-2019 Executive Board will take place at the PTSA General Meeting on April 12, beginning at 6:30 PM in the Staff Lounge. For more information, read about [What Happens At the PTSA Election Meeting?](#)

El elección del Gunn PTSA por el comité ejecutivo 2018-2019 tendrá lugar al PTSA encuentro general el 12 de abril, empezando a las 6:30 PM en el Staff Lounge. Por más información, lea sobre [Lo que pasa al PTSA elección encuentro?](#)

DON'T FORGET: Sign Up to Volunteer at the International Buffet

NO OLVIDE: Registre para estar voluntarios al Bufé Internacional

Thu, Apr 19

Jueves, 19 de abril

Need parents to sign up to help at the Annual Gunn PTSA International Buffet on Thursday, April 19, at lunchtime. Volunteer duties include food servers, cashiers, set up tables, clean up and hydration are listed on sign-up link: www.tinyurl.com/GunnInternationalBuffet2018. Menu includes international cuisines such as chow mein, chicken, pasta, hummus, quiches, pierogis, glass noodles, sushi, tacos, butter chicken, fruit bars, hot dogs and salads. 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. If you prefer to donate money, please use this link for credit card or PayPal:

<http://gunn.paloaltopta.org/online-gunn-pta-donations/>. Or you can donate to the Gunn PTSA using Paypal: GunnPTSA@gmail.com. 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.

Necesite padres para unirse para ayudar al Annual Gunn PTSA Bufé Internacional el Jueves, 19 de abril, al almuerzo. Deberes voluntarios incluye comida servidores, cajeros, preparar mesas, limpiar y hidratación son listados en el enlace: www.tinyurl.com/GunnInternationalBuffet2018. El menú incluye comidas internacionales como chow mein, pollo, pasta, hummus, quiches, pierogies, otro tipos de pasta, sushi, tacos, mantequilla pollo, barras de fruta, perros calientes y ensaladas. PAUSD ha anunciado que no comida podría estar preparado en la casa y traído sobre el campus por este evento. A falta de los cuidados de salud por nuestros estudiantes, solamente comida preparada a una cocina profesional puede estar servido. Si prefiere donar dinero, use este enlace por crédito o PayPal:

<http://gunn.paloaltopta.org/online-gunn-pta-donations/>. O puede donar al Gunn PTSA usando PayPal: GunnPTSA@gmail.com. El Departamento de Lenguas Internacional y múltiple clubs de lengua están planificando una semana entera de eventos durante la Semana de Festividades a Gunn el 16-20 de abril. Más información, contacte el Gunn PTSA: GunnPTSA@gmail.com.

Parent Volunteers: Your Time is Needed for the 2018 Senior Picnic and Grad Night Party

Padres Voluntarios: Necesita su tiempo por el 2018 Senior Picnic y Grad Night Fiesta

Wed, May 30, Senior Picnic

Miércoles, 30 de mayo, Senior Picnic

Thu, May 31, Grad Night

Jueves, 31 de mayo, Grad Night

The annual Senior Picnic and Grad Night celebrations needs your help! Sign ups are now open for Sophomore, Junior and Senior parent volunteers. Many of the tasks require only a couple hours of your time. We also need overnight chaperones to travel on the bus with our students to the venue, stay all night and return to Gunn at 5:30AM. This is a great way for all parents to get familiar with this wonderful Gunn tradition. To volunteer, please go to <http://signup.com/go/twfxgxu>. Questions? Contact gunn.seniorparty@gmail.com.

¡El anuario Senior Picnic y Grad Night celebraciones necesite su ayuda! Registración están abierta ahora por los padres voluntarios de los sophomore, junior y senior. Mucho de los trabajos requiere solamente algunas horas de su tiempo. También, necesitamos chaperones que trabajan por toda la noche para viajar sobre el autobús con nuestros estudiantes al lugar, esperar toda la noche y regresar a Gunn a las 5:30 AM. Este es una buena manera por todos los padres a estar más familiar con esta tradición maravillosa. Para ser voluntario, vaya a <http://signup.com/go/twfxgxu>. ¿Preguntas? Contacte gunn.seniorparty@gmail.com.

Section 3 - Ethan

Gunn Athletics



Athlete Recognition

Reconocimiento de atletas

Last week there was an error in the Palo Alto Weekly for Honorable Mention for Athletes. Boosters would like to recognize **Grace Williams** and **Samio Uze**. And once again both these athletes were awarded Honorable Mention this week, Grace for Girls Lacrosse and Samio for Baseball. Great job! Go TITANS!

La semana pasada hubo un error en el periódico Palo Alto Weekly para mención honorífica de atletas. Boosters quisiera reconocer a Grace Williams y Samio Uze. Y otra vez estos dos atletas fueron reconocidos como mención honorífica esta semana, Grace de Lacrosse de chicas y Samio de béisbol. Buen trabajo! Go TITANS!

PAUSD & PTAC

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

****NUEVO** Lea el mensaje actual de nuestra superintendente interina**

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.

Republicaremos las comunicaciones de Karen Hendricks' aquí cada semana en caso de que usted las haya perdido en su correo electrónico enviado a usted por Infinite Campus. Visite <https://www.pausd.org/news> para el mensaje más reciente de Karen Hendricks.

PAUSD Secondary Art Exhibition

Exhibición de arte secundaria PAUSD

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

Ahora-13 de abril en JLS y lunes-viernes 8 AM-4PM (cerrada sábado y domingo) en 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.

Esta exhibición presenta obras de estudiantes de arte visual en grados 6-12 en PAUSD en una variedad de medios, incluso dibujo, pintura, fotografía, grabado, diseño gráfico, escultura, cerámica y cristal.

How Do We Know What's True Anymore?

¿Cómo sabemos lo que es verdad hoy en día?

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

Lunes, 9 de abril, 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>.

La democracia requiere votantes bien informados para prosperar. Sin embargo, la verdad y hechos son atacados por la desinformación, propaganda y noticias falsas. Aprenda estrategias, tips y herramientas para medir la credibilidad de información de expertos de Snopes, Data for Democracy, Google, Facebook, Stanford University y el Institute for the Future. El evento es diseñado para estudiantes de instituto, padres y todos otros adultos y co-patrocinado por la League of Women

Voters Palo Alto y el consejo de la PTA de Palo Alto. Registración (libre) e información:

<https://goo.gl/SHLwvm>.

Section 4 -

****NEW** Take It Personally: Project Cornerstone's Engaging Workshop for Parents and Caregivers**

Wed, Apr 11, 18, 25, May 2, May 9 (5 weeks), Jordan Middle School, MP Room, [750 N California Ave, Palo Alto](#)

A strong family is the best predictor of children's success. Join us to discover tools for strengthening your relationship with your children in this 5-week workshop. Each week we will discuss and practice ways to show caring, giving support, setting boundaries, and building strong relationships that help youth succeed in school and life! You do not need to be a parent from Jordan, just an adult who cares about helping kids thrive. Language Translation available upon request. Workshop paid for by PAUSD. Suggested donation for workbook & materials: \$20.00. Sign Up today:

<http://www.signupgenius.com/go/60b0945aba72d6-take>. Questions? Contact Mary Crum at Mary@projectcornerstone.org.

Leadership for Violence Prevention: Activating Bystanders to Shift Social Norms

Wed, Apr 11, 7-8:30 PM, Palo Alto High School Performing Arts Center, [50 Embarcadero Rd, Palo Alto](#)

As a part of PAUSD's ongoing sexual harassment and misconduct prevention efforts, the Superintendent's RISE Task Force has created a series of events to help inform and empower parents, students, teachers and staff about these issues. In February, national expert Anea Bogue led related discussions with Gunn and Paly students and the PAUSD community. On April 11 and 12, we welcome our second speaker, internationally renowned educator, author, filmmaker and cultural theorist, Dr. Jackson Katz, who will present a multimedia program on issues of gender, race and violence. Register [here](#). Childcare will be provided. Spanish & Mandarin interpretation will be available. Flyer: [English](#) | [Spanish](#) | [Mandarin](#)

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

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.

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://cacpalalto.org>.

Section 5 -

****NEW** Sun Safety and Skin Health: Parent Talk by PAMF Dermatologist Dr. Amy Adams**

Tue, Apr 24, 6:30 PM, Fairmeadow Elementary School, MP Room, [500 E. Meadow Dr, Palo Alto](#)

Join PAMF Dermatologist and parent Dr. Amy Adams for a brief informative talk on sun safety. With warm sunny days just around the corner, kids will be spending more time outside. This means more exposure to the sun's harmful ultraviolet (UV) rays, which increase the risk of skin cancer. It's time to get prepared! Amy's talk will cover: why kids' skin needs protection from the sun, why sun protection isn't only for people with pale skin, how to get adequate vitamin D, how to choose a sunscreen for your family, how to recognize skin cancer. Parents and caregivers, children and staff are all welcome. Please RSVP [here](#). For any questions, please contact Belinda Ryan at belinda.ryan@gmail.com.

****NEW** 2018-19 PTA Council Executive Board**

<http://ptac.paloaltopta.org/>

Congratulations to the recently elected 2018-19 PTA Council (PTAC) Board. We have an amazing group of talented volunteers. PTAC is the umbrella organization of the 17 unit PTAs of the Palo Alto Unified School District and works to improve the education, health and welfare of all children and youth.

<u>Board Position</u>	<u>Name</u>
President	Jade Chao
EVP	Christina Schmidt
Historian	Lilli Nova-Roessig
Secretary	Heather Sahami
Treasurer	Meilani Hendrawidjaja
Treasurer	Shweta Choudhry
VP Advocacy	Sara Armstrong
VP Communications	Greta Olbrich
VP Communications	Gabrielle Conway
VP Community Outreach	Michelle Higgins
VP Education	Beth May & Sara Woodham
VP Health & Wellness	Dave Shen
VP Health & Wellness	Sumita Vasudeva
VP Parent Education	Charu Gupta
Auditor	Appointed
Parliamentarian	Appointed
Immediate Past President	Audrey Gold

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.

****NEW** One on One Aides Needed at School Sites**

Mon-Fri, 4-6.5 hrs hours per day at a number of our schools

The PAUSD Special Ed Department has a critical need for Student Attendants (one on one aides) to provide classroom support to students with learning and behavioral needs for the remainder of this school year. If you have some extra time, and would be interested in working in the schools, apply on line at www.pausd.org/explore/pausd/human-resources/jobs. You may also call Anne Le, PAUSD Classified HR, (650) 329-3957, for more information.



Section 6 - Niki E.

Community

Comunidad

Parent Chat

Charla de los Padres

Tue, Apr 10, 7-8:30 PM, Los Altos Library, [13 S. San Antonio Rd, Los Altos](#)

Martes, 10 de abril, 7- 8:30 PM, la Biblioteca de Los Altos, [13 S. San Antonio Rd, Los Altos](#)

Are you concerned about the emotional well being of your child? Come to Parent Chat, peer to peer support for parents of teens. Hosted by the Mental Health Subcommittee of SELPA 1 CAC.

Está preocupado sobre la salud de emoción de su niño? Venga a Charla de los Padres, persona a persona apoyo para padres de adolescentes. Presentado por el subcomité de la salud mental de SELPA 1 CAC.

Teen Wellness Group with Danielle Seybold, Associate MFT

Grupo de Bienestar de los adolescentes con Danielle Seybold, Asociado MFT

Saturdays, Apr 14-May 12, 3-5 PM, [4966 El Camino Real, Ste #115, Los Altos](#)

Sábados, 14 de abril-12 de mayo, 3-5 PM, [4966 El Camino Real, Ste #115, Los Altos](#)

Teens will have the opportunity to explore a fulfilling mixture of mindfulness, community, and expressive arts activities. Activities include gentle movement warm-ups, sensory-awareness mindfulness practices, creative arts and a dialogue about common sources of stress to help normalize the challenges teens face. Teens will also learn practical, simple and straightforward techniques to increase resilience during challenging times.

http://mindbodymoms.com/event/teen_wellness_spring_2018/

Adolescentes tendrán la oportunidad a explorar una mezcla satisfactorio de conciencia plena, comunidad, y actividades de artes expresivas. Actividades incluyen movimientos suaves, prácticas de atención a la conciencia sensorial, artes creativas y un diálogo sobre fuentes comunes de estrés para ayudar a normalizar los retos que enfrentan los adolescentes.

Let's Talk

Hablemos

Mon, Apr 16, 7-9 PM, Los Altos Library, [13 S. San Antonio Rd, Los Altos](#)

Lunes, 16 de abril, 7-9 PM, la Biblioteca de Los Altos, [13 S. San Antonio Rd, Los Altos](#)

A chance to ask questions and share ideas, resources, and support with other parents of students with IEPs, 504s, learning differences, mental health challenges, etc. All are welcome, participants must respect confidentiality. Organized by SELPA 1 CAC <http://www.selpa1cac.org/>.

Un oportunidad para preguntar preguntas y compartir ideas, recursos, y apoyo con otros padres de estudiantes con IEPs, 504s, diferencias de aprendizaje, retos de salud mental, etc. Todos son bienvenidos y tienen que respetar confidencialidad. Organizado por SELPA 1 CAC <http://www.selpa1cac.org/>.

Wildflower Yoga Women's Circle at Blossom

Circulo de Mujeres de Yoga de Flor Silvestre en Blossom Birth

Tue, Apr 17, 7:45-9:15 PM, Blossom Birth, [505 Barron Ave. Palo Alto](#)

Martes, 17 de abril, 7:45- 9:15 PM, Blossom Birth, [505 Barron Ave. Palo Alto](#)

This 6 week series invites women of all ages to treat yourself to a unique offering of vitalizing yoga, inspiring meditation, self-love journaling followed by a sharing circle nourishing your soul and body with laughter, tea and divine treats. By making the time to nourish yourself and cultivate your own wellbeing, you will plant joyful seeds of more self-care and regain more energy and inspiration to nourish your loved ones. Register now for this 6 week series as space is limited!

<https://www.blossombirth.org/wildflower-yoga-womens-circle.html>

Esta serie de seis semanas invita mujeres de todas edades a vitalizante yoga, meditación inspiradora, manteniendo un diario del amor de sí seguido de un círculo de compartir para nutriendo su alma y cuerpo con risa, té, y dulces divinos. Al hacer el tiempo para nutrirse y cultivar su propio bienestar, sembrará semillas gozosas de auto-cuidado y recuperará más energía e inspiración para nutrir a sus seres queridos.

<https://www.blossombirth.org/wildflower-yoga-womens-circle.html>

Section 7 - Sandra

Taking Care of You: Mindfulness and Parenting with Challenges

Cuidando de Usted: La Conciencia Plena y La Crianza de Los Hijos con Desafíos

Wed, Apr 18, 7-9 PM, Santa Rita Elementary School, [700 Los Altos Rd. Los Altos](#)

Miercoles, 18 de abril, 7-9 PM, Santa Rita Elementary School, [700 Los Altos Rd. Los Altos](#)

With Dr. Linda Lotspeich, Child Psychiatrist and Clinical Professor. Parenting a child with disabilities can lead to difficult emotions and stress. The practice of mindfulness, including meditation, can reduce stress, improve self-esteem and allow you to better manage these emotions. Learn to move from coping to living a more meaningful life in the present moment, while still planning for the future. Organized by SELPA 1 CAC <http://www.selpa1cac.org/>.

Con Dr. Linda Lotspeich, Psiquiatra Infantil y Profesora Clínico. Crianza un niño con discapacidades puede llevar a emociones y estrés difíciles. La práctica de la conciencia plena, incluyendo la meditación, puede reducir el estrés, mejorar la autoestima, y permitirse a dirigir estas emociones

mejor. Aprenda cómo pasar a aguantar a vivir una vida más valiosa en el momento actual mientras planeado para el futuro. Organizado por SELPA 1 CAC <http://www.selpa1cac.org/>.

Spring Women's Wellness Group with Jalene Salus

El Grupo de Bienestar de Mujeres de la Primavera con Jalene Salus

Fridays, Apr 20-Jun 15, 9:15-11:15 AM, Blossom Birth, [505 Barron Ave. Palo Alto](#)

Los Viernes, 20 de abril - 15 de junio, 9:15-11:15 AM, Blossom Birth, [505 Barron Ave. Palo Alto](#)

In this nourishing group, Jalene Salus will share the wisdom of Integrative Nutrition as she introduces sweet and simple ways to nourish your mind, body and spirit. Enjoy a little taste of organic, local, seasonal winter bites while you discuss foods to support your unique body -- and your family's health -- this winter. 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 as space is limited!

<http://mindbodymoms.com/wellness-groups/>

En este grupo alentador, Jalene Salus va a compartir el conocimiento de Nutrición Integrativo mientras ella introducirá maneras dulces y simples para abrigar su mente, cuerpo, y espíritu. Disfrute un gusto de las comidas invernales que son orgánicos, locales, y estacionales mientras hablando de comidas para apoyar su cuerpo único—y la salud de su familia—este invierno. Jalene se mostrará que alinear su autocuidado con el ritmo de la estación puede guiarse en su paso del bienestar de mujeres mientras ella capta usted en diálogo con otras mujeres pensativas y sabias. ¡Se requiere registro porque espacio es limitado!

<http://mindbodymoms.com/wellness-groups/>

Palo Alto Speech and Debate Camp

El Palo Alto Campamento de Oratoria y Debate

June 4-8 and June 11-15

4-8 de Junio y 11-15 de Junio

For the past 14 years, students have left Palo Alto Speech and Debate Camp with improved public speaking, research skills, critical thinking abilities, and self-confidence. Taught by Paly's nationally ranked speech and debate team, the camp offers an unmatched 4:1 student-to-counselor ratio that provides students with individualized support. Whether a student is a first-time camper with a fear of public speaking or a seasoned competitor, PASDC offers customized curriculum for students of all experience levels with our basic and advanced tracts. Register or learn more at pasdc.com.

Durante los últimos 14 años, estudiantes han salido el Palo Alto Campamento de Oratoria y Debate con mejor habilidades en oración, investigación, pensamiento crítico, y confianza en sí mismo. El campamento es enseñado por el equipo de Oratoria y Debate de Paly que son de nivel nacional y ofrece una proporción incomparable de 4:1 estudiante-a-consejero que provea estudiantes con apoyo individual. Si una estudiante es una campista nuevo con un miedo de hablar en público o es

una competidor experimentado, PASDC ofrece un currículo personalizado para estudiantes de todos los niveles de experiencia con nuestros cursos básicos y avanzados. Registrar o aprender más en pasdc.com.