



## Calendar georgeC

**Fri, Apr 13** Sophomore Parents Network, 8 AM, Staff Lounge

**Sat, Apr 14** Prom, 7:30 PM

**Mon, Apr 16** Blood Donation & Bone Marrow Drive, 8:30 AM, Library

**Wed, Apr 18**

Junior Parents Network, 8:30 AM, Staff Lounge

Community College Info Night, 7 PM, Library

**Thu, Apr 19** International Buffet, lunchtime

**Fri, Apr 20** Senior Parents Network, 8:15 AM, Staff Lounge

**Wed, Apr 25** Junior Parent Information Night, 6:30 PM, Library

星期五, 4月13日

10年级家长联络会议, 上午8点, 职员休息室

星期六, 4月14日

Prom 舞会 晚上7:30

星期一, 4月16日

献血和骨髓捐献, 上午8:30, 图书馆

星期三, 4月18日

11年级家长联络会议, 上午8:30, 职员休息室

社区学院信息之夜, 7 PM, Library

星期四, 4月19日

国际自助餐, 午餐时间

星期五, 4月20日

12年级家长联络会议, 上午8:15, 职员休息室

星期三, 4月25日

11年级家长信息之夜, 6:30 PM, 图书馆

# Gunn

Caroline 2019

## Blood Drive and Registration for Bone Marrow Donation

Mon, Apr 16, 8:30 AM-2:30 PM, Gunn Library

The Gunn iMed Club and YCS Interact are working with Stanford Blood Center to bring back the blood drive!! 16-17-year-old donors need to turn in a [parental consent form](#) (hard copy available in the main office). [Register online](#) to make your appointment. All donors will receive a certificate for a FREE pint of Baskin Robbins ice cream! Bone Marrow Donor Registration helps identify matches for people who are in desperate need! Join us as we partner with the [Asian American Donor Program](#) and [Be the Match](#) to register donors. It's as easy as a cheek swab--and you could help save a life.

### 血液捐赠和骨髓捐赠注册

星期一，4月16日，8:30 AM-2:30 PM，Gunn 图书馆

Gunn iMed俱乐部和YCS Interact正在与斯坦福血液中心合作，把捐血之事恢复。16-17岁的捐助者需要提交父母同意书（办公室有印好的表格）。网上注册可以预约。所有捐赠者都将获得免费的一品脱Baskin Robbins冰淇淋兑换券！骨髓捐献者注册有助于为迫切需要的人确定匹配！请加入我们，我们与“亚裔美国捐赠者计划”以及“成为匹配者”合作注册捐助者。捐赠就像擦脸颊一样简单 - 并且可以帮助挽救生命。

## Parent Volunteers Needed to Help International Lunch Buffet

Thu, Apr 19, various shifts

Need about 50 more parent volunteers to [sign up](#) to help at the Annual Gunn PTSA International Lunch Buffet on Thursday, April 19. Need mostly help setting up, cashier, serving and clean up. Tickets go on sale on Monday for \$5. Cash or check payable to: Gunn PTSA. More information, please contact the Gunn PTSA: [GunnPTSA@gmail.com](mailto:GunnPTSA@gmail.com).

International menu:

- Italian Vegetarian Pesto Pasta
- Italian Vegetarian Pasta Marinara
- French Vegetarian Mushroom quiche
- French Vegetarian Spinach quiche
- Russian Meat Pelmeni Dumplings
- Mediterranean Vegetarian Hummus (Gluten Free)
- Mediterranean Vegetarian Pita Bread
- Chinese Orange Chicken
- Chinese Vegetarian Chow Mein

- Chinese Vegetarian Egg Rolls
- Chinese Vegetarian Mixed Vegetables (Gluten Free)
- Korean Glass Noodles
- Korean Sushi

- Indian Butter Chicken
- Indian Vegetarian Naan
- Indian Vegetarian Rice
- Indian Vegetarian Chick Peas
- American Grilled Hot Dogs
- Mexican Beef, Chicken and Pork Tacos
- Hawaiian Spam Musubi Sushi
- Mango, Strawberry and Chocolate Frozen Fruit Pops (Vegan and Gluten Free)
- Oranges, Apples, Bananas
- Green Garden Salad (Gluten Free)

**国际午餐自助餐需要家长志愿者帮助**

*星期四, 4月19日, 各种班次*

4月19日星期四, 需要大约50名以上的家长志愿者参加今年度Gunn PTSA国际午餐自助活动。大多数需要帮助的有布置, 出纳, 送餐和清理。门票周一以5美元的价格发售。现金或支票付给: Gunn PTSA。更多信息, 请联系Gunn PTSA: [GunnPTSA@gmail.com](mailto:GunnPTSA@gmail.com)。

国际菜单:

- 意大利素食香蒜酱意大利面
- 意大利素食意大利面Marinara
- 法国素食蘑菇乳蛋饼
- 法国素食菠菜乳蛋饼
- 俄罗斯肉水饺饺子
- 地中海素食鹰嘴豆泥 (无麸质)
- 地中海素食皮塔饼面包
- 中国橙子鸡
- 中国素食Chow Mein
- 中国素食蛋卷
- 中国素食混合蔬菜 (无麸质)
- 韩国玻璃面

- 韩国寿司
- 印度黄油鸡
- 印第安素食Naan
- 印度素食大米
- 印度素食鹰嘴豆
- 美国烤热狗
- 墨西哥牛肉，鸡肉和猪肉炸玉米饼
- 夏威夷垃圾邮件Musubi寿司
- 芒果，草莓和巧克力冷冻水果流行（素食和无麸质）
- 橘子，苹果，香蕉
- 绿色花园沙拉（无麸质）

## **Jasmine**

### **Site Council Parent Representative Election Results**

We are pleased to announce that Glynn Edwards and Mudita Jain were the two top vote recipients and have been elected to a 2-year term (2018-2020) on the Gunn Site Council. They join Jane Dick and Liz Milner representing Gunn parents on Site Council for 2018-2020. Jade Chao is the Site Council Parent Alternate for 2018-19. The parent alternate serves on Site Council for one year in case one of the four parents must leave his/her position before his/her term is up, or if one of them cannot attend a meeting.

### **地方议会的家长代表选举结果**

我们很高兴地宣布，Glynn Edwards和Mudita Jain是两名最高投票的获奖者，并在Gunn 地方议会上被选为2年(2018-2020年)。他们加入了简·迪克和莉斯·米尔纳的行列，在2012 -2020年的地方议会上代表Gunn的父母。Jade Chao是2012 -19年度的工地理事会家长。如果四名家长中有一人必须在任期届满前离职，或其中一人不能参加会议，则该家长可在网站上担任一年的候补委员。

## FROM THE PREVIOUS ISSUE:

### 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寻求父母参与

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。

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

*Wed, May 30, Senior Picnic*

*Thu, May 31, 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 5:30 AM. 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](mailto:gunn.seniorparty@gmail.com).

### 家长志愿者:需要你的时间是2018年高年级野餐和12年级晚会

5月30日, 星期三, 高年级野餐

5月31日, 晚上。

一年一度的高年级野餐和毕业晚会需要你的帮助!现在报名的学生有二年级、三年级和四年级的家长志愿者。很多任务只需要几个小时的时间。我们还需要一个通宵的陪护人员和我们的学生一起在公共汽车上旅行, 在那里过夜, 然后在早上5点半回到Gunn。对于所有的父母来说, 这是一种很好的方式来熟悉这个美妙的传统。请访问<http://signup.com/go/twfxgxu>, 问题吗?联系[gunn.seniorparty@gmail.com](mailto:gunn.seniorparty@gmail.com)

## Gunn Athletics



### Karly

#### Athlete Recognition

Gunn Sports Boosters would like to recognize the following athletes for Honorable Mention this week: **Emily Kim**-Girls Softball, **Moorea Mitchell**-Gunn track and field, **Jared Freeman**-Gunn track and field and **Oliver Qin**-Gunn track and field. Wow, what a great week for the Titans!

#### 运动员表彰

Gunn Sports Boosters运动促进小组本周要表彰以下运动员荣誉提名：Emily Kim-Girls垒球，Moorea Mitchell-Gunn田径，Jared Freeman-Gunn田径和Oliver Qin-Gunn田径。哇，对泰坦们来说这一周真是太棒了！

#### FROM THE PREVIOUS ISSUE:

#### 上一期的内容：

#### Athlete Recognition

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!

#### 运动员表彰

上周，Palo Alto weekly 周刊的运动员荣誉提名出现了一个小错误。Booster助推小组想要表彰Grace Williams和Samio Uze。这一周，这两位运动员再次被授予荣誉提名奖，Grace是女子长曲棍球项目，Samio 是棒球项目。你们真棒！TITANS加油！

# PAUSD & PTAC

## **\*\*NEW\*\* 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.

## **\*\* 新消息 \*\*请阅读我们临时学区总监最新的消息**

我们将每周在这里重新发布Karen Hendricks的通信，以防您在星期五的Infinite campus邮件中错过了它。请访问<https://www.pausd.org/news>以获取Karen Hendricks的最新消息。

## **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.

## **拉丁裔家长联络会议在Ohlone小学举行，由PAUSD和PTA委员会共同发起赞助**

*星期二，4月17日，6-7 : 30 PM，Ohlone小学，[950 Amarillo Ave](#)*

拉丁裔家长联络会旨在为西班牙裔学生增加成功，并确保他们毕业时无论是上大学还是工作都100%准备好了。请来与学区的平等协调员Keith Wheeler会面，他们正在倡导为我们的孩子增



加见识接触和成功的机会。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

**Emily**

### **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](mailto: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](mailto: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日星期日之前发送邮件。由<http://cacpaloalto.org>赞助。

### **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](http://www.paloalto.org/500-E-Meadow-Dr)*

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](mailto:belinda.ryan@gmail.com).

太阳安全与皮肤健康：PAMF皮肤科医生艾米亚当斯博士的家长对话

星期二，4月24日下午6:30，Fairmeadow小学，MP会议室，500 E. Meadow Dr，帕洛阿尔托

加入PAMF皮肤科医生和家长Dr. Amy Adams就太阳安全问题进行简短的信息交流。温暖的阳光灿烂的日子即将到来，孩子们将在户外度过更多时间。这意味着更多接触太阳的有害紫外线（UV），这会增加皮肤癌的风险。该准备好了！艾米的谈话将涵盖：为什么孩子的皮肤需要防晒，为什么防晒不仅适用于皮肤苍白的人，如何获得足够的维生素D，如何为家人选择防晒霜，如何识别皮肤癌。家长和照顾者，儿童和工作人员都欢迎。请在这里回复。如有任何疑问，请通过belinda.ryan@gmail.com与Belinda Ryan联系。

### **\*\*NEW\*\* LEGOLAND**

Enjoy a day at LEGOLAND on us! **PTA Family Field Trip:** Visit LEGOLAND California and SEA LIFE Aquarium for only \$55 per adult or child. That's half off the regular price! Must be reserved and pre-paid by phone. Call (760) 438-5346 and have your school name ready (minimum purchase 6 tickets).

**PTA Kids Go Free (Online):** Visit [www.LEGOLAND.com/ptadiscout](http://www.LEGOLAND.com/ptadiscout) to purchase one full paid adult admission to LEGOLAND California and SEA LIFE Aquarium and receive one free child admission. Enter discount code 15031.

**PTA Kids Go Free (Flier):** Visit [www.LEGOLAND.com/ptafllyer](http://www.LEGOLAND.com/ptafllyer) to print your own flier and bring it to a LEGOLAND California ticket booth to receive one free child with one full paid adult admission to LEGOLAND California and SEA LIFE Aquarium.

### **\*\*新\*\* LEGOLAND**

在我们的乐高乐园享受一天！PTA Family实地考察：参观加州乐高乐园和SEA LIFE水族馆，每位成人或小孩只需55美元。这是正常价格的一半！必须预订并通过电话预付。致电（760）438-5346，准备好您的学校名称（最低购买6张门票）。

PTA Kids Go免费（在线）：请访问[www.LEGOLAND.com/ptadiscout](http://www.LEGOLAND.com/ptadiscout)，购买加州乐高乐园和海洋生物水族馆的全额付费成人入场券，并免费获得一张儿童入场券。输入优惠码15031。

PTA儿童免费（飞行员）：请访问[www.LEGOLAND.com/ptafllyer](http://www.LEGOLAND.com/ptafllyer)打印您自己的飞行物并将其带到加州乐高乐园的售票亭，领取一位免费儿童，其中一名全额付费成人入场加州乐高乐园和SEA LIFE水族馆。

## **Jasmine**

### **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.

## 在PAUSD举行的夏令营

在你自己的街区或我们大家的PAUSD里找一个参加夏令营的机会？你现在可以在PTAC网站上找到它，网址：<https://ptac.paloaltopta.org/2018-summer-camps/>。在此网页上列出的夏令营供应商会在PAUSD的学校里举办活动/夏令营，并向学区支付租金。这些租赁费用有助于支付我们学校的运营费用并为我们的孩子提供参加当地夏令营的机会。PTA理事会并不特别拥护任何一个夏令营。此网站提供父母一种了解夏令营的内容和地点的简单方法。请与[PTAC网站管理员](#)联系以推荐更新此消息。我们不会向供应商收费



# Community

## **Mindful Moms Yoga Class with Krassi Harwell**

*Tuesdays, Apr 10-Jun 12, 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 ongoing group is for moms who have kids of all ages--particularly helpful for moms who have toddlers thru teens! [Registration](#) is required for this group offered by Mind Body Moms, in partnership with the Palo Alto Medical Foundation.

## **和 Krassi Harwell 一起上为母亲准备的瑜伽课**

*4月10至6月12的星期二，中午12:00至下午1:30，位于帕洛阿尔托 Encina Ave 的67号*

加入我们的由智慧与关怀的母亲组成的社区，与我们共同经历抚养孩子长大成人这个丰富而有回报的旅程。当我们分享我们的故事、力量以及支持时，我们将练习瑜伽和冥想，并挖掘团结带来的治愈力量。这个正在进行的小组是为那些有各种年龄的孩子的母亲们准备的，尤其是那些有未成年孩子的妈妈们。这个小组由“精神-身体-母亲”与帕洛阿尔托医学基金会合作提供。

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

*Wednesdays, Apr 11-May 9 (5 weeks), 6:30-8 PM, Jordan Middle School, MP Rm (4/11, 4/18, 4/25); Library (5/2, 5/9)*

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. Workshop paid for by PAUSD. Suggested donation for workbook and materials: \$20. [Sign up](#) today.

## **亲力亲为：为家长和监护人举办的基石项目参与研讨会**

*4月11日至5月9日(五个星期)的星期三，下午6:30-8:00，位于Jordan中学的MP室(4/11, 4/18, 4/25)或图书馆(5/2, 5/9)*

一个坚强的家庭是孩子成功的前提。在这个为期5周的研讨会中，与我们一起寻找为加强你与孩子们关系的方法。每周我们都会讨论和练习如何表达关心、给予支持、设定界限、建立牢固的关系，帮助孩子

在学校和生活中取得成功！你不需要是Jordan学生的父母，只需要是一个关心孩子成长的成年人。由PAUSD支付的研讨会。建议为工作簿和材料捐赠20美元。今天就可以注册。

## T7 Angela Guo

### **FREE Women's Wellness Workshop: A Taste of the Season with Jalene Salus**

*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: 与Jalene Salus共同品味季节**

星期五, 4月13日, 上午10-11, *Blossom Birth, [505 Barron Ave. Palo Alto](#)*

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, 她会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, 当你讨论支持您和您家庭的食物, 享受一些新味道。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, 您可以与其他有思想的聪明女性进行对话。免费研讨会需要[注册](#), 名额有限!

### **Take a spin in an electric vehicle for Earth Day!**

*Sat, Apr 14, 10 AM-1 PM, [1900 Geng Rd. Palo Alto](#)*

Want to do something nice for the planet? Take a demo ride in an electric vehicle for Earth Day, and discover why EVs not only fight climate change, but are also *fun to drive*! Come to get your demo ride, ask questions, and view the many makes and models on display. Honor the earth and check out an EV for Earth Day--a win win!

#### **今年地球日尝试驾驶一辆电动车!**

星期六, 4月14日, 上午10点至下午1点, [1900 Geng Rd. Palo Alto](#)

想为地球做点好事吗? 在电动汽车中进行试驾, 了解为什么电动汽车不仅能够应对气候变化, 而且还能驾驶乐趣! 获得您的演示体验, 提出问题, 并查看展出的众多品牌和型号。尊重大自然, 并了解电动车, 一个双赢的机会!

### **Palo Alto Chamber Orchestra (PACO) Auditions for New Members**

*Sun, Apr 15 & 29, by appt, Mitchell Park Community Center*

PACO invites young string musicians (elementary through high school age) to audition for the 2018-19 season. For more information and to schedule an audition, please visit [www.pacomusic.org/auditions/](http://www.pacomusic.org/auditions/). Email [info@pacomusic.org](mailto:info@pacomusic.org), or call (650) 856-3848 for questions.

### **Palo Alto 乐队 (PACO) 新成员面试**

周四, 4月15日和29日, 通过预约, Mitchell 公园社区中心

PACO邀请年轻的弦乐音乐家 (小学到高中年龄) 参加2018-19赛季的试镜。欲了解更多信息并安排试演, 请联系[www.pacomusic.org/auditions/](http://www.pacomusic.org/auditions/). 电子邮件[info@pacomusic.org](mailto:info@pacomusic.org), 或打电话(650) 856-3848

### **iSing Silicon Valley: Girls Just Wanna Have Fun Run! (5K/2.5K)**

Sat, Apr 21, 9 AM, Bedwell Bayfront Park, [1600 Marsh Rd. Menlo Park](#)

Come join the fun at this 80's-themed run/walk benefiting singers from iSing Silicon Valley girls choir as they fundraise for their upcoming tour of Germany, Czech Republic, and Austria. All proceeds directly benefit the girls in this award-winning choir! There will be entertainment, prizes, and plenty of neon. Pre-event registration fees are: \$10 for kids 12 and under, \$15 for teens aged 13-17, and \$20 for adults (adult registration price increases to \$25 at the event). Note: children 12 and under need to attend with a parent or adult; youth 13 to 17 need to run/walk with a buddy. Register or donate online [here](#).

### **iSing硅谷 : 女孩只是想玩得开心! (5K / 2.5K)**

星期六, 4月21日上午9点, Bedwell Bayfront 公园, [1600 Marsh Rd. Menlo Park](#)

快来参加这个以80年代为主题的跑步/散步活动. iSing为即将到来的德国, 捷克和奥地利的旅行演唱会筹款。所有收益直接有利于这个屡获殊荣的合唱团的女孩! 会有娱乐, 奖品和大量的霓虹灯。赛前注册费为: 12岁以下儿童10美元, 13-17岁青少年15美元, 成人20美元 (成人注册价格上涨至25美元)。注意: 12岁以下的儿童需要与父母或成人一起参赛;13至17岁的青少年需要与另一个人跑步/走路. 在[此](#)注册或捐赠。

## **T8**

### **Palo Alto Friends Nursery School's Annual Fiesta Carnival Fundraiser and Silent Auction**

Sat, Apr 21, 11 AM-2 PM, Friend's Nursery School, 957 Colorado Ave (between Louis & Greer), Palo Alto

Palo Alto Friends Nursery School's Annual Fiesta Carnival Fundraiser and Silent Auction is on Saturday, April 21st from 11 AM-2 PM. The Fiesta Carnival and Silent Auction will have games, crafts, face painting, food, balloon animals, music, silent auction, bake sale, prizes, and special interactive performances from the Palo Alto Children's Theatre. Admission is free, but please bring money for the bake sale, silent auction, food, and games. It is a fun-filled day for the whole family. All proceeds go to our scholarship fund to help provide quality preschool for all children.

### **I am an Artist and a Mom Exhibition**

*Sat, Apr 21, 2-6 PM, Mitchell Park Community Center, El Palo Alto Rm, Palo Alto*

I am an Artist and a Mom Exhibition is a free event open to the public. This exhibition aims to shine a light on our community of women and demonstrate their strong will and passion through artwork created by artist moms. In this exhibition, 35 artist moms will present 83 pieces of beautiful artwork. Please feel free to bring your children and friends. For further information or questions, please email [info@simplestepscc.org](mailto:info@simplestepscc.org).

### **Project Safety Net (PSN) Community Meeting: Innovating Approaches to Youth Well-Being**

*Wed, Apr 25, 3:30-5:30 PM, Rinconada Library, Embarcadero Rm, [1213 Newell Rd](#)*

Please join PSN for an informative Partner-In-Action presentation by Mary Hofstedt, Community Engagement Director of Challenge Success. Ms. Hofstedt's presentation is entitled "Why Challenge Success? Changing the Conversation to Support Student Well-being and Engagement." She will provide an overview of how Challenge Success works with schools, families, and communities to support change toward greater well-being. Ms. Hofstedt will also share national research findings about student engagement and lack of balance. As always, volunteer/service hours are available to students attending PSN meetings. [RSVP here](#).

### **帕洛阿尔托托儿所的嘉年华筹款活动和拍卖会**

星期六，4月21日上午11点 - 下午2点，Friend's的托儿所，957 Colorado Ave (Louis & Greer路之间)，Palo Alto

Palo Alto Friends Nursery School的嘉年华筹款活动和拍卖会于4月21日星期六上午11点至下午2点举行。本次嘉年华将会开展由Palo Alto儿童剧院提供的游戏，工艺品，脸部绘画，食品，气球动物，音乐，无声拍卖，烘烤特卖，奖品和特殊互动表演。本次活动是免费的，但请携带资金进行烘焙拍卖，无声拍卖，食物和游戏。这是一个充满乐趣的全家人的一天。所有收益都将用于我们的奖学金基金，以帮助为所有儿童提供优质的学前教育。

### **艺术家妈妈的展览会**

星期六，4月21日，下午2点至6点， Mitchell Park Community Center, El Palo Alto Rm, Palo Alto

我是一名艺术家和妈妈展览是向公众开放的免费活动。本次展览旨在通过艺术家妈妈创作的艺术作品，照亮我们的女性社区，展现她们的坚强意志和激情。在这次展览中，35位艺术家妈妈将展示83件美丽的艺术作品。本次展览将对您和您的孩子，朋友开放。欲了解更多信息或问题，请发送电子邮件至 [info@simplestepscc.org](mailto:info@simplestepscc.org)。

### **项目安全网 (PSN) 社区会议：创新青少年福利方法**

Wed, Apr 25, 3 : 30-5 : 30 PM, Rinconada Library, Embarcadero Rm, 1213 Newell Rd

请加入PSN，获取Challenge Success的社区参与主管Mary Hofstedt提供的合作伙伴实践演示。Hofstedt女士的演讲题目是“为什么挑战成功？改变对话以支持学生的幸福和参与”。她将概述“挑战成功”如何与学校、家庭和社区合作，以支持变革，实现更大的福祉。Hofstedt女士还将分享有关学生参与和缺乏平衡的国家研究成果。与往常一样，参加PSN会议的学生可以获得志愿者/服务时间。如欲了解详情，请点击下面链接RSVP

## Jasmine

### Family Fun Day--FREE Preschool/Elementary Event

Sun, Apr 29, 11 AM-2:30 PM, Parents Place, [200 Channing Ave, Palo Alto](#)

Celebrate families and young children at Parents Place Family Fun Day! Bounce in our toddler fun zone, rock out to live music, sample a tasty treat, and play at one of the many children's activity tables, sponsored by our community partners. Meet parenting experts and pop into a 20-minute mini-workshops on everything from mindfulness to toileting tips, while your children enjoy our playroom. FREE for kids of all ages (and their grown-ups too!). Free Community Event! [Register here.](#)

### 家庭欢乐日——免费幼儿园/小学活动

周日，四月 29，11 AM-2:30 PM, Parents Place, 200 Channing Ave, Palo Alto

庆祝家庭和孩子在父母家度过快乐的一天!蹦蹦跳跳在我们蹒跚学步的儿童乐园，摇滚到现场音乐，品尝美味的美食，并在我们社区合作伙伴赞助的众多儿童活动餐桌上玩耍。当你的孩子喜欢我们的游戏室的时候，你可以和育儿专家见面，在20分钟的小工作坊里，从正念到盥洗的小窍门。免费为所有年龄的孩子(和他们的成年人!)免费的社区活动!在这里注册。

### Grace Lutheran Preschool Community BBQ and Silent Auction

Sun, Apr 29, 4-7 PM, Grace Lutheran Church, [3149 Waverley St, Palo Alto](#)

Join us for an evening of old-fashioned BBQ and fun with Zuc's Frontyard BBQ, a jumpy house, face painting, and a silent auction with offerings for the whole family. Proceeds support the Grace Lutheran Preschool scholarship fund and Grace Lutheran Church Youth Group. Purchase tickets in advance at [gracepre.org](#). \$15 for adults/\$10 for children under 10.

Questions? (650) 493-8942

### Grace Lutheran学前社区BBQ和无声拍卖

周日，4月29日，晚4-7点，格雷斯·路德教堂，Waverley 路3149号，帕洛阿尔托

和我们一起参加一个老式的烧烤晚会，和Zuc的Frontyard BBQ，一间跳跃的房子，一幅画，还有一场无声的拍卖，为整个家庭提供礼物。收益支持格雷斯路德教会学前奖学金基金和格雷斯路德教会青年团。

在[gracepre.org](#)上预购门票。成人15美元/ 10岁以下儿童10美元。



问题吗?(650)493 - 8942

### **Learn about Girl Scouts**

*Mon, Apr 30, 7-8 PM, Girl Scout House (in Rinconada Park near the Junior Museum), [1120 Hopkins Ave. Palo Alto](#)*

Come learn about Girl Scouts while having fun with games, songs, and activities. Learn how troops are formed, how to register, and meet with other interested families. Girls are welcome but not required. If you are unable to attend but would like more information, please contact [ddrummond@girlscoutsnorcal.org](mailto:ddrummond@girlscoutsnorcal.org).

### **了解女童子军**

星期一, 4月30日, 7-8点, 女童子军屋(在小博物馆附近的Rinconada公园), 1120霍普金斯大街, 帕洛阿尔托。

在玩游戏、歌曲和活动的时候, 来了解女童子军。了解部队如何形成, 如何登记, 并与其他有兴趣的家庭会面。女孩是受欢迎的, 但不是必需的。如果您不能参加, 但希望获得更多信息, 请联系 [ddrummond@girlscoutsnorcal.org](mailto:ddrummond@girlscoutsnorcal.org)。

### **Jasmine**

### **LGBTQ+ Community Survey**

*Respond by Fri, Jun 1*

In order to better gauge the experiences and needs of the LGBTQ+ community, the Human Relations Commission (HRC) of the City of Palo Alto has created a survey. Friends, family members and allies are also welcome to complete the survey. The HRC wants to learn what it can do to better support the LGBTQ+ community in Palo Alto and establish priorities for future projects and initiatives. Click [here](#) to take the survey. The deadline to respond is June 1, 2018. If you have any questions, please contact Minka van der Zwaag, Human Services Manager at [minka.vanderzwaag@cityofpaloalto.org](mailto:minka.vanderzwaag@cityofpaloalto.org), or (650) 463-4953.

### **LGBTQ+社区调查**

6月1日星期五回复

为了更好地评估LGBTQ+社区的经验和需求, 帕洛阿尔托市的人类关系委员会(HRC)创建了一项调查。欢迎朋友、家人和盟友完成调查。HRC希望了解它能做些什么来更好地支持Palo Alto的LGBTQ+社区, 并为未来的项目和计划建立优先级。点击[这里](#)进行调查。回应的最后期限是2018年6月1日。如果您有任

何问题, 请与minka.vanderzwaag@cityofpaloalto.org的人力服务经理Minka vander Zwaag联系, 或  
(650)463-4953

### **Palo Alto World Music Day 2018--10th Anniversary**

*Sun, Jun 17, 3-7:30 PM, on University Ave, from Webster to High St (closed to traffic and open for pedestrians), downtown Palo Alto*

Save the Date! Musicians and Volunteers Wanted! The City of Palo Alto has declared Sunday, June 17th as World Music Day! World Music Day is a fun, free and unique music festival that takes place in cities around the world every year close to the Summer Solstice. Now, for the 10th year in Palo Alto, 50 professional and amateur musical groups will perform a wide variety of musical genres: jazz, pop, rock, classical, world music, choral, dances and more! All performances are *FREE* and open to the public. For more information please visit [www.pamusicday.org](http://www.pamusicday.org) or email [info@pamusicday.org](mailto:info@pamusicday.org). To volunteer please click [here](#). World Music Day is presented by the Stanford Federal Credit Union and organized by the Palo Alto Recreation Foundation. Event sponsors include: the City of Palo Alto, the Palo Alto Weekly, Palo Alto Online, the Palo Alto Chamber of Commerce, the Palo Alto Downtown Business and Professional Association, Live SV, and News for Chinese.

### **帕洛阿尔托世界音乐日, 2018- 10周年纪念**

周日, 6月17日下午3点到7:30分, 大学大街, 从韦伯斯特路到高街(封闭的交通和对行人开放), 帕洛阿尔托市中心。

记住这个日期!需要音乐家和志愿者!帕洛阿尔托市已宣布6月17日星期天为世界音乐日!世界音乐日是一个有趣的、自由的、独特的音乐节, 每年在世界各地的城市举行, 接近夏至。现在, 在帕洛阿尔托的第10年, 50个专业和业余的音乐团体将演奏各种各样的音乐流派:爵士乐、流行音乐、摇滚、古典音乐、世界音乐、合唱、舞蹈等等。所有演出都是免费的, 对公众开放。更多信息请访问[www.pamusicday.org](http://www.pamusicday.org)或电邮[info@pamusicday.org](mailto:info@pamusicday.org)。请点击[这里](#)。世界音乐日由斯坦福联邦信用联盟提出并由帕洛阿尔托娱乐基金会组织。活动赞助商包括:帕洛阿尔托市、帕洛阿尔托周报、帕洛阿尔托在线、帕洛阿尔托商会、帕洛阿尔托市中心商业和专业协会、Live SV和中文新闻。

### **Volunteers Needed!**

Host families needed for exchange students in the Bay Area. Currently, FLAG, a US-based nonprofit international exchange organization with more than a 25 year history, is seeking host families in the Bay Area. Please contact Janine at (408) 505-2353 for more information or visit: <https://www.flag-intl.org/host.html>

## **需要志愿者!**

寄宿家庭需要在旧金山湾区交换学生。目前，总部位于美国的非营利国际交流组织“国旗”(FLAG)已经拥有超过25年的历史，目前正在海湾地区寻找寄宿家庭。请联系Janine(408) 505-2353，获取更多信息或访问：<https://www.flag-intl.org/host.html>。

## **Jasmine**

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

Mon-Fri, 4-6.5 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 online](#). You may also call Anne Le, PAUSD Classified HR, (650) 329-3957 for more information.

### **学校网站需要一个助手**

星期一至五，每天4-6.5小时在我们的学校。

PAUSD特殊教育部门对学生服务人员(一名助手)的迫切需求，为学生在本学年剩余时间内的学习和行为需求提供课堂支持。如果你有一些额外的时间，并且有兴趣在学校工作，在网上申请。你也可以致电 Anne Le, PAUSD分类HR, (650) 329-3957获取更多信息。

## **FROM THE PREVIOUS ISSUE:**

### **Teen Wellness Group with Danielle Seybold, Associate MFT**

*Saturdays, Apr 14-May 12, 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/](http://mindbodymoms.com/event/teen_wellness_spring_2018/)

### **青少年健康小组与丹尼尔·赛博尔德，联合MFT**

周六，4月14日-5月12日，下午3-5点，4966 El Camino Real, #115号，洛斯阿尔托斯。

青少年将有机会探索一种正念、社区和表现性艺术活动的混合。活动包括温和的运动热身，唤醒意识知觉练习，创造性艺术和关于压力的共同来源的对话，以帮助正常化青少年面临的挑战。青少年也会学习一些实用的、简单的和简单的技巧，在挑战的时候增加弹性。

[http://mindbodymoms.com/event/teen\\_wellness\\_spring\\_2018/](http://mindbodymoms.com/event/teen_wellness_spring_2018/)

### **Let's Talk**

*Mon, Apr 16, 7-9 PM, Los Altos Library, [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/>.

### **让我们谈谈**

周一，4月16日，下午7时至9时，洛斯阿尔托斯图书馆，圣安东尼奥路13号，洛斯阿尔托斯。

有机会提问和分享想法、资源，以及支持有IEPs、504s、学习差异、心理健康挑战等的学生的家长。所有这些是受欢迎的，参与者必须尊重机密。由SELPA 1 CAC (<http://www.selpa1cac.org/>)组织。

### **Wildflower Yoga Women's Circle at Blossom**

*Tue, Apr 17, 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>

### **盛开的野花瑜伽女子团**

周四，4月17，晚7:45-9:15，Blossom Birth, 505 Barron Ave, Palo Alto。

这6个星期的系列邀请所有年龄的女性，以独特的方式来对待自己的瑜伽，鼓舞人心的冥想，自爱的日志，然后分享的循环滋养你的灵魂和身体，欢笑，茶和神圣的款待。通过利用时间来滋养自己，培养自己的幸福，你将会播种更多的自我关爱的快乐种子，并获得更多的能量和灵感来滋养你所爱的人。现在注册这个6周系列作为空间是有限的!

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

## **Jasmine**

### **Taking Care of You: Mindfulness and Parenting with Challenges**

*Wed, Apr 18, 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/>.

### **照顾你:正念和面对挑战的养育**

周三, 4月18, 晚7-9, 圣丽塔小学, 700 洛斯阿尔托斯路, Los Altos

和Linda Lotspeich博士, 儿童精神病学家和临床教授。养育一个残疾儿童会导致困难的情绪和压力。专注的练习, 包括冥想, 可以减轻压力, 提高自尊, 让你更好地管理这些情绪。学会从应付生活中走出来, 过一种更有意义的生活, 同时还在为将来做打算。由SELPA 1 CAC (<http://www.selpa1cac.org/>)组织。

### **Spring Women's Wellness Group with Jalene Salus**

*Fridays, Apr 20-Jun 15, 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/>

### **Jalene Salus与春天妇女健康小组**

周五, 4月20日至15日上午9:15-11:15 AM, Blossom Birth, 505 Barron Ave, 帕洛阿尔托。

在这个滋养的群体中, Jalene Salus将分享整合营养的智慧, 她介绍了甜蜜和简单的方法来滋养你的思想, 身体和精神。在你讨论食物的时候, 享受一点有机的、当地的、季节性的冬天零食, 来支持你独特的身体——以及你的家人的健康——这个冬天。Jalene将向你展示如何将你的自我保健与季节的节奏结合起来, 引导你走上女性健康之路, 因为她让你与其他有思想、有智慧的女性进行对话。由于空间有限, 注册是必需的!<http://mindbodymoms.com/wellness-groups/>

## **Palo Alto Speech and Debate Camp**

*June 4-8 and June 11-15*

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](http://pasdc.com).

### **帕洛阿尔托演讲和辩论营**

6月4-8日和6月11-15日

在过去的14年里，学生们离开了帕洛阿尔托的演讲和辩论营，提高了公众演讲能力、研究能力、批判性思维能力和自信心。在Paly的全国排名演讲和辩论队的指导下，夏令营提供了一个无与伦比的4:1学生与辅导员的比例，为学生提供了个性化的支持。无论学生是第一次来露营，还是害怕公开演讲，还是一个经验丰富的竞争对手，PASDC为所有经验水平的学生提供了定制的课程。在[pasdc.com](http://pasdc.com)注册或学习更多信息。

***For older Community announcements, see [Recent Issues of the Gunn Connection](#).***