

## Calendar (日历)

### **Fri, Aug 26 (星期五, 8月26日)**

Freshman Parent Network Meeting, 8 AM, Staff Lounge (高一新生家长联谊会议, 早上8点开始, 在教职员员工联谊室)

Football vs. El Camino, JV 4 PM, Varsity 7 PM (美式足球对抗赛, 与El Camino 高中比赛, JV队伍在下午4点开始比赛, Varsity队伍在晚上7点开始比赛)

Tailgate BBQ, 5 PM (爵士乐烧烤派对, 下午5点开始)

### **Thu, Sep 1 (星期四, 9月1日)**

Back to School Night, 6-8:40 PM (see [Calendar](#) for schedule) (返校之夜, 晚上6点开始到8:40分结束 (请参看[日历](#)得知详细的时间表安排))

### **Fri, Sep 2 (星期五, 9月2日)**

Minimum Day (see [Calendar](#) for schedule) (校时缩短日 (请参看[日历](#)得知详细的时间安排))

### **Mon, Sep 5 (星期一, 9月5日)**

NO SCHOOL - Labor Day (学校放假不上课 - 劳工节)

### **Tue-Fri, Sep 6-9 (星期二到星期五, 9月6日到9月9日)**

Alternate Schedules (see [Calendar](#)) (替代性的时间表 (请参看[日历](#)得知详细的时间表安排))

### **Wed, Sep 7 (星期三, 9月7日)**

Freshman Parents Information Night, 6:30 PM, Spangenberg (高一学生家长的信息之夜, 晚上6点30分开始, 在Spangenberg大礼堂)

Sophomore Parents Information Night, 7:45 PM, Spangenberg (高二学生家长的信息之夜, 晚上7点45分开始, 在Spangenberg大礼堂)

### **Thu, Sep 8 (星期四, 9月8日)**

PTSA Meeting, 8:30 AM, Staff Lounge (PTSA会议, 早上8点30分开始, 在教职员员工联谊室)

## Gunn **Jasmine**

### **HELP Need Grillers and Food Prep Help for Student Appreciation BBQ** **(学生喜爱的烧烤活动需要家长义工帮忙烧烤和准备食物)**

Friday, September 9, 10 AM - 2 PM

The PTSA is continuing the tradition of appreciating Gunn students by sponsoring a school-wide "Back To School BBQ" during the lunch hour on September 9th. This is free for the students, and we need our parent community to help us out with set-up, light grilling, serving, and clean up. Hope you can join us, you'll get to experience a very happy and energized student body! To volunteer please click [here](#). Questions? Please email Keri Wagner at [keriwagner@gmail.com](mailto:keriwagner@gmail.com).

由PTSA赞助的GUNN学生喜爱的传统活动“欢迎归校烧烤”将在9月9日午饭时间开始。学生们免费享用，我们需要家长帮忙搭建餐台，烧烤，分发食物，餐后清理。希望家长们加入，你们会体验到为学生们带去快乐和身心鼓励。报名义工[点击这里](#)。问题？请联系Keri Wagner at [keriwagner@gmail.com](mailto:keriwagner@gmail.com)。

### **Academic Center Lunchtime Monitor Needed, Alternate Thursdays (午饭时间学术中心需要监场，交替的周四)**

Close to 200 volunteers helped with essential tasks to get the new school year off to a smooth start. We are grateful for their service. We still need ongoing noontime assistance in the Academic Center on alternate Thursdays. (All other days are filled.) In this position you are THE adult in the room. The main tasks are to have students know of your presence, to watch over the automatic textbook check-out and return system and to monitor appropriate use of the 30 computers in the room. If no one is available the Center must be closed to disappointed students who may need to check out a text or print off an assignment. Compensation: Joy of interacting with our great students, familiarity with what goes on at Gunn, a cup of tea, and heartfelt appreciation from the students, the AC staff (Michelle and Pam) and me ([nhesterman@pausd.org](mailto:nhesterman@pausd.org)).

为了新学年的顺利开展，需要将近200名义工去完成基本的任务。我们感谢这些义工的服务。我们仍然需要持续的每隔一个星期的星期四中午在学术中心得到帮助（其它日子已经满）。在这个位置上你是房间里的成人。主要的任务是让学生知道你的存在，查看自动教科书借出和返回系统，监控房间内将近30台电脑的使用。如果没有人在，中心必须关闭，这就会使得可能需要借阅或打印作业的学生感到失望。酬劳：快乐的与学生们交流，融入GUNN的大家庭，一杯清茶和来自学生们和AC员工 (Michelle and Pam)和我的衷心感谢([nhesterman@pausd.org](mailto:nhesterman@pausd.org))

### **Tutors Needed NOW in the Gunn AC (GUNN的学业中心现在需要辅导员)**

The Academic Center is recruiting Gunn students to tutor their peers. Student tutors will earn community service hours, learn through teaching, and will have the gratification of knowing they're helping someone else succeed in school. Special call for AP Tutors: If you took an AP course last semester WE NEED YOU! Apply now in the Gunn AC!

学业中心招聘GUNN的学生去辅导有需要的学生。学生辅导员将会得到社区服务时间，通过教学学习，将会收获在校内帮助他人的喜悦。特别需要AP辅导员：如果你上学期修了AP课程，我们需要你！现在就在GUNN AC 申请！

### **Invitation to Form Gunn Persian Parent Network Group (邀请组成 GUNN 波斯家长网络群)**

We wish to form a Persian Parents Network group, to share information and to pursue our objectives together in a more consistent way. It would be appreciated if you provide us with your email address and phone number to arrange a gathering. Thank you! -- Farideh Bonakdar, [f.bonakdar@icloud.com](mailto:f.bonakdar@icloud.com) or (650) 720-8291.

我们希望组成一个波斯家长网络群，去分享信息和以更统一的方式一起追求我们的目标。如果你给我们提供你的电邮地址和电话号码以安排聚会将不胜感激，谢谢。

--Farideh Bonakdar, [f.bonakdar@icloud.com](mailto:f.bonakdar@icloud.com) or (650) 720-8291.

### **How To Get A Bike License [Linda] (如何获得自行车许可证)**

In Palo Alto, bicycle licenses are required. Bike licenses help PAPD connect recovered stolen bikes to their owners and also can help emergency responders connect a bicyclist with family after an accident if the cyclist isn't carrying ID. Gunn PTSA recently hosted PAPD bike licensing on campus. If you missed it, you can get a license at any Palo Alto Fire Station between 4:00-5:00 pm. As long as they are not out on an emergency call, someone will be available to issue a license to you. For info on Gunn commutes, go to <http://gunn.pausd.org/transportation>.

在Palo Alto, 需要自行车牌照。自行车牌照有助于帮助PAPD被盗自行车连接到他们的业主，也可以帮助紧急救援人员在自行车的事故发生后，如果骑车人没有携带身份证，能联系家人。Gunn PTSA最近举办发放校园PAPD自行车牌。如果你错过了，你可以在任何Palo alto消防局在4:00-5:00PM之间办许可证。只要他们不出去，有人将可发出牌照给你。有关Gunn通勤信息，请访问下面的网站：

<http://gunn.pausd.org/transportation>。

### **Check Your Student's Helmet! (检查您的学生的头盔)**

Bicycle helmets should be replaced every five years, even if they appear undamaged because the rigid foam in the helmet will break down with time and won't protect your head in a collision. Helmets with cracks in the outer plastic shell should be

replaced, as should helmets that are too small. (The helmet should touch the top of your student's head. To find out if it touches, put your finger in an air vent at the top of the helmet.) For tips on getting the helmet adjusted properly, see our new helmet [flyer](#).

自行车头盔应每五年更换，即使他们看起来完好无损，因为在头盔内的硬质泡沫将随时间变坏，在碰撞时不会保护你的头。在外部塑料外壳破的安全帽应更换，因为应该是头盔太小。（头盔应该接触头顶。要了解它是否触及头部，把你的手指放在头盔顶部空气通风口）。对于正确调整头盔的提示，请参阅我们的新头盔的[传单](#)。

## **What Do the Sports Boosters Do? (体育助推部门做什么?)**

Did you know that the Athletic participation donation for sports does not go to Boosters? It goes to help pay for referees, coaches fee, etc., to allow us to provide all the sports we offer at Gunn. We want to thank all of the parents for their support of Boosters. Here is what we have been able to provide to our athletes:

\* We now have really nice sports chairs for both our team and the visiting team for BOTH gyms.

\* We also have a new high tech sports score board (like in college) which we can use to generate additional money through advertising.

\* You will have to come to the first football game on August 29 to see what we are so proud of and will generate a lot of school spirit.

\* At our first football game we will have a concession stand, so come eat dinner and watch our Titans rule! We will also be tossing out Gunn swag at the game, so don't miss the game and all the excitement!

你知道吗，竞技参与捐赠款并不给助推部门？它会帮助支付裁判员，教练员费用等，以使我们能够提供所有我们Gunn提供的运动。我们要感谢所有家长们对助推部门的支持。下面是我们已经能够提供给我们的运动员：

\*我们现在已经为我们的团队和客队两个场馆配了非常好的运动座椅。

\*我们也有一个新的高科技的体育比分板（如大学那样），我们可以通过广告产生额外的钱。

\*在将要到来的第一个足球比赛8月29日，来看看我们引以为傲，并会激发校风。

\*在我们的第一次足球比赛的时候，我们将会设有一个食物小摊。所以来球场上吃晚饭吧？并且观看看我们的球员Titans在球场上引领群风！我们也将会在比赛中投掷一些Gunn学校的装饰小饰品。所以千万不要错过本场比赛和所有的兴奋时刻！

## **FROM THE PREVIOUS ISSUE: 上一期的内容【Karly】**

### **Gunn Teams Still Taking New Athletes**

**Gunn 的运动队还在招收新队员**

It's not too late to join a sport team! Gunn's Football, Cross Country and Girl's Water Polo teams are still looking for new athletes who are interested in joining. Joining a sport team is a great way to make new and lasting friendships, show your Gunn spirit and pride, and get some exercise in too! If you're interested in joining one of the sport teams, you can contact the team's coach or just show up at a practice and go for it!! The coaches contact information and team practice times are both listed on the Gunn website under the athletics tab. GO TITANS!!

现在加入运动队还不算太晚！Gunn的足球队，越野队和女子水球队仍在招收新的运动员。加入一个运动队是结交新朋友和巩固持久友谊的很好的途径，展现你对Gunn的自豪感，并且得到锻炼！如果您有兴趣加入这项某个运动队，你可以联系那个队的教练或者直接出现训练场地就可以！教练的联系信息和团队练习时间在Gunn的网站上都列出了，在“athletics”选项之下。Titans加油！

### **Attention Parents of Seniors**

#### **毕业班的家长请注意**

*Deadline: Oct 28*

截止日期：10月28日

Every year, the yearbook staff sets aside a portion of the yearbook for Senior Baby Ads. These ads allow parents of seniors to honor their child and send them a supporting message. Graduation from high school is a noteworthy step in every child's life that surely makes every parent proud. As a long-standing tradition at Gunn, these Senior Baby Ads help celebrate this monumental achievement. See the attached [form](#), and be sure to start putting this together for our October 28 deadline. 每年，Gunn的年鉴(yearbook)工作人员都会为毕业生留出一部分页面放他们的Senior Baby Ads。这个部分可以让毕业生的父母给孩子发一个小短信给予他们支持。高中毕业是每个孩子的生命中值得庆祝的一步，每一位家长都会为此感到骄傲。作为Gunn的一个悠久传统，这些“senior baby ads”帮助庆祝这一里程碑的成就。细节请参见所附表格 form,，请一定要开始准备，在10月28日的最后期限前完成。

### **PAUSD & PTAC**

#### **Partners in Education: Together We Strengthen Our Schools**

#### **Partners in Education : 团结起来我们可以让我们的学校更好**

*Double your donation from now until Sep 6*

9 6          *PIE*

PiE has launched its 2016-2017 fundraising campaign. We ask to you to join us as our kids need the support of the whole community. PiE funds go to every Palo Alto

district school and give each principal the funding needed to staff many programs that make a difference for the students and families at each school location. From our classroom aides, to teachers for STEAM-focused electives, music and art, to caring counselors and mentors, PiE-funded staff make a positive impact on our kids every day. Between now and September 6, you can double your impact via the \$500,000 Back-To-School Challenge Grant which matches every dollar donated to PiE. Please donate today! [Click here to donate online.](#)

PIE已经推出了2016-2017年的募捐活动。我们恳请你加入我们，我们的孩子需要整个社区的支持。PIE基金会分配给学区里的每一个学校，提供资金给每个校长来支持很多项目，这些项目给每个学校的学生和家庭都会带来改变。从教师助手，到以STEAM (Science, Technology, Engineering, Art, Math) 为重点的选修课，音乐和艺术，到辅导员和导师，PIE资助的职员对我们的孩子每天的生活都有积极的影响。从现在到9月6日之间，你的贡献可以通过一个“5万元back-to-school challenge Grant”的资金匹配项目加倍。请今天就捐赠！点击这里在线捐赠：Click here to donate online.。

### **A Public Forum for Candidates for the PAUSD School Board **【Caroline 2020】****

帕罗奥图联合学区 (PAUSD) 教育董事会候选人公开讨论会

*Mon, Sep 22, 7-9 PM, PAUSD Offices, 25 Churchill Ave, Palo Alto*

Be educated! The Palo Alto PTA Council and League of Women Voters have organized an opportunity for you to meet the the candidates for the PAUSD Board of Education. The Board of Education is the K-12 policy-making body for academic standards, curriculum, instructional materials, assessments and accountability. Thank you to the League of Women Voters of Palo Alto for sponsoring this forum that encourages informed and active participation in government. The League and PTAC neither supports nor opposes candidates. The Candidates Forum is organized to provide equal and non-preferential opportunities for each candidate for Palo Alto Unified School Board to make short prepared statements and to answer questions written by audience members on cards provided at the event. Volunteers help make the event run smoothly.

The entire Forum will be videotaped by Midpeninsula studios and broadcast later on community TV channels. All other recordings, visual and audio, are prohibited.

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

<http://www.lwvpaloalto.org/>

<https://www.pausd.org/explore-pausd/board-education>

作个搞得清楚状况的人吧！Palo Alto PTA 委员会和“女性投票者联盟”为你安排了一次认识PAUSD教育董事会候选人的好机会。教育董事会负责为学区的幼儿园及中小

学制定各种准则，包括学术标准、课程安排、教材、评价和责任制。感谢Palo Alto的“女性投票者联盟”促成了这个鼓励我们了解及积极参与政府的讨论会。投票者联盟和PTAC既不会支持也不会阻挠各位候选人。举办候选人讨论会是为了给“Palo Alto联合学区董事会”候选人提供平等的机会，来发表事先准备好的简要论述，并且当场回答听众们写在小卡片上的任何问题。我们需要志愿者的帮助以保证这次活动的顺利进行。

中半岛工作室将会录下讨论会的整个过程，并将在社区的电视频道里播放。严禁除此之外的任何录像和录音。

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

<http://www.lwvpaloalto.org/>

<https://www.pausd.org/explore-pausd/board-education>

### **Gunn's PAUSD Board Liaison**

Each year the PAUSD School Board members are assigned four or five schools with whom they will liaise for a year or two. This year, Terry Godfrey is the liaison for Addison, Gunn, Hoover and the Adult School. You can find her on campus a few times a quarter for special events, principal coffees and site council or PTA meetings. Her office hours and schedule of school visits can be found [here](#). "I'd love to get to know staff, students and families better so that we can partner in creating the schools our students deserve. Please introduce yourself, tell me about your kids and let's make our schools a place where kids thrive. Also, you can always reach me at [tgodfrey@pausd.org](mailto:tgodfrey@pausd.org). Thanks! I look forward to meeting you." -- Terry Godfrey

### **Gunn 高中PAUSD 董事会联络员**

每年PAUSD教育董事会的成员会被派到4至5所学校去担当一两年的联络员。今年，Terry Godfrey担当了Addison, Gunn, Hoover以及成人学校的联络员。她每半个学期内会有几次在校园里出席一些特殊活动，“校长的咖啡会”，现场会议或者PTA会议。她的办公时间和来学校的日程表可以在这里找到。“我很愿意能进一步了解这里的员工、学生和家，这样我们可以一起为学生们创造一个他们应得的更加理想的学校。请您简单介绍下自己并且为我描述一下您孩子的各种情况，让我们把校园改造成一个孩子们能茁壮成长的地方吧。您随时可以通过电子邮件联系我：

[tgodfrey@pausd.org](mailto:tgodfrey@pausd.org)。谢谢！非常期待能和您认识。” — Terry Godfrey

## **Community**

### **社区**

**Italian Street Painting Festival: Earn Community Service Hours & Benefit Youth Community Service!**

**意大利街头绘画节：趁机赚点社区服务时间并且有助于“青少年社区服务”！**

*Sat & Sun, Aug 27 & 28, 10 AM-6 PM, Tasso St, Downtown Palo Alto*

As part of the annual Palo Alto Festival of the Arts, chalk artists will take to the streets to demonstrate their amazing talent and support YCS programs in our community. Students and their families can be part of the fun by volunteering to help run the event! Volunteers will be Artist Ambassadors, Set-up Team Members, assist kids in their own chalk drawing, and more! For more information or to sign up, please visit [www.youthcommunityservice.org](http://www.youthcommunityservice.org) or call (650) 858-8019.

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Tasso

作为每年都会举办的Palo Alto艺术节日，粉笔画家们会在街边展现他们的才能，从而支持我们社区里的YCS项目。学生以及他们的家庭可以通过当志愿者，帮助活动顺利进行来参与这个好玩的项目！志愿者可以当画家们的代表、负责分组、帮助孩子们在街上画画，以及别的很多选择！若想了解详情或者报名，请上 [www.youthcommunityservice.org](http://www.youthcommunityservice.org) 或者电话联系(650) 858-8019。

### **Trail Closure/Tree Removal Along San Francisquito Creek 沿着San Francisquito Creek的小径将关闭／树木将除去**

As part of the [San Francisquito Creek flood control project](#), the Bay/San Francisquito Creek trail that runs from Geng and Embarcadero Road to the Friendship Bridge (through the Baylands Athletic Center, along the Golf Course) will soon be closed. The flood control project is scheduled to begin September 1, but the trail may be closed as early as mid-August. On the Palo Alto side of the creek, the trail is expected to be closed for the entire two-year duration of the project. Signs are being posted along the trail in advance to warn users about the upcoming closure and tree removals that are required for the construction project.

作为San Francisquito Creek洪水控制项目的一部分，从Geng and Embarcadero Road延伸到Friendship Bridge（穿过Baylands体育中心，沿着高尔夫球场）的Bay/San Francisquito Creek小径近期将会关闭。洪水控制项目会在9月1号启动，但小径最早有可能在8月中旬就关闭。Palo Alto这边的溪边小径在项目进行过程中会关闭整整两年。小径上会预先插上警示牌子，告知大众因施工将要关闭小径以及除去一些树木。

### **El Camino Youth Symphony Orchestra Fall Auditions **【Richard】****

*Aug/Sep, ECYS, 4055 Fabian Way, Palo Alto*



Palo Alto-based El Camino Youth Symphony invites musicians ages 6-18 to audition for the 2016-17 season. Led by an internationally renowned faculty, ECYS offers six orchestras/ensembles for students at all levels of musical ability. Auditions are held in August and September. Apply online at [www.ECYS.org](http://www.ECYS.org). Call ECYS at (650) 213-7111 for more information.

El Camino青少年交响乐团秋季试音

时间：8/9月份，地点：ECYS, 4055 Fabian Way, Palo Alto

帕罗奥图市的El Camino青少年交响乐团（ECYS）邀请8-16岁的音乐家们来为乐团2016-2017年度活动期试音。作为有着国际知名导师指导的一个组织，ECYS为不同层次音乐水准的学生们安排了六组管弦乐队和组合。试音将会在8月份到9月份时进行。在线申请在[www.ECYS.org](http://www.ECYS.org)。详情请拨打(650) 213-7111。

### **Silicon Valley Boychoir Auditions**

*Thu & Fri, Sep 1 & 2 by appointment, First Lutheran Church, 600 Homer Ave, Palo Alto*

Open to 2nd-12th grade boys. High school and middle school boys with experience may audition for upper levels. Auditions for the 2016-2017 season are held at the choir's rehearsal location near downtown Palo Alto (600 Homer Ave). SVB has four levels of choirs and provides a personalized approach to teaching singing, music theory, and sight-singing, and provides flexible scheduling for busy families.聽In addition to their own winter and spring concerts, SVB performs for local events including performances with West Bay Opera, Schola Cantorum of Mountain View, and at Stanford University. Email [info@svboychoir.org](mailto:info@svboychoir.org) or visit <http://svboychoir.org>.

矽谷男孩唱诗班（SVB）试唱

预约时间：星期四和星期五，9月1-2，地址：First Lutheran Church, 600 Homer Ave, Palo Alto.

2-12年級的男生都可以參加。有經驗的高中生和初中生可以試考高級班。2016-2017年度的試考在唱詩班彩排地，帕羅奧圖市中心的600 Homer Ave舉行。矽谷男孩唱詩班按程度分成四個班，且會根據個人需要在歌唱、音樂樂理和視唱方面個別指導，還為時間比較緊湊的家庭提供靈活的日程安排。除了自有的冬季和春季音樂會，SVB的活動還包括在西灣歌劇、山景城的聖歌合唱以及斯坦福大學的演出上表演。詳細請關注<http://svboychoir.org>或發送電子郵件到[info@svboychoir.org](mailto:info@svboychoir.org)。

### **September is Suicide Prevention Awareness Month**

**The following events are sponsored by Project Safety Net:**

**Youth Mental Health First Aid Training** (2-day training, ages 16+)

*Tue & Wed, Sep 6 & 7, 3-7 PM, Mitchell Park Complex (9/6) & Cubberley Community Center (9/7), Palo Alto*

Youth Mental Health First Aid USA is an 8-hour public education program which introduces participants to the unique risk factors and warning signs of mental health problems in adolescents, builds understanding of the importance of early intervention, and teaches individuals how to help an adolescent in crisis or experiencing a mental health challenge. RSVP [here](#).

9月份是预防自杀行为的认知月

Project Safety Net赞助了以下的项目：

青少年心理健康急救训练（2天的课程，16岁以上可参加）

9 6-7 3 7 : Mitchell  
(9 6 Cubberly (9 7 )

美国青少年心理健康急救是一个8小时长的公共教育项目，此项目为参与者介绍引发青少年心理健康问题的危害因素以及出现问题时的早期征兆，让大家认识到早期干预的重要性，还将教参与者如何帮助正处于危机之中或者正遭受心理问题的青少年。

### Question Persuade and Refer (QPR) Training

*Thu, Sep 8, 6-8 PM, Lucie Stern Community Center, Palo Alto*

*Sat, Sep 10, 2-4 PM, Palo Alto Community Health Fair, Mitchell Park Complex*

Question, Persuade and Refer (QPR) for suicide prevention is a FREE two-hour training available to anyone 18 years of age or older. QPR training helps you learn the signs of suicide, and what to do to help prevent this most preventable of deaths. For Thu, Sep 8, RSVP [here](#). For Sat, Sep 10, RSVP [here](#).

询问，劝说，求助（QPR）训练

9 8 6 8 Lucie Stern

时间：星期六，9月10号，2点到4点。地点：帕罗奥图市Mitchell 公园活动中心社区健康集会

预防自杀行为三步骤—询问，劝说，求助（QPR）是一项免费的2小时培训课程，任何18岁以上成年人都可以参加。QPR训练会帮助学会识别显现的自杀倾向，且教你怎样帮助阻止自杀行为。

有意参加星期四（9月8号）培训课的请在此回复。

有意参加星期六（9月10号）培训课的请在此回复。

### National Alliance on Mental Illness (NAMI) Silicon Valley Walk（全国心理疾病联盟(NAMI)在硅谷的健行活动）【Shawn】

*Sat, Sep 17, Walk begins at 11 AM, Arena Green, San Jose ( 9 17  
11 Arena Green, San Jose )*

Put on your walking shoes -- on-site or virtually -- to join the Palo Alto Community and Project Safety Net for this important mental health awareness event. Your

support will help change the perceptions about mental wellness, reduce mental health stigma, and promote suicide prevention. For more information, click [here](#).

(穿上你的运动鞋--为了增强心理健康意识, 请一起加入帕罗奥图社区和安全网络计划。你的支持将改变人们对心理问题的看法, 减少心理健康缺陷, 改善对自杀的预防。获取更多信息请点击[这里](#)。[here](#).)

### **Community Discussion on Teen Suicide (青少年自杀问题讨论)**

*Wed, Sep 7, 6:30-8 PM, CHC, 650 Clark Way, Palo Alto*

*6:30-8:00 CHC, 650 Clark Way*

CHC's (Children Health Council) [Dr. Ramsey Khasho](#) will present the findings of the recent CDC report and will lead an open discussion about its implications for teen mental health in Palo Alto and the neighboring communities. Additionally, Dr. Khasho will discuss the results from our 8-week McKinsey & Co. study, and how all these reports shape our [Teen Mental Health Initiative](#). Register [here](#).

(来自儿童心理健康议会的[Dr. Ramsey Khasho](#)博士将出席这次讨论, 并展示最新的CDC报告结论。与此同时, 他将带领大家公开讨论这次会议对帕罗奥图以及其相邻社区对青少年心理健康的启示。另外, Khasho博士还会讨论我们委托McKinsey & Co. (麦肯锡咨询公司) 为期八周的研究成果, 和这些报告将如何影响到对青少年心理健康的倡议。详情请点击此链接[here](#).)

### **Let's Talk: A SELPA 1 Support Group (集体讨论 : 一个本地特殊教育支持小组)**

*Mon, Sep 12, 7-9 PM, Orchard Community Room, Los Altos Library, 13 S. San Antonio Road, Los Altos*  
*7 9 Orchard Community , Los Altos , 13 S. San Antonio Road, 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. For more information, see [www.selpa1cac.org](http://www.selpa1cac.org).

[www.selpa1cac.org](http://www.selpa1cac.org).

### **Puberty for Students with Challenges: A SELPA CAC Coffee Talk (青春期的挑战 : 本地特殊教育组织cac咖啡茶话会) **【Andy】****

*Wed, Sep 21, 7-9 PM, Santa Rita Elementary, 700 Los Altos Ave, Los Altos (new location!)*  
*Santa Rita Elementary, 700 Los Altos Ave, Los Altos*

Dr. Jacob Towery will be discussing adolescents with challenges entering puberty, issues parents should be aware of, and common psychiatric medications and their effects on teenagers. There will be ample time for questions and answers. For more information, see [www.selpa1cac.org](http://www.selpa1cac.org).

Jacob Towery博士将会和大家讨论青少年进入青春期的挑战，以及父母该注意的事项，还有公共心理健康咨询以及它们对青少年的影响。这次会议将有充分的事件给予家长提问以及回答。详情请见这里[www.selpa1cac.org](http://www.selpa1cac.org)。

### **PreSchool Family 70th Anniversary Celebration (第七十周年的学前儿童的家庭庆祝活动)**

*Sun, Sep 25, 3-5 PM, Greendell School, 4120 Middlefield Rd, Palo Alto* 9月25号星期天, 3-5 PM, Greendell School, 4120 Middlefield Rd, Palo Alto)

PreSchool Family is turning 70! Celebrate with classroom visits, alumni class photos, and refreshments. Alumni and Current Families welcome. Hosted by Friends of PreSchool Family. For more information, visit [psf.pausd.org](http://psf.pausd.org).

学前儿童家庭活动要七十岁了！用教室参观，交友班级照片，和点心来庆祝吧。由 Friends of PreSchool Family主办。如果需要更多的信息，请访问 [psf.pausd.org](http://psf.pausd.org)

### **Free Community Day at Gamble Garden (Gamble花园的免费社区日)**

*Sun, Oct 2, 10 AM-2 PM, 1431 Waverley St, Palo Alto* 10月2号星期天, 10 AM-2PM, 1431 Waverley St, Palo Alto)

Gamble Garden celebrates our community with a FREE fun-filled all ages day. The day's festivities include fun children's activities, horticultural resources, educational displays, garden demonstrations, food, entertainment, and of course...digging for worms! This is an opportunity for the community to spend some time at Gamble Garden, meet neighbors and enjoy some activities and hospitality. Please register at <https://www.gamblegarden.org/event/community-day-oct/>.

Gamble 花园为庆祝我们社区，将举办免费的适合各个年龄的娱乐活动。这天的活动包括好玩的儿童活动，园艺资源，教育展览，园林示范，餐饮，娱乐，当然还有...挖虫子！这是一个在 Gamble 花园花点时间，见见邻居，并享受一些活动的机会。请在以下网址注册 <https://www.gamblegarden.org/event/community-day-oct/>

### **Classroom Volunteers Needed - An Hour a Week Could Change a Student's Life (征求课堂志愿者-每周一个小时就可能改变一个学生的一生)**

If you've enjoyed spending time in your child's classroom, please join other parents volunteering in east Menlo Park or East Palo Alto schools where there are virtually

no parent volunteers. You'll help tutor kids in grades K-4. Over 80% of students are performing below grade level in reading and math. Work once a week in the same classroom for about an hour, building relationships with students. All Students Matter provides training and coordinates everything. We start in mid-September. You can make a real difference! To learn more or sign up, visit [www.allstudentsmatter.org](http://www.allstudentsmatter.org) or contact Keri Tully at [keritully@gmail.com](mailto:keritully@gmail.com).

如果您喜欢在孩子的课堂里花费时间，请加入其他家长做 East Menlo Park 或 East Palo Alto 学校的家长义工。那里几乎没有家长义工。你会帮助辅导K-4 年级的孩子。那里80%的学生的阅读和数学达不到平均水平。您只要每一个星期在同一个教室里花一个小时的时间跟学生们建立关系。All Students Matter 会提供训练，并安排一切事宜。我们将在九月中旬开始。你的努力可以产生很大的影响！要了解更多信息或注册，请访问[www.allstudentsmatter.org](http://www.allstudentsmatter.org) 或与Keri Tully联系 [keritully@gmail.com](mailto:keritully@gmail.com)。

### **Financial Aid for Students (学生经济援助)**

Have or know a college-bound student? The Free Application for Federal Student Aid or FAFSA will now open Oct 1, 2016, for the 2017-2018 school year for anyone seeking financial assistance. FAFSA offers grants, work-study funds and low-interest federal student loans. The program includes information on state funds that may be available to pay for a child's higher education. More info at <https://studentaid.ed.gov/sa/>.

你有或知道一个要上大学的学生吗？联邦学生援助(FAFSA)免费申请将在2016年10月1日开始，可为任何人寻求2017至2018年学年的经济援助。联邦学生援助(FAFSA)提供助学金，勤工助学基金和低利率的联邦学生贷款。该项目包括对可能提供支付孩子高等教育的加州资金的信息。更多信息可在如下网站获取：

<https://studentaid.ed.gov/sa/>