

Calendar 【日历】

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](#)获得详细的时间表）】

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日】

Alternate Schedules (see [Calendar](#)) 【替代性的时间表（请参看[日历](#)获得详细的时间表）】

Wed, Sep 7 【星期三, 9月7日】

Freshman Parents Information Night, 6:30 PM, Spangenberg 【高一新生家长信息分享之夜, 晚上6点半开始, 在Spangenberg大礼堂】

Sophomore Parents Information Night, 7:45 PM, Spangenberg 【高二学生家长信息分享之夜, 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点半开始, 在教职员工联谊室】

Fri, Sep 9 【星期五, 9月9日】

Student Appreciation BBQ, 12:55-1:35 PM, Staff Lounge 【学生感恩烧烤活动, 中午12点55分开始到1点35分结束, 在教职员工联谊室】

Sat, Sep 10 【星期六, 9月10日】

Chinese Parent Network Picnic, 12 PM, Staff Lounge 【华裔家长联谊野餐活动, 中午12点开始, 在教职员工联谊室】

Senior Parent Potluck, 6 PM, Puranik Residence 【毕业生家长自带食物的聚会, 晚上6点开始, 在Puranik私人寓所】

Mon, Sep 12 【星期一, 9月12日】

Site Council Meeting, 4 PM, Staff Lounge 【学校校务会议, 下午4点开始, 在教职员工联谊室】

Thu, Sep 15 【星期四, 9月15日】

New Families Potluck, 5:30 PM, Library 【新来的家庭的自带食物联谊聚会, 下午5点半开始, 在图书馆】

Fri, Sep 16【星期五, 9月16日】

Football vs. Andrew Hill, JV 4 PM, Varsity 7 PM, Football Field【美式足球对抗赛, 与Andrew Hill高中比赛, JV队伍在下午4点开赛, Varsity队伍在晚上7点开赛, 在足球场】

Gunn【Kelly】

Bus Schedule Changes *THIS AFTERNOON*

【课程表改动】

On Friday, September 2nd - minimum day 1:00 PM dismissal, School trippers will depart Vets Hospital at 1:08 PM (88M), 1:10 PM (88L). Regular scheduled N/B 88 will depart Vets Hospital at 1:05 PM. An additional N/B 88 trip to Middlefield/Colorado will depart Vets Hospital at 1:12 PM. Questions: Russell Anstadt, Santa Clara Valley Transportation Authority, Russell.Anstadt@vta.org, (408) 321-5694

【周五9月2日学校只上半天。下午1点放学。学校旅行者（88M团队）会在1:08去兽医病院。学校旅行者（88L团队）会在1:10分出发。N/B 88团队会在1:05出发。1:12分部分N/B 88团队会在1:12出发去Middlefield/Colorado。如果有任何问题请问Russell Anstadt。她的邮箱是 Russell.Anstadt@vta.org】

Field Trip Driver Essential Insurance Coverage

【郊游驾驶必要保险】

Parents who drive for sports and other field trips [must complete a special driver form](#) and have it approved and signed by the principal BEFORE the trip. This form must be accompanied by: 1) a copy of the driver's license AND, 2) a copy of the declaration page of the driver's insurance policy showing AMOUNTS of coverage. The district requires minimum coverage of \$300,000 bodily injury per occurrence and \$100,000 property damage per occurrence. (Forms received often have no declaration page attached or show inadequate property damage coverage. Cost of raising coverage is minimal.) EACH driver must complete a new form each school year, which will cover all field trips for the present school year. Questions: Norma Hesterman, nhesterman@pausd.org

【帮忙开车去郊游与其他体育活动的家长们需要完成[特殊驾驶表格](#)。并且在出发去旅程之前让校长批准。这个表格必须要：1) 驾驶执照复印, 2) 有登记保险费用的驾驶保险页面。校区需要至少30万的驾驶人与人员保险与10万的驾驶物品保险。（常常会有没有驾驶保险页面或者保险金额页面或者未达到保险金额标准的表格被提交。）每一个驾驶成员都会需要完成这个表格每一个新学年。一旦被批准, 整个学年都可以作为郊游与体育活动的驾驶。有任何问题请写邮件给Norma Hesterman : nhesterman@pausd.org。】

Order Your Farm Fresh Pies from Gizdich Ranch!

【从Gizdich Ranch定你的农场新鲜馅饼】

Now thru Oct 20

10 20

Order delicious Gizdich Ranch Pies before October 20th for your holiday gatherings and help raise funds for the Class of 2017 Senior Picnic, Grad Night Celebration, and scholarships for Seniors to attend those events. The pies come frozen and are made locally at Gizdich Ranch in Watsonville. Buy an extra pie and bake it for Gunn's Turkey Feast. Buy a pie and donate it to a special teacher or staff member! The pie sale is not limited to just Gunn families...ask your friends, family, co-workers and neighbors to buy pies too! For the Gizdich Pie Order Form, click [here](#). Any questions? Contact Cassandra Gencarella, mginx@sbcglobal.net. The class of 2017 thanks you!

【在10月20日之前为你的假日集合与其他庆典预定你的新鲜馅饼并且帮助2017的学生们的毕业典礼，毕业野餐和让一些没有资金参加这些活动的学生募款。馅饼是冰冻的。从Watsonville的Gizdich Ranch制作的新鲜馅饼。可以给Gunn的火鸡大餐多买一块饼。也可以用馅饼当做礼物给学生们喜欢的老师或者学校的职员。馅饼不只有Gunn的家庭可以买，可以推荐给你的家人，朋友，同事与邻居们一起买。请在这里预定新鲜馅饼。如果有任何问题可以在mginx@sbcglobal.net这个邮箱联络Cassandra Gencarella。2017届学生感谢你的“捐款”。】

Gunn Chinese Parents Network Back to School Picnic

【Gunn的中国家长新学期“野餐”】

Sat, Sep 10, 12 PM, Staff Lounge

9 10 12

Are you new to the Gunn community? Do you have lots of questions? Do you need help for translation? Please join us for back to school picnic. For more information, please contact Ann Xu at ann_xu@yahoo.com, Maria Mao at maria.mao@gmail.com, Liz Dong at lizdong@yahoo.com, or Amanda Chi at amandachi@yahoo.com.

【新来到Gunn的中国家长？是否有很多问题？需要帮忙翻译？请来这次的新学期野餐了解Gunn吧。如果有疑问请联系Ann Xu 【ann_xu@yahoo.com】，Maria Mao 【maria.mao@gmail.com】，Liz Dong 【lizdong@yahoo.com】或者Amanda Chi 【amandachi@yahoo.com】

Gunn Senior Parent and Student Back to School Potluck

【Gunn四年级家长与学生返校午餐】

Sat, Sep 10, 6 PM, Puranik Residence

9 10 Puranik

Let's kick off this year with a Back to School Potluck. Come meet and relax and share yummy delicacies over fun conversations and get to know each other better, as our kids embark on the senior year of High School. So PLEASE DO

JOIN US EVEN IF IT IS FOR A SHORT TIME! [Sign up for a dish and a drink!](#) If you have any questions or suggestions please contact Ani_Gnanalingam@Hotmail.com or BarbaraBest@gmail.com.

【用一场返校午餐开始新的一年吧。来休息一下并且和其他家长在吃好吃的同事交流吧。在孩子上高中最后一年的时候，我们也互相认识一下吧。所以请务必来认识一下其他的高四学生家长吧.....就算是一个短暂的停留也行。在[这里](#)报名代食物与饮料。如果有任何问题请问Ani_Gnanalingam@Hotmail.com或者BarbaraBest@gmail.com】

New Families Potluck

【新来到学区的家庭集合餐会】

Thu, Sep 15, 5:30-7:30 PM, Library

9 15 5 30~7 30

New Families are invited to attend the annual New Families Potluck and meet staff, SEC students, PTSA parents and representatives from the Parent Networks for an informal evening of socializing, food and fun. Please bring a favorite snack or dish to share, whether it is homemade or store bought. Dessert, coffee and tea will be provided. Childcare for children under 12 is provided free of charge.

Please RSVP to gunnpotluck@gmail.com.

【新家庭都可以来参加呢今年的新家庭餐会来认识学校职员，SEC学生，家长会成员和家长代表们。这次的社交机会请各位带一些自己喜欢的食物与饮料，不管是自制还是买的都可以。点心，咖啡喝茶学校会准备。12岁以下小孩子的看护会免费提供。如果要参加，请写邮件给 gunnpotluck@gmail.com。】

Gunn Fall Club Fair

【Gunn秋季社团集合】

Fri, Sep 16, 12:25-1:05 PM, Quad

9 16 12 25~1 05

The Gunn Fall Club Fair is 9/16 at lunch time; most clubs set up a table in the Quad so all students can ask questions or sign up. If your student wants to form any type of new club s/he should review the information on the Student Activities page under "[Chartered Clubs-Basic Info](#)". If it is a sports club, after approval by [Lisa Hall](#) (Student Activities Director) your student contacts the athletic director for field availability. Here are the deadlines:

【Gunn的秋季社团集合会在9/16的中午。大部分的社团都会准备一个摊位介绍自己的社团并且让学生提问和参加社团。如果您的孩子想要建立一个社团，他需要阅读社团规定和流程。如果是一个体育方面的社团，在Lisa Hall批准后需要找体育领导批准。以下是截止日】

00001. Complete the ONLINE Club Charter Application by 09/06/16 at 4 PM.

【9/6/16之前完成网络申请】

00002. Attend the MANDATORY Club President Meeting (09/09/16 after school in K-8).

【9/9/16必须区K-8参加团长聚会】

00003. Locate a teacher who is willing to be the club advisor.

【寻找一位能够成为社团顾问的老师】

00004. Participate in Club Day and turn in Member Sign Up List (10 minimum) to SAC.

【参加社团集合并且把报名参加的成员表带到SAC教室】

Gunn Sports Boosters--Did you know? 【George】

- PAUSD provides stipends for our coaching staff and funds the Athletic Director position at (80%).
- Gunn Athletic Department gets the sole source of money from the \$200 voluntary participation contribution per student per sport. The ACTUAL cost of funding each student is higher. The money is used for league participation fees, purchasing equipment, medical supplies, transportation, and paying for officials at the games.
- Over 55% of our students participate in sports at Gunn.
- In order to cover the gap between funds needed and the Athletic Department Funds, we raise money through our fundraising events (such as the Donor Appreciation Wall), Booster memberships, eScrip and direct donations.

Check us out at www.gunnsportsboosters.com. Our next Boosters meeting is on Wednesday, September 21st at 6 PM in the Bow Gym PE Classroom. Questions: Pam Perez, (650) 223-9795, pep@pamperez.com

【GUNN体育支持者 - 你知道吗？】

- PAUSD为我们的教练组提供津贴，和为运动主任职位基金提供（80%）。
- GUNN运动部门获得的唯一资金来源是每个体育运动学生的\$ 200美元自愿捐款。实际资助每个学生的成本要高于\$200美元。这笔钱是用于支付联盟的参与费，购置设备，购买医疗用品，提供交通运输，并支付所有比赛的裁判的费用。
- 55%以上的学生在GUNN参与体育运动。
- 为了覆盖所需的资金和体育部基金之间的差距，我们通过我们的筹款活动（如捐助者感谢墙），支持者会员费，电子存单和直接捐赠筹集资金。

请在www.gunnsportsboosters.com 查看信息。我们的下一个支持者会议是在9月21日周三下午6时在BOW体育馆（Bow Gym）体育课教室举行。有问题，请致电（650）223-9795，或者发电子邮件pep@pamperez.com，给帕姆·佩雷斯。】

Attention Gunn MUSIC Lovers!

Please consider donating to our amazing, award-winning program (even if your student isn't a member of our Gunn music ensembles). Your much-needed funding would go toward guest conductors, musical tutors, music consultants, sheet music, new instruments, festival fees, scholarships. How can you donate? Go to www.gunnmusic.org. Click on the [DONATE](#) button at the bottom of the screen. Did you know? **All six of the Gunn Ensembles received**

Unanimous Superior Ratings at last year's CMEA Music Festival!

Questions? Contact Kat Alioshin and Kristen Lee, Gunn Music Boosters Co-Presidents (alioshin@me.com, klee@pausd.org)

【GUNN音乐爱好者请注意！

请考虑给我们惊人的，屡获殊荣的程序捐款，（即使你的学生不是我们的冈恩音乐乐团的成员）。你的资金将大大有助于资助客座指挥，音乐教师，音乐顾问，乐谱，新的乐器，节庆费，和奖学金。你怎么能捐？请访问www.gunnmusic.org。然后在屏幕的底部点击[捐赠](#)按钮。你知道吗？冈恩的所有六个音乐乐团在去年的CMEA音乐节都得到一致的高级评价！有问题，请通过电子邮件联系冈恩音乐支持者联合主席Kat Alioshin (alioshin@me.com) 和Kristen Lee (klee@pausd.org)。】

FROM THE PREVIOUS ISSUE:

HELP Need Grillers and Food Prep Help for Student Appreciation BBQ

Fri, Sep 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.

【来自上期的内容：

帮助：学生答谢BBQ活动需要烧烤者帮助和食品准备帮助

周五，9月9日，上午10点-下午2点

PTSA在9月9日午餐时间主办一个全校性的传统“返校烧烤”活动用于答谢冈恩的学生。这个活动对学生是免费的。我们需要我们的家长社区来帮助我们设置，烧烤，服务，并清理。希望你能加入我们，你将体验到一个非常快乐的，充满活力的学生大集体！志愿者请点击[这里](#)。有问题，请通过keriwagner@gmail.com给Keri Wagner发送电子邮件。】

Tutors Needed NOW in the Gunn AC

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!

【GUNN学术中兴（AC）现在需要导师

GUNN学术中心（AC）正在招募冈恩学生辅导他们的同学。学生导师将获得社区服务小时，通过教学学习，并将获得他们正在帮助在校别人成功的满足感。特别需要高级课程的导师：如果你上学期选修了一个高级课程，我们特别需要你！现在在GUNN学术中心（AC）申请！】

Invitation to Form Gunn Persian Parent Network Group

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 or (650) 720-8291.

【邀请加入GUNN波斯家长网络组

我们希望形成一个波斯家长网络组，共享信息，并以更一致的方式共同追求我们的目标。如果您向我们提供您的电子邮件地址和电话号码以方便安排聚会，这将不胜感激。谢谢！ - Farideh Bonakdar, 电子邮件：f.bonakdar@icloud.com或电话：（650）720-8291。】

How To Get A Bike License

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>.

【如何获得自行车许可证

在帕洛阿尔托需要自行车牌照。自行车牌照有助于帕洛阿尔警局（PAPD）返还被盗自行车给他们的所有人，也可以帮助紧急救援人员与骑自行车者的家人在事故发生发生后及时取得联系，如果骑车人没有携带身份证。冈恩PTSA最近在校园举办了帕洛阿尔警局发放自行车牌。如果你错过了，你可以在任何帕洛阿尔托消防局下午4点到5点取得自行车许可证。只要他们没有因为紧急呼叫而出勤，消防局一定有人将可发自行车牌照给你。有关冈恩通勤信息，请访问 <http://gunn.pausd.org/transportation>。】

Check Your Student's Helmet! 【Caroline 2019】请检查你家学生的头盔

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](#).

【头盔即使看上去完好无损，也应该每五年更换一次，因为头盔内层的硬泡沫时间长了会慢慢破裂，无法在遇到撞击时保护你的头。头盔外表的塑料壳上如果有裂痕应该马上更换，头盔如果过小也应更换。（头盔应该接触到你家学生的头顶。把你的手指伸进头盔顶部的一个透气空隙里便可发现头盔是不是接触到了头顶。）如想获得正确调整头盔的诀窍，请看我们新的头盔传单[flyer](#).】

What Do the Sports Boosters Do? 运动推广者做些什么？

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!

【你知道运动员参加各运动项目的捐款是不给运动推广者吗？这些捐款用在支付推荐费、教练费等，以助于Gunn提供各类运动项目。我们要感谢所有支持运动推广者的家长们。以下是我们一直以来能够给我们运动员们提供的：

- *我们现在两个体育馆都有不错的椅子提供给我们自己的校队以及来比赛的其他队。
- * 我们有一个新的高科技运动分数显示板（像大学里的），可以用来做广告赚些额外的钱。
- * 8月29日您要是来观看我们的首场足球赛，便会看到我们引以自豪的是什么，而且也能产生出很多学校的精神。

* 在我们学校的首场足球赛上，我们设有一个展台，来吃晚餐并且观看我们的Titans规则吧！比赛时我们也会抛掷Gunn纪念物。所以别错过比赛以及所有兴奋的事!】

PAUSD & PTAC Palo Alto 学区 & Palo Alto 教师家长评议会

Partners in Education: Together We Strengthen Our Schools 教育合作者：我们共同加强学校

Double your donation from now until Sep 6 9 6

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已经发起了2016-2017的捐款活动。我们诚请您加入因为我们的孩子需要整个社区的的支持。PiE的资金分派到每一个Palo Alto学校，并且分发给每一个需要资金的校长来雇佣所需项目的员工。这些项目对于每一个校址里的学生和家庭都起到了改变的作用。从教室里的助手，到科学类STEAM的选修课老师，音乐美术老师，及顾问和导师，PiE资金用在雇这些老师上，对于我们的孩子每一天都有积极的影响。从现在起到9月6日，您可以通过对于PiE的每份捐款都加倍的50万美金返校竞争基金来加倍您的影响 请今天就捐款！您可以点击此处来网上捐款[Click here to donate online.](#)】

Notice of Public Hearing: Sufficiency of Textbooks and Instructional Materials

公开听众会的通知：充足的教课书及教学资料

Tue, Sep 13, 6:30 PM, Board Room, 25 Churchill Ave, Palo Alto

The Board of Education will receive input from the public relative to certification that students have sufficient textbooks and/or instructional materials for the 2016-2017 school year. Additional information available through Educational Services at (650) 329-3709.

【学区教育部会听取公众的反馈来证明学生在2016-2017学年里拥有足够的教科书和/或教学资料。可以致电(650) 329-3709获取额外信息。】

A Public Forum for Candidates for the PAUSD School Board
Palo Alto 学区校董事会候选人的公众论坛

Corrected date: THURSDAY, Sep 22, 7-9 PM, PAUSD Offices, 25 Churchill Ave, Palo Alto

, 9 22 7-9 PM, Palo Alto学区办公室

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>

【接受教育！Palo Alto教师家长评议会和女性选民团已经为您跟Palo Alto学区教育部候选人的见面组织了一次机会。Palo Alto教育部是幼儿园到12年级的学术标准、教纲、授课材料、评估和问责法规的制定者。感谢Palo Alto女性选民团赞助发起该公众论坛，鼓励公众对政府知性的积极的参与。Palo Alto女性选民团及Palo Alto教师家长评议会对于候选人持中立态度，既不支持也不反对。该候选人论坛的举办为Palo Alto联合校董会的每一位候选人提供公平非倾向性的机会，让他们各自发表简短有准备的讲话，并在现场回答听众们写在卡片上的问题。义工们协助听众会顺利进行。

整个论坛都将由Midpeninsula studios录像，并将在随后的社区电视频道中播放。禁止所有其他的录音、录像。相关信息：

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

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

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

Food Service Department Open Forums 食品服务部公开论坛

PAUSD invites parents, employees, students, and community members to a series of Food Services Department Community Open Forums held throughout the 2016-17 school year. Please visit:

www.pausd.org/food-service-department-open-forum.

【Palo Alto联合学区邀请家长、员工、学生及社区成员们参加2016-2017学年召开的一系列食品服务部社区公开论坛会。详情请看

www.pausd.org/food-service-department-open-forum.】

Renaming Schools Advisory Committee (RSAC) Survey 【Eve】

学校咨询委员会 (RSAC) 的调查

The PAUSD School Board created a Renaming Schools Advisory Committee (RSAC) and charged this committee to explore and recommend processes for naming or renaming schools based on community input and feedback. The community consists of students, parents, alumni, former parents, community members, and PAUSD teachers and staff. With this short survey, we would like to get your initial input concerning the criteria you consider to be most important for the naming of any district school. Your input will help the RSAC understand the community's values, and alongside other data, help inform the Committee's discussions and recommendations to the Board. The survey is very short and we appreciate you taking two or three minutes to give your input by completing and submitting this seven question survey. Simply click [here](#) to begin.

【PAUSD 的学校董事会创造了学校咨询委员会 (RSAC) 并且让该委员会基于社区的意见和反馈来探讨, 推荐, 和规划学校。该组织由学生, 家长, 校友, 前学生家长, 社区成员和PAUSD教师和工作人员组成。有了这个简短的调查, 我们希望得到您认为对任何地区的学校的创建最重要的标准。您的意见将帮助RSAC了解社会的价值观, 以及帮助通知委员会的讨论并向董事会建议。希望您能为我们的学校贡献你的一、两分钟来完成这个调查。请[点击这里](#)开始。】

PAUSD Seeks Parent Member for Board Policy Review Committee

PAUSD征求董事会政策检讨委员会的家长成员

Palo Alto Unified School District (PAUSD) invites its parents to consider joining the Board Policy Review Committee (BPRC), a committee established to assist the PAUSD Board of Education in its thinking about District policies. The BPRC committee currently has an opening for a parent representative. Parents interested in the school district's process of developing policies should [fill out the](#)

[form online](#) before the deadline of end of the business day on Wednesday, September 7, 2016. Click [here](#) for more information.

【Palo Alto 联合学区欢迎家长们加入**董事会政策检讨委员会 (BPRC)** ——一个以协助教育PAUSD委员会在有关地区的政策思考。现在BPRC委员会在家长代表的位置上有一个空缺，如果您有兴趣来制定学区的政策，请在9月7号前[在线填写这张表](#)。如需要更多信息，请[点击这里](#)】

Community

社区

Palo Alto Library -- Saturday Board Games Day

Palo Alto图书馆--周六棋类游戏节

Sat, Sep 3, 10 AM-6 PM, Downtown Library, 270 Forest Ave

9 3 10AM-6PM 270 Forest Ave

Attendees can bring their own games to play or jump-in with others. Please bring your own snacks and drinks to fuel an afternoon of marathon gaming in the Downtown Library program room.

【参与者可以自己携带游戏来和大家分享。请带好你自己的食物和饮料，确保你在Downtown 图书馆里有一个尽力充沛的午后】

Palo Alto Library -- Maker Sunday: 3Doodler Pen

Palo Alto 图书馆-- 星期天制造商：3Doodler笔

Sun, Sep 4, 4:30-5:30 PM, Mitchell Park Library, 3700 Middlefield Rd

4 4 30-5 30PM Mitchell Park 3700 Middlefield Rd.

An interactive program for teens featuring different Maker related projects.

【一个展现青少年特色与不同的活动。】

Palo Alto Library -- Knack 4 Knitting

Palo Alto图书馆-- 诀窍4针织（针织的诀窍？）

Wednesdays starting Sep 7, 4-6 PM. Mitchell Park Library, 3700 Middlefield Rd

9 7 4-6PM Mitchell Park 3700 Middlefield Rd

This a great opportunity to share your love for knitting, meet new friends and help others with their projects. Meets every Wednesday each week. Grades 9-12 and adults. Please [register for this event online](#).

【这是一个来展示你对于针织的热情的机会，交到新的朋友并且帮助他们来一起建造针织项目。每周的周三我们都会见面。9年级到12年级还有家长们。请[在线注册](#)。】

September is Suicide Prevention Awareness Month

九月是预防自杀宣传月！

The following events are sponsored by Project Safety Net:

以下的活动由Project Safety Net赞助：

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

青少年心理健康急救培训（2天培训，16岁以上均可参加）

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

*9 6 7 3-7PM 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](#).

【美国青少年心理健康培训是一个8小时的公共教育方案，这个方案向参与者介绍特有的风险因素和对青少年的心理健康问题的警告标志，建立早期预防的重要认识，并教导人们如何正确的帮助青少年们，每当他们处在危机中或遇到一个精神健康的挑战。需要详情或者加入，请[点击这里](#)。】

Question Persuade and Refer (QPR) Training

提问说服并参考（QPR）的培训

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

9 8 6-8 PM Lucie Stern Community Center Palo Alto

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

*9 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](#).

【提问，说服，并参考（QPR）来预防自杀是一个完全免费两个小时训练，任何18岁或以上的年龄均可参加。QPR训练能够帮助你来认识自杀的迹象，以及如何来预防这些事的发生。注册9月8日，周四，请[点击这里](#)。注册9月10日，周六，请[点击这里](#)。】

Project Safety Net at the Palo Alto Community Health Fair

工程安全网在Palo Alto社区的健康博览会

Sat, Sep 10, 2-4 PM, Mitchell Park Complex, Palo Alto

9 10

2-4PM Mitchell Park Complex Palo Alto

Come drop by the PSN table to get mental health resources

【来PSN小会来获得心理健康的资源。】

National Alliance on Mental Illness (NAMI) Silicon Valley Walk 【**Pheobe**】

Sat, Sep 17, Walk begins at 11 AM, 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](#).

国际心理健康联盟硅谷走路活动

星期天，9月17号，在圣荷西的Arena Green,11点开始步行

请穿上你可以走路的鞋子—现场或虚拟—去加入帕罗奥图社区和安全网络健康工程组织的重要的心里保健的活动。您的支持将有助于改变对精神健康的认识，减少心理健康歧视，促进预防自杀。欲了解更多信息，请点击[这里](#)。

PSN Collaborative Community Meeting

Wed, Sep 28, 4- 6 PM, Rinconada Library, Palo Alto

Join us at our next meeting to meet and hear from community members who are reducing youth mental health stigma and supporting youth voice. Register [online](#).

PSN 合作性社区会议

星期三，9月28号，下午4-6点，Rinconada图书馆，帕罗奥图

加入我们的下一次会议去一起见和听听那些社区支持心理健康教育和致力于关注青少年健康成长的成员们，请在[这里](#)注册。

Community Discussion on Teen Suicide

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

Children's Health Council (CHC) and the Findings from the CDC Preliminary Report on Teen Suicide: A Community Discussion. CHC's [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](#).

关于青少年自杀的社区会议

星期三，9月7号，下午6:30-8点，CHC，650 Clark Way，帕罗奥图

青少年健康委员会和疾病预防控制中心的初步报告青少年自杀的调查结果：一个社区讨论。青少年健康委员会的拉姆齐Khasho博士将介绍近期CDC报告的调查结果，在帕洛阿尔托对青少年的心理健康及其影响和周边社区进行公开讨论。此外

, Khasho博士将讨论从周内麦肯锡公司的研究结果, 并且介绍与讨论所有这些报道是如何塑造的[青少年的心理健康倡议](#)。欲知详情, 请在[这里](#)注册。

Palo Alto Library -- Graphic Novel Book Club

2nd Thursday of month, 7-8:30 PM, Mitchell Park Library, 3700 Middlefield Rd
Monthly book discussion on a graphic novel selected by the group! This program is for readers age 16 and up. Sep 8: "Can't We Talk about Something More Pleasant?", by Roz Chast.

帕罗奥图图书馆—图文书籍俱乐部

每个月的第二个周四, 下午7-8:30PM, Mitchell Par图书馆, 3700 Middlefield Rd

每月图书讨论会在图画小说小组选出来! 这个项目是给16岁及以上的成员准备的。Roz Chast说: “我们能不能谈点更愉快的事呢?”

Mindfulness for Teens - Fall 2016 Series

Saturdays, Sep 10-Oct 15, 10-11:30 AM, 1059 El Monte Ave, Ste B, Mountain View

Myndtree's "Mindfulness for Teens" 6-week series introduces our teens to the practices of mindfulness and meditation. These powerful practices have been shown to help teenagers (and adults) develop a sense of acceptance and ease with who they are and work with their daily challenges with confidence. They help bring down stress levels, while increasing self-awareness and the ability to make good decisions. Teens will participate in individual and group activities and will have a safe and supportive environment. For teens 13-19 years. Fee: \$180, or \$200 after 9/4. Scholarships available. [Details and registration](#). Questions: Gayathri, gayathri@myndtree.org, or Sharon, sharonmfcc@gmail.com.

关注青少年 - 2016年秋季系列

星期六, 九月10日至10月15日, 早上10-11点30分, 1059El Monte Ave,Ste B,Mountain View,

Myndtree的“关注青少年”6周的系列介绍我们的关注青少年和冥想的做法。这些强大的实践已经证明, 以帮助青少年(和成人)制定验收感, 并验收谁在工作中施展的游刃有余, 让他们有信心日常挑战的工作。它们有助于降低压力水平, 同时提高自我意识和做出正确决策的能力。青少年将参加个人和团体的活动, 在有安全和支持的环境。对于青少年13-19年。费用: 9月4号以前\$180, 9月4号以后200\$。提供奖学金。详情及报名。有问题请问: Gayathri, gayathri@myndtree.org或Sharon, sharonmfcc@gmail.com。

Let's Talk, A SELPA 1 Support Group

Mon, Sep 12, 7-9 PM, Orchard Community Room, 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. For more information, see www.selpa1cac.org.

让我们来讨论, ASELPA1 Support Group

星期一, 9月12日, 下午7-9点, Orchard Community Room, Los Altos图书馆, 13 S San Antonio Rd, Los Altos

有一个和有IEP (残障儿童?) 504s, 学习不同, 心理健康有问题的学生家长交流, 讨论的机会。欢迎所有人的加入, 参与者必须对所有人体现尊重, 欲知更多详情, 点击此处[查看](#)

Palo Alto Library -- Yoga with Surfer Mike

Tue, Sep 13, 5:30-6:30 PM, Rinconada Library, 1213 Newell Rd

Come and learn mindful meditation and yoga movement. Join us at the Rinconada Library on the second and fourth Tuesday of each month, as Surfer Mike teaches techniques of mindfulness meditation and yoga movement with awareness. Michael Kintz has been teaching meditation and yoga since 1997. More information: www.yogawithMike. Sponsored by the Friends of the Palo Alto Library. For grades 9-12 and adults.

帕罗奥图图书馆—瑜伽和牛奶冲浪

星期二, 9月13号, 下午5:30-6:30, Rinconada 图书馆, 1213 Newell Rd 来这里参加瑜伽和冥想的活动。在每月的第二个和第四个星期二加入我们 Rinconada图书馆。冲浪者迈克教授会教授冥想和瑜伽动作与意识的技术。迈克尔·金茨一直教授自1997年来一直致力于研究冥想和瑜伽的更多信息: www.yogawithmike。谢谢帕洛阿尔托图书馆之友赞助。对于9-12年级和成人开放。

Palo Alto Library -- Teen Writing Club

1st and 3rd Thursday of month, 4-5:30 PM, Rinconada Library, 1213 Newell Rd

Share your passion for writing with other teens. Writing prompts, activities, and light snacks provided. Meets 1st & 3rd Thursday of every month. Grades 6-12. Please [register for this event online](#).

帕罗奥图图书馆—青少年写作俱乐部

每个月的第一个和第三个星期二, 4-5:30PM, Rinconada Lidarary, 1213 Newell Rd 与其他青少年分享你的写作激情。写作提示有活动和小吃提供。在每个月的第一个和第三个星期二聚会。对于6-12年级开放。请在这里[注册](#)。

Community Service Opportunity: Coastal Clean Up Day **【Claire】**

Sat, Sep 17, 9 AM-noon, Baylands (Matadero or Adobe Creek)

The City of Palo Alto is hosting two clean-up sites (Matadero and Adobe creeks) to clean up litter in the Baylands. To sign up: Please go to www.cleanacreek.org (scroll down to Palo Alto) to sign up and be sure to bring your waivers. Three hours of community service will be available.

社区服务机会: 海岸清洁日

【星期六, 9月17日, 上午9点到中午, 湾地 (Matadero或Adobe Creek)
Palo Alto托管了两个清理地点 (Matadero和Adobe小溪) 用来清理湾地里的垃圾。如有意者请到www.cleanacreek.org (选择Palo Alto) 注册并一定要带上你事先填写的豁免章。参与可获三个小时的社区服务。】

Puberty for Students with Challenges, SELPA1CAC Coffee Talk

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

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.

【面对青春期有困难的学生, SELPA1CAC咖啡讲座

9 21 7-9 Santa Rita 700 Los Altos Ave Los Altos

Dr Jacob Towery将讨论有困难进入青春期的青少年, 家长应该知道的问题, 和常见的精神药物及其对青少年的影响。那里将会有充裕的时间来解答问题。欲了解更多信息, 请参阅www.selpa1cac.org。】

PreSchool Family 70th Anniversary Celebration

Sun, Sep 25, 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 www.psf.pausd.org.

【学龄前家庭70周年庆典

9 25 3 00-5 Greendell 4120

学龄前家庭将变成70周年。为了庆祝可参观教室, 看到校友班级照片, 和点心。欢迎校友和现学龄前家庭。此活动由学龄前家庭之友主办。欲了解更多信息, 请访问www.psf.pausd.org。】

Media Rules: Healthy Connections in the Digital Age

Fri, Sep 30, 7-8:30 PM, Memorial Auditorium, 551 Serra Mall, Stanford University

Do you feel that media is all-consuming and rules your family life? Navigating technology can feel like uncharted and unprecedented territory for parents. How can we effectively manage media use when the rules of engagement seem to be constantly changing? Join us to explore how adults and kids can establish healthy connections and positive relationships in the digital age. Adults \$10; students free. [Details and tickets](#).

【现代媒体规则：如何与数字时代建成健康关系

09 30 7-8 30 Memorial Auditorium 551 Serra Mall
Stanford

你是否觉得现代媒体又费时又掌控着你的家庭生活？导航技术对父母可感觉像完全未知和前所未有涉及过的领土。我们怎样才能有效地使用管理媒体，即使规则似乎在不断变化？加入我们来探索成人和孩子们如何能在数字化时代建立健康和积极的关系。成人\$10;学生免费。 [Details and tickets](#). (详细问题请访问链接)】

TAKEOVER: Teen Creativity Party

Fri Oct 7, 6 -9 PM, Palo Alto Art Center, 1313 Newell Rd, Palo Alto

Teens, celebrate peace, love, and artmaking with a Teen Creativity Party, complete with live performances, hands-on art activities, raffle prizes and more! During the event, attendees will be able to check out our upcoming exhibition, The Butterfly Effect: Art in 1970s California, and see a new side of the Palo Alto Art Center. A valid high school ID is required to enter. For more information, contact Lauren Baines, Family, Teen and Outreach Programming Coordinator, lauren.baines@cityofpaloalto.org.

【TAKEOVER：青少年创意派对

10 7

6-9

1313 Newell Rd Palo Alto

青少年，快来庆祝和平，爱，与青少年创意党进行艺术创作，现场表演，可动手的艺术活动，抽奖以及更多！活动期间，参与者将能够参观我们即将推出的展览--蝴蝶效应：美国加州20世纪70年代的艺术，看看帕洛阿尔托艺术中心的新的的一面。需有效高中身份证才可进入。欲了解更多信息，请联系Lauren Baines，家庭，青少年与推广编程协调员， lauren.baines@cityofpaloalto.org。】

Love Art and Art History?

Interested in O'Keeffe, Rivera, Thiebaud, or Jacob Lawrence? Volunteer docents needed to give presentations about the lives and work of Master Artists to PAUSD elementary students. Training provided by Arts Coordinator, Sharon Ferguson. Art History background preferred but not required. Flexible hours. Volunteer docent meetings/training held at Art Education, 25F Churchill Ave. For more information contact Emily at Art Education, (650) 329-3939, emarshall@pausd.org.

【热爱艺术和艺术史？

是否对 O'Keefe, Rivera, Theibaud, 或Jacob Lawrence感兴趣？现在需要志愿讲解员来提供给PAUSD小学生关于艺术大师们生活和作品的讲解。培训通过艺术协调员， Sharon Ferguson， 提供。有艺术史背景者优先，但不是必需的。工作拥有灵活的工作时间。志愿者讲解员的会议/培训在 Art Education, 25FChurchill Avenue举行。欲了解更多信息，请联系在艺术教育的 Emily， 电话（650）329-3939, emarshall@pausd.org。】

