

Calendar 【日历】

Fri, Sep 9 【星期五, 9月9日】

Alternate Schedule (see [Calendar](#)) 【替代性的时间表（请参看[日历](#)）】

Student Appreciation BBQ, 12:55-1:35 PM, Staff Lounge 【学生感恩烧烤活动, 12:55分开始, 到下午1:35分结束, 在Staff Lounge】

Sat, Sep 10 【星期六, 9月10日】

Chinese Parent Network Picnic, 12 PM, Staff Lounge 【华裔家长联谊野餐聚会, 中午12点开始, 在Staff Lounge】

Senior Parent Potluck, 6 PM, Puranik Residence 【毕业生家长自带食物的聚会, 下午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 (see [Agenda](#)) 【学校校务会议, 下午4点开始, 在Staff Lounge (请参看[会议议程](#))】

Thu, Sep 15 【星期四, 9月15日】

Senior Parents Meeting, 8 AM, Staff Lounge 【毕业生家长会议, 早上8点开始, 在Staff Lounge】

New Families Potluck, 5:30 PM, Library 【新来的家庭自带食物聚会, 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 【美式足球比赛, 与Andrew Hill高中对抗赛, JV队伍在下午4点开赛, Varsity队伍在晚上7点开赛, 在足球场】

Wed, Sep 21 【星期三, 9月21日】

Junior Parents Information Night, 6:30 PM, Library 【高三学生·家长信息分享之夜, 晚上6点半开始, 在图书馆】

Senior Parents Information Night, 7:45 PM, Library 【毕业生家长信息之夜，晚上7点45分开始，在图书馆】

Thu, Sep 22 【星期四，9月22日】

Freshman Concert Band Informance, 7 PM, Cafe, Terman Middle School
【高一新生音乐信息会议，晚上7点开始，在Terman中学的Cafe】

Fri, Sep 23 【星期五，9月23日】

Football vs Fremont, JV 4 PM, Varsity 7 PM, Football Field 【美式足球比赛，与Fremontl高中对抗赛，JV队伍在下午4点开赛，Varisity队伍在晚上7点开赛，在足球场】



Gunn **Jasmine**

Senior Parent Network Meeting 12 年级家长网络会议

Thu, Sep 15, 8-10 AM, Staff Lounge

15

8-10

The Gunn Counseling Department will join us at 9 AM to review the slides to be presented on September 21ST at the Parent Information Evening and answer questions. If you are unable to attend the September 21ST event, try to attend this one. We will start with coffee and chats at 8 AM, and review Parent Network plans for the year (including Grad Night!) at 8:30 AM. If you have any questions or suggestions please contact Ani_Gnanalingam@Hotmail.com or BarbaraBest@gmail.com.

GUNN的咨询部门会在9点加入我们的会议并一起查看将在9月21日晚上家长信息会上展示的幻灯片并回答问题。如果你无法参加9月21日的会议，请来参加这次会议。我们将在8点开始喝咖啡和聊天，8点30分浏览今年的父母网络计划（包括毕业晚会）。如果你有问题和建议请联系 Ani_Gnanalingam@Hotmail.com or BarbaraBest@gmail.com.

WANTED: Accepting B-Period Tutor Applications in the Gunn AC! 招募:在GUNN的学术中心申请B-Period导师

The Academic Center is recruiting Gunn students with a B PREP to tutor *freshmen-level*: Algebra, Geometry, Biology 1, and Chemistry 1. Student tutors will:

1. Volunteer at least 1 hour per week (up to 3 B periods per week).
2. Earn community service hours.
3. Learn through teaching.
4. Share knowledge of subjects you know.
5. Help another student succeed in school.

Apply now in the Gunn AC!

学术中心正在招募有B Prep的Gunn学生来做导师，辅导九年级水平的代数，几何，生物1和化学1，学生导师将：

- 1.每周最少1小时义工（最多每周有3个B课时）
- 2.获得社区服务时间数

- 3.通过教学来学习
- 4.分享你知道的科目知识
- 5.通过帮助他人获得在校的成功感

现在就去Gunn AC申请吧！

What's Gunn Site Council? 什么是Gunn校务委员会

Site Council is a valuable forum where Gunn's staff, students and parents are all present to discuss issues related to the school - it brings a unique and broad perspective which we value greatly! Meetings are almost monthly and anyone is welcome to visit. Read on about how Site Council differs from other school bodies:

gunn.paloaltopta.org/gunn-site-council/

校务委员会是一个有价值的论坛，在这里Gunn的老师，学生和父母都可以去讨论与学习相关的问题 - 它提供独特和广泛的视角使我们收益多多。每个月一次会议并欢迎来访。了解校务委员会与其它学校组织的不同请点击

gunn.paloaltopta.org/gunn-site-council/

FROM THE PREVIOUS ISSUE: [Linda]

Field Trip Driver Essential Insurance Coverage

实地考察驱动程序的基本保险覆盖面

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

参加体育和其他实地考察的家长在驾驶前必须填写一份特殊的驾驶员表格，由校长批准和签名。本表格必须附有：1) 驾驶执照的副本，2) 显示司机的保险和保的数目的副本。学区对每发生\$ 30万的人身伤害和每

发生\$ 100,000财产损失的有最小保费要求。（收到的表格往往没有申报页面或显示财产损失的保险数目，提高覆盖面的费用是最小的。）每个驾驶员必须每年完成新表格，这将覆盖本学年的全部实地考察。若有问题：联系Norma Hesterman, nhesterman@pausd.org

Order Your Farm Fresh Pies from Gizdich Ranch!

订购Gizdich农场新鲜的馅饼

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日之前为您的假日聚会订购美味的Gizdich牧场馅饼，并为2017年的高年级野餐，毕业夜的庆祝活动以及颁发给高年级的奖学金来参加这些活动帮助筹集资金。馅饼是冰冻的，在沃森维尔Gizdich牧场本地制造。也可为GUNN的感恩节盛宴购买额外的馅饼。也可买一个馅饼，把它捐赠给一个特殊的老师或工作人员！馅饼销售并不限于GUNN家庭...也可邀请你的朋友，家人，同事和邻居来买馅饼！对于Gizdich饼订单，请点击[这里](#)。有任何问题？联系Cassandra Gencarella mginx@sbcglobal.net。2017班感谢你！

Gunn Chinese Parents Network Back to School Picnic

GUNN中国家长联谊返校野餐

Sat, Sep 10, 12 PM, Staff Lounge

星期六，12年9月10日PM，员工休息室

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.

你是新来GUNN社区？你有很多问题？你需要翻译上的帮助？请加入我们的返校联谊野餐。欲了解更多信息，请联系Ann Xu ann_xu@yahoo.com, Maria Mao maria.mao@gmail.com, Liz Dong lizdong@yahoo.com, or Amanda Chi amandachi@yahoo.com.

Gunn Senior Parent and Student Back to School Potluck 【 Early】 Gunn毕业生家长和学生返校聚餐

Sat, Sep 10, 6 PM, Puranik Residence

Gunn

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.

9月10日，星期六，下午6点，Puranik公寓

让我们用一个返校聚餐开启新的一年吧。当我们的孩子们开始他们高中最后一年的时候，让我们来聚一聚，放松一下，共享美味佳肴的同时来一些有趣的谈话，并且更好地相互了解。所以，哪怕你只有很短的时间，也请一定要来加入我们！请点击[这里注册](#)你会带来什么菜和饮料！[Sign up for a dish and a drink!](#) 如果您有任何问题或建议，请联系 Ani_Gnanalingam@Hotmail.com或BarbaraBest@gmail.com。

New Families Potluck

新家庭的聚餐

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

9月15日，周四，5:30-7:30 PM，图书馆

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.

我们邀请新加入Gunn的家庭参加一年一度的新家庭聚餐，请来见见我们的员工，SEC学生，PTSA家长，以及家长联谊会的代表们。在这样的一个非正式的夜晚，来享受一点美食和有趣的事情。请带一个你最喜欢的零食或菜品来分享，无论是自制的或从商店购买的都可以。我们提供甜点，咖啡和茶。我们免费看护12岁以下的儿童。如果您能参加，请回复到 gunnpotluck@gmail.com。

Gunn Fall Club Fair

Gunn秋季俱乐部日

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

9月16日，周五，12 : 25-1 : 05 PM，在Quad（小广场）

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:

1. Complete the ONLINE Club Charter Application by 09/06/16 at 4 PM.
2. Attend the MANDATORY Club President Meeting (09/09/16 after school in K-8).
3. Locate a teacher who is willing to be the club advisor.
4. Participate in Club Day and turn in Member Sign Up List (10 minimum) to SAC.

Gunn秋季俱乐部日是9/16日午餐时间；大多数的俱乐部都会在Quad设一个桌台，所有的学生都可以提问题或注册加入。如果某个学生想成立任何类型的一个新俱乐部，他/她应该读一下学生活动页面下的“特许俱乐部 - 基本信息”(["Chartered Clubs-Basic Info"](#)) 上的信息。如果你要成立的是一个体育俱乐部，由Lisa Hall（学生活动指导主任[Lisa Hall](#)）批准后，您的学生还应该联系体育主任来看看是否有场地。以下是几个截止日期：

1.16年9月6日下午4点之前在网上完成俱乐部的申请。

2.参加这个强制性必须参加的俱乐部主席会议（16年9月9日放学后在K-8）。

3.找到一个愿意做你俱乐部顾问的老师。

4.参加俱乐部日，然后把会员注册名单（最少10个）交到 SAC。

Gunn Sports Boosters--Did you know? 【Caroline 2020】

GUNN ---

- PAUSD provides stipends for our coaching staff and funds the Athletic Director position at (80%).
- PAUSD为我们学校的体育教练们提供津贴以及运动部门主任薪水的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.
- GUNN运动部门目前的资金来源只有一个: 学生们参加每项运动时自愿支付的\$200参与费。但参加每一项运动的实际费用其实高于学生所交的参与费。这笔钱分别用于支付联盟参与费，购买运动装备和医疗用品，交通运输费，还有参加比赛时裁判的费用等等。
- Over 55% of our students participate in sports at Gunn.
- 超过55%的GUNN学生参加学校的运动。
- 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.
- 我们会通过举办一系列的捐款活动（比如“捐赠者感激墙”），支持者会员费，电子存单捐赠，和直接捐款来帮助体育部门收集所需资金的差额。

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

详细信息请上www.gunnsportsboosters.com查看。

我们下一次支持者会议将于9月21日周三晚上6点在Bow Gym（Gunn体育馆）的体育课教室举行。

若有任何问题，请通过以下方式联系Pam Perez：

手机：(650) 223-9795

电子邮件：pep@pamperez.com

Attention Gunn MUSIC Lovers!

Gunn 的音乐爱好者们请注意！

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)

请为我们了不起的、备受赞誉的Gunn乐团捐款赞助（即使您的孩子不是乐团成员也请这样做）。您的捐款将用于聘请客座指挥，音乐老师，音乐顾问，乐谱，新乐器，节庆费用和奖学金等。捐款请上www.gunnmusic.org，然后点击位于底部的捐赠（DONATE）按钮。你知道吗？Gunn的六个乐团在去年的CMEA音乐节上都表现优异！若有问题，请联系Gunn音乐支持者的两位联合负责人Kat Alioshin (alioshin@me.com) 和 Kristen Lee (klee@pausd.org)。

PAUSD & PTAC

Palo Alto联合学区和教师家长协会理事会

Notice of Public Hearing: Sufficiency of Textbooks and Instructional Materials

公众听证会通知：充足的教科书和教学资料

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

9 13

6

25 Churchill

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.

学区教育董事会将听取公众的反馈，来证实学生们在2016-2017学年里有足够的课本和/或教学资料。大家可以致电(650) 329-3709获取额外信息。

Community **【Richard】**

El Camino Youth Symphony Orchestra Fall Auditions

埃尔卡米诺青少年交响乐团秋季试音

Aug/Sept, Palo Alto

8 9

The El Camino Youth Symphony is inviting young, motivated musicians with at least one year of private lessons to audition for our preparatory orchestras! ECYS offers after-school music programs for all levels of ability, from our Chamber Players Orchestra for students just beginning their musical journey to the Senior Symphony, where players challenge themselves with professional-level repertoire. The orchestra program begins in the fall and runs through the spring, and groups meet weekly for rehearsal. Contact loribingham@ecys.org to learn about setting up an audition. Visit www.ecys.org for more information.

埃尔卡米诺青少年交响乐团（ECYS）现在邀请具有至少一年以上音乐经验的年轻音乐家们来参加我们的预备乐团面试。ECYS将提供校外课程给

所有不同音乐水平的学生，从最基础的新生组到能够演奏专业级别曲目的资深组。乐团的活动从秋天开始，到春天结束。每个小组一周练习一次。预约面试可联系loribingham@ecys.org。有关ECYS的详情可登陆www.ecys.org 获得。

Sanskrit Classes

梵文班

Classes begin Sun, Sep 11, 4 PM, St. Mark's Episcopal Church, 600 Colorado Ave, Palo Alto

11 4 , 600

Sanskrita Bharati Palo Alto is organizing Sanskrit Classes for children (K-7th grade) and adults for the school year 2016-17. For more information, visit: www.SBbalakendram.org

帕洛阿尔托的Sanskrita Bharati语言学校正在组织2016-2017年度面向从幼儿园到7年级学生以及大人的梵文班。详细情况请登陆www.SBbalakendram.org

Let's Talk, A SELPA 1 Support Group

让我们聊聊吧--特殊教育第一学区的支持小组

Mon, Sep 12, 7-9 PM, Orchard Community Room, Los Altos Library, 13 S San Antonio Rd, Los Altos

*9 12 7-9 Orchard ,
13 ,*

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.

这是一个极好的机会，参与者可以与其他学生家长一起，针对个性化教育计划（IEP），504计划，学习差异，精神压力等问题提问，分享自己的想法、资源和帮助。所有人都欢迎参加，参加者必须为他人保密。详情请关注www.selpa1cac.org。

Palo Alto Library -- Yoga with Surfer Mike

帕洛阿尔托图书馆—跟Surfer Mike练瑜伽

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

*13 5:30 6:30 Rinconada , 1213
Newell*

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.

大家快来学习如何观心静坐和练习瑜伽吧。此活动于每月的第二和第四个星期二在Rinconada 图书馆进行，由Surfer Mike（本名Michael Kintz）指导大家观心静坐和一些瑜伽动作。Michael Kintz从1997年起就开始教导这方面的课程。本课程由帕洛阿尔托图书馆之友赞助，开放给9-12年级学生和成年人。详情请登录www.yogawithMike。

Community Service Opportunity: Coastal Clean Up Day 【Shawn】

社区服务机会：海岸清洁日

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

星期六，9月17号，上午9点—中午，地点：Matadero或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.

帕拉图市将在两个地点开启海湾清洁服务，来清扫海湾垃圾。报名方式：请到下面链接网站并务必带上你的免责表，www.cleanacreek.org（下拉点帕拉图），可以提供3小时的服务时间。

National Alliance on Mental Illness (NAMI) Silicon Valley Walk

国家心理疾病联盟举办的硅谷行走活动

Sat, Sep 17, Walk begins at 11 AM, Arena Green, San Jose

星期六，9月17，上午11点开始，圣何塞，

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](#).

穿上你的步行鞋，一起加入由帕拉图社区和安全项目联合主办的唤醒心理健康意识的重要活动，你的支持将帮助改变心理健康意识，减少心理健康问题，促进预防自杀。获取更多资讯，请点击[here](#)。

Puberty for Students with Challenges, SELPA1CAC Coffee Talk

青春期对学生挑战，SELPA1CAC 咖啡座谈

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

9 21 7-9 Santa Rita 700

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.

Jacob Towery博士将和大家讨论青少年进入青春期后遇到对挑战，父母应该知晓的事项，青少年常用的心理治疗和效果，有足够的时间给大家提问和回答，获取更多资讯，见www.selpa1cac.org。

Cult Movie Series: Airplane

非主流电影系列：飞机

Thu, Sep 22, 7-9 PM, Rinconada Library, 1213 Newell Rd

9 22 7-9 Rinconada 1213 Newell

Join us for a classic cult movie in the beautiful Embarcadero Room at Rinconada Library the 4th Thursday of the month. Romance! Near disaster! Unlimited silliness! We will be watching the 1980 comedy Airplane! Rated PG. Snacks will be provided.

每月的第四个星期四，来到Rinconada图书馆美丽的Embarcadero 房间，加入我们经典的非主流电影欣赏。或浪漫，或灾难，或无厘头，此次放映的是1980年的电影《飞机》，PG级别。有点心提供。

PreSchool Family 70th Anniversary Celebration

幼儿园家庭项目70周年纪念

Sun, Sep 25, 3-5 PM, Greendell School, 4120 Middlefield Rd, Palo Alto

9 25 3-5 Greendell 4120 Middlefield

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.

学前家庭项目已经第70年了，庆典活动、教室参观、校友教室照片以及新貌，欢迎所有校友和现在成员，由学前家庭项目的朋友友情赞助，获取更多资讯，访问www.psf.pausd.org

Project Safety Net Meeting **[Andy]**

安全网项目会议

Wed, Sep 28, 4-6 PM, Rinconada Library, Embarcadero Room, 1213 Newell Rd, Palo Alto

*28 4-6 PM Rinconada Embarcadero
1213 Newell Palo Alto*

Are you interested in reducing youth mental health stigma and supporting youth voice? Please join us at our next [Project Safety Net](#) (PSN) meeting where you will have the opportunity meet and hear from members in our community who have the same interest. At this month's meeting, PSN is honoring September is Suicide Prevention Awareness Month. We will be featuring a [Crisis Text Line](#) that provides free crisis intervention via SMS message. You will also hear about upcoming events and trainings. RSVP [here](#). [Project Safety Net](#) is a collaborative community network held together by a common interest of fostering youth well-being in Palo Alto. [Sign-up](#) for its newsletter.

您有没有兴趣减少孩子心理阴影并支持年轻人说出他们的心声？请加入我们的安全网项目[Project Safety Net](#)（PSN）会议。在那里，您会有机会遇到并听到社区和您有同样兴趣的成员。在这个月的会议，PSN 倡导九月是防止自杀意识月。我们会推出一个[危机短信热线](#)用以提供免费短信危机介入。您也会了解到活动预告和培训。RSVP [在这里](#)。[Project Safety](#)

[Net](#)是一个有促进青少年健康的共同兴趣组成协作社区网络。请在这里[注册](#)它的通讯。

Media Rules: Healthy Connections in the Digital Age

传媒统治：数字时代的健康连接

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

9 30 7-8:30 PM Memorial 551 Serra Mall,

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](#).

您有没有觉得媒体完全占据并控制您的家庭生活？对父母来说，导航技术有时让人感觉完全陌生。当规则不断的变化的时候，我们该如何有效的掌控媒体用法？和我们一起探讨在数字时代大人和孩子如何建立健康的连接和积极的关系。大人 \$10；学生免费。[细节和买票](#)。

VTA Clipper Card

VTA Clipper 卡

You don't have to pay cash or get a monthly pass to get a youth discount on the VTA 88 bus, or other buses or Caltrain, etc. Sign up for a Youth Clipper Card. Bus fares for the 88 bus for youth are 75 cents each way and \$1.25 for adults. Click [here](#) or [here](#) for how.

您不需要用现金或月票来获取Caltrain或VTA的青年折扣。您可以登记一个 Youth Clipper 卡。VTA 88 路车单方向乘车费是青少年 0.75 美元，成人 1.25 美元。如果有兴趣的话，请点击[这个](#)或[这个](#)网站了解怎么做。

Tween and Teen Art Classes at the Palo Alto Art Center!

在Palo Alto艺术中心的Tween和Teen的艺术课

Unleash the creativity in your student by signing up for one of our Teen & Tween Art Classes. We have several classes with openings for students

ages 11-18. Registration is open for classes focusing on Ceramics, Drawing, Photography and Watercolor. Register [here](#). Questions? Please contact Rebecca Passarello, rebecca.passarello@cityofpal Alto.org or (650) 617-3509).

通过参加 Teen 和 Tween 的艺术课，让您的学生释放他们的创造力。我们
有几节课还有给11-18岁孩子的位置。陶瓷，画画，摄影和水彩的课现在接
受报名。请在[这里](#)注册。如有问题，请联络Rebecca Passarello，
rebecca.passarello@cityofpal Alto.org或电话（650）617-3509