

Calendar

Mon-Wed, Feb 13-15

3-Day Week Schedule (see [Calendar](#))

Thu-Mon, Feb 16-20

NO SCHOOL - President's Day weekend

Tue-Fri, Feb 21-24

4-Day Week Schedule (see [Calendar](#))

Wed, Feb 22

"Brainstorm" Book Club, 7 PM, Staff Lounge

Fri, Feb 24

Winter Dance, 7 PM, Bow Gym

周一 —— 周三, 2月13-15日 3天工作日计划 (见日历[Calendar](#))

周二 —— 周一, 2月16日至20日 学校无课 - 总统周末

周二 —— 周五, 2月21日至24日 4天工作日计划 (见日历[Calendar](#))

周三, 2月22日 “头脑风暴” 图书俱乐部, 下午7点, 工作人员休息室

周二, 2月24日 冬季舞会, 下午7点, Bow健身房

Gunn

Section 1

Brainstorm Book Club: Continuing the Conversation about the Teenage Brain

【想法集中□□俱□部：□□探□关于青少年期孩子大□】

Wednesdays, Feb 1, 15, 8:30-10 AM, Paly EWC (in the library)

【周三2月1日, 2月15日 早上8:30~10点 Paly高中□□□】

Wednesdays, Feb 8, 22, Mar 1, 7-8:30 PM, Gunn Staff Lounge

【周三2月8日, 2月22日, 3月1日 晚上7~8:30 Gunn 工作人□休息室】

****Please note: Feb. 1st and Feb. 15th meetings at Gunn were cancelled and rescheduled due to conflicting school events.**

【由于Gunn校内活动2月1日和2月15日在Gunn的聚会被取消】

Please join us to continue the conversation about Dr. Dan Siegel's book "Brainstorm: The Power and Purpose of the Teenage Brain." Each week we will discuss ideas from his book and how to apply them to our own parenting. We will also try out some of Dr. Siegel's "Mindsight tools."

【加入我们探索Dan Siegel博士的《想法集中：青少年期孩子大脑的力量和意图》。每周我都会向本群里所提供的家庭教育指点并且分享一些Dan Siegel在书中所写到的“精神工具”。】

The conversation will be led by Kirsten Daehler (educator/ Gunn parent) and Maria Daehler (child psychiatrist/Gunn parent). You are welcome to attend even if you haven't read the book. We will have a few copies of the book for purchase (\$18.50, cash or check only). Please contact Kirsten Daehler, krdaehler@gmail.com, if you have any questions.

【作一位教育家和Gunn的家人的Kristen Daehler 和一位孩子心理医生和Gunn的家Maria Daehler 会一起。就算没有书也可以来。我们会提供几份书来（18.50美元现金或者支票）。如果有任何问题请联系Kirsten Daehler：krdaehler@gmail.com】

The same program is also being offered in the morning at Paly and led by Cari Anderson (psychologist/Paly parent). Please contact Cari Anderson, cari@sundy.net if you have any questions about the Paly sessions. A recording of Dr. Siegel's event we hosted in November can be found [here](#).

【同样的企划也会在Paly的造成进行。由身心医生的Paly家Cari Anderson一起。如果有任何问题请联系Cari Anderson：cari@sundy.net。11月的Siegel博士的会议录音可以再[这里](#)找到。】

Nineteen of 24 Chaperones STILL Needed for Service Day

【需要19位家长陪伴学生参加社区服务日】

Thu, Mar 2, various sites

【3月2日星期四，各种地点】

Please help our students learn how to help others! Each year Youth Community Service (YCS) works with Gunn to implement the popular Community Service Day. This year's date is Thursday, March 2nd. Over 300 students will travel on buses to service sites in the community to perform a day of service. Student sign-ups filled up fast, but the teams need parent chaperones for Service Day to succeed. Parent chaperones will support the trained student team leaders during the hours of service, 8 AM to 2:15 PM. Service sites are listed on this [chaperone sign-up link](#). Please consider supporting our students as they learn of ways to serve in their community. Better yet, grab a friend and sign up together. Contact Norma Hesterman at nhesterman@pausd.org.

【帮助我们的学生学帮助人的精神。每年的青少年社区服务社与Gunn联合了鼓励高中生帮助社区的社区服务日今年会在3月2日星期四。超过300名学生都会搭上巴士去各种地方帮助我们的社区。学生名额上就了但是陪程的家不。陪程家会从早上8:00至下午2:15帮助学生完成社区服务。里是所有的服务地点。来帮助我们学的学生学帮助人并且几位朋友帮助我们宣传社区服务的精神。如果有任何系Norma Hesterman : nhesterman@pausd.org】

FROM THE PREVIOUS ISSUE:

【来自上期的息】

Book Drive for Tiekunu Primary School in Kenya

【肯尼亚Tiekunu小学捐】

Drop off by Wed, Feb 15, Rm E-2

【周三, 2月15日, 放在E-2教室】

Students in Tiekunu Primary School need English reading books from 1st to 5th grade. These books will be used in Tiekunu's classroom library as supplemental reading materials. Research has shown it is best to support literacy from an early age. Gunn's Stairway to Literacy Club calls for your support to donate English reading books -- whether used or never-read -- to help students at Tiekunu in Kenya. To donate books, simply drop them off to room E-2 inside the box labeled "Books for Kenya." Any questions, please email StairwayToLiteracy@gmail.com.

【Tiekunu小学的学生需要从1到5年的英语。些将用于Tiekunu教室作补充材料。研究表明最好从小开始写能力的培养。Gunn的楼梯文化俱部呼吁您的支持捐英语籍一无是使用或从不帮助在肯尼亚Tiekunu的学生。捐,把放在E-2房里的盒子里, 盒子的“肯尼亚的”。有, 系: StairwayToLiteracy@gmail.com.】

Veronica Tsang

Juana Run Needs Volunteers

The Juana Run is February 25, and we need your support on Race Day. All proceeds from the Juana Run go to Gunn Athletics. Here are the links to sign up and THANKS! Please sign up to volunteer at <http://tinyurl.com/gw6cfv7> and specifically for Course Monitors at <http://tinyurl.com/zta5y4k>.

Juana跑學要志願者

Juana跑是在二月二十五日, 我学要你的支持在比日。所有的收益从Juana跑会去Gunn技。里是注册接。!

情注册作志願者在<http://tinyurl.com/gw6cfv7>

特程器在<http://tinyurl.com/zta5y4k>.

Update: Financial Accountability

The generosity of Gunn Families is the sole source of funding for the Gunn PTSA. Wonder what

we do with your donations? Click [here](#) to get a mid-year update, describing the programs and events we fund to benefit Gunn students/staff/parents, and the larger community. Any questions, please contact your Gunn PTSA co-presidents: Barbara Best (barbarabest@gmail.com) or Keri Wagner (keriwagner@gmail.com).

更新 : Gunn PTSA □□□任

Gunn家人的慷慨是我□的唯一来源□金Gunn PTSA。想知道我□用你的捐款作什么□? 点□□里拿到年中更新。□会描述我□的自主的Gunn学生/□工/父母, 和我□的大社区。有什么□□情□系你的Gunn PTSA□合主席 :

Barbara Best (barbarabest@gmail.com) 或者 Keri Wagner (keriwagner@gmail.com).

In Search of PTSA Volunteers

Will you have a child at Gunn High School next year? Consider joining the Gunn PTSA as a volunteer. It is a great way to get involved and meet other wonderful Gunn parents. Click here(<http://gunn.paloaltopta.org>) for more information about the PTSA and PTSA volunteer positions. If you are interested in a position, would like more information or know of someone we should contact please let us know! Gunn PTSA Nominating Committee 2017:

Sonya Bradski: sonyangary@gmail.com

Olivia Viveros: oviveros@comcast.net

Liz Dong: lizdong@yahoo.com

Ann Xu: ann_xu@yahoo.com

□找PTSA志愿者

你明年会不会有个孩子在Gunn高中? 考□加入Gunn PTSA的志愿者。□是很好的方法□你参与和遇到我□精彩的Gunn父母。点□□里(<http://gunn.paloaltopta.org>)如果你要多些相关信息PTSA和PTSA志愿者□位。如果你有□趣, 想知道多一些, 或知道□我□可以□系, □告□我□! Gunn PTSA提名委□会二零一七年 :

Sonya Bradski: sonyangary@gmail.com

Olivia Viveros: oviveros@comcast.net

Liz Dong: lizdong@yahoo.com

Ann Xu: ann_xu@yahoo.com

Gunn Athletics

In Wrestling News...

Robinson Takes 3rd in CCS...Going to State!

On Friday-Saturday Gunn sent six Titans to the Girls' Central Coast Section Championships at Oak Grove High School in San Jose. Of the six, junior **Julia Laws** (137) and senior **Ruby Robinson** (121) made it to "Day-Two." Robinson led the Titans with her 3rd place finish, which qualified

her to the California state championships in Visalia on February 24-25. Gunn finished 21st out of 86 teams. Menlo Atherton won the team title followed by second-place Terra Nova.

Wrestlers End Regular Season With A Win

The Gunn wrestling team had been getting better each week, but it needed some tangible proof of that improvement. Tonight they got that proof when the Titans hosted the Milpitas Trojans and came away with a dominant 60-24 win. "There were several times we fell behind but battled back and ended up winning," said coach Chris Horpel. "This could not have come at a better time. I especially liked our fighting spirit; it was a great last meet going into the SCVAL Championships in two days," continued Horpel. Gunn is now 5-3-1 and 2-3-1 in the De Anza Division of the SCVAL.

Gunn 摔跤技

在摔跤新。。。。

Robinson拿了第三名在CCS。。。去状！

星期五到星期六Gunn送六个巨人去女孩中央海岸部分冠在林高中在圣何塞。但是只有初中**Julia Laws** (137) 和高**Ruby Robinson** (121) 做了道第二天。与Robinson的第三名完成，她击败了巨人。合格她去加州州在Visalia，二月二十四到二十五。八十六个中，Gunn拿了二十一名。Menlo Atherton了，Terra Nova拿了第二名。

摔跤手束常与赢

每个周，Gunn的摔跤都做得更好，但是他要一些有形的证据明种改。今晚，他和Milpitas Trojans比，他拿了明，60-24。“有几次，我落后，但斗回来，最了。”教Chris Horpel。“不可能在更好的来。我很喜我的斗精神。是大的最后聚会去SCVAL Championships在两天。“教Horpel。在，Gunn是5-3-1和2-3-1在De Anza Division在SCVAL。

Section 3 Caroline (2019)

PAUSD & PTAC (Palo Alto 合学区 & 教家会理事会)

2017 Annual Sweetheart Awards - Call for Nominations

2017年度甜心-征集提名

Nominations due Fri, Feb 10 (提名截止日2月10日, 周五)

Is there a bus driver, friend, teacher, administrator, neighbor, aide, crossing guard, coach, fellow student, therapist, physician, volunteer or relative that has done something (however large or small) for your special needs child with an IEP or 504? Honor that person by nominating him or

her for a Sweetheart Award. Submit nominations using this [online form](#) by February 10th. The Awards Ceremony will be on Wednesday, February 22nd from 6-8 PM at Nixon Elementary School. For more information or questions email: sweethearts.award@gmail.com or go to www.cacpaloalto.org. Co-sponsored by Palo Alto Community Advisory Committee for Special Education and the Palo Alto Council of PTAs.

有没有一个公交车司机、朋友、老师、行政人员、邻居、助手、路交警、老师、同学、理髮师、医生、志愿者或者亲戚您接受IEP 或 504特殊教育的孩子做什么事，无论大小？您可以提名他/她甜心工作褒奖。用此网上表格[online form](#) 在2月10日前提交提名。颁奖典礼会在2月22日晚6-8点在尼克松小学举行。详情或有任何问题，写信到 sweethearts.award@gmail.com 或是看www.cacpaloalto.org网站。此活动由Palo Alto特殊教育的社区咨委会及Palo Alto教室家委会合作。

Palo Alto Chinese New Year Fair

Palo Alto 中国新年聚会

Sun, Feb 12, 2-5 PM, Mitchell Park Community Center, 3700 Middlefield Rd, Palo Alto

2月12日 (周日) 下午2-5点, 在Palo Alto 市 Mitchell Park 社区中心(3700 Middlefield Rd)

The Palo Alto Chinese Community cordially invites you to join our 2017 Chinese New Year Fair, which will feature performances of Chinese folk music, instruments and dances by local talents as well as students from Palo Alto Unified School District (PAUSD). Many Chinese culture will be exhibited such as Chinese brush painting, Mahjong, dumpling-making, feng shui, board games and crafts. The event is free to all Palo Alto residents, and food will be sold for fund-raising to support Palo Alto schools. This event is co-sponsored by City of Palo Alto and the PTA Council, and the goal is to promote friendship among residents of different cultures and contribute to the vibrancy and health of our diverse community. Hope to see you all there! Questions please contact Hannah Lu hannahlu00@gmail.com or Sheena Chin sheenachin@gmail.com.

Palo Alto 华人社区真心地邀请您参加2017年华人新年聚会。会上有当地有才之士及 Palo Alto 联合学区学生的中国民间音乐、乐器及舞蹈表演。聚会会展示很多中国文化，如中国毛笔画、麻将、包饺子、风水、棋类游戏、手工等。活动免费向 Palo Alto 居民。食物出售的收入作支持 Palo Alto 学校的募捐款。活动由 Palo Alto 市以及 Palo Alto 教家委会共同举办，目的是促进不同文化居民之间的友谊，为我们的多元化活力和健康做出

献。希望在活□上□到您！如有□□，□致信□Hannah Lu hannahlu00@gmail.com 或 Sheena Chin sheenachin@gmail.com.

Nominate Great People for Awards

提名□大人物□

Deadline for nominations: Wed, Feb 15

提名截止日：2月15日，周三

Each year the Palo Alto Council of PTAs may bestow one of several California State PTA Honorary Service Awards to individuals or organizations that have demonstrated outstanding service to children and youth in our community. The individuals or organization nominated must make far-reaching, notable contributions. The PTA Council HSA Committee selects persons or groups who have benefited children and youth on a district-wide or Palo Alto community level. If you know of someone or an organization that deserves to be honored at this level, please complete the form at <http://ptac.paloaltopta.org/>. You can also find the list of past recipients there. Recipients will be announced at our Honorary Service Award Reception on April 27, 2017. Questions: contact pat@magic.com.

每一年Palo Alto教□家□□会都会授予一个加州教□家□□会荣誉服□□，□□我□社区里的青少年做出杰出服□的个人或机构。被提名的个人或机构必□做出□深□的杰出□献。Palo Alto教□家□□会的荣誉服□□委□会挑□出□Palo Alto社区范□的青少年□做出□献的人或□体。如果您知道有任何□□□得表彰的人或机构，□填写 <http://ptac.paloaltopta.org/>上的表格。您在那个网□上也可以找到之前□□者的名□。2017年4月27日的荣誉服□□招待会上将会宣布□□人。如有□□，□致信 pat@magic.com。

Section4 George

****NEW** How Does Sugar Affect Your Health and What You Can Do About It**

Wed, Mar 1, 6:30-8:30 PM, SDC Rm, District Office, 25 Churchill Ave

Join us for an educational night on sugar. Learn how sugar came to be ubiquitous in everything we eat, and became a number one health issue due to its harmful effects on the human body. As parents, you will also get some great tips on how to combat sugar in your household and diet, and reintroduce great nutrition to your kids. Patricia Caldera, Ph.D. will be presenting on behalf of the Institute of Responsible Nutrition, an organization dedicated to changing the way

food is produced and marketed and distributed and end food related illnesses and promote good health. We encourage parents to bring their children.

****新****糖如何影响你的健康和你可以做什么

周三，3月1日，6：30-8：30，SDC Rm, District Office, 25 Churchill Ave

加入我们的糖教育之夜。了解糖如何在我们吃的一切无不在，并成为一个健康，由于其对人体的有害影响。作为父母，你也会得到一些提示，如何抗糖在你的家庭和饮食，并重新你的孩子幼的养。Patricia Caldera博士将代表养研究所，一个致力于改粮食生产，销售和分以及束与食品有关的疾病和促健康的。我们鼓励父母他的孩子参加。

****NEW** Opa! GiveBack Campaign**

Opa! Authentic Greek Cuisine, 140 University Ave, Palo Alto

Opa! Authentic Greek Cuisine in Palo Alto is proud to invite you and your family to dine at the Opa! location in downtown Palo Alto as a part of the Opa! GiveBack Campaign. When one hears the word Opa!, it usually brings with it a sense of excitement and happiness! When dining at Opa! Palo Alto, mention your relationship to Palo Alto Unified School District to your server and a percentage of your bill will be given back to the [Palo Alto Council of PTAs](#). At the end of each month, Opa! Palo Alto will write a check to PTAC! Dine out, and help GiveBack to the Palo Alto PTA community at the same time!

****新** Opa ! GiveBack广告系列**

Opa ! 地道的希腊菜, 140 University Ave, Palo Alto

Opa ! 帕洛阿真正的希腊美食荣幸地邀您和您的家人在Opa用餐！位于帕洛阿托市中心作Opa的一部分！GiveBack广告系列。当听到一个Opa！，它通常来一种和幸福的感！在Opa用餐！帕洛阿托，提到你与帕洛阿托合学区，一部分你的消将被交到帕阿托会理事会。每个月末，Opa！帕洛阿托将写一支票到PTAC！去Opa！用餐，同帮助GiveBack到Palo Alto PTA社区！

Community

PALY Speech and Debate Summer Camp

Registration now open. Session 1: June 13-17; Session 2: July 31-Aug 4

The PALY Speech and Debate camp centers around providing students with an introduction to speech and debate. The goal of our camp is to prepare students for competition in these activities once they go to high school. On top of that, speech and debate are both life skills as they teach students to express themselves and be more articulate. Second year campers have the opportunity to be placed in a more advanced classroom setting, while first year campers will be given more of an introduction to speech and debate. To register go to: pasdc.weebly.com.

社区

PALY演□和□□夏令□

注册□在开放。第一□：6月13 - 17日;第二□：7月31日至8月4日

PALY演□和□□□的中心是□学生提供演□和□□的介□。我□的□地的目□是，一旦他□上高中，准□学生在□些活□的□争。除此之外，演□和□□都是生活技能，因□他□教学生表达自己和更清晰。第二年□□有机会被安排在高□班，而第一年□□将被更多地介□□□和□□。要注册，□□□：pasdc.weebly.com。

Blind Date w/ a Book (Palo Alto Library Event)

Month of February, Teen Zone, Mitchell Park Library, 3700 Middlefield Rd, Palo Alto

If your blind date with a book doesn't work out, then check out a new one. No hurt feelings!

Review your book date for a chance to win prizes.

□会□□日 (Palo Alto□□□活□)

二月份，青少年区， Mitchell公园□□□， 3700 Middlefield Rd, Palo Alto

如果你□□的□不□意，可以重□新□。没有□害的感□！□看您的□籍日期，以□得□得□品的机会。

Takeover: Teen Creativity Party

Fri, Feb 10, 6-9 PM, Palo Alto Art Center, 1313 Newell Rd, Palo Alto

After-hours party for teens (grades 9-12) at the Palo Alto Art Center. Hands-on artmaking, open-mic, henna artist, music, and more! Free! High school student ID needed for entrance. Facebook event: <https://www.facebook.com/events/393813334288990/>. Questions? Contact Lucy Larson, Director of Education, Lucy.Larson@CityofPaloAlto.org.

接管：青少年□意party

周五，2月10日下午6-9点，帕洛阿□托□□中心， 1313 Newell Rd, Palo Alto

帕洛阿□托□□中心的青少年晚会派□（9-12年□）。□手□□，开放式麦克□，指甲花□□家，音□等等！自由！□□上高中学生ID。 Facebook活□：

<https://www.facebook.com/events/393813334288990/>. □□? □系Lucy Larson, 教育□□
Lucy.Larson@CityofPaloAlto.org.

Section 5 George

PALY Choirs "Sounds Like Teen Spirit" Concert

Tue & Wed, Feb 14 & 15, 7 PM, Paly Performing Arts Center, 50 Embarcadero Rd, Palo Alto

PALY Choirs and Rise Together Education present a celebration of 90's Song, Dance and Style! The February 15 show will feature special teacher performances, a raffle and a silent auction with partial proceeds to benefit the Rise Together Foundation. Tickets available

at <http://palychoirs.com/buy-tickets/> or at the door for \$10 adults; \$5 seniors & kids.

PALY合唱“青少年精神”音乐会

Tue&Wed, 2月14日&15日下午7点, Paly表演中心, 50 Embarcadero Rd, Palo Alto
PALY合唱和Rise Together Education教育合力提出了音乐会, 包括90年代歌曲, 舞蹈和风格的祝活! 2月15日的展览将特别的教学表演, 抽和拍, 部分收益捐Rise Together基金会。票可在<http://palychoirs.com/buy-tickets/>或在门口, \$ 10成人; \$ 5老人和孩子。

****NEW** Teen Writing Club**

Thu, Feb 16, 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. For grades 6-12. [Registration](#) recommended.

****新**青少年写作俱乐部**

Thu, 2月16日, 4-5 : 30 PM, Rinconada, 1213 Newell Rd

与其他青少年分享您的写作激情。提供写提示, 活和小吃。每月第1和第3个星期四开会。6-12年。推荐先注册 [Registration](#)

Safe & Confident Winter Bicycling Class

Thu, Feb 16, 5:30-7:30 PM, Stanford Grad. Community Center

This class is for bicycle commuters who want to learn about skills and equipment needed to ride safely and comfortably during the chilly, wet, shorter days of Bay Area winter. Though held at Stanford, the class is open to non-Stanford affiliates. \$35 per person. Register at <http://hip.stanford.edu> (put "bike" into search bar, class code: bile-03), and more details will be provided. Instructors: John Ciccarelli, League of American Bicyclists Certified Instructor and Jane Rosten, LCSW, HIP Mgr. Environmental Behavior Change.

安全和自信的冬季自行车

星期四, 2月16日, 5 : 30-7 : 30, 斯坦福大学。社区中心

是自行车通勤者想要了解的技能和需要安全舒适地在寒冷, 潮湿, 的湾区冬季日子。然在斯坦福行, 开放所有非斯坦福人。每人\$ 35。在里注册 <http://hip.stanford.edu> (把“自行车”放入搜索, 代: bile-03), 网站提供更多的。教: John Ciccarelli, 美国自行车盟教, 和Jane Rosten, LCSW, HIP Mgr.

****NEW** Understanding the IEP: Development & Process**

Feb 16, 6-8 PM, Santa Clara County Office of Education, 1290 Ridder Park Dr, San Jose

Training for parents of students with special needs. This workshop will help participants better understand the Individualized Education Program (IEP) for children and youth who receive special education services, and the basic IEP components and how they work together.

For families of children/teens/young adults with disabilities or learning challenges. Learn about: the present levels of academic achievement and functional performance (PLAAFP); writing measurable goals and objectives; support services and plan implementation. Childcare is available upon advanced request, contact (408) 453-6542.

****新**理解IEP：开□与□程**

2月16日下午6-8点，圣克拉拉郡教育□公室，1290 Ridder Park Dr，圣何塞
□有特殊需要的学生的家□提供培□。□研□会将帮助参与者更好地了解接受特殊教育服□的儿童和青少年的个性化教育□划（IEP），以及IEP的基本要素以及他□如何合作。适用于儿童/青少年/残疾青年或学□挑□的家庭。学□内容：目前的学□成□和功能表□水平（PLAAFP）；□写可衡量的目□和目的；支持服□和□划□施。托儿服□可□事先要求提供，□致□（408）453-6542。

****NEW** Family Date Night: Puzzle Swap and Game Night**

Fri, Feb 17, 7-8:15 PM, Children's Library, 1276 Harriet St

Bring the family to the library for an evening of games and a puzzle swap! Bring your gently used and complete puzzles to the library to exchange with other families. Please [register for each family member](#) in attendance.

****新**家庭之夜：益智交□和游□之夜**

周五，2月17日，7-8：15，儿童□□□，1276 Harriet St

把家人□到□□□参加家庭之夜的游□和益智交□！把你喜□使用的完整的□□到□□□与其他家庭交流。□注册每个出席的家庭成□ [register for each family member](#)

****NEW** Lunar New Year Celebration**

Sat, Feb 18, 11 AM-2 PM, Mitchell Park Community Center, 3700 Middlefield Rd

Join us in celebrating the Chinese New Year! This event features lion dancing, crafts and more! All ages are welcome. Stop by wearing your new lucky red clothing and we will see you there.

****新**□□新年□祝活□**

星期六，2月18日上午11□至下午2□，Mitchell Park社区中心，3700 Middlefield Rd

加入我□□祝中国新年！此活□以□子跳舞，工□品等□主□！□迎所有年□。停止穿着你的新幸运□色衣服，我□期待会看到你。

Claire Cheng

****NEW** Stanford MBSR Parenting Class (2nd-Part)**

Thu, Feb 23, 6.30-8 PM, Palo Alto High School Library (EWC), 50 Embarcadero Rd

This is a wonderful opportunity for parents to continue the conversation that was had with Dan Siegel in November in terms of the day-to-day applications of mindfulness and the implications for parenting. Session 2: 02/23 - Bringing Openness, Curiosity, and Non-judgment to Parenting;

Mindfulness Toolkit and Resources. Class instructors are Corinne Collins RN, FNP, mindfulness and MBSR instructor teaching in Monterey and the South Bay area, and Moira Kessler, MD, Child Psychiatrist and Clinical Instructor at Stanford Children's Health. [More info.](#)

****新**斯坦福MBSR家庭教育□ (第二部分)**

周四, 2月23日, 下午 6.30-8, Palo Alto高中□□□ (EWC), 50 Embarcadero Rd
□是一个□佳的机会, □父母与Dan Siegel□□11月份□□的主□--关于正念的日常□用和□养育影响的□□。第二□程: 02/23 将开放--□程□□包括: □孩子□来好奇心和无偏□的主□或正念的□用。□程□□是在蒙特雷和南湾地区教 RN, FNP, 正念和MBSR的 Corinne Collins, 以及斯坦福儿童健康中心儿童精神科医生和□床教□Moira Kessler。 [更多信息。](#)

****NEW** Cult Movie Series: Harold and Maude**

Thu, Feb 23, 7-9 PM, Rinconada Library, 1213 Newell Rd

Teens 9th grade and up are invited to join us for a classic cult movie in the beautiful Embarcadero Room at Rinconada Library the 4th Thursday of the month. This month: dark romantic comedy Harold and Maude, starring Bud Cort and Ruth Gordon. Rated PG. Snacks will be provided. No registration required.

****新** Cult□影系列: Harold和Maude**

周四, 2月23日, 下午7-9, Rinconada□□□, 1213 Newell Rd

9年□及以上的青少年都被邀□加入我□在美□的Embarcadero房□里□看□典的□影。□迎在二月第四个星期四加入我□。□个月: 黑暗的浪漫喜□Harold和Maude, 主演Bud Cort和Ruth Gordon。□影PG。提供小吃。无需注册。

2nd edition of Palo Alto Roots Literary Magazine

Submit before Fri, Feb 24

Does your teen want to see their art or writing published? Palo Alto Roots, Palo Alto's teen literary magazine, is looking for submissions. Its mission is to showcase teen voice and talent in the community. They accept submissions from students from all Palo Alto middle and high schools. The magazine will be distributed in most public places including doctor's offices, schools, and libraries. Submit art, photographs, poems, short stories, to paloalroots@gmail.com before February 24. Written submissions should not exceed 750 words. PA Roots is supported by a grant from Bryant Street Garage Fund and the City of Palo Alto.

帕洛阿□托Roots文学□志的第二版

□与2月24日星期五提交

你的青少年想看他的□□或写作出版□？ Palo Alto Roots, Palo Alto的青少年文学□志正在□找作品。它的使命是在社区中展示青少年的声音和才能。他□接受来自所有帕洛阿□托中学和高中学生的提交。□□志将在大多数公共□所,包括医生□公室,学校和□□分□。有意者□在2月24日之前将作品,照片,□歌,短篇小□提交到 paloalторoots@gmail.com。提交的写作作品不得超□750字。PA Roots由Bryant Street□□基金和帕洛阿□托市的□助。

****NEW** Creative Writing Party**

Fri, Feb 24, 7-8:30 PM, Rinconada Library, 1213 Newell Rd

All are invited to celebrate! 2017 writing contest winners to be announced. Join us for cake, crafts, and fun!

****新**□意写作聚会**

周五, 2月24日, 下午7-8:30, Rinconada□□□, 1213 Newell Rd

□迎所有人来□祝! 2017年写作比□□□者将被宣布。□蛋糕, 工□品和□趣加入我□!

****NEW** Musical Group Charged Particles**

Wed, Mar 1, 3:30-4:30 PM, Children's Library, 1276 Harriet St

Charged Particles blends jazz styles with elements from Latin music, classical music, funk, and more. No registration required.

****新**□□: □□粒子**

周三, 三月1号, 下午3:30-4:30, Children's Library, 1276 Harriet St

“□□粒子□□”将爵士□格与拉丁音□, 古典音□, funk等元素融合在一起。□迎□看他□的表演无需注册。

****NEW** Mindful Moms Group for Moms of Kids with Special Needs**

Group 1: Every other Thurs, Mar 3-Jun 8, 12:30-2:30 PM

Group 2: Once a month on Sat Mar 18-Jul 15, 1:30-3:30 PM

St. Mark's Church, 600 Colorado Ave, Palo Alto

Join our nurturing group for moms who have kids (of all ages) with special needs, from sensory processing challenges, to dyslexia, to Asperger's or autism. Moms will gather together for 2 hours on a regular basis to support each other, learn mindfulness practices, and practice mindful yoga together. Mindfulness and yoga have been shown to reduce stress, boost mood,

improve overall wellbeing, and studies show that a central factor in maternal wellness is social and emotional support - in particular, having a sense of belonging. Join our Mindful Moms group today by emailing jaclyn.k.long@gmail.com or visit <http://www.mindbodyspiritmoms.com> to find out more.

****新**特□□□群体□有特殊需要孩子的□□**

第1□：每隔一个星期四，3月3日至6月8日，下午12：30-2：30

第2□：每月一次，周六，3月18日至7月15日，下午1：30-3：30

圣□可教堂，600 Colorado Ave，帕洛阿□托

加入我□的培养□□□特殊需要的孩子（所有年□）的□□□提供帮助，从感□□理挑□，□□困□，到Asperger或自□症的□□。□□□将定期聚集在一起2个小□，以支持彼此，学□正念的做法，并一起□□正念的瑜伽。正念和瑜伽已被□明可以减少□力，提高情□，改善整体健康，研究表明，□□健康的一个中心因素是社会和情感支持 - 特□是，有□归属感。今天通□□子□件□送jaclyn.k.long@gmail.com或□□<http://www.mindbodyspiritmoms.com>了解更多信息。

Section7 Katie

****NEW** Counselor-In-Training Applications are now open**

Fri, Mar 31, Mitchell Park Community Center

The CIT (Counselor-in-Training) program is a fun and exciting experience for teens ages 13 and 14 who are interested in working with children. The CIT Program emphasizes leadership, community service, safety, and initiative. If your teen will be 13-14 during Summer 2017 and is interested in becoming a CIT, please apply [here](#). Application closes on March 31, 2016. For more information, contact ashabi.idris@cityofpaloalto.org.

***新事件* □□□□□的□名□在开始了**

星期五，3月31号， Mitchell Park Community Center

CIT（□□□□□）机构会□愿意和儿童一起活□的13-14□的青少年□□来非常有意思和□忘的□□。CIT机构重点□□□□能力，□工精神，安全性，和主□性。如果你的孩子于2017年的夏天□13或14□而且□参加□个机构有□趣的□。那么□在[here](#)（□里）□名。□名截止日期是3月31号，2016。□情□□系 ashabi.idris@cityofpaloalto.org

****NEW** Stanford University Sleep Study for Youth 18-21**

The Department of Psychiatry at Stanford University is again recruiting 18-21 year-old youth with bipolar disorder to participate in a paid research study on sleep and mood. For more information about this study, contact dailyrest@stanford.edu or (650) 736-2689 or click [here](#).

***新事件* 斯坦福大学关于18-21岁青年的深度睡眠研究**

斯坦福大学的精神病学科正在招募18-21岁并且有双向情感障碍的青年。一些青年将会是一个关于睡眠和心情学的一部分。这个研究是付费的。详情请联系 dailyrest@stanford.edu 或者可以打 (650) 736-2689 电话, 或者点 [here](#). (英里)

****NEW** Classroom Volunteers Needed Next School Year - in East Palo Alto and eastern Menlo Park**

Have you enjoyed helping in your child's classroom? Consider volunteering in a classroom in eastern Menlo Park or East Palo Alto where there are virtually no parent volunteers. You'll help tutor kids in grades K-5 where 88% are low income and 40% are homeless. Work once a week in the same classroom for about an hour, with students on reading, writing or math. All Students Matter provides training and coordinates everything. Sign up now to start in September. For more details or to sign up, visit www.allstudentsmatter.org or contact Keri Tully at keritully@gmail.com.

***新事件* 明年将会需要教室义工--在 Palo Alto 和 Menlo Park**

你有没有喜欢和享受你的孩子的教室? 那么考虑来 Palo Alto 和 Menlo Park 的教室里做义工吧。那里几乎没有家长会去做义工。你将会从幼儿园到五年级的学生。这里88%的学生来自于低收入家庭, 40%的学生是无家可归的。您每周只需要在同的教室里呆一次, 一次是一个小时。在一个小时内你会和学生学, 写作或者是数学。“所有的学生都是有价值的”机构将会提供, 同时他也会安排好一切。9月份开始的活就在就要开始报名了。如果想知道更多信息或者是报名参考 www.allstudentsmatter.org, 您也可以联系 Keri Tully, 他的邮箱是 keritully@gmail.com

Community Service Online Course for High School Students

Check out Get Involved Palo Alto's new service-learning course [Youth Changing the World!](#) Designed for high school students and collaborating with Youth Service America curriculum, we offer this personal development course for students to complete meaningful service experiences on their own time. Course materials are on Schoology, and students may take up to a year to complete. Learn the principles of Grit, Perseverance, and Growth Mindset as you develop a project with us! Earn the President's Award for Volunteer Service by connecting passions and interests to earn service hours and improve the local, national, and international community. Get Involved Foundation is a 501(3)c organization that helps local students connect to their interests via service-learning, internships, and career education. Looking for an organization that matches your student's interests? Check out our vetted [lists of nonprofits by interest category](#). Need to find an opportunity that matches your student's schedule? See our [calendar](#). Visit the [Get Involved Palo Alto website](#) for many

helpful resources.

在网上高中生社会工

来看看“参与到Palo Alto” 个机构新的有关于做工的网程[Youth Changing the World!](#) 吧！ 个是高中生程并且和“美国青少年工”机构一同合作。 个程是机构予学生一个提高和展自我的个人空的程。学生会在他的余来完成有意工的活。程材料已布到了Schoology网站上了，学生可以用一年的来完成他的目。在开目的程中一起来学各种重要理的核心吧！通接情和趣来工，同也可以改善当地的，国内的，甚至是国外的社区境。 做很有可能你能得到工活的！“参与来” 个机构是一个帮助当地学生把他趣，工作，和接起来的机构。您正在找一个合您心意的目？来看看我的[lists of nonprofits by interest category](#)。需要和您的学生的表相匹配？来看看[calendar](#)（我的日）。 个[Get Involved Palo Alto website](#)网站来取更多的源。