

Calendar

Section 0 George Cai

Fri, Sep 8

Alternate Schedule, see [Calendar](#)

Sophomore Parent Network, 8 AM, Staff Lounge

Football, 4 PM JV, 7 PM Varsity, athletic field

Mon, Sep 11

Site Council, 4 PM, Staff Lounge

Wed, Sep 13

Junior Parents Night, 6:30 PM, Library

Senior Parents Night, 7:45 PM, Library

Thu, Sep 14

PTSA Meeting, 8:45 AM, Staff Lounge

New Families Potluck, 5:30 PM, Library

Fri, Sep 15

Junior Parent Network, 8:30 AM, Staff Lounge

Mon, Sep 18

Makeup Photos, 8:30 AM-3:30 PM, Location TBA

Tue, Sep 19

Freshmen Parent Network, 8:30 AM, Staff Lounge

9月8日 星期五

备用时间表, 请参阅日历 [Calendar](#)

大二父母联络会议, 上午8时, 职员休息室

橄榄球比赛, JV下午4点 Varsity 7点, 运动场

9月11日, 星期一

现场理事会, 下午4点, 职员休息室

9月13日 星期三

11年级父母之夜 图书馆 下午6点半

12年级父母之夜 图书馆 下午7:45

9月14日 星期四

PTSA会议, 上午8:45, 职员休息室

新家庭Potluck, 下午5:30, 图书馆

9月15日 星期五

11年级父母联络会议, 上午8时半, 职员休息室

9月18日 星期一

学生证照片 (如果还没拍摄), 8:30 AM-3:30 PM, 位置待定

9月19日 星期二

新生家长网络, 8:30 AM, 职员休息室

Palo Alto的Parkside Dr 303号中的Greenmeadow社区室。请带上你自己的饮料和食物分享给大家。未来的社交见面会将在Gunn日历上与这篇Gunn Connection周报中告知大家。

Katie Wang Section2

Freshman Parent Meeting

Tue, Sep 19, 8:30 AM, Staff Lounge

Come to our first Freshmen Parent Network meeting of the year is on Tuesday, September 19, at 8:30 AM in the Staff Lounge. Have a chance to visit and meet other parents of 9th graders while drinking coffee and having a few treats. Then, around 9:10 AM, Lisa Hall, teacher and Director of Student Activities, will talk and answer questions about the wonderful and fun events that Gunn has for your students throughout the year, starting with Homecoming Week in October.

九年级家长会

星期二，9月19号，早上8:30，员工休息室

快来参加今年第一次的九年级家长会吧！会议的时间是9月19号，星期二，早上八点半。地点是Gunn高中的员工休息室。您可以和其他的九年级家长们见面，谈谈话，并享受小吃，然后，在大概9:10左右时，Lisa Hall女士，学校的老师和学生活动指导员，将会来和各位讲解有关于今年学校举办的各项活动的有关事宜的基本信息并回答任何问题。

Volunteer @ Gunn

Want to know what you can do to help throughout the year? Get first-hand experience at Gunn by volunteering. Studies show parent involvement with the school contributes to a student's success. There are many jobs, some that bring parents on campus to serve students directly, and some that enable parents to work together. All are designed to make Gunn a strong, supportive, fun community! Sign up online today using the links below:

[Gunn Volunteer Survey](#)

[PTSA Volunteer Survey](#)

It is extremely helpful to fill out and submit the [Parent Volunteer Survey](#). This form contains more detailed information about specific needs in the College and Career Center, Academic Center, Dance Chaperones, individual school departments, and many other current school needs. Usually at this time of the year, at least 200 of these forms are returned. They are the best way to help parents volunteer in the position or school department of their choice. Please fill out the [Parent Volunteer Survey](#) and return it to Norma Hesterman at nhesterman@pausd.org. Thank you!

在Gunn做义工

想知道做什么可以帮助学校以及学生吗？当然是来学校做义工了！诸多研究表明家长参与学校的活动将会提升学生的成功率。学校有许多种义工活动，有的是让家长直接到校园里来为学生们帮忙，有的是把家长们聚在一起帮助学生。但是无论是怎样的义工活动，他们的目标都是要把Gunn变成一个充满支持和有趣的社区！快来在下方的网页上报名吧：

[Gunn Volunteer Survey](#)

[PTSA Volunteer Survey](#)

如果您能 [Parent Volunteer Survey](#) 填写上文的那张表并上交，那是最好不过了。这份表格将会为您详细讲述学校对于义工活动的特别需求，例如在大学以及事业中心，学术中心，舞蹈指导员，各个学校部门，一起其他许许多多的学校活动都需要大家的帮忙。按照往年的情况来看，大概会有两百多位家长填写表格。填写表格是最好的帮助各位义工家长的方法。请填写 [Parent Volunteer Survey](#) 并返回给 Norma Hesterman，她的邮箱是 nhesterman@pausd.org。谢谢各位家长的配合！

Gunn's BEAM Program in the News

Gunn's BEAM (Business, Entrepreneurship, and Math) program, a unique math and business course where students to learn through real world professional experience in entrepreneurship, finance, and quantitative marketing, was recently featured in the Palo Alto Pulse. Read the article [here](#). For more information about BEAM, visit the their website at www.beamprogram.com.

Gunn高中的BEAM课程上新闻了

Gunn的BEAM课程（课程囊括了商业，企业家，和数学）是一个特殊的数学和商业课程。学生们将会通过真实世界中的实习来学习知识。这门特殊的课程最近被Palo Alto Pulse报道了，想阅读文章的请点击下方的链接 [here](#)。更多有关于BEAM的信息请访问他们的网站www.beamprogram.com

FROM THE PREVIOUS ISSUE:

Global Navigator Scholarship Program Returns

Reception Tue, Sep 12, 3:45 PM, Acorn Lounge

Gunn is again a nationally selected high school for the Global Navigator Scholarship Program. All Gunn student are eligible to apply for dedicated scholarship funds for summer study abroad with CIEE. Applications will be available in September. To find out more, come to a reception for the returning 2017 Global Navigator Scholars, Tuesday, September 12 at 3:45 in the Acorn Lounge at Gunn. More info: lmatchett@pausd.org.

全球领航员计划回归了

接待时间星期二，9月12号，下午3:45，橡子休息室（在图书馆附近）

Gunn再次成为了被“全球领航员”选中的高中之一。所有的Gunn学生都可以申请奖学金以便他们夏天和CIEE一起参加访学时用。申请将会在九月份开放。如果想要知道更多信息的话，那么请来参加这次的接待会议吧。地址和时间以附在上文。更多信息请咨询 lmatchett@pausd.org

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New Families Potluck

Thu, Sep 14, 5:30-7:30 PM, Gunn Library

New to PAUSD or to the United States? Or maybe you were unable to come to the 9th grade Parent Orientation? Want to meet some more Gunn families? Then the New Family Potluck is for you! The PTSA invites you to come to the New Family Potluck where you can hear from PTSA leaders, meet with Gunn Administration, Gunn Student Leaders, PAUSD Leaders, Parent Network Moderators, learn about the Student Activity Center (SAC) and more! We'll have Spanish and Mandarin speaking parent ambassadors to help answer questions you may have. Find out what you need to know to feel comfortable and settled in at Gunn. Mandarin and Spanish translators as well as childcare available. Please sign up [here](#).

新到家庭的Potluck聚会活动（自带食物的聚会活动）

星期四，9月14日，下午5点半到晚上7点半

Gunn的图书馆

新来到PAUSD学区甚至是新来到美国吗？又或许是您无法前往日前为9年级新生举办的一场信息介绍会？想要来认识更多的Gunn家长们吗？那么这场新的家庭Potluck（自带食物）聚会活动将是针对您的需要所举办的。PTSA（家长老师学生联合会）邀请您来参与这一场新的家庭Potluck（自带食物）聚会活动；期间您会听到PTSA的领导团队们的讲话，并且与Gunn学校的行政团队们，Gunn的学生代表们，PAUSD学区的领导们，以及家长信息网络的联络员们见面。此外，您还可以获得一些有关学生活动中心(SAC) 以及更多方面的信息。我们将会有一些能够说西班牙语或是中文的家长大使们在现场来帮忙，让您可能会有的一些问题得到回答。来参加这场聚会吧！因为这场聚会可以帮助您获取在Gunn里觉得愉悦和能够适应的相关信息。我们会有中文和西班牙语的翻译以及帮忙照顾小孩子的人员在场服务大家。请到这里([here](#)) 报名。

PTSA CENA DE LAS NUEVAS FAMILIAS (Traer un plato para compartir)

Jueves, la 14 de septiembre, 5:30-7:30pm, en la Biblioteca de la escuela Gunn

¿Nuevo en PAUSD? ¿No pudo venir a la Orientación de Padres del 9no grado? Ven a la Cena de las Nuevas Familias el 14 de septiembre, 5: 30-7: 30pm. Conoce a la administración de Gunn, PTSA, a los estudiantiles líderes de Gunn, los Líderes del PAUSD, a los moderadores de la Red de Padres, a aprender sobre el Centro de Actividades para Estudiantes (SAC), y más. Averigüe lo que necesita saber para sentirse cómodo en Gunn. Traductores y niñera disponibles. Regístrate [aquí](#).

Section3--Claire

Gunn Band Looking for Instrument Donations

The Gunn Band is in need of trumpets and saxophones. If you have an instrument that is not being used and want to donate, please contact Todd Summers, Director of Bands, at tsummers@pausd.org.

Gunn乐队寻找乐器捐款

Gunn乐队正需要喇叭和萨克斯管。如果您有一个现在没有被使用并想要捐赠的乐器，请联系 Todd Summers，乐队总监tsummers@pausd.org。

News from the AC

Did you know that the Academic Center has peer tutors to support students in their classes? We have tutors for a variety of Math, Science, and World Language courses. To get some help, students can come into the AC and complete a Tutor Request. Tutoring in the AC is a great way for students to spend their PREP periods. Gunn's FOS program needs Math, Science and Language tutors during C and E periods, and an IAC Tutor during A period. If you're a Gunn student and have a prep period available, please come into the AC and complete a tutor application. The AC is in D-2, near the Library.

来自AC的消息

Gunn学术中心（AC）正在寻找同伴辅导员来帮助学生的课业问题。我们有数学，科学和世界语言课程的导师。如果要获得一些帮助，学生可以到AC填交一份导师请求。AC辅导是学生利用prep时间的好办法。Gunn的FOS计划目前在C和E课时需要数学，科学和语言导师，以及一个A课时的IAC导师。如果您是Gunn学生，并有prep，请进入AC并完成导师申请。AC在D-2附近，靠近图书馆。

Bike Repair Station at Bow Gym

Sometimes bicycles need minor repairs on campus. Gunn provides a do-it-yourself bike repair and tire pump station under the eaves of Bow Gym abutting the bike cage. The station includes a hex key set, Torx T-25, steel core tire levers, adjustable wrench, cone wrench, Phillips & standard screwdrivers, and tire pump. If you don't know what those tools are, no worries. The station also includes smart phone links to videos and pictures with simple instructions and photos on how to make minor repairs.

弓健身房自行车维修站

有时自行车需要在进行一些小修。Gunn提供一个可以自己动手的自行车修理和轮胎泵站。地点在Bow健身房的屋檐下，靠近自行车笼。车站包括六角扳手，Torx T-25，钢芯轮胎杠杆，可调扳手，锥形扳手，十字螺丝刀和标准螺丝刀以及轮胎泵。如果你不知道这些工具是什么，不用担心。该站还包括智能手机链接带你到各种简单的说明视频和图片，教你如何进行小修。

Field Trip Driver Essential Insurance Coverage

Parents who drive for sports and other field trips must complete a [special driver form](#) and have it approved and signed by an administrator 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.

学校司机基本保险范围

驾驶去体育比赛和其他学校活动的家长必须填写特别的[驾驶表格](#), 并在旅行前由管理员核准并签字。此表格必须附有: 1) 驾驶执照复印件, 2) 驾驶员保险单的声明页副本, 显示出AMOUNTS的覆盖范围。该地区要求每次发生身体伤害的最低限度为30万美元, 每次发生财产损失为100,000美元。(学校以前收到的表格通常没有附加声明页面或财产损失覆盖面不足。提高损失覆盖面价格不贵。) 每个驾驶员每个学年必须填写一份新表格, 这将覆盖目前学年的所有外出驾驶活动。如有问题请联系: Norma Hesterman, nhesterman@pausd.org。

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Help Needed: Volunteer to Translate for Gunn Connection etc. (Bilingual English/Chinese, Work from Home)

If you're thinking of utilizing bi-lingual language capability, improving language skill and/or earning community service hours to support Gunn community in a virtual and flexible manner, there are volunteering opportunities by joining Gunn translation team. The team was organized by students and commenced the translation services over two years. The translation service has been conducted in a team-work format on Gunn Connection and various school and community news in an aim of helping Gunn's Chinese parents to stay informed and engaged with our school and community. Our service has been highly appreciated by Chinese community at Gunn. Please check out certain work pieces at: <http://gunn.paloaltopta.org/enews/>. Email zihao.cai@gmail.com or kamineno@gmail.com to apply.

召集翻译志愿者 (双语英文/中文, 在家工作)

如果你寻求自由灵活志愿工作,提高双语能力并获得社区服务时间, 以在家网上工作方式支持我们Gunn社区, 那么请考虑加入Gunn中文翻译团队。

这个翻译小组由学生组织, 已经开展了2年的翻译工作。翻译服务以团队合作形式, 主要翻译每周发行的"Gunn Connection"以及各种重要的学校和社区新闻, 目的是帮助Gunn的中国家长更好地与学校和社区沟通。我们的服务得到了Gunn中国社区的高度评价。请查看我们合作进行的某些工作:

<http://gunn.paloaltopta.org/enews/>。申请成为Gunn翻译团队的成员。请电邮: zihao.cai@gmail.com; kamineno@gmail.com。

PAUSD & PTAC

Section4

NEW Healthy Habits, Healthy Lives

新健康习惯, 健康生活

Wed, Oct 4, 6:30-8:30 PM, SDC Room, PAUSD Offices, 25 Churchill Ave, Palo Alto

星期三, 10月4日, 6:30-8:30 PM, 帕洛阿尔托丘吉尔大道25号PAUSD办公室

Navigating and understanding nutrition guidelines can be challenging and confusing. At this talk, Dr. Rosner will help to clear up some of this confusion. She will discuss healthy eating guidelines, as well as, healthy habits. Finally, she will provide ways to incorporate these suggestions into our daily lives and leave us empowered with the knowledge to lead a healthy life. Jeanne Rosner is a board certified anesthesiologist who practiced at Stanford Medical Center for nearly 20 years. Since retiring from anesthesia, she has been a nutrition educator at local middle schools throughout the Bay area and started a venture called SOUL (seasonal, organic, unprocessed, local) Food Salon (<http://www.soulfoodsalon.com>).

浏览和了解营养指南可能是具有挑战性和令人困惑的。在这次演讲中, 罗斯纳博士将会帮助解决这种

混乱。她会讨论健康饮食指南以及健康习惯。最后，她将提供方法将这些建议纳入我们的日常生活中，让我们有能力领导健康生活的知识。珍妮·罗斯纳（Jeanne Rosner）是经过认证的麻醉师，在斯坦福大学医学中心工作近20年。自从麻醉退休以来，她一直是湾区地方中学的营养教育工作者，并开始了一家名为SOUL（季节性，有机的，未加工的，当地的）食品沙龙（<http://www.soulfoodsalon.com>）的创业。

Community 社区

****NEW** Buddies4math: Making Math Fun!**

****新** Buddies4math : 让数学乐趣！**

An award-winning program staffed by Gunn students, Buddies4math teaches elementary students math through games and play. A wonderful volunteering opportunity for Gunn students to take on leadership roles and work closely with second through fifth graders on improving and building Math fluency. Volunteer hours count towards community service and Living Skills community hours. Interested? Contact buddies4math@gmail.com.

Locations:

Mariano Castro Elementary School (505 Escuela Ave, Mountain View)

Edith Landels Elementary School (115 W Dana St, Mountain View)

Monta Loma Elementary School (460 Thompson Ave, Mountain View)

Dates: Sep (8, 15, 22 & 29), Oct (13, 20, 27), Nov 17, Dec 1

Times: Two sessions available: 4-5 PM and 5-6 PM

由Gunn学生组成的获奖计划，Buddies4math通过游戏和玩法教小学生数学。为Gunn学生提供了一个很好的志愿机会，担任领导角色，与二年级至五年级学生密切合作，提高和建立数学流利度。义工时间计算社区服务和生活技能社区时间。感兴趣吗？联系**buddies4math@gmail.com**。

位置：

马利亚诺·卡斯特罗小学（505 Escuela Ave, 山景城）

Edith Landels小学（115 W Dana St, 山景城）

蒙大拿洛马小学（山岳汤普森大街460号，山景城）

日期：9月（8日，15日，22日和29日），10月（13日，20日，27日），12月17日

时间：两场可用：4-5 PM和5-6 PM

Blind Banned Books

盲书禁书

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

Banned Books Week in the Teen Zone! YA books wrapped in black paper on display in the Teen Zone have been banned or challenged. Celebrate your freedom to read by checking out banned or challenged books, and taking them home to rate your blind date for chances to win prizes. Grades 6-12.

九月，Mitchell Park Library Teen Zone, 3700 Middlefield Rd, Palo Alto

青少年禁区图书周！青少年区展示的黑色纸上的YA书已被禁止或受到挑战。通过查看被禁止或有挑战性的书籍，并将他们带回家为自己的盲目日期评估，将赢得奖品的机会，庆祝您的阅读自由。6-12年级。

Section 5 Caroline 2020

Classes for Middle and High School Students

适合初中生和高中生的课外班

Saturdays, Sep 9-Dec 2, Gunn High School

Outstanding high school students are teaching classes to raise funds for the Ravenswood City School District in East Palo Alto. For the fifth session, Silicon Valley Youth is offering classes in Business and

Entrepreneurship, Competition Speech, AMC 8/Mathcounts, Game Design, and iOS App Development classes on Saturdays at Gunn High School. Sign up starting now online at <http://siliconvalleyyouth.com/classes/>. Contact: svyouth1@gmail.com.

时间地点：星期六，9月9日至12月2日，Gunn校内
由优秀高中生授课，为East Palo Alto的Ravenswood市学区筹集资金。硅谷青年提供的第五季课程有商业与创业、竞赛演讲、AMC 8 / Mathcounts、游戏设计和iOS应用开发等，周六授课。现在可以在线注册<http://siliconvalleyyouth.com/classes/>。联系人：svyouth1@gmail.com。

Let's Talk, A SELPA 1 CAC Support Group 让我们来谈谈 特殊教育地方计划区1 社区咨询委员会支持小组

Mon, Sep 11, 10 AM-12 PM, Los Altos Library, 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.

周一，9月11日上午10-12点，Los Altos图书馆，圣安东尼奥路13号，Los Altos
参与者有机会向其他家有IEP（个性化教育计划），504s，学习差异以及心理健康挑战等学生的家长提问，分享想法、资源和支持。欢迎所有人参加，参与者必须遵守保密规则。更多信息请访问www.selpa1cac.org。

Get Involved Palo Alto Seeks Student Interns for Fall Academy Get Involved Palo Alto (GiPA) 招收秋季学院实习生

Sign up now: Fall program runs Sep 12-Dec 8, Tue & Thu, 3-6 PM, flexible scheduling
GiPA Community Service internship Academy meets at Mitchell Park Tuesdays and Thursdays. Join for one semester or school year. We have service-learning internships available for 35 Paly and Gunn students. Scholarships available. A great way for high school students to earn meaningful service hours connected to their interests. We work directly with students and mentors, using a special time-management tool and mobile app. Student interns create original projects with electronic portfolios for local organizations. Create impact, work with GiPA mentors and projects managers to achieve success and earn the President's Award for Volunteer Service. See upcoming projects and sign up today at Getinvolvedpa.com. Email: Getinvolvedpaloalto@gmail.com.

现在注册：秋季时间表9月12日-12月8日，星期二和星期四，下午3-6 PM，时间安排灵活
GiPA社区服务实习学院每周二和周四在Mitchell公园举行会议，可选择加入一个学期或一学年。我们为35名Paly和Gunn学生提供服务实习机会，有奖学金。让高中生们有机会在自己感兴趣的领域获取有意义的服务时间。依靠特殊的时间管理工具和移动应用软件，我们直接与学生和导师一起工作。实习生为当地组织制作电子版本的原创项目。创造影响力，与GiPA指导者和项目经理合作，取得成功，并可获得总统义工服务奖。注册及查看即将推出的项目，请登Getinvolvedpa.com。电子邮件：Getinvolvedpaloalto@gmail.com。

Section6- Veronica

Parent Chat, A Mental Health Subcommittee SELPA 1 CAC Event

Tue, Sep 12, 7-8:30 PM, Los Altos Library, 13 S. San Antonio Road, Los Altos
Are you concerned about the emotional well being of your child? Come to Parent Chat, peer to peer support for parents of teens. Hosted by the Mental Health Subcommittee of SELPA 1 CAC.

家長聊天，一個精神衛生小組委員會SELPA 1 CAC活動

十二號，星期二，晚上七點到八點三十分。在Los Altos圖書館，13 S. San Antonio Road, Los Altos
您關心您孩子的情緒良好嗎？請來我們的家長聊天，同行對青少年父母的支持。由SELPA 1 CAC的心

裡健康小組委員會。

Free Youth Mental Health First Aid Training Sponsored by Project Safety Net and the Santa Clara County Suicide Prevention Program

Wed, Sep 13, 8:30 AM- 4:30 PM, Palo Alto Art Center Auditorium, 1313 Newell Rd, Palo Alto
Youth Mental Health First Aid teaches a 5-step action plan to offer initial help to young people showing signs of a mental illness or in a crisis, and connect them with the appropriate professional, peer, social or self-help care. All materials will be provided. Space is limited, so please register [here](#).

免費的青年心理健康急救培訓由項目安全網和聖克拉拉縣自殺預防計劃贊助

九月十三號，星期三，早上八點三十到四點三十。在Palo Alto Art Center Auditorium, 1313 Newell Rd, Palo Alto

青少年心理健康急救課程教導了一個五步行動計劃，為出現精神疾病或危機跡象的年經人提供初步幫助，並將其與當的專業人員聯繫起來。同伴，社會或自助諳理。將提供所有材料。空間有限，請在[這裡](#)註冊。

13 Conversations About "13 Reasons Why"

Wed, Sep 13, 6:30-8:30 PM, Parents Place, 200 Channing Ave, Palo Alto

The Netflix series "13 Reasons Why" is an unflinching look at suicide, teen cruelty, rape culture, and adolescent emotional turmoil and trauma. Teens and tweens are entrenched in a world of social media that may give the illusion of connectivity, but can just as easily be isolating. Although the series advocates for communication and basic human decency, it doesn't explore the role of depression and other underlying mental health concerns. Join us for an important discussion about how to talk with your teen or tween about these topics in a way that is approachable, informed, and open. With Havi Hall. Fee: \$45. Register [here](#).

十三個對話關於「13 Reasons Why」

九月十三號，星期三，晚上六點三十到八點三十。在一個父母的家，200 Channing Ave, Palo Alto
Netflix系列「13 Reasons Why」隊自殺，青少年殘忍，強姦文化和青春期青續動盪和創傷是一種無謂的看法。青少年和補間在一個社交媒體世界中紮根，可能會給人一連接的幻覺，但也可以輕而易舉地隔離。雖然系列倡導溝通和基本人性化，但它並沒有探索抑鬱症和潛在心裡健康問題的作用。請加入，我們討論如何接近，知情何開放的方式于您的青少年或補間人談論這些話題。和Havi Hall。費用\$45。在這裡[註冊](#)。

Section7- Andy

****NEW** FREE Women's Wellness Workshop: A Taste of the Season**

Fri, Sep 15, 10-11 AM, Blossom Birth, 505 Barron Ave, Palo Alto

In this FREE workshop, Jalene Salus will offer an introductory taste of Integrative Nutrition as she shows you some sweet and simple ways to nourish your mind, body and spirit. Enjoy a little taste of some seasonal fall bites while we discuss foods to support your unique body -- and your family -- this autumn. Jalene will show you how aligning your self care with the rhythm of the season can guide you on your path of women's wellness as she engages you in fulfilling dialogue with other thoughtful, wise women. Registration is required for this FREE workshop as space is limited!

<http://mindbodymoms.com/free-introductory-classes/>

****新** 免费妇女健康研讨会：季节的味道**

九月十五号，早上 10 点-11 点，Blossom Birth, 505 Barron Ave, Palo Alto

在这个免费的研讨会，Jalene Salus 将会提供介绍 Integrative Nutrition。她会给您看一些简单的方法来滋养脑子，身体和精神。欣赏一些季节性的小吃，并与我们讨论今年秋天可以支持您和您的家人的食物。Jalene将向您展示如何使您的自我照顾与本赛季的节奏相结合，引导您进入女性健康的道路，让您与其他周到聪明的女子达成对话。这个免费研讨会需要注册，因为空间有限！

5th Annual Fiery Arts Fall Glass Sale at Palo Alto High School

Fri, Sep 15, 3-6 PM, Palo Alto High School, between Old and New Theatres

Sat, Sep 16, 11 AM-4 PM, Palo Alto High School, next to the Performing Arts Center

Come see exquisite new glass designs hand-blown by instructors, alumni and students. Over 1000 unique glass pieces -- pumpkins, pears, seashells, elephants, acorns, vases and more -- on sale to benefit Paly's Fiery Arts program. Come learn about the craft with live glass blowing demonstrations. For more information, contact PalyFieryArts@gmail.com or go to <http://tinyurl.com/PaloAltoHighGlass>.

第五届年度火热艺术秋季玻璃出售在 Palo Alto 高中

周五,09/15/17, 下午三道六点 在 Palo Alto 高中的新剧场。

周六,09/16/17, 11点到四点半在 Palo Alto高中的 表演艺术院旁边。

请来参加玻璃艺术老师的玻璃艺术展览。共有做的像南瓜,梨,大象等的物品等着您来欣赏。若有更多问题的话,请您用电子邮件发给 PalyFieryArts@gmail.com 或者直接上 <http://tinyurl.com/PaloAltoHighGlass> 的网站。

****NEW** Community Service Opportunity: Volunteer on Coastal Cleanup Day**

Sat, Sep 16, 9 AM-12 PM, Baylands (Matadero or Adobe Creek)

The City of Palo Alto is hosting two Cleanup sites (Matadero: site 16 and Adobe: site 17) to clean up litter in the Baylands. Please go to www.cleanacreek.org to sign up and be sure to bring your waivers. Palo Alto 将会托管两个清理站点 (Matadero : 站点 16 和 Adobe : 站点 17) , 以清理Baylands的垃圾。请访问www.cleanacreek.org 注册, 并确保带上您的豁免。

****新** 社区服务机会 : 给沿海清理节志愿**

九月十六号, 早上 9 点 - 12 点, Baylands (Matadero or Adobe Creek)

Section8--Claire

****NEW** Teen Art Class at Palo Alto Art Center**

Classes start Sep 16

Unleash the creativity in your student by signing up for one of our Teen Art Classes. NEW this quarter: "Evening Ceramics Open Studios for Teens" on Thursday evenings. Want to make an impact right here in Palo Alto? Sign up for "Learn Design Thinking and Create Change" and create a proposal for a Junior Museum & Zoo exhibit. Ceramics, drawing and watercolor classes for teens are also offered. Registration is open at <https://apm.activecommunities.com/paloalto/Home>. Questions? Please contact Rebecca Passarello (rebecca.passarello@cityofpaloalto.org or 650-617-3509).

****新**帕洛阿尔托艺术中心的青少年艺术班**

课程从9月16日开始

通过注册我们的青少年艺术课, 发挥学生的创造力。这学期新提供的课程: 星期四晚上, “青少年晚间陶瓷开放式工作室”。想在Palo Alto这里有更大的影响吗? 注册“设计思维和创造变革”, 并为青少年博物馆和动物园提供一个展示建议。艺术中心还提供陶瓷, 绘画和水彩课程给青少年。到<https://apm.activecommunities.com/paloalto/Home>注册。有问题吗? 请联系 Rebecca Passarello (rebecca.passarello@cityofpaloalto.org或650-617-3509)。

****NEW** Ride, Drive & Be Green: A National Drive Electric Week Celebration**

Sun, Sep 17, 1-4 PM, 3921 E. Bayshore Rd, Palo Alto (Park on Elwell Ct)

Take a FREE Test Drive in an electric vehicle on September 17! Did you know that the single biggest way to lower your personal carbon emissions is to drive an electric vehicle? This is your chance to view and drive several models all at once, without having to visit multiple dealers. Participating vehicles will include the Chevy Bolt, Kia Soul EV, Nissan Leaf, Tesla S, and more. Adults and students 17+ years with a valid driver's license may take test drives; younger students may ride as passengers (please bring car seats if required). Contact arianee@acterra.org. RSVP at tiny.cc/PA-NDEW2017. Pre-registration is not mandatory but appreciated!

****新**环保绿色驾驶：国家电池驱动驾驶周庆祝活动**

周日，9月17日，下午1-4点，3921 E. Bayshore路，帕洛阿尔托（停车：Elwell Ct）
9月17日在电动车上免费试驾！你知道降低个人碳排放量的最大方法是驾驶电动汽车吗？这是一次有机会让您查看各种驱动型号，而无需访问多个经销商。参与的车辆将包括雪佛兰Bolt，起亚灵动力EV，日产尼桑-叶，特斯拉S等。17岁以上有效驾驶执照的成人和学生可以试驾；年轻的学生可以乘坐乘客（如果需要，请带上汽车座椅）。联系arianee@acterra.org。请在tiny.cc/PA-NDEW2017注册。预注册不是强制性的，但是赞许的！

Palo Alto Library Teen Maker Tuesday @ MP

Tue, Sep 19, 4:30-5:30 PM, Mitchell Park Library, 3700 Middlefield Rd, Palo Alto

An interactive program for teens featuring different Maker-related projects. Registration required. For more information, go to: <http://califa.evanced.info/paloalto/lib/eventcalendar.asp>.

帕洛阿图图书馆青少年制作人周二@ MP

星期二，9月19日，4:30 -5:30 PM，Mitchell Park 图书馆，3700 Middlefield Rd，Palo Alto
这是一个青少年互动项目，会针对不同Maker会有相关活动。需要注册有关更多信息，请访问<http://califa.evanced.info/paloalto/lib/eventcalendar.asp>。

Pow

Challenges of Dyslexia, A SELPA 1 CAC Parent Education Event

Wed, Sep 20, 7-9 PM, Santa Rita Elementary, 700 Los Altos Ave, Los Altos

Join Lindamood-Bell Center Director, Leila MacCurrach, for a conversation about how intensive instruction that builds the imagery-language foundation can enable students of all backgrounds and prior diagnoses to learn to read and comprehend to their potential. Lindamood-Bell's intensive, one-to-one, process-based instruction has been used to strengthen the sensory-cognitive functions needed for reading and comprehension. The method has been proven successful for individuals with learning challenges, including dyslexia, hyperlexia, ADHD, and ASD.

阅读障碍的挑战，一个SELPA1CAC的家长教育活动

星期三，9/20晚上七点到九点，Santa Rita小学，700 Los Altos Ave, Los Altos

加入Lindamood-Bell中心主任，Leila MacCurrach的演讲，关于构建图像语言基础的密集教学可以使所有背景和先前诊断的学生学习阅读和理解他们的潜力。Lindamood-Bell的密集的，一对一的基于过程的教学已被用于加强阅读和理解所需的感官认知功能。这个方法已被证明对有学习困难（阅读困难，hyperlexia，ADHD和ASD）非常有利。

Family Date Night - PLAY! Fort Building

Fri, Sep 22, 7:00-8:15 PM, Children's Library, 1276 Harriet St, Palo Alto

Join your friends and neighbors at the library for an evening of fort building fun. In collaboration with The Art Center's PLAY! exhibit. Please register each family member separately. Sponsored by the Friends of the Palo Alto Library

家庭夜一玩！堡大厦

星期五9/22晚上七点到八点十五，儿童图书馆，1276 Harriet St, Palo Alto

在图书馆里，加入你的朋友和邻居造宝塔大厦的乐趣。与艺术中心PLAY！合作。请为每个家庭成员注册。由帕洛阿尔图图书馆的朋友赞助

****NEW** FREE Mindful Moms Class with Krassi Harwell**

Tue, Sep 26, 12-1:30 PM, 67 Encina Ave, Palo Alto

Join our community of wise and caring moms as we navigate the rich and rewarding journey of raising kids into adults. We will practice yoga, meditate, and tap into the healing power of togetherness as we share stories, strength and support. This FREE class is for moms who have kids

of all ages; particularly helpful for moms who have toddlers thru teens! Registration is required for this FREE workshop as space is limited! <http://mindbodymoms.com/free-introductory-classes/>

****新** 免费与Krassi Harwell 精心的妈妈班**

星期二9/26下午12点到1点, 67 Encina Ave, Palo Alto

参加我们的聪明和有爱心的妈妈社区当我们探索将孩子养育成大人的丰富而有益的旅程。我们会做瑜伽, 冥想, 再分享故事, 力量和支持的同时, 挖掘团结的愈合力量。这个免费课程是适合所有年龄的孩子的妈妈;特别有帮助的妈妈谁有幼儿通过十几岁! 这个免费研讨会需要注册, 因为空间有限!

<http://mindbodymoms.com/free-introductory-classes/>

Banned Book to Teen Movie

Tue, Sep 26, 4:30-6:30 PM, Mitchell Park Library Midtown Room, 3700 Middlefield Rd, Palo Alto
Celebrate Banned Books Week with a movie and snacks! We will be watching a movie based on a banned book. Bring your friends. Registration required. Grades 6-12.

禁止的书到青少年电影

星期二, 9/26下午四点半到六点半, Mitchell Park Library Midtown Room, 3700 Middlefield Rd, Palo Alto

为了庆祝禁止书星期, 我们会在公园里看电影和想有零食。电影的内容关于到禁止书籍。带上你的朋友并注册。6到12年级。

Section10

****NEW** 8th Annual Bike Palo Alto**

Sun, Oct 1, 1-4 PM, El Carmelo Elementary, 3024 Bryant St, Palo Alto

Explore Palo Alto's enjoyable bike byways from Los Altos to Menlo Park to the Baylands! Free treats are offered at rest stops along each route. Originated and organized by neighborhood green team volunteers, this free event provides a fun way for the community to learn about Palo Alto's great bicycling routes and resources. Bring your helmet, a water bottle for filling at water fountains, and a small pack to hold your maps and other bike goodies. Free registration is from 1-3 at El Carmelo Elementary along with any sort of bike help. Riders choose among three self-guided routes of various distances and can start filling up a Frequent Rider Card that is redeemed later for a reward. Preregistration is recommended at <https://bikepaloalto.org>.

****新鲜出炉** 第八届Palo Alto自行车节**

十月一号, 周日, 下午一点至四点, El Carmelo Elementary, 3024 Bryant St, Palo Alto

您可以探索Los Altos、Menlo Park和湾岸地区的骑行路线! 沿途的休息站会提供免费零食。此免费活动由社区环保志愿者举行, 让大家能欢乐地了解Palo Alto的骑行路线。如果您想参加, 请带上头盔, 水壶, 和一个装地图和其他骑行工具的小包。您可以在1点至3点在El Carmelo Elementary免费注册。如果您需要帮助, 我们会在注册时帮您解决。有三条骑行路线供您选择, 不过您需要自己导航。您可以申请一个Frequent Rider Card, 并在交回卡片时得到奖励。

我们推荐在<https://bikepaloalto.org>提前注册。

VOLUNTEERS NEEDED! Bike Palo Alto is a fresh air, green event and runs on 100% volunteer power. What you could do: sign in riders at El Carmelo School (3 hours Oct 1); hand out treats to riders at a treat stop (3 hours Oct 1); or post street signs (2 hours, Sep 23-25). Email Robert Neff to sign up or for more information: bpa2017@neffs.net.

我们欢迎志愿者! 自行车节是帮助清洁空气的绿色活动, 并且完全由志愿者支持。您可以帮助我们: 十月一号在El Carmelo School给人们注册, 十月一号在休息站发放零食, 和在九月23日至25日张贴交通标志。如果您想要成为志愿者或者想要更多信息, 请发邮件给Robert Neff: bpa2017@neffs.net

****NEW** Palo Alto Library: Day of the Dead Altar GeorgeCai**

Oct 15-Nov 5, Mitchell Park Library, 3700 Middlefield Rd, Palo Alto

Submit a photo of a loved one whom has passed on to honor them at the entrance of the library's altar. Display created by Teen Library Advisory Board (TLAB).

****新**帕洛阿图图书馆: 祭坛的日子**

10月15日至11月5日, Palo Alto 3700 Middlefield Rd Mitchell Park Library

在图书馆入口处提交传给他们的亲人的照片。由青少年图书馆咨询委员会 (TLAB) 创建的展示。

How to Foster the Essential Skills Adolescents Need to Thrive in College and Life

Sun, Oct 29, 10 AM-4 PM, Stanford University, Lathrop Library, Room 299

This workshop focuses on the key emotional skills that parents must foster in middle-school and high-school students to prepare them for the challenges they will face when they leave home.

Enrollment limited to 25 parents. Fee: \$245. Taught by child & adolescent psychiatrists Bina Patel, MD, and Sujata Patel, MD, from Stanford University's Counseling & Psychological

Services. Visit <https://continuingstudies.stanford.edu>, course # WSP 323, for further information.

如何培养青少年在大学生活中需要发展的基本技能

10月29日上午10时至下午4时，斯坦福大学，拉斯福图书馆，299室

本次研讨会重点介绍了家长必须培养中学生和高中生的主要情感技巧，准备他们离开家园时遇到的挑战。入学限制为25名父母。费用：\$ 245。由斯坦福大学咨询与心理服务部的儿童和青少年精神科医生

Bina Patel, MD和Sujata Patel博士教授。有关更多信息，请访问

<https://continuingstudies.stanford.edu>，课程#WSP 323。

George Zheng

****NEW** Great Volunteering Opportunity: Be a DreamCatcher's Tutor**

DreamCatcher's is a local non-profit and PAUSD partner that runs an after-school program serving low-income PAUSD middle school students. It is held in the Paly science building, and we recruit Stanford undergrads and Paly/Gunn/Castilleja high school students to be tutors and mentors for our students. If your student is interested, please have him/her contact Allison Bedford, our Assistant Program Director, at allison@dreamcatchersyouth.org. Our remaining time slots are 4-6 PM or 6-8 PM on Wednesdays. If you aren't able to volunteer Wednesdays every week, we also welcome periodic "floating tutors" on other days if that works better for you. Thank you for your interest!

好的志愿者机会：成为DreamCatcher's助教

DreamCatcher's是一家本地非营利性组织和PAUSD的合作伙伴，他们为低收入PAUSD中学生提供课外活动。它在Paly科学大楼举行。现在我们招收斯坦福大学本科生，Paly / Gunn / Castilleja高中生为我们的学生担任助理和项目导师。如果您的学生有兴趣，请联系我们的助理计划总监Allison Bedford，电话：allison@dreamcatchersyouth.org。我们的剩余时间有星期三下午4-6点或6-8点。如果您每周不能星期三参加，如果别的时间对您更合适，我们也欢迎您其他日子做定期的“浮动辅导员”感谢您的关注！

****NEW** Volunteers Needed for Adopt-a-School and Adopt-a-Teacher Programs at the Ravenswood School District**

Be a part of the exciting new things happening in Ravenswood! The Ravenswood Education Foundation (REF) is kicking off its annual Adopt-a-Teacher program for the Ravenswood City School District. The program offers the opportunity for individuals or small groups to help teachers in East Palo Alto and eastern Menlo Park purchase much-needed supplies. REF is also launching a teacher appreciation program with an opportunity for volunteers to provide two meals honoring faculty and staff at a school. If interested, please contact Jazmin Sosa at jsosa@ravenswoodef.org or visit REF's website to learn more about other volunteering opportunities at www.ravenswoodef.org.

我们需要在Ravenswood学区进行帮助学校和帮助教师计划的志愿者

这是Ravenswood发生的令人兴奋的新事物的一部分！Ravenswood教育基金会（REF）正在为Ravenswood城市学区开设一年一度的采用教师计划。该计划为个人或小组提供机会，帮助东帕洛阿尔托和东部门洛帕克东部的老师购买急需的用品。REF也启动了一个感谢老师计划，为志愿者提供了一个机会，为学校的教职员工提供两餐。如有兴趣，请联系Jazmin Sosa，电子邮件：

jsosa@ravenswoodef.org或访问REF网站，了解有关其他志愿者机会的更多信息，请访问 www.ravenswoodef.org

FIRST Robotics Community Team 6036 Seeking New Members

Team 6036, a community team for the 2017 FIRST robotics competition season is seeking new members to join the team. The team has been active for 2 years and is open to all area high schoolers interested in coding, computer design, graphic design, robotics, electronics, marketing and finance. Students will work alongside adult mentors to design, build and promote their robotic creation. For more information visit www.peninsularobotics.org or contact Pam Morgenfeld

at payoutrobotics@gmail.com.

第一机器人社区团队6036寻求新会员

6036队，为了参加2017年第一届机器人大赛的社区团队正在寻求新成员加入团队。该团队活跃了2年，对所有对编码，计算机设计，平面设计，机器人，电子，营销和金融感兴趣的高中生开放。学生将与成年导师一起设计，建造和推广他们的机器人创作。欲了解更多信息，请访问 www.peninsularobotics.org或联系Pam Morgenfeld在payoutrobotics@gmail.com