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Calendar

Fri, Feb 2

Principal's Coffee, 8:30 AM, Staff Lounge

Mon, Feb 5

Site Council, 4 PM, Staff Lounge

Tue & Thu, Feb 6 & 8

Choir/Staff Musical, 8 PM, Paly PAC

Wed, Feb 7

Alternate Schedule - AMC Math Test (see [Calendar](#))

Thu, Feb 8

PTSA Meeting, 8:45 AM, Staff Lounge

Fri, Feb 9

Staff Appreciation Lunch, 11:45 AM, Staff Lounge

Jazz Guest Artist Concert, 7:30 PM, Paly PAC

Mon-Thu, Feb 12-15

Alternate Schedule (see [Calendar](#))

Fri, Feb 16

NO SCHOOL - Staff Development Day

星期五, 2月2日

校长咖啡, 上午8:30, 员工休息室

星期一, 2月5日

现场理事会, 下午4点, 职员休息室

星期三和星期四, 2月7日和8日

合唱团/员工音乐剧, 8 PM, Paly PAC

星期三, 2月7日

备用课时表 - AMC数学测试 (请参阅日历 [Calendar](#))

星期四, 2月8日

PTSA会议, 8:45 AM, 职员休息室

星期五, 2月9日

员工感谢午餐, 上午11:45, 员工休息室

爵士嘉宾艺术家音乐会, 7:30 PM, Paly PAC

星期一, 2月12日至15日

备用课时表 (请参阅日历 [Calendar](#))

星期五, 2月16日

学校无课- 工作人员发展日

TKelly Wang

Gunn

ARK (Acts of Random Kindness Club) Fundraiser: Hobee's Dine Out Day

Sat, Feb 3, 8 AM-9 PM, Hobee's, 4224 W. El Camino Way, Palo Alto

Mark your calendars for breakfast, lunch or dinner at Hobee's! This Saturday, come support the ARK Club fundraiser at Hobee's restaurant, 4224 W. El Camino Way (near Gunn). Twenty percent of your dine-in and take-out purchases will be donated to our student-run ARK Club so we can continue to spread kindness on campus and support student wellbeing. Print the [flyer](#) and present it when you place your order. OR tell your server you're at the restaurant to support ARK. The ARK Club thanks you for your support!

ARK (善良活动社团) 筹款活动 : Hobee's餐会

星期六, 2月3日, 上午8点至晚上9点, Hobee's餐厅 : 4224 W. El Camino Way, Palo Alto

请把Hobee's餐会日记到您的日历上并且在这周六来支持善良活动社团的筹款活动吧! Hobee's的地址是4224 W. El Camino Way, Palo Alto, 距离Gunn高中非常的近。您的消费当中的20%将会帮助Gunn的学生社团, 善良活动社团, 继续在校园内进行慈善活动支持学生。请打印[这张](#)海报并且在结账时交给收银员或者告诉收银员您想要支持善良活动社团 (ARK社团)。善良活动社团ARK感谢您的支持!

FOUR Proctors Still Needed for America Mathematics Competition (AMC) Exam

Wed, Feb 7, 8-10 AM, Gunn High School (each teacher needs a proctor helper)

If you can serve as one of 24 volunteer proctors for this exam from 8:00 to 10:00 AM on Wednesday, February 7, please reply to nhesterman@pausd.org, including the name and grade of your student(s). Proctors assist teachers by distributing materials, counting and monitoring students, etc. Past proctors have enjoyed this activity in the Math Department very much. Note: See [Calendar](#) for alternate schedule. AMC test-takers (approx. 400 students) will start school at 8:25 AM; **all other students will start at 10:00 AM in Period B.**

美国数学竞赛AMC需要四位监考家长

星期三, 2月7日, 早上8点至10点, Gunn高中 (每一位老师都需要一位监考帮手)

如果您能够成为将在2月7日星期三8点至10点举办的AMC考试中的24名监考帮手之一, 请写上您的学生的名字和年级并且发送邮件联系nhesterman@pausd.org。监考帮手的工作为发布考卷, 点名学生, 监视学生等。过去的监考家长都非常的享受这个过程。请参考[日历](#)中的特别课程行程。400位AMC学生会在早上8:25上课, 其他学生将在早上10:00上课。

Gunn Choir/Staff Musical Extravaganza: "Braveheart and Soul: The Birth of Moortown Music"

Wed, Feb 7, and Thu, Feb 8, 8 PM, Palo Alto High School PAC, 50 Embarcadero Rd, Palo Alto

The King of England is off to Scotland to bring those wild gingerheads into line. But the Scots, led by the immortal William-The-Braveheart-Wallace, are going to give the King a fight he'll never forget. It's a musical stand-off between the forces of King Edward's Gilbert-and-Sullivan-singing troops and Braveheart's secret weapon: Moortown music. Featuring the Award Winning Gunn High School Choirs and dozens of your favorite Gunn Staff! The Terman Middle School Choir will also be featured on Wednesday, February 7, and the JLS Middle School Choir will be featured on Thursday, February 8. Tickets: \$20 adults, \$10 students. Available online at <http://www.gunnchoir.org/performances/tickets/>.

Gunn合唱团与职员合作音乐剧 : 《勇敢的心灵 : Moortown音乐的诞生》

星期三, 2月7日与星期四, 2月8日, 晚上8点, Palo Alto高中PAC (表演艺术中心), 50 Embarcadero Rd, Palo Alto

英国国王将前往苏格兰征服那些野性的橙红发人。但是由不朽的是威廉·布拉夫哈特·华莱士 (William-The-Braveheart-Wallace) 领导的苏格兰人将会带给国王一个他永远不会忘记的战斗。这是特别的战斗。由爱德华 (Edward) 国王带领的吉尔伯特与沙利文 (Gilbert-and-Sullivan) 演唱部队将与布拉夫哈特 (Braveheart) 的秘密武器 : 莫尔敦 (Moortown) 音乐进行歌唱较量。表演者为获奖的Gunn高中合唱团与最喜爱的10位Gunn职员! Terman中学合唱团也将于2月7日 (星期三) 特别参演, 而JLS中学合唱团

将于星期四（八月八日）特别参演。门票：成人20美元，学生10美元。订票网址：<http://www.gunnchoir.org/performances/tickets/>。

T2 Katie(Weiyang) Wang

2018 Gunn Lunar New Year Lunch

Fri, Feb 9, 11:45 AM-2:45 PM, Staff Lounge

We are hosting a luncheon for Gunn teachers and staff to celebrate the Lunar New Year, Year of the Dog. The PTSA provides the funding for this event, and we need some food donations and volunteers. We really appreciate your support. If you have any questions, please contact Tina Li (tinali1@gmail.com), Linda Duan (duanly2000@gmail.com), Lisa Feng (lfxie@yahoo.com) or Vanessa You (vanessa.you@gmail.com). Here is the link, please take a look: <http://signup.com/go/anGYUHP>.

2018年Gunn的新年午餐

星期五，2月9号，上午11:45-下午2:45，Staff Lounge

我们将会为学校的老师和工作人员举办一场庆祝中国新年到来的午餐。PTSA将会为此次午餐的举办提供资金，但是我们还需要食物和几位义工。我们真诚的希望您能够来参加。如果您想要帮忙或者是有更多的问题，请联系 Tina Li (tinali1@gmail.com), Linda Duan (duanly2000@gmail.com), Lisa Feng (lfxie@yahoo.com)或者是 Vanessa You (vanessa.you@gmail.com)。当然您也可以直接点击这个网址报名：<http://signup.com/go/anGYUHP>。

World Language Placement Test for Native Speakers

Mon, Feb 12, 3-4 PM, Room G-5

The World Language Placement Test for native speakers of the languages taught at Gunn (Mandarin, Spanish, French, German, Japanese) and for families new to the district will be administered at Gunn on Monday, February 12 from 3-4 PM in G-5 (Language Lab) at Gunn HS. Please sign up in advance. Contact Liz Matchett, lmatchett@pausd.org, for more info.

语言测试

星期一，2月12号，下午3-4点，G-5

语言测试是为了母语是英语以外的学生准备的。（中文，西班牙语，法语，德语，日语）新来到PAUSD学区的学生们也要参加测试。测试时间是星期一二月12日，下午3-4点，在语言电脑房G-5举行。请提前报名，更多问题请联系Liz Matchett, lmatchett@pausd.org。

CIEE Global Navigator Scholars Program

Deadline: Thu, Feb 15

The final deadline for the CIEE Global Navigator Scholars program is approaching. February 15 is the last date you may apply and still receive financial assistance through the special grant Gunn has received for summer study abroad. This grant is intended to help make study abroad affordable for all students at Gunn, regardless of economic circumstances. There are programs in many languages, and many countries. You do not have to be studying a language in order to apply or receive assistance. Please contact Gunn WL Instructional Supervisor Liz Matchett for more information: lmatchett@pausd.org

CIEE全球领航员计划

截止日期：星期四，2月15号。

CIEE全球领航员计划的最终截止日期就要到了。2月15号将是最后一天允许报名以及申请奖学金的日子。奖学金的存在是为了让所有学生都能够拥有一个出国交换学习的机会，无论他们拥有什么样的家庭背景和经济状况。交换计划里有许许多多的选项，有许多不同的国家以及不同的语言。学生就算是在学校就读语言课程也可以报名。如果您有兴趣的话请联系 Gunn语言部门的监管者 Liz Matchett, 她的邮箱是 lmatchett@pausd.org。

Emily

Look Who's Running in the Juana Run!

Sat, Feb 24

Run with 3-time Olympian and DMR world record holder [Shannon Rowbury](#) in the Juana Run. 8K, 5K fun run, 1 mile and kids' races. Benefits Gunn High School Sports Boosters, Juana Briones PTA and the West Valley Track Club. Find out more and register at www.juanarun.org.

看看谁在胡安娜奔跑！

星期六，二月二十四日

在Juana Run中与3次奥运选手和DMR世界纪录保持者[Shannon Rowbury](#)一起运行。8K，5K快跑，1英里和孩子们的比赛。好处Gunn高中体育，胡安娜Briones PTA和西谷轨道俱乐部。了解更多信息并在www.juanarun.org上注册。

20 Parent Chaperones Needed for Community Service Day

Thu, Mar 1, 8:15 AM-2:15 PM

Each year, Youth Community Service (YCS) sponsors the popular Community Service Day. On Thursday, March 1st, adult chaperones are needed to accompany, support and participate with the student-led teams, which are transported by bus to the off-campus service sites. (Each chaperone will receive a chaperone resource packet.) Last year over 200 students served multiple sites. This year's 10 sites include the Baylands, Animal Assisted Happiness and the Magical Bridge Foundation. A website for sign-ups will be available very soon. If you can chaperone and participate in this highlight of volunteer service and learning for our students please reply as soon as possible

to nhesterman@pausd.org AND ashley@youthcommunityservice.org. Better yet, grab a friend and sign up for a site together. [Sign up here](#).

社区服务日需要20位家长陪伴者

Thu, Mar 1, 8:15 AM-2:15 PM

青年社区服务（YCS）每年都会主办社区服务日。3月1日星期四，需要成年伴侣伴随，支持和参加由学生领导的班车，通过公交车运送到校外服务点。（每个伴侣都会收到伴侣资源包。）去年有超过200名学生服务过多个网站。今年的10个地点包括Baylands，动物辅助幸福和神奇桥梁基金会。注册网站将很快上市。如果您可以陪伴并参加这个志愿者服务和学习的重点，请尽快回复至nhesterman@pausd.org和ashley@youthcommunityservice.org。更好的是，抓住一个朋友，一起注册一个网站。在[这里注册](#)。

FROM THE PREVIOUS ISSUE:

Principal's Coffee

Fri, Feb 2, 8:30 AM, Staff Lounge

Come hear updates about happenings at Gunn from Principal Laurence and enjoy a cup of coffee, compliments of the PTSA. Please stop by the office first to get a parking pass.

Traducción al español disponible. 普通話翻譯可用。

来自上一个问题：

校长的咖啡

星期五，2月2日上午8:30，员工休息室

来听取劳伦斯校长在Gunn发生的最新消息，并享受一杯咖啡，恭喜PTSA。请先到办公室去取得停车证。

普通话翻译

T4 Linda Fan

Gunn/Paly 41st Annual Jazz Guest Artist Concert featuring Demetri Matheny

Gunn / Paly第41届年度爵士客人艺术家音乐会特色Demetri Matheny

Fri, Feb 9, 7:30 PM, Palo Alto High School PAC, 50 Embarcadero Rd, Palo Alto

星期五，2月9日晚上7:30，Palo Alto高中PAC，Embarcadero路50号，Palo Alto

Join the Paly Jazz Ensemble and the Gunn Big Band Jazz Ensemble as they present the 41st Annual Guest Artist Concert featuring Demetri Matheny. Matheny is celebrated for his warm tone, soaring lyricism and masterful technique, American musician Dmitri Matheny has been lauded as "one of the

most emotionally expressive improvisers of his generation" (International Review of Music). First introduced to jazz audiences in the 1990s as the protege of Art Farmer, Matheny has matured into "one of the jazz world's most talented horn players" (San Francisco Chronicle). Booster passes will not be accepted for this concert. Tickets are \$5 students and \$10 adults at the door. Proceeds go to support the Guest Artists appearance.

加入Paly爵士合奏团和Gunn Big Band爵士合奏团，为他们呈现Demetri Matheny的第41届年度嘉宾艺术家音乐会。Matheny以其温和的音调，高亢的抒情和高超的技巧而闻名，美国音乐家Dmitri Matheny被誉为“他那一代最具情感表现力的即兴表演之一”（国际音乐评论）。Matheny在20世纪90年代首次被介绍给爵士乐观众，成为“艺术农民”（Art Farmer）的保护者，已经成为“爵士世界最具天赋的角色球员之一”（San Francisco Chronicle）。音乐会不接受助推器通行证。门票是\$ 5学生和\$ 10成人在门口。收益将用于支持来宾艺术家的外观。

Help Wanted: Gunn Band Orchestra Boosters (BOB) Volunteer

需要帮助：Gunn乐队管弦乐队Boosters (BOB) 志愿者

The Gunn Band Orchestra Boosters (BOB) is looking for a volunteer auditor who would be willing to audit our financial books from last year. The work can be done outside of school hours. Please contact [Todd Summers](#) or [Sandra Lewis](#) if you are able to help.

冈恩乐队助推器（BOB）正在寻找一名愿意审计我们去年财务账目的志愿者审计员。这项工作可以在上课时间以外完成。如果你能帮忙的话，请联系Todd Summers或者Sandra Lewis。

Gunn Athletics

冈恩体育

Athlete Recognition

运动员提名

Gunn Sports Boosters would like to recognize **Jessalyn Grant-Bier** for Girls Basketball as honorable mention this week for athletes. Go Titans!

Gunn Sports Boosters希望本周为女运动员提名Jessalyn Grant-Bier。去泰坦！

Young Varsity Team Holding Their Own

年轻的代表队拥有自己的

The Gunn Girls Varsity Soccer won their game on Monday, January 29, against the Monte Vista Matadors. The young Gunn team has nine freshman on the roster and is in second place in the league with an overall record of 5-2-0. Congratulations Titans!

1月29日星期一Gunn Girls Varsity Soccer在Monte Vista Matadors比赛中赢得了比赛。年轻的冈恩队名单上有9个大一新生，排在联盟第二位，总成绩为5-2-0。祝贺泰坦！

T5 Caroline 2020

The Gunn Sports Boosters Needs You!

Gunn Sports Boosters will have at least three positions open for the 2018-2019 year. We are looking for a President, Treasurer and Public Relations positions to be filled. If you are interested, please email pep@pamperez.com.

Gunn体育推动小组需要你！

Gunn体育推动小组2018-2019年度有至少3个空缺需要人，这些位置包括主席、财务和公关。如果感兴趣，请发电邮给pep@pamperez.com

PAUSD & PTAC

The Smart Talk: Internet Safety

Tue, Feb 6, 6 PM refreshments, 6:30 PM program, Gunderson High School, 622 Gaundabert Lane, San Jose

What you hope your kids (elementary, middle, and high) are doing online isn't always what they're actually doing. Join us to learn how you can use The Smart Talk to get on the same page with your kids and establish an open conversation about digital safety. [More info here](#). FREE. Sponsors include National PTA, State PTA, and Sixth District PTA. RSVPs (appreciated but not required): wendyghose@yahoo.com.

The Smart Talk : 网络安全

时间地点 : 2月6日(星期二), 晚六点茶点, 晚六点半正式开始, Gaundabert 高中, 622 Gaundabert Lane, San Jose.

您希望您的孩子(小学, 初中和高中)在网络上干的事情不一定是他们真正在干的事情。加入我们一起来学习如何利用 The Smart Talk 理解您的孩子, 以及如何与他们开始有关网络安全的开放谈话。点击[这里](#)获得更多信息。活动是免费的! 由国家家长教师协会, 州家长教师协会和第六区家长教师协会 (National PTA, State PTA, and Sixth District PTA) 共同赞助。报名回复(非强制要求) : wendyghose@yahoo.com。

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

Wed, Feb 7, 6:30-8:30 PM, SDC Room, District Office, 25 Churchill Ave, Palo Alto

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 Hypoglycemia Support Foundation and Dr Lustig education program dedicated to changing our views of processed food with the purpose of ending food related illnesses and promote good health. We encourage parents to bring their children.

糖如何影响你的健康, 你可以做些什么?

时间地点 : 周三, 2月7日, 晚6:30-8:30, SDC Room, District Office, 25 Churchill Ave, Palo Alto.

请加入我们有关糖的教育之夜。了解糖是如何在我们所吃的一切中无处不在, 由于对人体有害而成为头号健康问题。作为家长, 您还可以获得关于如何减少家中和饮食中糖的分量的重要提示, 并为您的孩子介绍有良好营养的产品。Patricia Caldera博士将代表Hypoglycemia支持基金会和Lustig博士教育计划 致力于改变我们对加工食品的看法, 旨在结束与食物有关的疾病并促进身体健康。我们鼓励家长带孩子一起参加

Andy - T6

****NEW** Superintendent's Weekly Message from Friday Jan 26**

We will re-post Karen Hendricks' Weekly communications here each week, in case you missed it on her previous Infinite Campus email to you.

"In the interest of full disclosure, I should preface this by admitting that I"...[continue reading](#).

****新** 学区领导每周一次的消息 : 一月十五号星期五**

每个星期, 我们会在这儿公布 Karen Hendricks 的 Weekly communications, 万一您没有收到他在Infinite Campus 上发的电邮。

"In the interest of full disclosure, I should preface this by admitting that I"...[continue reading](#).

2018 Annual Sweetheart Awards - Call for Nominations

Submit Nominations by Thu, Feb 15

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 CAC Sweetheart Award. Submit nominations using this online form before Thursday, February 15th (early submissions welcome): <http://tinyurl.com/cac2018sweethearts>. The Awards Ceremony will be on Wednesday, February 28th from 6-8pm at Nixon Elementary School. For more information or

questions contact 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.

2018年度甜心奖 - 征集提名

2月15日星期四提交提名

是否有巴士司机, 朋友, 老师, 管理员, 邻居, 助手, 过路警卫, 教练, 同学, 治疗师, 医生, 志愿者或亲戚为您的特殊需要的孩子 (IEP or 504) 做了某些事情 (无论大小)? 通过提名他或她获得CAC甜心奖, 获得此荣誉。在2月15日星期四之前使用这个在线表格提交提名 (提前提交) :

<http://tinyurl.com/cac2018sweethearts>。颁奖典礼将于2月28日星期三下午6时至8时在Nixon小学举行。欲了解更多信息或问题, 请联系sweethearts.award@gmail.com或访问www.cacpaloalto.org。此活动由 Palo Alto 特殊教育社区咨询委员会和 Palo Alto PTA委员会共同发起

Nominate Great People for Awards

Deadline for Nominations: Mar 1

Call for Nominations for HSA 2018

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. We also have a new award that debuted last year that honors exceptional PTA volunteers at the unit (school) level. Each PTA may nomination one person. If you know of someone or an organization that deserves to be honored at this level, please complete this form: [Nominations for HSA2018](#). Recipients will be announced at our Honorary Service Award Reception on Thursday, April 26, 2018. Visit here past recipients <https://ptac.paloaltopta.org/honorary-service-awards/>.

提名大人物获奖

提名截止日期: 星期四三月一日

每年, 帕洛阿尔托PTA理事会都可以将多个加利福尼亚州PTA荣誉服务奖颁发给我们社区为儿童和青少年提供卓越服务的个人或组织。提名的个人或组织必须做出深远的, 值得注意的贡献。PTA理事会HSA委员会在全区或帕洛阿尔托社区层面挑选有利于儿童和青少年的个人或团体。我们还有一个新的奖项, 去年首次颁发, 奖励单位 (学校) 级别的特殊PTA志愿者。每个PTA可以提名一人。如果您知道某个人或组织在这个级别上应该得到尊重, 请填写以下表格: [Nominations for HSA 2018](#) HSA 2018提名人员将在2018年4月26日星期四的荣誉服务奖招待会上公布。 : <https://ptac.paloaltopta.org/honorary-service-awards/>.

Emily

Community

Blind Date with a Book

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

Go on a blind date with a book! 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.

一本书的“盲人”约会

二月份, 迈克尔公园图书馆, 3700米德菲尔德路, 帕洛阿尔托

带着一本书去相亲吧! 如果你的一本书与你的相亲不成功, 那就看看新的一本。没有伤害的感觉! 检查你的书的日期有机会赢得奖品。

Family Science Night at JMZ

Wed, Feb 7, 5:30-7:30 PM, Palo Alto Junior Museum and Zoo, 1451 Middlefield Rd, Palo Alto

Come experience a taste of the fun, hands-on, standards-based science lessons that the Junior Museum and Zoo brings to PAUSD elementary schools every week. Chat with science teachers from our award-winning education department. Meet zoo animals, identify geologic specimens, try out scientific equipment, and more. This FREE event is a "thank you" to our community that values and supports science for all ages. www.cityofpaloalto.org/jmz

JMZ家庭科学之夜

星期三, 2月7日, 5:30-7:30 PM, Palo Alto青少年博物馆和动物园, 1451 Middlefield Rd, Palo Alto 来体验一下那些少年博物馆和动物园每周都会给PAUSD小学带来的乐趣, 动手, 标准化的科学课程。与我们屡获殊荣的教育部门的科学教师聊天。认识动物园的动物, 识别地质标本, 尝试科学设备, 等等。这个免费的活动是对我们的社区“感谢”, 重视和支持所有年龄段的科学。 www.cityofpaloalto.org/jmz

Better Communication with Your Teen: DBT with Michael Fitzgerald

Wed, Feb 7, 7-9 PM, Santa Rita Elementary School, 700 Los Altos Ave, Los Altos

Michael Fitzgerald, Executive Director of Behavioral Health Services at El Camino Hospital will discuss the benefits of DBT (Dialectical Behavior Therapy). Learn why DBT is so effective and how parents can use the concept to have better communication with their teens. "Sometimes parents are unaware of how their teens are reacting to their verbal and nonverbal cues...at times teens don't feel validated by their families...teens crave acceptance...parents can learn to avoid phrases that reinforce negative self images...both parents and teens can learn how to communicate more positively." DBT combines cognitive behavioral techniques for emotion regulation with concepts of mindful awareness, distress tolerance and acceptance. A SELPA 1 CAC Parent Education Event. <http://www.selpa1cac.org/>

社区

更好地与青少年交流: DBT与迈克尔·菲茨杰拉德 (Michael Fitzgerald)

星期三, 2月7日, 下午7-9点, Santa Rita小学, 700洛斯阿尔托斯大道, 洛斯阿尔托斯

El Camino医院行为健康服务执行总监Michael Fitzgerald将讨论DBT (辩证行为疗法) 的好处。了解DBT为什么如此有效以及父母如何使用这个概念与青少年进行更好的沟通。“有时父母不知道他们的青少年是如何对他们的语言和非语言线索作出反应的.....有时青少年不会感觉到他们的家人的确认...青少年渴望接受...父母可以学会避免强化消极自我的短语图像.....父母和青少年都可以学习如何更积极地沟通。“DBT将情绪调节的认知行为技术与正念意识, 痛苦容忍度和接受度的概念相结合。SELPA 1 CAC家长教育活动。

<http://www.selpa1cac.org/>

T8 Sherry

AI for Girls

Sundays, Feb 11, 18, 25, 10:30 AM-12:30 PM, Mitchell Park Library, 3700 Middlefield Rd, Palo Alto

This workshop aims to teach middle and high school girls Artificial Intelligence (AI) and Machine Learning techniques. Participants should be very familiar with Python. Please bring your laptops. Grades 8-12 only. Please register [here](#).

Let's Talk

Mon, Feb 12, 7-9 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. Organized by SELPA 1 CAC. <http://www.selpa1cac.org>

Valentine Party

Tue, Feb 13, 4-6PM, Mitchell Park Library, 3700 Middlefield Rd.

Make crafts if you hate or love Valentine's day! Join us for LED lit up cards, button making, pencil duct tape roses, chocolate and contests. Whether you loathe the holiday or not, there is something for everyone. Grades 5-12. Please register [here](#).

Parent Chat

Tue, Feb 13, 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. <http://www.selpa1cac.org>

AI为女孩

星期日, 2月11日, 18日, 25日, 10:30~12:30, Mitchell公园图书馆, 3700米德菲尔德路, 帕洛阿尔托

本次研讨会旨在教授初高中女生的人工智能(AI)和机器学习技巧。参与者要非常熟悉Python。请带上你的笔记本电脑。仅8-12年级。在这里注册

<https://palocalto.bibliocommons.com/events/5a652546a420d83500e1e359>。

我们来聊聊吧

星期一, 2月12日, 晚上7-9点, Los Altos图书馆, 圣安东尼路13号, 洛斯阿尔托斯

有机会向其他家长提问, 分享想法, 资源, 以及与其他学生家长的支持, 504, 学习差异, 心理健康挑战等。欢迎参加, 参与者必须尊重信息保密性。由SELPA 1 CAC组织。 <http://www.selpa1cac.org>

情人节派对

星期二, 2月13日下午4-6点, 米切尔公园图书馆, 3700米德菲尔德路。

制作工艺无论你是否讨厌或爱情人节! 加入我们的LED照明卡(制作), 按钮制作, 铅笔胶带玫瑰(制作), 巧克力和比赛活动。无论你是否喜欢这个假期, 每个人都能得到一些东西。5-12年级请在这里注册。

家长聊天

星期二, 2月13日, 7-8:30 PM, Los Altos图书馆, 13圣安东尼路, 洛斯阿尔托斯

你关心你的孩子的情绪健康吗? 来到家长聊天, 这里提供一对一家长咨询活动。由SELPA 1 CAC的精神健康小组委员会主持。 <http://www.selpa1cac.org>

Emily

Electric Bike Building Competition

Register by Fri, Feb 16

Excited about bikes and electricity? Silicon Valley Clean Energy is inviting high schools in their service areas to build an electric bike, compete and win a scholarship prize. Form a team and register by February 16. Details: https://www.svcleanenergy.org/news_items/view/1080.

电动自行车大厦比赛

2月16日星期五登记

对自行车和电力感兴趣? 硅谷能源公司正在邀请他们的服务地区的高中建立电动自行车, 竞争并赢得奖学金。组建团队, 并在2月16日之前注册。详情: https://www.svcleanenergy.org/news_items/view/1080

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FROM THE PREVIOUS ISSUE:

Palo Alto Chamber Orchestra (PACO) Winter Concerts

Enjoy a series of winter concerts (January through March) featuring PACO's talented young musicians. In addition to orchestral and chamber pieces by well known composers Mozart, Haydn and Beethoven, you'll be enchanted by an array of works by Boccherini, Pleyel, and Dvorak to name a few. All concerts

are admission FREE and for the entire family to enjoy. For more information about PACO, please visit www.pacomusic.org or email info@pacomusic.org.

Sun, Jan 28, 3 PM, Cubberley Theatre (James Jaffe, conductor) Preparatory Orchestra

Sun, Feb 4, 12 PM, Cubberley Theatre (Natasha Makhijani, conductor) Superstrings Orchestra

Sun, Feb 18, 3 PM, Cubberley Theatre (Jory Fankuchen, conductor) Sinfonia Orchestra

Sun, Mar 4, 3 PM, Cubberley Theatre (Michel Taddei, conductor) Debut Orchestra

来自上一个问题：

帕洛阿尔托室内乐团 (PACO) 冬季音乐会

享受PACO天才年轻音乐家的一系列冬季音乐会 (1月至3月)。除了众所周知的作曲家莫扎特, 海顿和贝多芬的管弦乐和乐器作品外, Boccherini, Pleyel和Dvorak等人的作品也将让你着迷。所有的音乐会免费入场, 供全家享用。有关PACO的更多信息, 请访问www.pacomusic.org或发送电子邮件至 info@pacomusic.org。

Sun, 1月28日下午3点, Cubberley剧院 (James Jaffe, 指挥) 筹备乐团

太阳, 2月4日下午12点, Cubberley剧院 (Natasha Makhijani指挥) Superstrings乐团

太阳, 2月18日下午3点, Cubberley剧院 (Jory Fankuchen, 指挥) Sinfonia乐团

Sun, 3月4日下午3点, Cubberley剧院 (Michel Taddei, 指挥) 首演管弦乐队

Clear the Clutter and Get Organized

Thu, Feb 1, 6:30-8:30 PM, Parents Place Palo Alto, 200 Channing Ave, Palo Alto

Are you tired of the piles and chaos caused by too much clutter in your home? When you have good organization systems, your home and family life is simpler, calmer, and less stressful. Professional organizer Lori Krolik of "More Time for You" will teach the six steps to tackle any organizing project and other strategies for creating an organized life. Parents of all ages are welcome. [Details and registration](#). Fee \$45.

清除混乱, 并组织起来

星期四, 2月1日, 6:30-8:30 PM, Palo Alto, Palo Alto, 200 Channing Ave, Palo Alto

你是否厌倦了你家中太多混乱造成的堆积和混乱? 当你有良好的组织系统, 你的家庭和家庭生活更简单, 平静, 压力更小。专业组织者“更多时间”的Lori Krolik将教授六个步骤来解决任何组织项目和创造有组织的生活的其他策略。欢迎各个年龄段的家长。 [细节和注册](#)。收费\$ 45。

T10

Stanford Food and Mood Study is Recruiting

Eligible participants are between 9-17 years old, are experiencing low moods or irritability, have a body mass index greater than 85%, do not have braces or metal in their body. Participants receive \$325 for completing the study. Participants come in for clinical and cognitive evaluations, an MRI brain scan and a blood test 3 times over 2 years. To learn more about the study and to see if your child is eligible, contact Lizzy at (650) 721-4049 or thepearlab@stanford.edu. You can also find out more about Stanford's Pediatric Emotion and Resilience Lab (PEARL) at <http://med.stanford.edu/pedmood.html>. For general information about participation rights, contact 1-866-680-2906.

Spanish Language Immersion Opportunity for High School Students in Oaxaca, Mexico (Summer 2018) - Applications Due Now

Find out how families live in other parts of the world. There is no better way to do this than by living as a member of a family in another country and then sharing your home with your "sister" or "brother" from that family when you return home. Neighbors Abroad, Palo Alto's sister city organization, has sponsored summer student exchanges since 1965. Applicants should be high school students at least 15 years old by June of 2018 who are studying Spanish at any level. For more information, contact Marion at marionb@sonic.net; to learn about Neighbors Abroad, visit www.neighborsabroad.org.

For older Community announcements, see [Recent Issues of the Gunn Connection](#).

斯坦福食品和心情研究招聘

符合条件的参加者年龄在9-17岁之间，情绪低落或烦躁不安，体重指数大于85%，体内没有牙套或金属。完成研究后参与者会收到\$ 325美元的报酬。参加者进行临床和认知评估，MRI脑扫描和2年内3次血液检查。要了解有关该研究的更多信息，并查看您的孩子是否符合条件，请联系Lizzy (650) 721-4049或thepearlab@stanford.edu。你也可以在<http://med.stanford.edu/pedmood.html>找到更多关于斯坦福大学儿科情绪与韧性实验室（PEARL）的信息。有关参与的信息，请致电1-866-680-2906。

在墨西哥瓦哈卡用西班牙语浸润式留学（2018年夏季）高中生的机会 - 申请截止即将到来。

了解在世界其他地方家庭是如何生活的。没有比作为一个家庭成员和“兄弟姐妹”们居住在另一个国家的家庭更好的办法，然后当帕洛阿尔托的姐妹城市组织从1995年开始赞助这项活动。在2018年6月的时候，申请人必须是至少15岁的高中学生，他们需要在任何一个级别的西班牙语课上学习。欲了解更多信息，请联系Marion marionb@sonic.net;了解国外邻居，请访问www.neighborsabroad.org。

对于较早的社区公告，请参阅最近的Gunn连接问题。