

CALENDAR

T1

Mon, Oct 7

Alternate Schedule (see [calendar](#))

Tue, Oct 8

Alternate Schedule (see [calendar](#))

Wed, Oct 9

Alternate Schedule (see [calendar](#))

Thu, Oct 10

Alternate Schedule (see [calendar](#))

End of first quarter

PAEA District Meeting

7:30 p.m. Kaleidoscope Concert

Fri, Oct 11

NO SCHOOL (Staff Development Day)

日历

10月7日, 星期一

备用时间表 (请参阅日历)

10月8日, 星期二

备用时间表 (请参阅日历)

10月9日, 星期三

备用时间表 (请参阅日历)

10月10日, 星期四

备用时间表 (请参阅日历)

第一季度末PAEA地区会议

晚上7:30万花筒音乐会

10月11日, 星期五

学校无课 (员工发展日)

T2

Gunn

Gunn High School Instrumental Music Kaleidoscope Concert

Thu, Oct 10, 7:30 - 8:30 p.m., Spangenberg Theatre

Please join us for the first Instrumental Music Concert of the year. Experience the passion of over 200 talented music students from Gunn, JLS, and Fletcher in an exciting 60 minutes of continuous music! Kaleidoscope offer an electrifying variety of repertoire from exuberant to refined: you will hear it all in just one continuous hour of music! The concert is free and open to the public.

Career Speakers Needed for 10th Grade Career Day

Wed, Oct 16, 8:30 to 10:30 a.m.

Parent volunteers are invited (needed) to share experiences about their careers and life pathways with sophomores on a "Career Day" like event on October 16. Presenters will

speak for about 20 minutes in each of four different classrooms during the morning. A variety of careers and experiences is needed. If you are interested please contact teacher Courtney Carlomagno at ccarlomagno@pausd.org. She can answer questions and provide details.

冈恩高中器乐音乐会

10月10日，星期四，晚上7:30-8:30，Spangenberg剧院

请加入我们，参加本年度的第一场器乐音乐会。在令人兴奋的60分钟连续音乐中，体验来自Gunn, JLS和Fletcher的200多名音乐专业学生的激情！万花筒为您提供丰富多彩的曲目，从繁华的音乐到精致的音乐：您将在连续一小时的音乐中听到所有这些！音乐会是免费的，并向公众开放。

十年级职业日需要职业演讲者

10月16日，星期三，上午8:30至10:30

在10月16日的“职业日”，邀请（需要）家长志愿者与大二学生分享他们的职业生涯和人生道路经验，主持人将在早晨在四个不同教室中的每个教室发言约20分钟。需要各种职业和经验。如果您有兴趣，请通过ccarlomagno@pausd.org与Courtney Carlomagno老师联系。她可以回答问题并提供详细信息。

T3 Angela

Homecoming BBQ & Night Rally

Thu, Oct 17, 5:30-7:00 p.m. (Homecoming BBQ), 8:00 p.m. (Night Rally)

Homecoming is around the corner -- It is the most spirited event of the year!

The Gunn PTSA is hosting this year's annual Homecoming BBQ on Thu, 10/17 from 5:30 - 7:00 p.m. before the Night Rally. We need your help to make this event successful! Please [sign up here](#) to volunteer -- Thanks very much. Claudia Yu and Heewon Park

The Night Rally will take place after the BBQ at 8:00 p.m.(doors open at 7:45 p.m.) and is a lot of fun. Titan Spirit will be on FULL display. Students may buy tickets for family/guests starting October 15, and the remaining tickets will be sold at the door. Cost is \$3 for Gunn students and \$5 for everyone else.

Homecoming BBQ & 夜间聚会

星期四，下午5:30-7:00 (Homecoming 烧烤)，8:00 (夜间聚会)

Homecoming 即将到来! 全年最热烈的活动!

Gunn PTSA 将会主办今年的年度Homecoming 烧烤。我们需要您的帮助才能成功举办此活动! 请在[这里](#)注册以做志愿者

-- 非常感谢。 Claudia Yu和Heewon Park

夜间聚会在晚上8:00（晚上7:45开门）之后举行，非常有趣。Titan精神将在全屏显示。学生可以从10月15日开始购买家庭/游客的门票，其余的门票将在门口出售。

门票价格对于Gunn学生来说是\$ 3, 对于其他人来说是\$ 5

DANNY

Gunn PTSA General Meeting and Principal's Coffee

Fri, Oct 18, 8:45-10:00 a.m., Gunn Staff Lounge

Please join us for a PTSA General Meeting and Principal's Coffee with Kathie Lawrence on Friday October 18 from 8:45-10:00 a.m. in the Staff Lounge. Find out what's going on in the Gunn community and meet other parents over a cup of coffee. We look forward to seeing you there!

continue after this

Separating Fact from Fiction in College Admissions with Paul Kanarek

Parent education event hosted by Gunn PTSA

Thu, Oct 24 6:30 p.m., Gunn Spangenberg Auditorium

Tickets at <https://factfromfiction.eventbrite.com>

Paul Kanarek will discuss both the accuracies and inaccuracies that lead to erroneous assumptions about college affordability and admissibility. Mr. Kanarek will also address rumors about admissions in 2019. Mr. Kanarek is an informed, articulate and entertaining speaker who possesses both knowledge and insight around this subject, a set of skills that he developed first as the co-founder of The Princeton Review in California and then as the CEO of Collegewise.

Separando el hecho de la ficción en las admisiones a la universidad

Jueves 24 de octubre Auditorio Gunn Spangenberg, 6:30 p.m.

Entradas en <https://factfromfiction.eventbrite.com>

Los Mitos alrededor de las admisiones son extensivas y frecuentemente erróneas. La buena noticia es que muchos de los mitos son incorrectos en beneficio de las familias. Esta sesión liderada por el presentador invitado- Paul Kanarek – hablara sobre las exactitudes e inexactitudes que le llevan las asunciones erróneas sobre la asequibilidad y admisibilidad al colegio o universidad. El Sr. Kanarek hablar sobre los rumores sustanciales que son correctas de las admisiones en 2019 y más allá. Traducción disponible bajo petición.

围绕大学招生的神话既普遍又往往是错误的, 好消息是, 这些误解在本质上对于家庭来说是一个好消息。由我们的嘉宾Paul Kanarek主持的这次讨论会将探讨导致对大学的可负担度和录取度的错误假设的准确性和不准确性。 Mr. Kanarek还将证实那些关于2019年及以后招生在事实上是正确的谣言。正如他去年参加我们大学活动时所示, Mr. Kanarek是一位知情, 善于表达和有趣的演讲者, 他拥有围绕这一主题的知识 and 见解, 这是他自最初作为加州的普林斯顿评论 (The Princeton Review) 的共同创始人, 和后来成为 Collegewise的首席执行官积累的一系列技能。

Mr. Paul Kanarek先生最初是“普林斯顿评论”(The Princeton Review)的五位创始人之一，在测试准备领域工作了30多年后，他成为全美最大的大学招生咨询公司Collegewise的首席执行官。在过去的36年里，Mr. Kanarek在测试和大学录取方面向全世界成千上万的人发表了数千篇演讲。Mr. Kanarek出生于英国，在非洲渡过他的青少年时期，并在刚刚去加州大学洛杉矶分校之前搬到美国。如需国语或西班牙语翻译。请在4天前与我们联系。Please contact gunnparented@gunnpta.org for translation requests.

Slow Parenting: Raising Children in a Fast World

Parent education event jointly hosted by Paly and Gunn PTSA

Nov 4, 7:00 p.m.- 8:30 p.m. at the Paly Haymarket Theatre

Tickets at slowparenting.eventbrite.com

Gunn PTSA大会和校长的咖啡10月18日，

星期五，上午8:45-10:00，Gunn Staff Lounge

请参加我们在10月18日（星期五）上午8:45-10:00在工作人员休息室举行的PTSA会员大会和校长见面会。我们将带领您了解Gunn社区的最新情况，并与其他学生家长见面（提供咖啡）。我们期待着您的光临！

保罗·卡纳拉克（Paul Kanarak）大学申请研讨会

10月24日，星期四，下午6:30，冈恩·斯潘伯格（Gunn Spangenberg）礼堂门票在

<https://factfromfiction.eventbrite.com>

保罗·卡纳雷克（Paul Kanarek）将讨论大学生涯有可能的压力和如何减少可能犯的错误。Kanarek先生还将在2019年发表关于录取的传言。Kanarek先生是一位知识渊博，善于表达且乐于助人的演讲者，他对这一主题有非常丰富的知识和认识，他是《普林斯顿评论》的联合创始人。他领导开发了一系列的必备大学生生活技巧并在加利福尼亚发表，他现在任职Collegewise的首席执行官。

慢养育儿：如何在快速的世界中养育孩子

Paly和Gunn PTSA联合举办的家长教育活动

11月4日，下午7:00-晚上8:30 在帕里干草市场剧院

门票在slowparenting.eventbrite.com

T5 Richard

Hear Speaker Carl Honore talk about the powerful drive to reinvent childhood for the 21st century, touching on themes ranging from technology and extracurricular activities to education, safety and consumerism. Carl Honoré is the global guru of the fast-growing “Slow Movement” from London. This award-winning author, broadcaster and TED speaker travels the world teaching individuals and organizations that the best way to power forward in today’s hyper-competitive, hurry-hurry world is often the radical act of willful deceleration. 演讲嘉宾Carl Honore谈论了重塑21世纪童年的强大动力，涉及了从技术和课外活动到教育，安全和消费主义等主题。Carl Honore是伦敦快速发展的“慢

养运动”的全球专家。这位屡获殊荣的作家，广播员和TED演讲者环游世界，教导个人和组织：在当今竞争异常激烈，匆匆忙忙的世界中前进的最佳途径通常是有意的减速。

Home Economics Classes Request Large Plastic Planters, Interiors Magazines and Food Containers

The nutrition and foods classes would like to plant herbs and other edibles. They need large plastic potting planters and also welcome any edible plants. They also need take home food containers, especially cup, pint and quart sizes. The interiors classes need interiors magazines and samples. If you can supply any of these, please bring them to the office. With questions please contact teacher Cindy Peters (cpeters@pausd.org) or volunteer coordinator Norma Hesterman (nhesterman@pausd.org).

家政课需求大型塑料种植盆，室内装潢杂志和食品容器

营养和食品课想要种植草药和其他食物。他们需要大型塑料盆栽种植盆，也欢迎任何可食用的植物。他们还需要带回家的食物容器，尤其是杯子，品脱和夸脱尺寸的。室内课程需要室内杂志和样品。如果您能提供任何这些，请带到办公室。如有疑问，请联系Cindy Peters老师 (cpeters@pausd.org) 或志愿者协调员Norma Hesterman (nhesterman@pausd.org)。

Edward

Titan Athletics Spirit Corner

-- Welcome to our Titan Athletics Spirit Corner where we'll highlight key news from Gunn Athletics each week.

-- Congrats to **Cooper McKenna/water polo, Justin Chiao/cross country** and **Eitan Smolyar/football** all received Honorable Mention from Palo Alto Weekly, 10/2.

-- Congrats to **Odeya Russo/volleyball, Cooper McKenna/water polo, Cory Hallada/football** and **Eitan Smolyar/football** who all received Honorable Mention from Palo Alto Weekly, 9/25.

-- Girls Water Polo beat Los Altos 13-9 on Tuesday, 10/1. **Kenza Ashworth** contributed 7 goals, **Kate Mallery** and **Cooper McKenna** had 2 goals, **Maya Schell** had 2 assists. Goalie **Jayden Kratt** made six saves.

-- Girls Tennis - **Mahima Agrawal** won her match at No. 1 singles Mon, 9/30 as Gunn toppled Castilleja 5-2. **Elise Naddell** and **Nimisha Sivaraman** also won their matches. 泰坦竞技精神角

-欢迎来到我们的泰坦田径精神角，每周我们都会重点介绍Gunn田径的重要新闻。

-祝贺库珀·麦肯纳 (Cooper McKenna) /水球，贾斯汀·乔 (Justin Chiao) /越野和埃坦·斯莫利亚 (Eitan Smolyar) /足球都获得了帕洛阿尔托周刊10/2的荣誉奖。

-祝贺奥德亚·鲁索 (Odeya Russo) /排球，库珀·麦肯纳 (Cooper McKenna) /水球，科里·汉拉达 (Cory Hallada) /足球和埃坦·斯莫利亚尔 (Eitan Smolyar) /足球，他们都于9/25获得了帕洛阿尔托周刊的荣誉奖。

-女子水球在10/1星期二以13-9击败洛斯阿尔托斯。肯扎·阿什沃思（Kenza Ashworth）贡献了7个进球，凯特·马勒里（Kate Mallery）和库珀·麦肯纳（Cooper McKenna）有2个进球，玛雅·谢尔（Maya Schell）有2个助攻。守门员Jayden Kratt进行了6次扑救。
-女子网球-Mahima Agrawal在9/30星期一的单打排名第一的比赛中赢得了比赛，Gunn以5-2的成绩击败了Castilleja。Elise Naddell和Nimisha Sivaraman也赢得了比赛。

T7 Meiting

- Come out and support all water polo teams next Thu, 10/10 as they take on Los Gatos at home.
- Save the Date - Titan varsity football travels to Saratoga next Fri, 10/11 - JV at 4:30 p.m. and Varsity at 7:00 p.m.
- **Boys Soccer will be having a meeting to meet the new coach on Mon, 10/7/19** during the lunch period at 12:55 p.m. in Titan Gym. If you are interested in going out for boys soccer you should attend.
- **Looking for coaches for Wrestling, and Boys and Girls Lacrosse.** Reach out to **Curt Johansen**, Athletic Director with any leads.
- Follow all the upcoming [sporting events](#).
- **Next Sports Boosters meeting - Wed, 10/16 at 7:00 p.m. in the Staff Lounge.**

PTA

- 来并支持所有下一个星期四（10/10）的水球队，他们将在Gunn跟洛斯·加托斯（Los Gatos）的水球队打比赛。
- 保存日期-泰坦大学橄榄球队将于10/11星期五，下周五前往萨拉托加- JV的比赛在下午4:30举行，varsity的比赛在下午7:00。
- 男子足球将于午餐时间下午12:55在周一10/7/19开会，会见新教练。在泰坦体育馆。如果您有兴趣参加男孩足球比赛，您应该参加。
- 寻找摔跤以及男孩和女孩曲棍网兜球的教练。与任何潜在客户联系体育总监**Curt Johansen**。
- 追踪所有即将举行的体育赛事[sporting events](#)。
- 下次体育促进者会议-星期三，10/16下午7:00 在职员休息室。

PTA

T8 Jane

Commuting to Gunn

Here are some tips for commuting to Gunn. Additional information is on the Gunn website: [Commuting to Gunn](#). According to California law, anyone under age 18 must wear a bicycle helmet if using the following modes of transportation: bicycle, non-motorized scooter, skateboard, inline/roller skates or as a passenger. Not wearing

a helmet can result in a traffic citation plus traffic class attendance. PAPD has traffic officers which frequently patrol popular routes and enforce helmet laws and traffic safety.

Biking, Scootering, Skating, Walking

Here is a map of suggested routes to Gunn for bikers and pedestrians: [Gunn Walk & Roll Map](#) This map highlights streets which have less cars and are safest for walking, biking and scootering. U-locks are the recommended bike locks; cable locks are easy to cut. Locking the front wheel and frame is helpful: [Photo of bike locked properly](#). There are many bike cages at Gunn, try not to lock to a fence or railing where people walk, there's usually a location with space.

在Gunn的社区

以下是通向Gunn的一些提示。其他信息在Gunn网站上：[Commuting to Gunn](#)。根据加利福尼亚州的法律，如果使用以下交通工具，未满18周岁的任何人都必须戴自行车头盔：自行车，非机动车踏板车，滑板，直排轮滑冰鞋或作为乘客。不戴头盔会导致交通事故加交通事故上课。PAPD的交通官员经常在流行路线上巡逻，并执行头盔法和交通安全。

骑脚踏车，小型摩托车，滑冰，散步

这是为骑自行车的人和行人建议到Gunn的建议路线的地图：[Gunn Walk & Roll Map](#) 该地图突出显示了汽车较少且步行，骑自行车和踩滑板车最安全的街道。电缆锁易于切割。锁定前轮和车架会有所帮助：正确锁定自行车的照片[Photo of bike locked properly](#)。Gunn有很多放自行车的区域，尽量不要锁在人们行走的栅栏或栏杆上，通常会有空间。

T9 Hannah

Taking the Bus to Gunn

The VTA route 88 bus stop is directly in front of Gunn on Arastradero Road. There's a section in the [Gunn Transportation webpage](#) devoted to the VTA bus, it is a great alternative transport option for many students in the eastern and northern parts of town. If you do take the 88 bus, then subscribing to the [message list](#) will insure you get schedule updates.

用公共汽车到 Gunn

VTA 88 公共汽车在 Gunn 前面有个车站。另外 [Gunn 运输的网站](#) 有一个部分讲 VTA 公共汽车。用公共汽车是一个很好的办法到学校，也特别好如果你住的很远。如果你用 88 公共汽车，订阅 [消息列表](#) 所以你会知道如果时间表改变。

PAUSD

****NEW**** Superintendent's [Newsletter](#) and [PAUSD News](#).

****新的**** 院长的 [通讯](#) 和 [PAUSD 新闻](#)。

****NEW** PTA Council's Top Priority: Vaping Prevention & CAPTA Anti-Vaping Resolution**

PTA Council and your PTA have mobilized to safeguard our kids from tobacco addiction and toxicity from vaping and juuling. There is deceptive advertising on social media. What you do now will affect a generation of kids getting hooked to tobacco products in e-Cigarettes and vapes. PTAC will bring forth a statewide CA PTA Resolution.

****新的** PTA 的第一个任务：防止冒烟**

PTA 要防止学生在冒烟因为对他们的健康很危险。社交媒体会有不好的信息关于冒烟。我们要确保现在的学生不上瘾吸烟所以以后的人也不会上瘾。PTAC将提出全州CA PTA 决议。

T10 sonia

If you missed our 9/25/19 all Middle School Parent Ed Event on Anti-Vaping, please visit us at: www.paloalopta.org. [NYT Article](#), [CDC Online Resources Public](#), [For Health Care Providers](#), [E-cigarette 101](#), [For Parents](#), [For Teachers](#).

Deej: Film Screening and Q&A with Producer & Star DJ

Thu, Oct 10, 6:30 p.m., Haymarket Theater, Paly, 50 Embarcadero Road, Palo Alto
All Palo Alto community members are invited to a free screening of the award-winning documentary Deej, which follows the journey of DJ Savarese, a gifted young writer and advocate for nonspeaking autistics. A 2017 graduate of Oberlin College, DJ will be on hand for Q&A. [RSVP](#) to attend and be transformed by this young man's journey as well as his vision for inclusion of and equal access for all neurodiverse people. Brought to you by PAUSD, PAEA, PTAC, CAC, REEL, and the Magical Bridge Foundation. Learn more about the film at www.Deejmovie.com.

如果你错过了我们在9/25/19关于反电子烟的全中学家长教育活动，请访问以下网页：
www.paloalopta.org. [NYT Article](#), [CDC Online Resources Public](#), [For Health Care Providers](#), [E-cigarette 101](#), [For Parents](#), [For Teachers](#).

Deej: 电影放映以及导演和明星DJ的问答环节

星期四, 十月十日, Haymarket 剧院, Paly, 50 Embarcadero Road, Palo Alto
所有Palo Alto社区成员均受邀参加获奖纪录片Deej的免费放映。Deej讲述了DJ Savarese, 一位才华横溢的年轻作家, 宣传对无言自闭症患者的保护的故事。于2017年在Oberlin大学毕业的DJ将参加问答环节。[提前预约](#) 参加为被这个年轻人的经历和愿望□让所有神经多样性群体融入并获得同等机会□所改变。由PAUSD, PAEA, PTAC, CAC, REEL, 和Magical Bridge基金会为您带来。访问www.Deejmovie.com了解更多电影有关信息。

T11 Jackie

****UPDATED** NEW LOCATION Parent Ed Night at Fletcher: ANGST the Movie**
Wed, Oct 16, 6:45-8:15 p.m., in the Cafe (all PAUSD parents and students are invited)

The Fletcher PTA will be screening "[Angst](#)"; a film that explores anxiety, its causes, effects and what we can do about it. The [filmmakers](#)' goal is to raise awareness around anxiety. Angst features candid interviews with kids and young adults who suffer from anxiety and what they've learned about it. The film includes discussions with [mental health experts](#), as well as [help, resources and tools](#).

****NEW** PTAC - Stanford General Use Permit (GUP) - Getting to the Finish Line**
Tue, Oct 22, 6:00 p.m., Palo Alto City Hall 250 Hamilton Ave

Please mark your calendars Tuesday, 10/22 for the final public hearing in Palo Alto on the 2019 Stanford GUP. Final decision will be made. We hope Stanford will come through with their promise to our schools and kids for FULL MITIGATION. All 17 PAUSD school PTAs and all PAUSD Board of Ed Members plan to attend this meeting.

****更新**新地点 Fletcher的家长之夜：电影ANGST, 10月16日, 星期三, 下午6:45--8:15, 在咖啡厅 (邀请所有PAUSD的父母和学生参加)**

Fletcher PTA将放映"[Angst](#)". 一部探讨焦虑症以及其成因和我们可以对其采取的措施的电影。[电影制片人](#)的目标是提高人们对焦虑的认识。Angst会公开真实的对患有焦虑症的儿童和年轻人以及他们所学到的知识的采访。这部电影不仅有[精神健康学专家](#)的看法还有可以[帮助缓解焦虑的资源 and 工具](#)。

****新**PTAC -- 斯坦福斯坦福大学通用许可证 (GUP) ---- 到达终点线**

10月22日, 星期二, 下午6:00, 帕洛阿尔托市政厅250 Hamilton Ave

请在您的日历上标记星期二以进行2019年斯坦福GUP在帕洛阿尔托的最终公开听证会。在那里会有最终的判决。我们希望斯坦福大学能够兑现我们对学校和孩子们的承诺, 以实现“全面缓解”。所有17个PAUSD学校PTA和所有PAUSD董事会成员都计划参加本次会议。

T12

Let your voice be heard. Palo Alto City Hall (250 Hamilton Ave.) For more:
www.paloaltopta.org.

Community

Barron Park ICC Garba Night

Sat, Oct, 5 at 6:30 p.m.

Barron park ICC Garba Night is on Oct, 5th and will take place in Cubberley Community Center in Palo Alto. For the event details and to purchase the tickets use this [link](#). We are in need of 10 high school volunteers to help with the gate check in, and set up. Volunteers sign up [here](#). All students who volunteer will receive community service hours.

****NEW** Master Sinfonia Chamber Orchestra Concert**

Sat, Oct 12, 7:30 p.m., Paly High - Performing Arts Center

Palo Alto Adult School is proud to host the Master Sinfonia Chamber Orchestra #39;s concert in the Paly PAC. Led by David Ramadanoff - Music Director and Conductor.

T12

让你的声音被听到。帕洛阿尔托市政厅（汉密尔顿大街250号）。有关更多信息，请访问：www.paloaltopta.org。

社区

巴伦公园ICC加尔巴之夜

10月5日，星期六，下午6:30

巴伦公园ICC加尔巴之夜将于10月5日在帕洛阿尔托的Cubberley社区中心举行。有关活动的详细信息和购买门票，请使用此链接。我们需要10名高中志愿者来帮助您完成登机手续并进行设置。志愿者在这里注册。所有志愿服务的学生将获得社区服务时间。

**** NEW **交响乐大师室内乐团音乐会**

10月12日，星期六，晚上7：30，Paly High-表演艺术中心

帕洛阿尔托成人学校很荣幸在Paly PAC举办39号交响乐团大师音乐会。由音乐总监兼指挥David Ramadanoff领导。

Edward

Concert program will include the following: Chabrier "Fete Polonaise", Arutunian "Concerto for Trumpet", R. Schumann "Symphony No. 1 in Bb major Spring". Everyone in Palo Alto is welcome - [tickets](#) available for advance purchase online. Students under 18 are free.

****NEW** Movie "Wonder" in the Park Event for National Bullying Prevention Month**

Sat, Oct 19, 6:30 p.m., Mitchell Park Bowl

(Rain Plan: Mitchell Park Community Center Adobe Room)

All grades welcome - we highly encourage all to attend! The City of Palo Alto's Human Relations Commission and Recreation Services present "Wonder: A Palo Alto Anti-Bullying Movie in the Park Event for National Bullying Prevention Month.

Community partners include: ACS, CAC, CASSY, Connect Safely, LGBTQ Youth Space, Magical Bridge, My Digital Tat2, Outlet, Teen Advisory Board, Youth Council, Project Safety Net, Rock, the Palo Alto Y, Project Cornerstone, YCS, and others. The

purpose of this event is to demonstrate that together, we are a Palo Alto community united for kindness, acceptance and inclusion. #ChooseKindness.

音乐会节目即将到来，欢迎帕洛阿尔托的每个人-可以在线提前购买门票。18岁以下的学生免费。

****新****在国家防止欺凌月的公园活动中电影“奇迹”

10月19日，星期六，下午6:30，米切尔公园碗

(米切尔公园社区中心Adobe会议室)

欢迎所有年级的学生-我们强烈鼓励所有人参加！帕洛阿尔托市人际关系委员会和娱乐服务部门在“全国防止欺凌月”公园活动中展示了“奇迹：帕洛阿尔托反欺凌电影”。社区合作伙伴包括：ACS, CAC, CASSY, Safely Connect, LGBTQ青年空间, Magic Bridge, My Digital Tat2, Outlet, 青少年咨询委员会, 青年理事会, 项目安全网, Rock, Palo Alto Y, Project Cornerstone, YCS和其他。这次活动的目的是证明，我们在一起是一个帕洛阿尔托社区，团结互助，互相接纳，包容。#ChooseKindness。

Edward

****NEW** YCS Make a Difference Day**

Sat, Oct 26, 9:00 a.m. - 1:30 p.m.,

DLA Piper Law Firm 2000 University Ave. East Palo Alto

Join YCS for our Make a Difference Day event, our annual day of service where community members of all ages do service together side by side. Bring the whole family along as we make a difference in our community. Light breakfast and bag lunch provided. Volunteers will meet at DLA Piper before going to off-site locations. Please visit our website youthcommunityservice.org to sign up. If you have any specific questions, please email ycs@youthcommunityservice.org.

**** NEW ** YCS改变与众不同的一天**

10月26日，星期六，上午9:00-下午1:30，

DLA Piper律师事务所2000 University Ave.东帕洛阿尔托

加入YCS参加我们的“改变生活日”活动，这是我们的年度服务日，各个年龄段的社区成员都可以并肩携手服务。在我们为社区做出贡献的同时，带动整个家庭。提供清淡的早餐和午餐袋。志愿者将在去异地之前在DLA Piper见面。请访问我们的网站Youthcommunityservice.org进行注册。如果您有任何特定问题，请发送电子邮件至ycs@youthcommunityservice.org。

T15 Claire

****NEW** Slow Parenting: Raising Children in a Fast World**

Nov 4, 7:00 - 8:30 p.m., Paly Haymarket Theatre

Tickets at slowparenting.eventbrite.com Parent education event jointly hosted by Paly and Gunn PTSAs. Hear Speaker Carl Honore talk about the powerful drive to reinvent childhood for the 21st century, touching on themes ranging from technology and extracurricular activities to education, safety and consumerism. Carl Honoré is the

global guru of the fast-growing “Slow Movement” from London. This award- winning author, broadcaster and TED speaker travels the world teaching individuals and organizations that the best way to power forward in today’s hyper-competitive, hurry-hurry world is often the radical act of willful deceleration.

****新**：慢速教育：在快速的世界中养育孩子**

11月4日，下午7:00-8：30，Paly Haymarket剧院

由Paly和Gunn PTSA联合主办的家长教育活动，门票请在[slowparenting.eventbrite.com](https://www.slowparenting.eventbrite.com) 获取。听演讲嘉宾Carl Honore谈论重塑21世纪童年的强大动力，涉及了从技术和课外活动到教育，安全和消费主义等主题。Carl Honore 是伦敦快速发展的“慢动力 (slow movement)”的全球专家。这位屡获殊荣的作家，广播员，和TED演讲者，环游世界，教育多个国家和团体在当今竞争异常激烈，匆忙忙忙的世界中，前进的最佳途径其实是故意减速。