



Calendar **George**

Mon-Tue, Dec 17-18

Review Days: Alternate Schedules (see [Calendar](#))

Mon, Dec 17

Semester 2 schedules [online](#), 6 PM

Dramatic Literature in Performance, 7 PM, Little Theater

Wed-Fri, Dec 19-21

Final Exam Schedule (see [Calendar](#))

Mon, Dec 24, 2018-Fri, Jan 4, 2019

Winter Break - NO SCHOOL

Mon, Jan 7, 2019

Staff Development Day - NO SCHOOL

Tue, Jan 8, 2019

First Day of Semester 2

日历

12月17日至18日星期一

复习日（请参阅日历）[Calendar](#)

星期一，12月17日

第二学期在网上安排[online](#)，下午6点

文学戏剧演出，晚上7点，小剧场

周三至周五，12月19日至21日

期末考试时间表（见日历）[Calendar](#)

2018年12月24日星期一，星期五，2019年1月4日 寒假

星期一，2019年1月7日

员工发展日，不上学

星期二，2019年1月8日

第二学期的第一天

T1 jie

Gunn

Bus Schedule RT 88 Adjustments for Finals Week

Mon-Tue, Dec 17-18, 2:55 PM dismissal

School trippers will depart Vets Hospital at 3:03 PM (88M), 3:05 PM (88L). An additional N/B 88 trip to Middlefield/Colorado will depart Vets Hospital at 3:07 PM.

Wed, Dec 19, 8:30 AM start, 12:10 PM and 2:25 PM dismissal

No AM adjustments will be made. School trippers will depart Vets Hospital at 12:18 PM (88M), 12:20 PM (88L). Regular scheduled N/B 88 will depart Vets Hospital at 12:00 PM. An additional N/B 88 trip to Middlefield/Colorado will depart Vets Hospital at 12:22 PM. An additional N/B 88 trip to Middlefield/Colorado will depart Vets Hospital at 2:37 PM for Zero and H periods.

Thu, Dec 20, 8:30 AM start, 2:25 PM dismissal

No AM adjustments will be made. School trippers will depart Vets Hospital at 2:33 PM (88M), 2:35 PM (88L). An additional N/B 88 trip to Middlefield/Colorado will depart Vets Hospital at 2:37 PM.

Fri, Dec 21, 8:30 AM start, 12:10 PM dismissal

No AM adjustments will be made. School trippers will depart Vets Hospital at 12:18 PM (88M), 12:20 PM (88L). Regular scheduled N/B 88 will depart Vets Hospital at 12:00 PM. An additional N/B 88 trip to Middlefield/Colorado will depart Vets Hospital at 12:22 PM.

公交时刻表RT 88 期末考试周的调整

星期一，12月17日至18日，下午2:55放学

88M下午3:05（88L）离开 Vets 医院。另外N / B 88前往Middlefield / Colorado的行程将于下午3:07从Vets医院出发。

12月19日星期三，上午8:30上课，下午12:10和下午2:25 放学

不会进行AM调整。下午12:18（88M），12 : 20（88L）离开Vets 医院。N / B 88将于中午12:00离开Vets医院。另外N / B 88前往Middlefield / Colorado的行程将于下午12:22从Vets医院出发。N / B 88次前往Middlefield / Colorado的行程将于下午2:37从Vets医院出发。

星期四，12月20日，上午8:30上课，下午2:25放学

不会进行AM调整。下午2:33（88M），2 : 35（88L）离开Vets 医院。另外N / B 88次前往Middlefield / Colorado的行程将于下午2:37从Vets医院出发。

星期五，12月21日，上午8:30上课，下午12:10放学

不会进行AM调整。下午12:18（88M），12 : 20（88L）离开Vets 医院。N / B 88将于中午12:00离开Vets医院。另外N / B 88前往Middlefield / Colorado的行程将于下午12:22从Vets医院出发。

Upcoming Parent Ed event--*The Self-Driven Child: The Science and Sense of Giving Your Kids More Control Over Their Lives*

Tue, Mar 12, 7-8:30 PM, Palo Alto High School, Performing Arts Center, 50 Embarcadero Rd, Palo Alto

All parents want children who are confident, motivated and goal-driven. Authors William Stixrud and Ned Johnson will share "valuable practical advice for parents on how to pull back, when to engage, and when to let go". From their recent book *The Self-Driven Child*, they offer a combination of cutting-edge brain

science, the latest discoveries in behavioral therapy, and case studies drawn from the thousands of kids and teens they have helped over the years. Free admission and light refreshments. Spanish and Mandarin interpretation will be available. Jointly sponsored by Paly PTSA and Gunn PTSA. Register [HERE](#).

请预留时间参与家长教育活动：

"自我驱动的孩子" - 通过科学的方式和自我意识觉醒，孩子们主动管理他们的生活

星期二，3月12日下午7-8:30

Palo Alto 高中 - 表演艺术中心

"自我驱动的孩子"这本书的作者William Sxrud 和 Ned Johnson，通过尖端的脑科学，以及行为疗法的最新发现，结合他们多年来帮助过的数千名儿童和青少年的案例研究，将和家长们分享"如何回避，什么时候参与以及什么时候放手对孩子们管理的实用价值建议。

欢迎所有家长，学生和教育工作者！免费入场和提供点心，有西班牙语和普通话翻译服务。

由 Paly PTSA 和 Gunn PTSA 共同赞助。

[在此处注册](#)

FROM THE PREVIOUS ISSUE:

上期报道

Gunn YCS Spring Break Service Trip to Costa Rica--Open to all Gunn Students

Trip: Mar 30-Apr 6, 2019 (during Spring Break)

Signup deadline: Fri, Dec 14

Gunn YCS is partnering with a Bay Area nonprofit experienced in authentic service trips, Dream Volunteers, to organize this Spring Break trip. Cost for the trip is \$2050, including airfare. Please watch this [video](#) to get an idea of the overall trip experience. To sign up or ask questions, you may reach out to Gunn teacher, David Deggeller, at ddegger@pausd.org or see him in the math office in Rm N-200. To learn more about Dream Volunteers, visit their website at www.dreamvolunteers.org.

Gunn YCS哥斯达黎加春假服务之旅 - 向所有Gunn学生开放

旅行：2019年3月30日至4月6日（春假期间）

注册截止日期：12月14日星期五

Gunn YCS正在与真服务旅行经验丰富的湾区非营利组织梦想志愿者合作，组织春假之旅。这次旅行的费用是2050美元，包括机票。请观看此视频[video](#)，了解整体旅行体验。您可以通过ddegger@pausd.org与Gunn老师David Deggeller联系，或者在Nm-200的数学办公室与他见面。要了解有关梦想志愿者的更多信息，请访问他们的网站www.dreamvolunteers.org。

Don't Miss the Holiday Sale on Gunn Swag!

Til Sat, Dec 29, [Sideline Store website](#)

It's the Sideline Store December Promotion, NOW thru DEC 29! Use code **HOLIDAY18** to get 15% off all orders of \$75 or more on Gunn swag for your athlete, family and friends! The Sideline Store Holiday Sales ad and website link can also be found on the main page of the [Gunn Athletics website](#). Happy Holidays and thank you for supporting our Gunn athletes!

不要错过Gunn Swag的假日销售！

12月29日星期六，Sideline Store网站 [Sideline Store website](#)

现在是12月29日的Sideline Store 12月促销活动！使用代码HOLIDAY18可以为您的运动员，家人和朋友在Gunn swag上获得75美元或更多订单15%的折扣！Sideline商店假日销售广告和网站链接也可以在Gunn Athletics网站的主页上找到。祝节日快乐，感谢您支持我们的Gunn运动员

T2 Susan

Book Drive for Tiekunu Primary School in Kenya

Drop off any time before Thu, Jan 31, 2019, Rm E-2

Thanks to the Gunn community's support, Tiekunu students are now reading over 1000 books donated in past two years. On behalf of the children, Gunn's Stairway To Literacy Club thanks you for your generosity. The Club would like to start its third book drive and calls for your support to donate reading books, preferably for grades 1-5. Besides traditional paper books, we are accepting any technology, from VCRs to the latest tech. Kindles and other technology-literature mediums are especially welcome. Please drop off books at room E-2 or talk to Mr. Kinyanjui. For technology donations and/or questions, please contact StairwayToLiteracy@gmail.com

为肯尼亚铁库努小学募捐图书活动

请把捐赠的图书在2019年1月31日 星期四以前送到 Rm E-2

感谢Gunn社区的支持，铁库努小学的学生们现在正在阅读过去两年捐赠的1000多本书。Gunn的扫盲阶梯俱乐部代表孩子们感谢你们的慷慨捐赠。俱乐部希望开始第三次图书捐赠活动，在这里呼吁大家支持捐赠阅读书籍，最好是适合1-5年级的。除了传统的纸质书籍，我们也接受录像机以及其它最新的科技产品，例如Kindle和其他电子版书籍尤其受欢迎。请把捐赠的图书送到E-2房间，如果有什么问题请咨询Mr. Kinyanjui。有关任何技术捐赠或有疑问，请联系StairwayToLiteracy@gmail.com

Gunn Foundation and Giving for 2018-2019

The Gunn Foundation is a nonprofit led by Gunn parents that grants need-based college scholarships to graduating Gunn students. Our scholarships can be applied toward tuition deposits, housing deposits, books or transportation--expenses that are often not covered by other aid. In 2018, we awarded scholarships to 35 students. The need grows each year and the number of students we are able to help depends on the generosity of the Gunn community. Our goal is to raise \$15,000 by late January. To join us, please make a tax-deductible donation in any amount via check or our [website](#) or [Facebook page](#). Your support truly makes a difference.

Gunn基金会 和 2018年至2019年捐赠

Gunn基金会是一个由Gunn家长领导的非营利组织，发放大学奖学金给需要帮助的Gunn的毕业生们。我们的奖学金可以应用于学费保证金、住房保证金、购买书籍或支付交通费用，通常其他援助资金不支付这些费用。2018年，我们向35名学生颁发了奖学金。需求每年都在增长，我们能够帮助的学生数量取决于Gunn社区的慷慨捐赠。我们的目标是在2019年1月底前筹集到\$15,000美元。诚邀加入我们，可以写支票或上我们的网站 [website](#) 或 [Facebook page](#) 网页捐赠，任何金额都有帮助并可以免税。

PAUSD & PTAC

****NEW** EACH FRIDAY! Superintendent's Weekly Board Update**

Read Dr. Don Austin's Weekly Board Update, published new each Friday <https://www.pausd.org/news>.

****新** 每个星期五！学区总监发表新周报**

每周五,请阅读Don Austin博士的每周通讯

****NEW** LET'S TALK - Easy Click to Send Your Comments**

PAUSD has announced a new online feature to allow parents, teachers, neighbors, and anyone to give direct feedback to our Superintendent, Don Austin. In case you missed it from the Superintendent Weekly Friday Communication, here is the link again:

<https://www.pausd.org/explore-pausd/lets-talk>

****新** 让我们交流 - 一键提交你的意见**

帕罗亚图联合校区宣布了一项新的在线功能, 允许家长、老师、邻居和任何人直接反馈给我们的学区总监 Don Austin博士。万一你错过了学区总监每周五的固定交流活动, 请按这个链接

<https://www.pausd.org/explore-pausd/lets-talk>

****NEW** PTAC Successfully Hosted Two Community Meetings on Stanford General Use Permit (GUP) Development Agreement - Thank You; How to do your part: ACT NOW!!!**

PTA Council continues our advocacy efforts to raise the awareness and understanding of the Stanford GUP, the largest application for building permit in the history of Santa Clara County. Stanford University is proposing to build 2.275M square feet and housing that may negatively impact PAUSD because some proposed housing is tax exempt.

Our local public schools are funded by property taxes, and the exemptions proposed by Stanford's GUP would mean new K-12 students coming to our schools with NO tax dollars to fund our schools. That could mean larger classes, cuts to staff including support staff, and reduction of non-essential programming. This is in addition to traffic and congestion during drop off/pick up during school commute times.

Please visit the [PTAC website](#) now and read more on this and how to give timely input to our elected officials, Joe Simitian and Cindy Chavez, as they are now in negotiations with Stanford. **Act now.** PAUSD has put forth a resolution and PTA Council has a Wish List. Now, we need parents, teachers and neighbors to speak up and exercise your civic duty to tell our elected officials Joe and Cindy what is important to us.

****新** PTAC成功举办了两次关于斯坦福通用许可证 (GUP) 发展协议的社区会议 - 谢谢;**
如何做你的部分: 请现在就行动!!!

PTA理事会继续我们的宣传工作, 以提高认识和理解斯坦福的GUP, 这是圣克拉拉县历史上最大的建筑许可申请。斯坦福大学提议建造2.275百万平方英尺的建筑和住房, 而这些建筑与房屋是免交房地产税, 这可能会对PAUSD产生负面影响。

我们当地的公立学校是由房地产税资助的, 而斯坦福大学的GUP提出的扩建是没有房地产税收入的, 斯坦福大学的扩建会带来新的K-12学生, 同时却没有税收资金来资助我们的学校。这意味着学校要增加每班的人数, 可能裁员包括后勤人员, 以及减少非基础课程, 此外在学校上课放学时间更增加交通堵塞。

现在就请访问PTAC网站 [PTAC website](#) , 阅读更多关于这方面的信息, 以及如何及时地向我们选出的县官员 Joe Simitian and Cindy Chavez 提供意见, 因为他们正在与斯坦福大学谈判。现在就行动。PAUSD已提出决议, PTA理事会准备了一个愿望清单。现在, 我们需要家长、老师和邻居们大声疾呼, 履行你们的公民义务, 告诉我们选出的官员Joe和Cindy, 对我们来说什么是重要的。

T3 Adele

Watch the live stream of the December 12th Meeting [here](#). Get Involved! Ways to Speak Up:

1. iPhone users--Sign up for PTAC mobile alerts on the [Click My Cause FREE Two Tap App](#). Receive alerts when we need your voice. Act with just 2 taps on your phone.
2. Android users--Comment on Santa Clara County website:
www.countystanfordda.org/share-a-comment (see suggested message on PTAC website).

Links/resources:

[Santa Clara Co Dept of Planning and Development County of Santa Clara and Stanford Development Agreement Stanford 2018 General Use Permit](#)

请在[此处](#)观看12月12日的现场直播。积极参与! 参与方式如下

1. iPhone用户-请点击 [My Cause FREE Two Tap App](#) 注册PTAC移动警报。当我们需要你的声音的时候你会收到警报。仅仅需要在你的手机上点击2次以回应。
2. Android用户-在Santa Clara County 网站评论
www.countystanfordda.org/share-a-comment (请参阅 PTAC 网站的建议信息)

链接/资源

[Santa Clara Co Dept of Planning and Development County of Santa Clara and Stanford Development Agreement Stanford 2018 General Use Permit](#)

Community

Plant Trees Along Deer Creek

Sat, Dec 15, 9:30 AM-12:30 PM

Join Magic to plant oaks, buckeyes, and bays along Deer Creek. Volunteers make new friends, learn about riparian eco-systems, enjoy the out-of-doors, exercise, and work for common good. Planters are asked to commit to at least one watering session. These take place on Saturday mornings from May through October. Please have an adult accompany each child under 12, and every 2 children ages 12-14. High schoolers are welcome on their own. To reserve your place on a planting crew, for details about where to meet and what tools to bring, or for other info, please email robin@ecomagic.org.

社区

沿着Deer Creek 植树

12月15日 周六 9:30 AM-12:30 PM

欢迎加入沿着Deer Creek 的海湾边种植橡树, 七叶树。 志愿者能交到新朋友, 学习河岸生态系统, 享受户外, 运动并为共同利益尽份力。 种植者请承诺至少一小时的浇水时间。 这个活动会在5月到10月的周六早

上一一直持续。每个12岁以下的小孩或者2个12岁到14岁之间的小孩必须有一个大人陪同，高中生欢迎自己来参与。预留指数团的名额，关于地点和带何种工具或者其他信息请email到 robin@ecomagic.org.

Finals Cram Slam Support for Teens

Mon-Wed, Dec 17-19, 3:30 PM-9 PM, Mitchell Park Library, 3700 Middlefield Rd, Palo Alto

Stressed on finals week? Study in the library or drop in for snacks and emotional support. Grades 9-12. 支持孩子们的期末学习冲刺

周一-周三 12/17-19 3:30 PM-9 PM, Mitchell Park Library, 3700 Middlefield Rd, Palo Alto

期末周的压力很大？在图书馆学习或者偶尔拿点小零食或者情绪支持。9-12年纪

Celebrating Palo Alto CAC's 30th Anniversary

Fri, Jan 11, 8:30-10 AM, Lucie Stern Community Center, 1305 Middlefield Rd, Palo Alto

Join the Palo Alto CAC in celebrating its 30th Anniversary. Enjoy a cup of tea or coffee and breakfast treats while walking through a visual timeline of our committee's role in helping parents and children with special needs in Palo Alto. Learn about legislative, program and advocacy milestones for inclusion of children in PAUSD. Childcare will not be provided, but children are welcome. Spanish language translation will be available. FREE. Hosted by the Palo Alto Community Advisory Committee for Special Education and the Palo Alto Council of PTAs. Please contact paloaltocac@gmail.com with questions or for more information.

庆祝Palo Alto CAC 30周年

周五 1月11日 8:30-10 AM, Lucie Stern Community Center, 1305 Middlefield Rd, Palo Alto

欢迎加入Palo Alto CAC30周年庆典。边喝着茶或者咖啡吃着早餐边走过我们委员会在Palo Alto 帮助有特殊需要的家长和孩子的视觉时间线。了解为了包含孩子在PAUSD的立法，项目和拥护的里程碑。不提高小孩照看服务但是欢迎孩子们参加。提供免费西班牙翻译。由the Palo Alto Community Advisory Committee的 特殊教育和the Palo Alto Council of PTAs组织。任何问题或更多信息请联系 paloaltocac@gmail.com

Navigating School District Services for Children with Special Needs (All Ages)

Tuesdays, Jan 15-22, 7-9 PM, Parents Place, 200 Channing Ave, Palo Alto

Plenty of free parking. This workshop is intended for parents who have children with any type of special needs or suspected special needs. Come and learn about how and when a child would qualify for special education services in the public school system. Tips on how to develop a collaborative relationship with the school district will be discussed, as well as what recourse parents have when parents and school district personnel don't agree about the assessment process. With Diana Blank, LCSW. Fee: \$90

[Register here](#).

导航学校校区为特殊需求孩子提供服务（所有年龄）

周二 1月 15-22, 7-9 PM, Parents Place, 200 Channing Ave, Palo Alto

停车位充足。这个工作室是针对有任何特殊需求的孩子或者怀疑有特殊需求的孩子的家长。参与并了解什么时候怎么样去评判公立学校系统里的特殊教育服务。会讨论如何建立和校区合作关系和当家长和校区对评估系统有分歧时有什么资源。和 Diana Blank, LCSW. Fee: \$90 [在此注册](#).

T4 (Amanda)

Parents Place Summer Camp Fair: Preschool/Elementary-High School Families

Sun, Jan 27, 10 AM-12 PM, Parents Place, 200 Channing Ave, Palo Alto

Plenty of free parking. It's already time to start planning a great summer for your kids! The Parents Place Summer Camp Fair is a unique opportunity to engage with more than 20 summer camps, located on the Peninsula and beyond. This is the only event in the area that connects you with multiple regional and independent summer camps, including sleepaway camps and special needs camps, in one convenient location. Make a personal connection with camp staff, explore the variety of flexible options, and discover how to maximize your child's summer camp experience. Fee \$5 per family. Summer Camp Panel Discussion before the Fair is from 9 AM- 10 AM. Moderated by Parents Place Director Karen Friedland-Brown, camp directors will discuss "Solving the Summer Camp Dilemma: How to schedule your child's summer and find the best fit for your family." Fee: FREE. Register [here](#).

【Parents Place夏令营的展示会：针对有学前/小学 乃至高中学生的家庭们

星期日，1月27日，上午10点至下午12点，在家长广场，200 Channing Ave, Palo Alto 会场有充足的免费停车位。现在是时候开始为孩子们规划一个美好的夏天了。Parents Place夏令营会展是一个独特的机会，可以与位于半岛及其他地方的20多个夏令营交流。这是该地区唯一一个活动，通过位于一个便利的会展地点，可以帮助到你与多个区域和独立夏令营组织联系起来的活动中，其中包括了在外过夜的营地夏令营和有特殊需求的夏令营。与营地工作人员建立个人联系，探索各种灵活的选择，并探索如何最大限度地提高孩子的夏令营体验。费用是每个家庭5美元。展会前的夏令营小组讨论时间为上午9点至上午10点。由Parents Place夏令营主任Karen Friedland-Brown主持，各种夏令营的主任们将讨论这个议题：“解决夏令营困境：如何安排孩子的夏天并找到适合自己家庭的最佳选择”。费用：免费。在这里 ([here](#)) 注册。】

Palo Alto Rotary Club Speech Contest

Thu, Jan 31, 7 PM, Palo Alto City Hall

Calling all High School students to participate in the annual speech contest. Increase your leadership, public speaking and networking skills. Win \$1,550. Register [here](#).

【帕洛阿尔托扶轮社演讲比赛

星期四，1月31日，晚上7点，在帕洛阿尔托市政厅举行 呼吁所有高中学生参加年度演讲比赛。提高您的领导能力，公共演讲和社交技能。有机会赢得 \$1,550的奖金。在这里 ([here](#)) 注册。】

City of Palo Alto Community Services Enjoy Catalog

Check out the City of Palo Alto Enjoy Catalog for local after school activities, from Art Classes to Beginning Pickleball! Sign-up for January classes/activities now. To register, start [here](#). Palo Alto Residents enjoy discounted fees.

【享受Palo Alto市里提供的社区服务目录

查看享受Palo Alto 市里提供的社区服务目录以获取当地课后活动的信息，从艺术课到初级的Pickleball（匹克球）运动项目！立即报名参加1月份的课程/活动。要注册，请从这里 ([here](#)) 开始。Palo Alto居民享受折扣优惠。】

FROM THE PREVIOUS ISSUE: 【前一期的信息】

Mindful Moms Group with Krassi Harwell

Tuesdays, Dec 11-Feb 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'll practice yoga, meditate, and tap into the healing power of togetherness as we share stories, strength and support. For moms who have kids of all ages! Be a wise mom--build your support network. Registration is required for this group offered in partnership with the Palo Alto Medical Foundation. Scholarships available upon request. More Info: <http://mindbodymoms.com/moms-groups/>
Register: <http://mindbodymoms.com/schedule/>

【与Krassi Harwell一起组成的健康身心灵妈妈团体

星期二, 12月11日 - 2月26日, 12 : 1 : 30 PM, 67 Encina Ave, Palo Alto

在我们探索这个丰富而有收获的关于教养我们孩子们从他们的孩提阶段到成年人的旅程中, 请加入我们这个具有智慧和关怀妈妈社区组织。当我们分享故事, 力量和支持时, 我们也将练习瑜伽, 冥想, 并通过大家都在一起的氛围产生自我疗愈的治愈力量。这是一个有各个年龄段孩子的妈妈们的社团! 做一个聪明的妈妈 - 建立你的支持网络。与Palo Alto医学基金会合作提供的这个团体是需要注册成为会员的。奖学金可根据要求提供。更多信息: <http://mindbodymoms.com/moms-groups/>

注册: <http://mindbodymoms.com/schedule/>】

Spring Women's Wellness Group with Jalene Salus

Fri, Dec 14-Feb 15, 10 AM-12 PM, St. Mark's Church, 600 Colorado Ave, Palo Alto

In this nourishing group, Jalene Salus will share the wisdom of Integrative Nutrition as she introduces sweet and simple ways to nourish your mind, body and spirit. Enjoy a little taste of organic, local, seasonal bites while you discuss foods to support your unique body--and your family's health. 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 as space is limited! Scholarships available upon request.

More Info: <http://mindbodymoms.com/wellness>

[-groups](http://mindbodymoms.com/wellness-groups) Register: <http://mindbodymoms.com/schedule/>

【与Jalene Salus一起组成的春季女性健康小组

星期五, 12月14日 - 2月15日, 上午10点至下午12点, 圣马克教堂, 600 Colorado Ave, Palo Alto

在这个滋养的小组活动中, Jalene Salus将分享“集成式营养”的智慧, 因为她将介绍甜蜜而简单的方法来滋养你的思想, 身体和精神。享受有机, 当地和季节性小吃的味道, 同时讨论食物来支持您独特的身体 - 以及您家人的健康。Jalene将向您展示如何使您的自我护理与季节的节奏保持一致, 引导您走上女性健康的道路, 同时让您与其他有思想, 聪明的女性进行对话。由于空间有限, 需要注册! 奖学金可根据要求提供。更多信息: <http://mindbodymoms.com/wellness-groups>

注册: <http://mindbodymoms.com/schedule/>】

T5

Paly Fiery Arts Winter Glass Sale: Paly Glass makes great gifts!

Fri, Dec 14, 3-6 PM and Sat, Dec 15, 11 AM-4 PM, Palo Alto High School, inside the Tower Bldg (Administration Bldg), 50 Embarcadero Rd, Palo Alto

Glass snow-people, reindeer, ornaments, cups, bowls, candy cane and more. Paly Glass makes great gifts: it supports a local non-profit. It supports the ARTS. It's a unique hand-made treasure that brings JOY. Made by Paly instructors, alums and students. Sales benefit the Fiery Arts program which creates opportunities for students to participate in an amazing sculpture curriculum. Live demonstrations! Invite your family, friends, and neighbors! Free cookies & hot cider!

Facebook: www.facebook.com/PalyFieryArts

Website: <https://sites.google.com/site/palyglass/home/july-clay-glass-festival>

Contact: PalyFieryArts@gmail.com

Paly Fiery Arts冬季玻璃特卖：Paly Glass制作精美礼品！

周五，12月14日，下午3点至6点，周六，12月15日，上午11点至下午4点，Palo Alto高中，位于帕洛阿尔托Embarcadero路50号Tower Bldg（行政大楼）内

玻璃雪人，驯鹿，饰品，杯子，碗，糖果手杖等。Paly Glass提供了很棒的礼物，支持当地的非盈利组织。支持ARTS。这是一款独特的手工制作艺术品。由Paly讲师，校友和学生制作。销售有利于Fiery Arts计划，为学生创造参与雕塑课程的机会。现场演示！邀请你的家人朋友和邻居！提供免费饼干和苹果酒！

Facebook：www.facebook.com/PalyFieryArts

网站：<https://sites.google.com/site/palyglass/home/july-clay-glass-festival>

联系方式：PalyFieryArts@gmail.com

Silicon Valley Boychoir Auditions

Fri, Dec 14, by appointment, 600 Homer Ave, Palo Alto

Auditions for the January semester will be held at the choir's rehearsal location near downtown Palo Alto. Open to 2nd-4th grade boys. High school and middle school boys with choral experience may audition for upper levels. SVB provides a personalized approach to teaching singing, music theory, and sight-reading, while providing flexible scheduling for busy families. In addition to their own winter and spring concerts, SVB performs for local events including appearances with Stanford University Symphonic Chorus and Orchestra, West Bay Opera, Schola Cantorum of Mountain View, and singing the national anthem at sporting events. Email info@svboychoir.org or visit <http://svboychoir.org>.

硅谷Boychoir选拔

12月14日星期五，请预约，600 Homer Ave, Palo Alto

1月学期的试演将在合唱团在帕洛阿尔托市中心附近的排练地点举行。开放给二至四年级的男生。有合唱经验的高中和中学男生可以参与高级班的选拔。SVB为教学歌唱，音乐理论和视觉阅读提供个性化的方法，同时为繁忙的家庭提供灵活的时间安排。除了自己的冬季和春季音乐会外，SVB还为当地活动表演，包括与斯坦福大学交响合唱团和管弦乐团，西湾歌剧院，山景Schola Cantorum一起出场，以及在体育赛事中演唱国歌。电子邮件info@svboychoir.org 或访问 <http://svboychoir.org>.

Create Memories, Not Waste This Holiday Season: Tips for the City of Palo Alto

The best gifts don't come in a box. "Stuff" eventually ends up in the landfill, but memories last a lifetime. Think outside the box and consider giving movie tickets, park passes, art classes, yoga classes, wine tasting, or other gifts that offer the experience of a life well-lived. For more waste-free gift ideas, visit www.cityofpaloalto.org/zwholiday.

创造回忆，而不是浪费这个假日季节：最好的礼物不是盒装的。“东西”最终会在垃圾填埋场结束，但记忆会持续一生。请思考提供电影票，公园通行证，艺术课程，瑜伽课程，品酒等相似的礼物，以提供生活良好的生活体验。有关更多无废物礼品的想法，请访问www.cityofpaloalto.org/zwholiday

Service Learning and Community Service Opportunities

Wed, Jan 16, 8:30-9:30 AM, Greene Middle School, MP Rm, 750 N California Ave, Palo Alto

The Greene Parent Networks invite you to a presentation by Youth Community Service (YCS) on how to get students involved in meaningful Service Learning projects where students learn the nuances of a community issue, address that issue with a service project and then reflect on the process. Students learn how to examine real life issues and implement solutions gaining self-confidence from feeling that they

made a difference in the community. Opportunities at the Palo Alto Humane Society and other organizations will be presented.

服务学习和社区服务机会

1月16日星期三, 8:30-9:30, Greene Middle School MP Rm 750 N California Ave, Palo Alto
Greene Parent Networks邀请您参加青年社区服务(YCS)的演讲, 了解如何让学生参与有意义的服务学习项目, 让学生了解社区问题的细微差别, 解决服务项目的问题, 然后反思过程。学生将学习如何检查现实生活中的问题, 并通过感觉自己在社区中发挥作用来实现自信。将介绍帕洛阿尔托人道协会和其他组织的 service 机会。