



## Calendar

### **T1 George**

#### **Mon, Jan 21**

MLK Holiday - NO SCHOOL

#### **Tue-Fri, Jan 22-25**

Alternate Schedules (see [Calendar](#))

#### **Sun, Jan 27**

Junior Parent Network Social, 4 PM, Eichler Swim Club

#### **Mon, Jan 28**

Instrumental Music Concert, 7:30 PM, Spangenberg

#### **Wed, Jan 30**

Summer Opportunities Fair, 7 PM

1月21日星期一

MLK假日 - 学校放假

1月22日至25日星期二

备用时刻表 (见日历 [Calendar](#))

1月27日 星期日

11年级家长社交联谊, 下午4点, Eichler游泳俱乐部

1月28日星期一

器乐音乐会, 7:30 PM, Spangenberg

1月30日星期三

暑假活动展, 下午7点

## Gunn

### **Emily**

#### **Instrumental Music Concert**

*Mon, Jan 28, 7:30-9 PM, Spangenberg*

\$5 at the door, Booster Pass and Students FREE. The Gunn Wind Ensemble will perform two band classics. Samuel Barber's "Commando March," which was written shortly after Barber was drafted into World War II and Robert Jager's "Variations on a Theme of Robert Schumann" (which is a set of variations on the children's piano solo "The Happy Farmer"). The Gunn Chamber orchestra will present two masterworks by Dimitri Shostakovich and W. A. Mozart.

### 器乐音乐会

1月28日星期一, 7:30-9 PM, Spangenberg

门口5美元, Booster Pass和学生免费。Gunn Wind Ensemble将演奏两支乐队经典。塞缪尔·巴伯的“突击队三月”,是在巴伯被选入第二次世界大战和罗伯特·雅格的“罗伯特·舒曼主题变奏曲”后不久写的(这是儿童钢琴独奏“快乐农民”的一系列变体)。Gunn Chamber乐团将演奏Dimitri Shostakovich和W. A. Mozart的两部杰作。

### T3 Jasmine

#### Summer Opportunities Fair

Wed, Jan 30, 7-9 PM, Library

On January 30th, 2019 (Wednesday) from 7-9 PM, Gunn High School will host the 8th Annual Summer Opportunities Fair in the Gunn Library. The purpose of the event is to introduce students and their parents to the various types of Summer Opportunities available around the world. Representatives from more than 20 programs both locally and nationally are scheduled to set up booth at the fair. In addition many more programs have sent printed materials. The Summer Opportunities Fair is open to all high school students and parents from the local high schools.

#### 夏天的机会集市

星期三, 一月三十日, 下午七时至九时, 图书馆

2019年1月30日(星期三)晚7点至9点, Gunn高中将在图书馆举办第八届夏季机会展。活动的目的是向学生和他们的父母介绍世界各地各种各样的暑期机会。来自当地和全国20多个项目的代表将在展会上设立展位。此外,更多的程序已经发送印刷材料。夏季机会博览会向所有的高中生和当地高中的家长开放。

### Emily

#### 11 of 24 Proctors STILL Needed for American Mathematics Competition (AMC) Exam

Thu, Feb 7, 7:55-10 AM

This is a fun, one-time volunteer opportunity for moms and dads. Teachers administer these exams. Each proctor assists a teacher by helping to distribute materials, count and monitor students, answer students' questions, etc. Past proctors have enjoyed this activity in the Math Dept. very much. If you can serve as one of these ESSENTIAL proctors, please reply to Norma Hesterman at [nhesterman@pausd.org](mailto:nhesterman@pausd.org), including the name and grade of your student(s). Note the special schedule on the Gunn website.

Students who are not testing will have a later start day at 10:00 AM.

美国数学竞赛(AMC)考试仍需要11名志愿者

星期二, 2月7日, 7:55-10

对于妈妈和爸爸来说,这是一个有趣的,一次性的志愿者机会。教师管理这些考试。每个监考人员通过帮助分发材料,计算和监督学生,回答学生的问题等来协助教师。过去的监考人员非常喜欢数学部门的这项活动。如果您可以作为这些基本监护人之一,请通过[nhesterman@pausd.org](mailto:nhesterman@pausd.org)回复Norma Hesterman,包括您学生的姓名和年级。请注意Gunn网站上的特殊时间表。未进行测试的学生将在上午10:00开始。

### T5 Angela

#### Save the Date: Parent Chaperones will be Needed for Community Service Day!

Thu, Mar 7, 8:15 AM-2:15 PM

Each year, Youth Community Service (YCS) sponsors the popular Community Service Day. The students are working very hard to make this day happen. Students travel in buses to various service sites such as pre-schools, senior centers, parks, a beach, animal shelters or soup kitchens. Adult chaperones are required to accompany the student-led teams. Please contact [nhesterman@pausd.org](mailto:nhesterman@pausd.org) if you can consider supporting this highlight of community service and learning for our students and would like to be alerted when the sites are confirmed.

### **社区服务日将需要家长陪伴！**

**3月7日星期四，上午8:15至下午2:15**

每年，青年社区服务团队（YCS）都会赞助热门的社区服务日。学生们正在努力使这一天成为现实。学生乘坐公共汽车前往各种服务站点，比如幼儿园，老年中心，公园，海滩，动物收容所或汤厨房。学生领导的团队必须有成人陪伴。如果您想支持这个社区服务和学习的重点，并希望在确认地点时收到通知，请联系[nhesterman@pausd.org](mailto:nhesterman@pausd.org)。

(Pretranslated)

### **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](#)

## **PAUSD & PTAC**

**T6 danny**

### **\*\*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>.

### **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\*\***每周五举行！新讲座阅读

Don Austin博士的每周讲座更新，每周五发布新的内请点击<https://www.pausd.org/news>以获取更多信息。

LET'S TALK - 轻松点击发送您的评论

PAUSD宣布了一项新的在线功能，允许家长，老师，邻居和任何人直接向我们的主管Don Austin提供反馈。如果您错过了每周五的评论时间，请点击链接：<https://www.pausd.org/explore-pausd/lets-talk>。

## **T7 Richard**

### **\*\*NEW\*\* Stanford General Use Permit Update--Jan 2019**

PTAC supports PAUSD, Teachers, Staff, and City of Palo Alto Safe Routes to School. Please write to anyone you know who is a Stanford parent, alumni, graduate student, faculty, staff, trustee, or friend. Our schools would like to continue to enjoy a mutually beneficial relationship with Stanford University. However, if Stanford expects PAUSD to absorb students for the next 17 years who will reside on Stanford lands that do not pay property taxes, such as rental housing -- then our classroom sizes will have to increase, staff/teachers will have to be laid off, and school programs suspended due to lack of funding. For more information, read the [PTAC Fact Sheet](#) and [PAUSD Briefing Book](#). [Click My Cause](#) has messages you can click immediately and send to Santa Clara County Board of Supervisors. **PLEASE DO NOT WAIT.** Waiting may adversely impact your child's classroom size, teachers and aides, and the quality of PAUSD education that we sacrifice so much for. ACT NOW!! Questions: email [president@paloaltopta.org](mailto:president@paloaltopta.org).

### **\*\*新内容\*\* 斯坦福G.U.P.更新 - 2019年1月**

PTAC支持PAUSD学区，教师，员工和Palo Alto市的“上学的安全路线”项目。请写信给您认识的所有人，如斯坦福大学的学生家长，校友，研究生，教职员工，学校理事和朋友。我们的学校希望继续与斯坦福大学建立互利关系。但是，如果斯坦福期望PAUSD学区在未来的17年里，接收他们那些居住在属于斯坦福的不需要支付房产税的地产（例如出租房）上的学生的话，那么我们的班级学生人数将不得不增加，学校将由由于缺乏资金而不得不裁减员工/教师，和停掉一些课程。更多信息，请阅读PTAC情况说明书和PAUSD简报。请点击[Click My Cause](#)上的相关消息，您可以立即发送给圣克拉拉县监察委员会。请不要等待，等待可能会对您孩子的课堂规模，教师和助手以及我们已付出很多的PAUSD教育质量产生负面影响。现在就采取行动！！若有问题请发送电子邮件到：[president@paloaltopta.org](mailto:president@paloaltopta.org)。

## **T8**

### **Adolescent Vaping: From Theory to Data to Prevention**

*Tue, Jan 22, 7-8:30 PM, Haymarket Theater, Palo Alto High School, 50 Embarcadero Rd, Palo Alto*  
Novel tobacco/nicotine products, such as vapes and pod-based products such as Juuls, have entered our local market, and our adolescents are now using these products more often than combustible cigarettes. In this talk, organized by the Palo Alto PTA Council, Dr. Bonnie Halpern-Felsher will provide detailed information on the new tobacco/nicotine products available, including e-cigarettes/ vapes and Juuls and other pod-based systems, as well as the e-juices that accompany these products. She will discuss recent research on reasons for adolescent use of these products, including flavors, appeal, marketing, perceived reduced harm, ease/place of use, stress, anxiety, and depression, and misperceptions. She will also present advocacy efforts occurring in the US to reduce vaping use. Please join in this conversation with your family! Learn about what our community can do to change the course. Get equipped with evidence-based resources and intervention ideas that can be used to help prevent and reduce youth use of these novel products. Questions/ comments: [health@paloaltopta.org](mailto:health@paloaltopta.org).

青少年吸电子烟：从理论到数据再到预防

星期二，1月22日，7-8：30 PM，帕洛阿尔托市Embarcadero路50号Palo Alto高中Haymarket剧院  
新型烟草/尼古丁产品，如吸电子烟和基于豆荚的产品，如Juuls，已进入我们的本地市场，我们的青少年现在使用这些产品的频率高于可燃香烟。

在由Palo Alto PTA理事会组织的这次讲座中，Bonnie Halpern-Felsher博士将提供有关新的烟草/尼古丁产

品的详细信息，包括电子烟和Juuls以及其他基于pod的系统，以及伴随这些产品的电子果汁。她将讨论最近关于青少年使用这些产品的原因的研究，包括口味，吸引力，营销，感知减少伤害，易用/使用地点，压力，焦虑和抑郁，以及误解。她还将介绍在美国进行的宣传活动，以减少使用费用。请与您的家人一起加入此对话！了解我们的社区可以做些什么来改变课程。配备基于证据的资源 and 干预理念，可用于帮助预防和减少青少年使用这些新产品。问题/意见：health@paloaltopta.org。

## **EVAN**

### **Inclusive Resource Fair of Summer Camps & After-School Activities**

*Thu, Feb 7, 6:30-8:30 PM, JLS Middle School Auditorium, 480 E. Meadow Dr, Palo Alto*

Join us to meet 30+ providers of summer camps & after-school activities, who will present information about their programs and be available to talk 1:1 with parents. All providers can accommodate some students' special needs, either in an inclusive environment or a special program, and can discuss specific accommodations. Some offer on-site enrollment. Information on financial assistance available, and many providers offer fee waivers based on need. Organized by the Palo Alto Community Advisory Committee for Special Education, and co-sponsored by the Palo Alto Council of PTAs. Childcare and snacks for kids will be provided. Please RSVP for childcare to [paloaltocac@gmail.com](mailto:paloaltocac@gmail.com). For more information, including the complete list of vendors as it is finalized, go to [www.cacpaloalto.org](http://www.cacpaloalto.org).

夏令营和课后活动的全纳资源博览会

2月7日星期四，下午6：30-8：30，JLS中学礼堂，480 E. Meadow Dr, Palo Alto

加入我们，与30多个夏令营和课后活动的提供者会面，他们将提供有关其课程的信息，并可与家长1：1进行交流。所有提供者都可以满足一些学生的特殊需求，无论是在包容性环境还是特殊课程中，都可以讨论特定的住宿。有些提供现场报名。有关财务援助的信息，许多提供者根据需要提供费用减免。由Palo Alto社区特殊教育咨询委员会组织，由Palo Alto PTAs理事会共同赞助。酒店将为儿童提供儿童看护和小吃。请通过paloaltocac@gmail.com回复托儿所。有关更多信息，包括最终确定的供应商的完整列表，请访问www.cacpaloalto.org。如果联系不上的话请一定要找学校的office。和o

## **T10 Meiting**

### **\*\*NEW\*\* Parent Ed Night: Learn the Basic ABCs About LGBTQ+ Youth**

*Wed, Mar 13, 7 PM, Fletcher Middle School, MP Rm, 655 Arastradero Rd, Palo Alto*

This [Parent Ed event](#) is organized by the Fletcher Middle School PTA and staff, and is open/relevant to anyone, not just Fletcher families. Our event will be about understanding gender identities, sexual orientation, how to support LGBTQ+ youth in our community, and more. Open to all families with the purpose of supporting youth so we can be an inclusive and WELCOMING community. Translation (Spanish and Mandarin) available if requested 3 days in advance. Please email [kee@pausd.org](mailto:kee@pausd.org) to request. Special guests include Miriam Stevenson (PAUSD's Director of Student Services), Valerie Royaltey-Quandt (Greene Middle School Principal), Melissa Howell (Fletcher Middle School Principal), Diana Hernandez and Ryan Fouts (Project Outlet Education Coordinator and Program Director), Shounak Dharap (PAUSD Board of Education member), Sally G. (former PAUSD parent), and Julian G. (former PAUSD student). Also available: City and school library resource tables and great prizes! Have a question you'd like addressed? [Fill out this anonymous form](#) by Monday, 3/11/19.

### **\*\*新\*\*父母Ed之夜：学习关于LGBTQ+青年的基本ABC**

3月13日星期三，下午7点，弗莱彻中学，MP Rm, 655 Arastradero Rd, Palo Alto

这个[Parent Ed event](#) (家长教育活动) 由弗莱彻中学PTA和工作人员组织，对任何人开放/相关，而不仅仅是弗莱彻家庭。我们的活动将是了解性别认同，性取向，如何支持社区中的LGBTQ+青年等等。向所有家庭开放，旨在支持青年，使我们成为一个包容和欢迎的社区。如果要求提前3天提供翻译（西班牙语和普通

话)。请发送电子邮件至[klee@pausd.org](mailto:klee@pausd.org)进行申请。特邀嘉宾包括Miriam Stevenson (PAUSD学生服务总监), Valerie Royaltey-Quandt (格林中学校长), Melissa Howell (弗莱彻中学校长), Diana Hernandez和Ryan Fouts (项目直销教育协调员和项目总监), Shounak Dharap (PAUSD教育委员会成员), Sally G. (前PAUSD父母)和Julian G. (前PAUSD学生)。还提供:城市和学校图书馆资源表和丰厚的奖品!有一个你想解决的问题吗?请在2009年11月3日星期一之前填写此匿名表格[Fill out this anonymous form](#)。

## Community 社区

### T11 Jane

#### Be Inspired at the Mothers Symposium

Sat, Feb 23, 9 AM-noon, Palo Alto High School, Performing Arts Center, 50 Embarcadero Rd, Palo Alto  
Please join us for the 14th Mothers Symposium, "#Mothering: Finding your Authentic Self." This year our program will include a panel of three remarkable women to discuss grounded mothering in the age of social media. For more information and tickets: [www.motherssymposium.org](http://www.motherssymposium.org)

#### 受到母亲研讨会的启发

2月23日星期六, 上午9点至中午在帕洛阿尔托高中, 表演艺术中心, 50 Embarcadero Rd, Palo Alto。请加入我们参加第14届母亲研讨会, “#妈妈: 寻找真实的自我。”今年, 我们的计划将包括一个由三位杰出女性组成的小组讨论社交媒体时代的基础母亲。欲了解更多信息和门票: [www.motherssymposium.org](http://www.motherssymposium.org)

### Emily

#### Free Drop-In Teen Yoga at Palo Alto Medical Foundation

After a long day at school, high school students can drop in to strengthen and stretch their bodies and minds. The fun, interactive curriculum incorporates physical exercise, breath work and activities that help to energize, manage stress and connect better with themselves and their peers. Drop-in for free any Tuesday from 4:15-5:15 PM. Class is held in 67 Encina, around the corner from the main building, near Town and Country shopping center. No registration required. For questions, call (650) 853-2960.

#### FROM THE PREVIOUS ISSUE:

帕洛阿尔托医学基金会免费送入青少年瑜伽

在学校度过了漫长的一天后, 高中生可以加入并加强他们的身心。有趣, 互动的课程包括体育锻炼, 呼吸和活动, 有助于激励, 管理压力, 并与自己和同龄人更好地联系。任何星期二下午4:15-5:15免费入住。课程位于67 Encina, 位于主楼拐角处, 靠近Town and Country购物中心。无需注册。如有疑问, 请致电(650) 853-2960。

从以前的问题:

### T13 Hannah

#### Martin Luther King Jr. Day of Celebration

Mon, Jan 21, 10 AM-1 PM Mitchell Park Community Center, 3700 Middlefield Rd, Palo Alto

The City of Palo Alto and Youth Community Service are celebrating diversity through an afternoon event in honor of Dr. Martin Luther King Jr. This event will give the Palo Alto and surrounding communities the opportunity to celebrate diversity through the words and inspiration of Dr. Martin Luther King Jr. The festivities include local organizations, guest speakers, service activities for youth & teens, music, performances, and a legacy exhibition displaying different periods of the civil rights movement. For more information, please visit [YouthCommunityService.org/MLK](http://YouthCommunityService.org/MLK).

### **马丁路德金庆典**

星期一, 1/21, 早晨十点钟到下午一点钟 Mitchell Park 社区中心, 3700 Middlefield Rd, Palo Alto  
Palo Alto 和 Youth Community Service 要庆典多样通过托管一个马丁路德金的庆典。在这个事件, Palo Alto 和附近的城市可以来庆祝多样性通过听马丁路德金的话。这些包括当地组织, 演讲嘉宾, 服务活动, 音乐, 和一个讲公民权利的地方。如果要更多的信息, 去看 <http://youthcommunityservice.org/mlk-2019/>。

### **Emily**

#### **Palo Alto Chamber Orchestra (PACO) Winter Concerts**

Enjoy a series of winter concerts (January through March) featuring PACO's talented young musicians. You'll be fascinated by the array of works ranging from Baroque, Classical, Romantic to Contemporary by well-known composers Mozart, Handel and Dvorak just to name a few. All concerts are admission FREE and for the entire family to enjoy.

Sun, Jan 27, 3 PM, Palo Alto Art Center, Preparatory Orchestra

Sun, Feb 3, 12 PM, Palo Alto Art Center, Superstrings Orchestra

Sun, Feb 10, 3 PM, Cubberley Theatre, Sinfonia Orchestra

Sun, Mar 3, 3 PM, Palo Alto Art Center, Debut Orchestra

Sat, Mar 9, 7:30 PM, St. Mark's Episcopal Church, Senior PACO Orchestra

For more information and the 2018-19 season calendar, please visit [www.pacomusic.org](http://www.pacomusic.org) or email [info@pacomusic.org](mailto:info@pacomusic.org).

#### **帕洛阿尔托室内乐团 (PACO) 冬季音乐会**

享受一系列冬季音乐会 (1月至3月), 其中包括PACO才华横溢的年轻音乐家。您将被著名作曲家莫扎特, 亨德尔和德沃夏克等众多作品所吸引, 从巴洛克, 古典, 浪漫到现代, 仅举几例。所有音乐会都是免费入场, 供全家人享用。

太阳, 1月27日, 下午3点, 帕洛阿尔托艺术中心, 预备管弦乐队

太阳, 2月3日, 12 PM, Palo Alto 艺术中心, Superstrings Orchestra

太阳, 2月10日, 下午3点, Cubberley 剧院, Sinfonia 乐团

太阳, 3月3日, 下午3点, Palo Alto 艺术中心, 首演管弦乐团

星期六, 3月9日, 7:30 PM, 圣马克的圣公会教堂, 高级PACO乐团

欲了解更多信息和2018-19季节日历, 请访问[www.pacomusic.org](http://www.pacomusic.org)或发送电子邮件至 [info@pacomusic.org](mailto:info@pacomusic.org)。

### **T15 Sonia Qi**

#### **Art Classes at the PA Art Center or Mitchell Park Library**

Unleash the creativity in your student by signing up for one of art classes at the Palo Alto Art Center or the Mitchell Park Community Center. We offer classes Monday-Saturday in painting, drawing, ceramics, photography and jewelry and metal working for students ages preschool through high school. Please review our [brochure](#) for class information and live links to registration. Classes will run January-March

2019. Questions? Please contact Rebecca Passarello ([rebecca.passarello@cityofpal Alto.org](mailto:rebecca.passarello@cityofpal Alto.org) or 650-617-3509).

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

**帕洛阿尔托美术中心和米歇尔公园的美术课**

通过帕洛阿尔托美术中心和米歇尔公园的美术课来释放您的孩子的创造力。我们可以为年龄从幼儿园到高中的学生提供素描，彩绘，陶艺，摄影，珠宝，和铁艺的课程，时间是从周一到周六。请阅读我们的手册来获取更多的课程信息以及实时报名链接。课程从2019年一月持续到三月。如果您有任何问题，请联系 Rebecca Passarello ([rebecca.passarello@cityofpal Alto.org](mailto:rebecca.passarello@cityofpal Alto.org) 或者 650-617-3509)

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