



Calendar

T1 george

Fri, Jan 25 Alternate Schedule (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, Library

Mon, Feb 4 Site Council (tentative), 4 PM

Tue-Thu, Feb 4-6 Choir-Staff Musical, 8 PM, Spangenberg

Thu, Feb 7

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

Staff Appreciation Luncheon (tentative), 12:15 PM

1月25日星期五

替代时间表 (见日历 [Calendar](#))

太阳, 1月27日

11年级家长网络社交, 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

夏令营以及其他活动会展, 下午7点, 图书馆

2月4日星期一

现场委员会 (暂定), 下午4点

2月4日至6日星期二

合唱团成员音乐剧, 晚上8点, Spangenberg

2月7日星期四

AMC数学测试, 替代时间表 (见日历 [Calendar](#))

员工感谢午餐 (暂定), 下午12:15

Gunn

Edward

The 2019 Gunn Choir Staff Musical Extravaganza: *I Want to Hold Your Babushka!*

Tue-Thu, Feb 5-7, 8 PM, Spangenberg Theatre

It is 1964 and the Beatles are poised to make their first Ed Sullivan appearance and to begin what we now call the British Invasion. Back in the USSR, General Klandestinov, head of the KGB, and Comrade Bullshetski, his Minister of Propaganda, concoct a scheme to subliminally invade America themselves, and what better way than to kidnap the Beatles and replace them on the Ed Sullivan Show than with Russian imposter Beatles!

It's a completely wacky and wonderful story starring the amazing Gunn Choirs and dozens of your favorite Gunn staff! Tickets are available at the Gunn Student Activities center or online at gunnchoir.org. All proceeds will support the Gunn Choir Scholarship Fund, making it possible for all students in the choir to participate in this year's singing tour to Rome and Florence.

2019年Gunn合唱团音乐盛会：I want to hold your Babushka！

2月5日至7日，星期四，Spangenberg剧院

它是1964年，Beatles乐队准备首次出现Ed Sullivan并开始我们现在所说的英国入侵。回到苏联，克格勃的负责人Klandestinov将军和他的宣传部长Bullshetski制定了一项计划，自己潜入美国，并且有更好的方式来绑架甲壳虫乐队并在Ed Sullivan Show上取而代之而不是俄罗斯冒牌披头士乐队！

这是一个完全古怪而精彩的故事，由惊人的Gunn合唱团和数十名你最喜欢的Gunn员工主演！门票可在Gunn学生活动中心或在gunnchoir.org在线获得。所有收益将支持Gunn Choir奖学金基金，使合唱团的所有学生都能参加今年的罗马和佛罗伦萨歌唱之旅。

T3 Katie Wang

7 of 24 ESSENTIAL 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, 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.

紧急召集可以监考美国数学竞赛（AMC）的七位家长！！

星期四，2月7号，早上7：55-10：00

这次的义工活动对各位家长来说将会是一个非常有趣的活动。老师们也会和家长们一起监考。

每一个监考家长的任务包括发放试卷，点名，监考，回答学生的问题等等任务。历年以来参加这个义工活动的各位家长都觉得这是一次很有趣的经历。现在我们还缺少7位监考家长。如果您能够成为这7位家长之一的话，我们万分感谢。能够报名的家长请立刻给Norma Hesterman发邮件，她的邮件地址是 nhesterman@pausd.org，发邮件的时候请标明您孩子的名字以及年级。

考试当天的特别课程表请参考学校官网。各位不参加考试的学生第一节课延迟到10：00开始。

Apply for CIEE Global Navigator Scholarships

Deadline: Fri, Feb 8

CIEE has one more round of Global Navigator Scholarships where a limited amount of financial aid is still awarded. The deadline for this study abroad application is Friday, February 8th. Please see the [CIEE website](#) or contact Liz Matchett (lmatchett@pausd.org) if you are interested.

申请CIEE国际领航员奖学金

截止日期：星期五，2月8号

CIEE将会再次给予奖学金给Gunn的一批学生。想要申请这次奖学金的学生请务必在星期五，**2月8号**之前提交申请。如果各位有申请的意向的话请参考[CIEE website](#)（官网）或者是给Liz Matchett发邮件。她的邮件地址是lmatchett@pausd.org。

Edward

Update to the Charleston-Arastradero Corridor Project

Construction of the irrigation crossings along the north side of Arastradero Rd from Clemo Ave are continuing towards Gunn High School. Lane closures, noise, and traffic delays are to be expected between 9 AM to 4 PM on typical streets, and 9 AM to 2:30 PM for the Georgia and Hubbart intersections. The detour plans for [Clema Ave to Terman Dr](#) and [Terman Dr to Gunn High School](#) provide details on the work area.

Construction of the concrete corners from Clemo Ave to Georgia Ave began Tuesday, January 22nd. Construction hours will vary depending on the street. Dates will be updated on the website when available. Please check the [project website](#) for detailed detour plans and the latest project information.

更新查尔斯顿 - 阿拉斯卡德罗走廊项目

从克莱莫大道沿Arastradero路北侧建设灌溉过境点正在向甘恩高中继续施工。预计在街道上午9点至下午4点，以及格鲁吉亚和哈伯特交叉口的上午9点至下午2点30分，车道关闭，噪音和交通延误。Clema Ave到Terman Dr和Terman Dr到Gunn高中的绕道计划提供了工作区的详细信息。

从克莱莫大道到格鲁吉亚大道的混凝土角落的建设于1月22日星期二开始。施工时间因街道而异。日期将在网站上更新（如果有）。请查看项目网站，了解详细的绕行计划和最新的项目信息。

T5Caroline 2020

Book Drive for Tiekunu Primary School in Kenya

Drop off any time before Fri, Mar 15, 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 continue its 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Tiekunu小学举办的捐书活动

请在星期五，3月15日之前把捐赠书送到E-2教室

感谢Gunn社区的支持，Tiekunu小学的学生现在正在阅读过去两年里收到的1000多本捐赠书。Gunn's Stairway To Literacy Club代表孩子们感谢您的慷慨付出。俱乐部希望把这个活动继续下去，并希望您支持捐赠书籍，最好是适合1-5级阅读程度的。除了传统的纸质书籍，我们也接受科技产品，包括录像机和最新科技产品等。Kindles和其他形式的电子书籍特别受欢迎。请把捐赠书送到E-2教室或与Kinyanjui先生联系。有关科技产品捐赠和/或问题，请联系StairwayToLiteracy@gmail.com。

FROM THE PREVIOUS ISSUE:

Pow

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.

乐器音乐会

星期一，1/28.晚上7:30-9:00, Spangenberg

门票5块钱，Booster Pass和学生们免费。Gunn Wind Ensemble 会表演两个经典乐曲。Samuel Barber的 "Commando March"，在Samuel被选取到世界大战二不久后作曲的以及 Robert Jager的"Variations on a Theme of Robert Schumann"（不同的孩子们钢琴独奏的 "The Happy Farmer"变奏。）Gunn Chamber 交响乐会表演两个杰出的作品，有Dimitri Shostakovich以及W. A. Mozart作曲的。

T7

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.

夏季机会展

周三，1月30日，下午7点-9点

在一月30日，2019年（周三）从7点到9点，Gunn高中将在Gunn图书馆举办第八届年度夏季机会展。该活动的目的是向学生及其家长介绍世界各地的各种夏季机会。来自本地和全国20多个项目的代表计划在展会上设立展位。此外，还有更多的计划发送了印刷材料。夏季机会展为所有当地高中生以及家长开放。

Edward

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 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.

保存日期：社区服务日将需要家长陪伴！

星期四，3月7日，8：15 AM-2：15 PM

每年，青年社区服务（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，如学前班，高级中心，公园，海滩，动物收容所或汤厨房。成人陪护人员必须陪同学生领导的团队。如果您可以考虑支持社区服务的这一重点并为我们的学生学习，请联系 nhesterman@pausd.org，并希望在确认网站时收到提醒。

(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

****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>.

Edward

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>.

****NEW** Palo Alto PTA Council : Every Child One Voice**

Check out our new banner in front of the District Office! We kicked off the year with our January 2019 General Association Meeting on Wednesday. PAUSD Board Member Dr. Jennifer DiBrienza provided key information from the [PAUSD Board of Education Meeting](#). Dr. Don Austin spoke about the "Big Plan," a continuing discussion from last Saturday's [Family Leadership Summit](#). The PTA Council urges you to be an informed advocate for your own student about the Stanford General Use Permit using resources listed on our website: www.paloaltopta.org. All are welcome to PTA Council meetings (at 25

Churchill Ave). You will be impressed how much parent volunteers are doing for your children. Thank you to all.

LET'S TALK - 轻松点击评论

PAUSD宣布了一项新的在线功能，让家长，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Superintendent Weekly Friday Communication，请再次链接：<https://www.pausd.org/explore-pausd/lets-talk>。

****新**帕洛阿尔托PTA委员会：一个孩子一个声音**

在区政府门前查看我们的新横幅！我们在周三举行的2019年1月的总协会会议上开始了这一年。PAUSD董事会成员Jennifer DiBrienza博士提供了PAUSD教育委员会会议的重要信息。Don Austin博士谈到了“大计划”，这是上周六家庭领导峰会的持续讨论。PTA理事会敦促您使用我们网站上列出的资源：www.paloaltopta.org，为您自己的学生提供有关斯坦福一般使用许可的知情倡导者。欢迎所有人参加PTA理事会会议（丘吉尔大道25号）。父母志愿者为您的孩子做了多少工作会让您印象深刻。谢谢你们。

T10

Upcoming PTAC Meetings--Save the Date

- * Jan 30, PTA Council Executive Board
- * Feb 13, PTA Council General Association Meeting
- * Mar 20, PTA Council General Association & Elections

****NEW** Did you miss or want to review the Jan 22 discussion on Adolescent Vaping: From Theory to Data to Prevention?**

You can watch it at <https://www.youtube.com/watch?v=-NOF9EEI13s> In this talk, organized by the Palo Alto PTA Council, Dr. Bonnie Halpern-Felsher provided 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. Get equipped with evidence-based resources and intervention ideas that can be used to help prevent and reduce youth use of these novel products.

即将到来的PTAC会议

- * 1月30日，PTA理事会执行委员会
- * 2月13日，PTA理事会总会议
- * 3月20日，PTA理事会总体会议和选举

****全新**你错过了1月22日关于“青少年吸烟：从理论到数据到预防”的讨论吗，或是想回顾一下？**

你可以到<https://www.youtube.com/watch?v=-NOF9EEll3s>观看。在这个Palo Alto PTA理事会组织的讲座中，Bonnie Halpern-Felsher博士提供了十分详细的新烟草及尼古丁产品信息，包括电子烟，Juuls和同这些产品一起销售的电子果汁。了解储备好证据支持的资源和干预措施，可以帮助青少年减少这些新颖产品的使用。

T11 Michael

****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. Learn more from the [PTAC Fact Sheet](#), [PAUSD Briefing Book](#), and [PAUSD Board Resolution](#). Call to Action: message the Santa Clara County Board of Supervisors and Stanford NOW with just two taps on your phone via [Click My Cause](#) (select Palo Alto PTA Council). 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.

****新** Stanford使用更新 -- 2019年一月**

PTAC支持PAUSD，老师，员工还有Palo Alto的人民一个安全的路线到学校请给全部您知道的Stanford家长，毕业生，员工，教师等等。我们的学校想要跟Stanford留好关系，但是如果Stanford想要PAUSD收集住在Stanford的地上但没有付财产税的学生的话，我们的教室会需要改的更大，老师们会被下岗，让后学校的活动等等会因为前的关系停止。在[PTAC Fact Sheet](#), [PAUSD Briefing Book](#), 和 [PAUSD Board Resolution](#). 得到跟多关于这个问题的资料。请大家快速行动，等的越长，这个问题就会变得越大，而肯能会使得PAUSD的教学改变。现在可以在[Click My Cause](#) (请选择Palo Alto PTA Council)跟 Santa Clara County Board of Supervisors 和 Stanford联系。有问题？请访问 president@paloaltopta.org.

Edward

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. For more information, including the complete list of vendors as it is finalized, go to www.cacpaloalto.org.

夏令营和课后活动的资源博览会

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，许多提供商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。

Edward

****NEW** 2019 Annual CAC Sweetheart Awards--Call for Nominations**

Nomination form due: Thu, Feb 14

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 14th (early submissions welcome). The Awards Ceremony will be on Wednesday, February 27th from 6-8 PM 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.

新 2019年度CAC甜心奖 - 征集提名

提名表格截止日期：2月14日星期四

是否有公交车司机，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做了一些事情（无论大小）用了IEP或504？通过提名他或她获得CAC甜心奖来表彰该人。在2月14日星期四之前使用此在线表格提交提名（欢迎提前提交）。颁奖典礼将于2月27日星期三下午6-8点在尼克松小学举行。欲了解更多信息或问题，请联系sweethearts.award@gmail.com或访问www.cacpaloalto.org。由帕洛阿尔托特殊教育社区咨询委员会和帕洛阿尔托PTA理事会共同赞助。

T14 Kevin

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 klee@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.

家长教育会：LGBTQ+ 青年的基本 ABCs

三月十三号，星期三，晚上三点，Fletcher 初中 MP Rm, 665 Arastradero Rd, Palo Alto

此次 Fletcher 初中 PTA 举办的家长教育活动不仅是为 Fletcher 家庭，而是所有的社区人员。我们的活动会讲了解性别认同和性取向，怎样支持在我们社区里的 LGBTQ+ 青年，等等。为了支持青年并且建立一个既包容又接纳的社区，我们欢迎所有家庭参加。提前三天可预约西班牙语和中文的翻译服务。预约翻译服务请电邮 klee@pausd.org。特邀演讲者包括 Miriam Stevenson (PAUSD 的学生服务部主任), Valerie Royaltey-Quandt (Green 初中校长), Melissa Howell (Fletcher 初中校长), Diana Hernandez 和 Ryan Fouts (Project Outlet 教育协调人和项目主任), Shounak Dharap (PAUSD 教育委员会成员), Sally G. (前 PAUSD 家长), 和 Julian G. (前 PAUSD 学生)。现场还有本市和学校图书馆的信息桌和奖品。有问题？请于 3/11/19，星期一之前填这个 [表格](#)。

Community

Edward

Family Science Night at JMZ

Thu, Feb 7, 5:30-7:30 PM, Palo Alto Junior Museum and Zoo, Cubberley Community Center, 4050 Middlefield Rd, Palo Alto

Come experience a taste of the fun, hands-on, standards-based science lessons that the Junior Museum 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 PiE and our fabulous community that values and supports science for all ages. Please note that the Junior Museum is currently housed in a temporary location in Cubberley Community Center. See you there! More details at: www.cityofpaloalto.org/jmz.

JMZ的家庭科学之夜

2月7日星期五，下午5：30-7：30，帕洛阿尔托少年博物馆和动物园，Cubberley社区中心，4050 Middlefield Rd, Palo Alto

来体验初中博物馆每周为PAUSD小学带来的有趣，实践，基于标准的科学课程。与我们屡获殊荣的教育部门的科学老师聊天。与动物园动物见面，识别地质标本，尝试科学设备等。这个免费活动是对PiE和我们美好的社区的“感谢”，他们重视并支持所有年龄段的科学。请注意，Junior Museum目前位于Cubberley社区中心的临时位置。到时候那里见！更多详情请访问：www.cityofpaloalto.org/jmz。

FROM THE PREVIOUS ISSUE:

从上一期

Edward

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

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.

For older Community announcements, see Recent Issues of the Gunn Connection.

受到母亲研讨会的启发

2月23日星期六，上午9点，中午，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

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，呼吸工作和活动，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。

对于较旧的社区公告，请参阅Gunn Connection的最新问题。

www.cityofpaloalto.org/jmz。

