



Calendar T1 george

Fri, Sep 21 Football vs. Mountain View, 4:30 Frosh/Soph, 7 PM Varsity, Football Field

Tue, Sep 25 Freshman Concert Band Informance, 7 PM, Bow Gym

Wed, Sep 26 Freshman Parents Night, 6:30 PM, Library
Band & Orchestra Boosters Meeting, 7:15 PM, Music Building
Sophomore Parents Night, 7:45 PM, Titan Gym

Thu, Sep 27 Sophomore Parents Network, 8:30 AM, Staff Lounge

Mon-Thu, Oct 1-4 Alternate Schedules (see [Calendar](#))

Mon, Oct 1 Junior Parents Network, 7 PM, Library

Wed, Oct 3 Freshman Parents Network, 8:15 AM, Staff Lounge

Thu, Oct 4 Wind Ensemble & Orchestra Concert, 7:30 PM, Spangenberg

Fri, Oct 5 NO SCHOOL - Staff Development Day

9月21日星期五

橄榄球比赛 Gunnvs. Mountain View, 4:30 JV校队, 7PM Varsity校队, 橄榄球场

9月25日星期二

新生音乐会表演, 晚上7点, BOW健身房

9月26日星期三 新生父母之夜, 下午6:30, 图书馆

Band & Orchestra Boosters会议, 晚上7:15, 音乐大楼
10年级父母之夜, 下午7:45, Titan健身房

9月27日星期四

10年级家长联络会议, 上午8:30, 员工休息室

10月1日至4日 备用时间表 (见日历[Calendar](#))

10月1日星期一

11年级家长联络会议, 下午7点, 图书馆

10月3日星期三

9年级家长联络会议, 上午8:15, 员工休息室

10月4日星期四

乐团和管弦乐队音乐会, 7 : 30 PM, Spangenberg

10月5日星期五 学校无课 - 员工发展日

Gunn

T2 Caroline 2019

Gunn Freshman Band Informance

Tue, Sep 25, 7-8 PM, Bow Gym

Come hear the premiere performance of the 2018-19 Gunn Freshman Concert Band. They will present several music selections as well as information about the Gunn Music Program.

Gunn新生乐队演出

9月25日星期二, 7-8-8, Bow 体育馆

快来听听2018-19 学年 Gunn 新生乐团的首演。他们将表演几种音乐并介绍有关Gunn的音乐节目。

Sophomore Parent Network Meeting

Thu, Sep 27, 8:30 AM, Staff Lounge

Come to our first Sophomore Parent Network meeting of the year on Thursday, September 27, at 8:30 AM in the Staff Lounge. You will have a chance to meet other parents of 10th graders while drinking coffee and having a few treats. At approximately 9:10 AM, Lisa Hall, teacher and Director of Student activities, will talk and answer questions about the wonderful and exciting events Gunn has for your students throughout the year: Homecoming, student government, student clubs, etc.

二年级家长联谊会议

9月27日星期四, 上午8:30, 员工休息室

请在9月27日星期四上午8:30在员工休息室参加我们今年的第一次二年级家长联谊会议。在喝咖啡和享用一些美食的同时, 您将有机会与其他10年级学生家长见面。大约上午9点10分, 学生活动总监、老师Lisa Hall将谈论并回答有关Gunn全年为学生们举办的精彩和令人兴奋的活动的活动的问题: 返校日, 学生会, 学生俱乐部等。

T3Jasmine

9th Grade Parent Coffee

Wed, Oct 3, 8:15-10:00 AM, Staff Lounge

Guest speaker: Lisa Hall, Director of Student Activities

Topic: Homecoming 101 - Lisa will talk about Gunn student activities and the wonderful tradition of Homecoming. Feel free to bring any questions you have about Gunn student activities.

九年级家长咖啡会议

10月3日(星期三)上午8:15-10:00, 员工休息室

嘉宾讲者:Lisa Hall, 学生活动主管

主题:同学会101 - Lisa将会谈论Gunn学生活动和同学会的奇妙传统。如果你有任何关于Gunn学生活动的问
题, 请随时提出来。

2018 Palo Alto College Fair (PACF)

Mon, Oct 8, 6-8:30 PM, Bow and Titan Gyms

Meet over 150 representatives from independent California colleges, out-of-state public and private institutions, and international colleges. This is a great opportunity for seniors, juniors, and parents to meet college representatives and receive general information and answers to specific college questions. Two additional presentations on College Admissions Essay (6:30 PM) and Financial Aid (7:00 PM) will be held separately. There will be limited parking so we strongly suggest carpool, walking, or biking.

- 6:00-6:30 PM: Gunn & Palo Alto High students ONLY
- (with student ID)
- 6:30-7:00 PM: All other high school students (no parents)
- 7:00-8:30 PM: Parents and the public are admitted

2018年帕洛阿尔托大学招生会(PACF)

星期一，10月8日下午6点30分，Bow和Titan体育馆

会见超过150名来自独立的加州学院，州外的公立和私立机构，以及国际学院的代表。对于高年级学生、大三学生和家长来说，这是一个很好的机会，他们可以与学院代表见面，了解一般信息，并回答具体的问题。另外两场关于大学入学论文(下午六点半)和助学金的报告将分别举行。停车场有限，所以我们强烈建议拼车、步行或骑自行车。

- 下午6:00-6:30:Gunn & Palo Alto高中学生
- 带学生证
- 下午6:30-7:00:其他高中生(无家长)
- 晚上7:00-8:30:允许家长和公众进入

FROM THE PREVIOUS ISSUE:

(Pre-Translated)

New to US College Workshop

Thu, Sep 27, 7-8:30 PM, Library, Mandarin translation provided

Wed, Oct 3, 7-8:30 PM, Library, Spanish translation provided

Linda Kirsch, Gunn College Counselor has been offering college advice to Gunn students and their families for decades. She is hosting special sessions designed for parents who may have attended college in another country and are unfamiliar with how the USA looks at candidates for admission. She will discuss both public (in state and out of state) and private colleges. A thorough understanding of the California colleges will be provided and a booklet will be handed out. Testing will also be discussed including to prep or not. She can answer other questions of concern, like letters of recommendation, use of summer, free time or rumors that you are worried about. Attendance is limited to 25 families maximum due to room size and to assure individualized attention. Please sign up [here](#).

第一次经历美国大学申请讲座

Gunn的大学咨询辅导员Linda Kirsch几十年来一直为Gunn的学生及其家人提供大学申请咨询，她将举办为在其他国家上过大学但不熟悉美国如何评估大学申请者的家长而设计的特别讲座，讨论（本州和外州）公立和私立大学，提供对加州大学的透彻了解，并发一本小册子。她还将讨论考试，包括是否作考试准备？她可以回答其他关心的问题，如推荐信，暑假和自由时间的利用及您所担心的谣言。由于空间有限，出席人数限制最多25个家庭，以确保对各位到会者的关注。

讲座将在Gunn图书馆举行，2018年9月27日傍晚7:00至8:30，有普通话翻译提供，和2018年10月3日傍晚7:00 - 8:30，有西班牙语翻译提供。

请在这里注册: <https://goo.gl/forms/uYfTBbwp1htLzfcq2>

Palo Alto Education Series, Dr. Leah Weiss, "Compassionate Parenting: How to Raise Teens Who Are Kind, Creative, and Resilient"

Tue, Oct 2, 7-8:30 PM, Palo Alto High School, Performing Arts Center, 50 Embarcadero Rd

Info & Tickets: <https://leahweiss2018paloalto2.eventbrite.com>

How can you raise teens who are more creative, compassionate, and resilient? Students who will become emotionally intelligent leaders? Dr. Leah Weiss, Stanford University, international expert in compassion, shares advice about what parents can do to remain mindful while navigating the ups and downs of raising kids. Learn how to quiet your critical inner voice and practice greater self-compassion to raise kids who are emotionally resilient.

Palo Alto家长教育系列

富有同情心的育儿：如何培养善良，有创造力和有弹性的青少年

10月2日星期二，傍晚7-8:30, Palo Alto高中表演艺术中心 (PAC, 50 Embarcadero Rd, Palo Alto)

您如何培养更有创造力，富有同情心和富有弹性的青少年？让学生成为具有情感智能的领导者？斯坦福大学国际慈善专家Leah Weiss博士分享心得关于父母可以做什么在导航育儿历程中高低起伏的同时，保持理智。学习如何安静您批判性的内心声音，并练习提高自我同情心，培养具有情感弹性的孩子。Leah Weiss博士是研究员，讲师，顾问和作家，她在斯坦福大学商学院教授富有同情心的领导力课程，并且是斯坦福大学慈善培养计划的创始人。她广受好评的新书"我们如何工作"得到了达赖喇嘛的认可。欢迎家长，学生和教育工作者参加！免费入场和点心，有西班牙语和普通话口译服务提供。Palo Alto家长教育系列活动由Paly PTSA和Gunn PTSA赞助。

信息和门票：<https://leahweiss2018paloalto2.eventbrite.com/>

PAUSD & PTAC

T4 Angela

****NEW** Tech Night for PAUSD Parents**

Mon, Sep 24, 6:30 PM, PAUSD District Office, 25 Churchill Ave, Palo Alto

Families will be shown how to utilize Infinite Campus and Schoology. Information about iConnect and the 1-to-1 Chromebook Program at the high school will be shared. Finally, tech tips for the home will be provided. ***Free child care for children who are potty-trained ***Translation to Mandarin and Spanish. ***Light snacks will be provided.

****新** PAUSD 家长网络咨询**

周一，9月24日，下午6:30，PAUSD社区办公室

将向家庭展示如何使用Infinite Campus和Schoology。有关iConnect和高中一对一Chromebook计划的信息。

最后，将提供家庭技术提示。最后，将为家庭提供计算机技术帮助。***为可以自己使用洗手间的儿童提供免费托儿服务***翻译为中文和西班牙文。***将提供小吃。

Emily

Got a Burning Nutrition Question? We've Got a Local Expert!

Wed, Sep 26, 6:30-8 PM, PAUSD District Office, SDC Rm, 25 Churchill Ave, Palo Alto

Bring your burning questions to an evening with Professor Christopher Gardner, Ph.D, of Stanford Medicine's Stanford Prevention Research Center. Low carb or low fat? Fake meat? Non-Dairy Milks? Omega 3 supplements? Organic? GMOs? He will be taking any and all questions on nutrition in a free form Q&A format. Professor Gardner has been involved in nutritional research for the past 25 years. He currently works with the American Heart Association, the American Diabetes Association, and the Culinary Institute of America. His research includes making connections between food choices and climate change and children's education, and improving food served in universities, schools, hospitals and worksites. Join us for an engaging blend of science and humor as Professor Gardner busts myths and confirms truths. Parents may bring their children. Sponsored by PTAC Health and Wellness Committee.

有紧急的营养问题？我们有一位本地专家！

9月26日星期三，6：30-8 PM，PAUSD区办事处，SDC Rm，25 Churchill Ave，Palo Alto

斯坦福医学斯坦福预防研究中心的Christopher Gardner教授将您的问题带到了傍晚。低碳水化合物或低脂肪？假肉？非乳制品？Omega 3补充剂？有机？转基因生物？他将以自由形式的问答形式接受有关营养的任何和所有问题。加德纳教授在过去的25年里一直从事营养研究。他目前在美国心脏协会，美国糖尿病协会和美国烹饪学院工作。他的研究包括将食物选择与气候变化和儿童教育联系起来，并改善大学，学校，医院和工作场所的食物供应。随着加德纳教授破坏神话并证实真理，加入我们的科学与幽默的融合。父母可以带孩子。由PTAC健康与健康委员会赞助。

****NEW & UPDATED** Upcoming School Board Candidate Forums**

Thu, Sep 27, 7-9 PM, PAUSD District Office Board Room, 25 Churchill Ave, Palo Alto - Sponsored by League of Women Voters and PTAC

****新的和更新的**即将到来的学校董事会候选人论坛**

9月27日，下午7-9点，PAUSD区办公室董事会会议室，25 Palill Alto，Churchill Ave - 由女性选民联盟和PTAC赞助

Tue, Oct 2, 6:45-9 PM, PAUSD District Office Board Room, 25 Churchill Ave, Palo Alto - Focus is on Elementary Education (PreK-5th)

10月2日星期二，下午6：45-9，帕洛阿尔托丘吉尔大道25号PAUSD区办公室董事会会议室 - 重点是基础教育（PreK-5th）

Sun, Oct 14, 4-6 PM, Greene Middle School MP Room, 750 California Ave, Palo Alto - Focus is on Educational Equity & Access: Achievement Gap and Special Education

周日，10月14日，下午4-6点，格林中学MP室，750加利福尼亚大道，帕洛阿尔托 - 重点是教育公平与获取：成就差距和特殊教育

Sat, Oct 20, 4-6 PM, JLS Middle School MP Room, 480 E Meadow Dr, Palo Alto - Focus is on Secondary Education (6th-12th grades)

星期六，10月20日，下午4-6点，JLS中学MP室，480 E Meadow Dr，Palo Alto - 专注于中等教育（6 - 12年级）

There are six (6) candidates who are running for the two (2) open seats of our PAUSD School Board.

Please try to attend these very informative evenings where you can meet and hear from all the candidates. Open to public. Spanish and Mandarin translation available. Childcare available.

Information/questions: Christina Schmidt: evp@paloaltopta.com; Kimberly Eng Lee:

paloaltocac@gmail.com.

六（6）名候选人参加我们PAUSD学校董事会的两（2）个公开席位。请尝试参加这些信息丰富的夜晚，在那里您可以见到并听取所有候选人的意见。向公众开放。西班牙语和普通话翻译。提供托儿服务。信息/问题：Christina Schmidt：evp@paloaltopta.com；Kimberly Eng Lee：paloaltocac@gmail.com。

T6 Angela

****NEW** Parent Network Workshops: Cyberbullying Prevention**

Thursdays, Oct 4, 11, 18 and 25, 7-8 PM, Microsoft Store, Stanford Shopping Center

Please join the Greene Middle School 7th Grade Parent Network to learn what is cyberbullying, how it occurs and how to prevent it to enhance academic achievement and social/emotional wellbeing. This invitation is open to all PAUSD parents. Topics covered:

- * Different ways kids participate in cyberbullying
- * Impact of cyberbullying
- * How to prevent cyberbullying
- * How to set privacy settings on Windows 10 and Xbox

These workshops are FREE but please [RSVP](#).

****新**家长研讨会：网络欺凌预防**

周四，10月4，11，18，25日，Microsoft Store，斯坦福购物中心

请加入Greene中学的七年级家长了解什么是网络欺凌，它是如何发生，以及如何防止。

此邀请对所有PAUSD家长开放。

主题：

- *孩子参与网络欺凌的不同方式
 - *网络欺凌的影响
 - *如何防止网络欺凌
 - *如何在Windows 10和Xbox上设置隐私设置
- 这些研讨会是免费的，但请[RSVP](#)。



Measure Z Hosts a Night with Superintendent Austin

Thu, Oct 4, 7-9 PM, Home of Lynn Brown & Bob Stefanski, 455 Santa Rita Ave, Palo Alto

Come spend an evening getting to know PAUSD's new Superintendent, Dr Don Austin. He will be talking about the district's \$460 million Bond Measure Z that will be on our ballot on November 6. Santa Clara County Supervisor Joe Simitian will be our guest as well, supporting Measure Z. Refreshments will be served. RSVP to Susan Usman at susanlusman@gmail.com. Interested in finding out more about Measure Z and how to get involved: www.Yes-On-Z.org.

学区总监Austin将举办议案Measure Z听证会

星期四，10月4日，晚上7-9点，Lynn Brown & Bob Stefanski家，455 Santa Rita Ave, Palo Alto
认识PAUSD的新学区总监Don Austin博士。他将谈论该区将于11月6日投票的4.6亿美元债券计量Z。
Santa Clara County 主管Joe Simitian也将成为我们的客人，支持议案Measure Z.将提供茶点。通过
susanlusman@gmail.com 回复Susan Usman。有兴趣了解有关测量Z的更多信息以及如何参与：
www.Yes-On-Z.org。

T7 Danny

****NEW** Paly Centennial Celebration**

Sun, Oct 7, 2-3:30 PM, Palo Alto High School Performing Arts Center

50 Embarcadero Rd, Palo Alto

Palo Alto High School celebrates 100 years of community-supported public education on its current campus during the 2018/2019 school year. This year also marks 125 years since the founding of the first public school in Palo Alto. Everyone is invited to Paly's spectacular new Performing Arts Center to celebrate Paly's 100th birthday with world premier vocal and theatrical performances and special dedications presented by notable Paly alumni. The event is FREE but click [here](#) for general admission tickets. Tickets will also be available at the door. Box Office opens at 1:30. <https://paly.net/centennial>

****NEW** Urgent: Speak up for Our PAUSD Students Now!**

Our PTA bills reached the Governor! Takes just two taps on your phone to speak up for our students on the Click My Cause Two-Tap App:

- Pupil Suicide Prevention and Training (AB 2639)
- Help foster youth (AB 2043)
- Prohibit trying our youth offenders as adults (SB 1391)

(1) Download the FREE Click My Cause two tap app Click here to download app:

<https://clickmycause.com/download-the-app/>.

(2) Select Palo Alto PTA Council.

(3) Tap on your "act now" buttons.

****新** Paly Centennial庆祝活动**

周日, 10月7日, 下午2-3 : 30, 帕洛阿尔托高中表演艺术中心

50 Embarcadero Rd, Palo Alto

帕洛阿尔托高中将在2018/2019学年在其校区开展100周年的社区支持和时间活动庆祝会。今年也是帕洛阿尔托第一所公立学校成立125周年。每个人都被邀请到Paly来参观的新表演艺术中心并庆祝Paly高中成立的第100周年, 其中包括世界顶级的声乐和戏剧表演以及由著名的Paly校友献上特别奉献。该活动是免费的, 但需要点击这里获取入场券。门票也将在门口提供。售票处将于1:30开放。

<https://paly.net/centennial>

****新**紧急: 为我们的PAUSD学生发言!**

我们的PTA账单到达了上限! 只需在手机上轻按两下即可在Click My Cause应用中为我们的学生发言:

预防学生自杀训练 (AB 2639)

帮助培养年轻人 (AB 2043)

预防未成年人犯罪 (SB 1391)

(1) 下载免费点击我的原因两个点击应用点击此处下载应用程序: <https://clickmycause.com/download-the-app/>。

(2) 选择Palo Alto PTA Council。

(3) 点击“立即行动”按钮。

Community

T8 Richard

PAUSD Cubberley ReDesign

Thu, Sept 27, 7-9 PM, Cubberley Pavilion, 4000 Middlefield Rd, Palo Alto

PAUSD and the City of Palo Alto envision a new future for Cubberley Community Center that will also create the potential for a future school on the site. Please join us for the first of four meetings. Each meeting will build upon the results of the previous meeting and your continued participation will help us ensure that everyone's visions are considered as we together create a master plan for Cubberley. Childcare will be provided (children must be potty-trained). Spanish and Mandarin interpreters will be on hand and translated activity materials will be provided. Please RSVP at <https://bit.ly/2MMKDr9>.

PAUSD将重新设计Cubberley中心

时间地点：周四，9月27日，晚上7-9点，Cubberley的Pavilion, 4000 Middlefield Rd, Palo Alto
PAUSD学区和Palo Alto市为Cubberley社区中心设想了一个新的未来，有可能在此处建立一所新学校。请加入我们四场会议中的第一场。每次会议都将以上次会议的结果为基础，您的持续参与将帮助我们确保每个人的想法都得到考虑，由此我们共同为Cubberley制定总体规划。将提供托儿服务（儿童必须接受过如厕训练），西班牙语和普通话翻译以及这两种语言的宣传材料。参加者请通过<https://bit.ly/2MMKDr9> 回复。

Bike Palo Alto

Sun, Sep 30, 1-3 PM, Fairmeadow Elementary, 500 East Meadow Dr, Palo Alto
This annual, family-friendly event encourages people of all ages and abilities to bike more places more often, and kicks off PAUSD's Walk & Roll to School Week. Join us at Fairmeadow Elementary headquarters for helmet fitting, minor bike checkups, Safe Routes to School information, a cargo bike expo, and more! Then, choose one of three bike-friendly routes and explore with free treats along the way! Routes and treat stops are open until 4 p.m. All riders need a waiver, so if your student is riding without you, please print out, fill, sign and send [this form](#) with him/her. You can find all the details at bikepaloalto.org.

Palo Alto的骑自行车活动

时间地点：周日，9月30日，下午1-3点，Fairmeadow小学，500 East Meadow Dr, Palo Alto
这个一年一次、适合家庭的活动，鼓励不同年龄和能力的人更频繁地骑自行车，并以此开始PAUSD的步行/骑自行车/骑滑板车到学校周。此次活动的总部设在Fairmeadow小学，请加入我们进行头盔配戴，自行车的小检查，获得到学校的安全路线信息，以及自行车展览等等！随后，请选择三条适合骑自行车的路线中的一条，沿途还可享用免费美食！路线和食物站开放至下午4点。所有车手都需要交豁免表，所以如果您的学生自己单独前来参加骑车活动，请他/她带上已填好并有家长签字的此表格。您可以在bikepaloalto.org上找到有关这次活动的所有细节。

Edward

Teen Read Week Movie: Interstellar

Sun, Oct 7, 3-5 PM, Mitchell Park Library, 3700 Middlefield Rd, Palo Alto
Join us for Teen Read Week as we watch a movie based on Teen Read Week's theme "It's Written in the Stars." Astronauts embark on a dangerous mission through a wormhole in order to find a habitable planet in a distant galaxy. Rated PG-13. Snacks provided. Grades 7-12 are welcome. Registration required at Palo Alto City Library website.

Let's Talk: Parent Special Ed Support Group

Wed, Oct 17, 7-9 PM, Los Altos Library, 13 S San Antonio Rd, Los Altos
Connect with other parents who can relate to the joys and challenges of raising kids with differences. Learn from others' experiences and share your wisdom. 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. Monthly event organized by SELPA 1 CAC, details here: <https://tinyurl.com/selpa1talk>.

青少年阅读周电影：星际

太阳，10月7日，下午3-5点，米切尔公园图书馆，3700 Middlefield Rd, Palo Alto

加入我们的青少年阅读周，我们观看一部基于青少年阅读周的主题“它是在星空中写下”的电影。宇航员通过虫洞开展危险任务，以便在遥远的星系中找到一个可居住的行星。额定PG-13。提供小吃。7 - 12年级欢迎。Palo Alto City Library网站需要注册。

让我们来谈谈：家长特别支持小组

10月17日星期三，下午7-9点，Los Altos图书馆，13 S San Antonio Rd, Los Altos

与其他父母联系，这些父母可以解决抚养孩子差异的乐趣和挑战。从别人的经验中学习，分享你的智慧。向IEPs, 504s, 学习差异，心理健康挑战等学生的其他学生家长提问并分享想法，资源和支持。欢迎所有人，参与者必须尊重机密性。由SELPA 1 CAC组织的月度活动，详情请访问：<https://tinyurl.com/selpa1tal>

T10 Evan

Palo Alto High School Cheer and Dance Teams Fundraiser: Gizdich Ranch Pies

Order Deadline: Fri, Oct 19

The best part of the holidays is sharing amazing meals and desserts with friends & family. This holiday season, the Paly Dance & Cheer teams are selling "farm-fresh" holiday pies from Gizdich Ranch in Watsonville. The Apple, Two Berry, and/or Pumpkin pies are \$20 each, or 3 for \$55. They will be available for pickup in person outside of the Tower Building on Monday, November 12, from 3-7 PM, or available for delivery that day for an extra \$5. Download and print [order form](#). Deadline to order is Friday, October 19, so put your orders in early. Thank you in advance for your support to help pay for our team expenses-we really appreciate it! Please contact awilliamson@pausd.org for more information.

帕洛阿尔托高中的啦啦队和舞蹈团筹款活动：Gizdich Ranch Pies

订单截止日期：10月19日星期五

假期最好的部分是和朋友和家人分享美味佳肴和甜点。在这个假日季节，Paly Dance & Cheer团队正在出售位于沃森维尔的Gizdich Ranch的“农场新鲜”假日馅饼。Apple, Two Berry和/或Pumpkin Pies每个20美元，或者55美元3个。它们将于11月12日星期一下午3点至7点在塔楼外面提取，或者当天送货，额外收费5美元。下载并打印订单。订购截止日期是10月19日星期五，所以请尽早下订单。提前感谢您的支持，以帮助支付我们的团队费用 - 我们非常感谢！请联系awilliamson@pausd.org获取更多信息。

Stellar Science Enrichment Seeks Volunteers to Work with At-Risk Elementary School Students

Tuesdays, 4-5 PM, Mariano Castro Elementary School, 500 Toft St, Mountain View

Stellar Science Enrichment is seeking middle and high school volunteer mentors for the 2018-19 school year. Volunteers will work with at-risk elementary school students to complete hands-on science experiments and activities to support their science curriculum and enjoyment of the subject. A student run program, Stellar Science works with the YMCA after school program in Mountain View schools. Students in the area in 6th-12th grade with an interest in science and/or service are encouraged to join and be part of a very rewarding experience. Contact Lucy Volino, Director at stellarscienceenrichment@gmail.com to sign up or with any questions.

Stellar Science寻求志愿者与小學生一起工作

星期二，下午4-5点，Mariano Castro小学，500 Toft St, Mountain View

Stellar Science Enrichment正在寻找2018-19学年的中学和高中志愿。志愿者将与小学生一起完成实践科学实验和活动，以支持他们的科学课程和享受这一主题。Stellar Science是一个学生运行计划，与Mountain

View学校的YMCA课后计划合作。我们鼓励6至12年级对科学和/或服务感兴趣的学生加入并参与非常有益的体验。如有任何疑问, 请联系stellarscienceenrichment@gmail.com主管Lucy Volino

FROM THE PREVIOUS ISSUE:

T11 Meiting

Let's Talk: Parent Spec Ed Support Group with Special Education Local Plan Area

Mon, Sep 17, 10 AM-12 PM, cafe tables in front of Whole Foods, 4800 El Camino Real, Los Altos

This is a great opportunity to connect with other parents who can relate to the joys and challenges of raising kids with differences. This is 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. Monthly event organized by SELPA (Special Education Local Plan Area) 1 CAC, details here: <https://tinyurl.com/selpa1talk>

让我们来谈谈：家长规范教育支持小组与特殊教育地方规划区

周一, 9月17日, 上午10点至下午12点, 在Whole Foods前面的咖啡桌, 4800 El Camino Real, Los Altos 这是一个很好的机会, 可以与其他父母建立联系, 这些父母可以解决抚养孩子差异的乐趣和挑战。这是一个向IEPs, 504s, 学习差异, 心理健康挑战等学生的其他学生家长提问和分享想法, 资源和支持的机会。欢迎所有人, 参与者必须尊重机密性。由SELPA (特殊教育地方规划区) 1 CAC组织的月度活动, 详情请访问: <https://tinyurl.com/selpa1talk>

FREE Women's Wellness Intro Class: A Taste of the Season with Jalene Salus

Fri, Sep 28, 10 AM-12 PM, St. Mark's, 600 Colorado Ave, Palo Alto

In this FREE class, Jalene Salus will offer an introductory taste of Integrative Nutrition as she shows you some sweet and simple ways to nourish your mind, body and spirit. Enjoy a little taste of some seasonal spring bites while you discuss foods to support your unique body - and your family. 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 for this FREE workshop as space is limited! More [info](#). Register [here](#).

免费女性健康介绍课程：与Jalene Salus一起品尝季节

周五, 9月28日, 上午10点至下午12点, 圣马克, 600科罗拉多大道, 帕洛阿尔托

在这个免费课程中, Jalene Salus将为您提供一种融入整体营养的入门品味, 因为她向您展示了一些滋养您的思想, 身体和精神的甜蜜而简单的方法。在您讨论食物来支持您独特的身体 - 以及您的家人时, 您可以品尝一些季节性的春季小吃。Jalene将向您展示如何使您的自我护理与本赛季的节奏保持一致, 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, 此免费研讨会需要注册! 更多信息。在[这里](#)注册。

T12 Jane

NEW: Ultimate Frisbee Class for Boys and Girls

Sat, Sep 29-Nov 17, 1-2 PM, Greer Park, Field 5, 1098 Amarillo Ave, Palo Alto, 94303

Is your child looking for a fun sport and they want to try something new? The City of Palo Alto Enjoy catalog is offering a brand new class, Ultimate Frisbee for kids 8-14. The course is open to both boys and girls and instructed by the Bay Area Disc Association. The class will be held at Greer Park on Saturdays

starting 9/29. Registration is open and the course number is 13137. To register go to <http://www.cityofpaloalto.org/enjoy>.

新的运动：男生女生越野及飞盘课（一个像橄榄球一样的运动。可是使用飞盘当球。这个运动没有橄榄球暴力，也没有要冲撞别人。）

星期六：9月29号到11月17号，1点到2点，Greer Park, Field 5, 1098 Amarillo Ave, Palo Alto, 94303.

您的小孩在找一个新的又好玩的运动吗？Palo Alto Enjoy 的目录现在给八到十四岁的下朋友们提供一个新的越野及飞盘课。这个课程向男生和女生都能参加，并由 Bay Area Disc Association 指导。这个课程将会在9月29日星期六在Greer Park举行。注册现在是开放的，课程号码是13137.注册去

<http://www.cityofpaloalto.org/enjoy>.

Bike Palo Alto

Sun, Sep 30, 1-3 PM, Fairmeadow Elementary, 500 E Meadow Dr, Palo Alto

Now's the time-- find your bike and make sure it's ready to ride by doing an [air-brakes-chain quick check](#).

If you need assistance with flat tires, faulty brakes, or a rusty chain, visit our [Resources page](#) and choose one of our great local bike shops to fix it up. You'll find more details on this fun, family-friendly event at

<https://bikepaloalto.org/>. Let's get rolling!

自行车 Palo Alto

周日，9月30号，1点到3点PM，*Fairmeadow Elementary, 500 E Meadow Dr, Palo Alto*

现在是修自行车的时候-- 快去找你的自行车而查看有没有坏掉的部分 [air-brakes-chain quick check](#)。如果

您需要关于关轮胎漏气，刹车不良或链条生锈的帮助，去我们的 [Resources page](#) 然后自己选一个自行车

店去修理您的车。您将可以在<https://bikepaloalto.org/> 找到跟多关于这个活动的资料。

T13 Ann

Palo Alto City Council Candidates Forum sponsored by Palo Alto Neighborhoods

Thu, Oct 4, 7-9 PM, doors open 6:45 PM, Council Chambers, 250 Hamilton Ave, Palo Alto

Join PAN for an evening of questions to the 5 candidates running for City Council. Traffic, Housing, Budget and more will be discussed. Fill out your questions in advance by 9/18 at

www.paneighborhoods.org.

Palo Alto市议会候选人论坛由Palo Alto社区赞助

10月4日星期四，晚上7-9点，开放时间为下午6点45分，地点位于议会商会，250 Hamilton Ave, Palo Alto.

加入PAN，向5名竞选市议会的候选人提问。讨论内容将包括交通、住房、预算等。

请于9月18日前在www.paneighborhoods.org处提前填写您的问题。

Stanford University Seeking Research Subjects

Join the Girl BAND Study (Girl Behavior and NeuroDevelopment)! Researchers at Stanford University are looking for girls ages 6-14 with developmental disabilities or typical development to participate in a study exploring brain development in relation to behavior, cognition, and mood in girls. Participation involves a comprehensive cognitive and behavioral evaluation and MRI/NIRS scans (safe, non-invasive, no x-ray/radiation). Potential benefits include evaluation reports, annual follow-up, results of the study, and a \$100 honorarium for participation. For more info girlbandstudy@stanford.edu or (650) 724-2951.

斯坦福大学寻求研究课题

参加女子BAND(缩写：女孩行为与神经发育)研究！斯坦福大学的研究人员正在寻找6-14岁有发育障碍或典型发育的女孩参加一项研究，探索年轻女性在行为、认知和情绪方面的大脑发育。参与将包括一个全面

的认知和行为评估和核磁共振 / 核磁共振扫描(安全、无创、无 x 射线或辐射)。潜在的好处包括评估报告、年度后续行动、研究结果以及100美元的参与酬金。欲了解更多信息, 请访问girlbandstudy@stanford.edu或致电 (650-724-2951) 。

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

对于更早的社区公告, 请参阅Gunn Connection的“最近事件”板块。