



# Calendar

## **Fri, Sep 14**

Football vs. Marina, 4:30 PM Frosh/Soph, 7 PM Varsity, Football Field

## **Sun, Sep 16**

Choir Back to School Family Concert & Potluck, 4 PM

## **Mon, Sep 17**

Make-Up Photos, 1:30-2:30, Staff Lounge

## **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

# Gunn

## **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](#).

## **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.

Series sobre Educación para Padres de Palo Alto.

Padres compasivos: Cómo criar adolescentes que son amables, creativos y resilientes

Martes 2 de octubre 7-8:30 PM Escuela Secundaria de Palo Alto Centro de Arte (PAC) 50

Embarcadero Rd, Palo Alto.

<https://leahweiss2018paloalto2.eventbrite.com/>

¿Cómo educar adolescentes que son creativos, compasivos y resilientes?  
¿Estudiantes que se convertirán en líderes emocionalmente inteligentes?

La Dra. Leah Weiss, experta internacional sobre la compasión de la Universidad de Stanford, compartirá consejos sobre lo que los padres deben hacer para permanecer atentos mientras se navega en los altos y bajos en la educación de los niños. Aprenda a cómo bajar su voz interna y practicar la auto compasión para criar niños que son emocionalmente resilientes. Leah Weiss, PhD, es investigadora, conferencista, consultora y autora. Da cursos sobre liderazgo compasivo en la Escuela de Negocios de la Universidad de Stanford y es miembro fundador del Programa de Cultivo de la Compasión de la Universidad de Stanford. Su libro más reciente y aclamado *Cómo funcionamos (How we Work)* es respaldado por Dalai Lama. ¡Son bienvenidos padres, estudiantes y educadores! La entrada es gratis y se servirán refrescos y bocadillos. Habrá traducción para el español y mandarín. Series sobre Educación para padres de Palo Alto es auspiciado por PTSA de Paly y PTSA de Gunn.

#### **FROM THE PREVIOUS ISSUE:**

#### **Gunn Foundation September Challenge Match**

The Gunn Foundation has a generous donor who will match September donations. Gunn Foundation provides need-based scholarships to college-bound Gunn seniors. Scholarships fund essential expenses -- housing deposits, books, enrollment fees -- often unmet by aid packages. Any amount can make a difference. Double your impact in September at [gunnfound.org/donate](http://gunnfound.org/donate). Thank you. The Gunn Foundation also thanks our fantastic Gunn community for making the first annual Back-to-School Social event with food trucks a smashing success.

#### **The Gunn Academic Center Accepting Peer Tutor Applications Now**

You should become a Student Tutor in AC tutor if...

- You can tutor SPANISH 2 or 3, ANALYSIS H, or AP PHYSICS 1.
- You're taking AP courses, and are feel you can help other students succeed in the subject.
- You want to earn community service hours for Living Skills or for your college apps.

Apply NOW in the AC (D-2), right next to the Library!



# PAUSD & PTAC

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

*Wed, Sep 26, 6:30-8:00 PM, PAUSD District Office, SDC Rm, [25 Churchill Ave](#)*

Bring your burning questions to an evening with Professor Christopher Gardner, Ph.D, of Stanford Medicine's Stanford Prevention Research Center. Low carb? Low fat? Fake meat? Non-Dairy Milks? Omega 3 supplements? Organic? The microbiome? Professor Gardner will be taking any and all questions on nutrition in a free form Q&A format. Professor Chris Gardner, PhD, has been involved in nutritional research for the past 20 years, focusing mainly on investigating the potential health benefits of various dietary components or food patterns. His research has also included non-health related approaches to improving diet, like the connections between food and climate change and children's education, and improving institutional food, such as food served in universities, schools, hospitals and worksites. Parents may bring their children. Sponsored by PTAC Health and Wellness Committee.

## **\*\*NEW\*\* School Board Candidate Forum**

*Thu, Sep 27, 7-9 PM, PAUSD District Office, Board Rm, [25 Churchill Ave](#)*

The League of Women Voters will hold a forum for the candidates who are running for the two open seats of our PAUSD School Board. Please try to attend this very informative evening where you can meet and hear from all the candidates.

## **\*\*NEW\*\* 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](mailto:susanlusman@gmail.com). Interested in finding out more about Measure Z and how to get involved: [www.Yes-On-Z.org](http://www.Yes-On-Z.org).

**Urgent: Keep Tapping on your phones for our Students!**

Congrats!!! The Governor signed our bill to help homeless students. Takes seconds -- two taps on your phone -- to support our remaining PTAC bills on the Click My Cause Two-Tap App:

- Increase K-12 school funding targets (AB 2808)
- Help foster youth (AB 2043)
- Pupil Suicide Prevention and Training (AB 2639)

Sign up for Palo Alto PTA Council mobile alerts on the FREE Click My Cause Two Tap App <https://clickmycause.com/download/>.

### **\*\*NEW\*\* Sep 12 PTAC General Association Meeting**

Thank you for a great turn out at the PTA Council 1st General Association Meeting. We voted and passed our annual budget, PTAC calendar, and new appointments. Please visit our website for details. Visit us at: <https://ptac.paloaltopta.org/> Thank you also to all visitors, new Executive Vice Presidents, as well as key volunteers, executive board members, and our Board of Education liaison, Jennifer DiBrienza. We're off to a great start! The next General Association meeting will be on Wednesday, October 10, 2018. You are invited and welcomed.

### **\*\*NEW\*\* New Appointments & PTA Presidents/Executive Vice Presidents (EVPs)**

Congratulations to the following individuals for joining their School PTAs and the PTA Council!!! We're glad you are here. Thank you to those who are already serving in various capacities at your schools and on the PTA Council. Congratulations!

#### PTAC Executive Board

Auditor - Karrie Chen

Co-VP Parent Ed - Offir Gutelzon

#### PTA Council Member Schools

Addison PTA President/EVP - JC Renners/Lauren Williams

Barron Park PTA President/EVP - Nakia Davis/Ana Zacharias

Briones PTA President/EVP - Mayank Bhatia/David Ng

Duveneck PTA President/EVP - Valerie Rainey/Julie Tomasz

El Carmelo PTA President/EVP - Jen Wiener/Edrienne Brandon  
Escondido PTA President/EVP - Christine Klenow/Amy McCarter  
Fairmeadow PTA President/EVP - Nadia Priestly/Nirmala Patni  
Walter Hays PTA President/EVP - Meredith Martin/Lise Latour  
Hoover PTA President/EVP - Indira Priyadarsani/Sridevi Narayanan  
Nixon PTA President/EVP - Matthew Hayes/Emily Wessler  
Ohlone PTA President/EVP - Kimberly Klikoff/Rebecca Sweat  
Palo Verde PTA President/EVP - Karolina Werner/Iris Chen  
Fletcher PTA President/EVP - Audrey Gold/Melissa Racz  
Greene PTA President/EVP Amanda Steil/Ann Balva  
JLS PTA President/EVP - Lili Nova-Rosseig  
Gunn PTSA President/EVP - Sigrid Pinsky/Kimberly Eng Lee  
PALY PTSA President/EVP - Elizabeth Olsen/Melinda Zschietschmann

**\*\*NEW\*\* PTA Council Directory Is Here**

Hot off the press!! The PTAC Directory is now available. New district personnel contact information can also be found in the PTAC Directory. Consult your school or PTA copy. Thank you to James Cook, Bill Cortright, and all unit Presidents, EVPs, who worked expeditiously to bring this to you.

**\*\*NEW\*\* PTA Council Endorses Measure Z**

At the General Association meeting on September 12, the Association voted to accept the recommendation of the PTA Council Executive Board. PTA Council endorses Measure Z (School Bond Measure) and financially supports it. We hope unit PTAs will do likewise. For more information, please visit our website: <https://ptac.paloaltopta.org/>.





# Community

## **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](#).

## **NEW: Ultimate Frisbee Class for Boys and Girls**

### **NUEVO: Clase de Ultimate Frisbi para Niños y Niñas**

*Sat, Sep 29-Nov 17, 1-2 PM, Greer Park, Field 5, [1098 Amarillo Ave, Palo Alto, 94303](#)*

*Sábado, 29 de septiembre - 17 de noviembre, 1-2 PM, Parque Greer, Campo 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>.

¿Está buscando su hijo o hija para un deporte divertido y quieren tratar algo nuevo? El Enjoy! Catálogo de la ciudad de Palo Alto ofrece una clase nueva, Ultimate para edades 8-14. El curso está abierto a ambos niños y niñas y diseñado por el Asociación Frisbi de la Bahía Área. La clase estará llevado a cabo en Parque Greer los sábados empezando 9/29. Registración está abierta en <http://www.cityofpaloalto.org/enjoy> y el número del curso es 13137.

## **Bike Palo Alto**

## **Bici Palo Alto**

*Sun, Sep 30, 1-3 PM, Fairmeadow Elementary, [500 E Meadow Dr, Palo Alto](#)*

*Domingo, 30 de septiembre, 1-3 PM, Fairmeadow Primaria, [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!

Ahora es el tiempo-- busque su bicicleta y revísala si está lista a andar con un [freno-de-aire-cadena revisión](#). Si necesita asistencia con llantas desinfladas o una cadena oxidada, visita nuestra [página de Recursos](#) y elige un de nuestras talleres locales a repararla. Buscará más detalles en este evento divertido para toda la familia en <https://bikepaloalto.org/>. Vamonos andar!

## **Palo Alto City Council Candidates Forum sponsored by Palo Alto Neighborhoods**

### **Foro de Candidatos para el Ayuntamiento de Palo Alto patrocinado por Barrios de Palo Alto**

*Thu, Oct 4, 7-9 PM, doors open 6:45 PM, Council Chambers, [250 Hamilton Ave, Palo Alto](#)*

*Jueves, 4 de octubre, 7-9 PM, puertas abren 6:45 PM, Cámara del Ayuntamiento, [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](http://www.paneighborhoods.org).

Únase a PAN para una tarde de preguntas a los cinco candidatos postulando para el Ayuntamiento. Tráfico, Viviendas, presupuesto, y más estará discutido. Llena un formulario con sus preguntas por 9/18 en [www.paneighborhoods.org](http://www.paneighborhoods.org).

## **Stanford University Seeking Research Subjects**

### **Stanford Buscando Participantes para Estudio Científico**

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](mailto:girlbandstudy@stanford.edu) or (650) 724-2951.

Únase a Girl BAND (Comportamiento de Niñas y Desarrollo Cognitivo)! Investigadores en la universidad de Stanford están buscando a niñas edades 6-14 con un atraso en el desarrollo o desarrollo natural a participar en un estudio explorando el desarrollo del cerebro en relación con comportamiento, cognición, y humor en niñas. Participación supone un evaluación comprensivo cognitivo y de conducta y escáneres MRI/NIRS (seguro, no invasivo, no radiografía/radiación). Beneficios potenciales incluye reportajes de evaluaciones, un seguimiento cada año, y honorario de \$100 para participación. Para más información, visite [girlbandstudy@stanford.edu](mailto:girlbandstudy@stanford.edu) o llame (650) 724-2951.

### **FROM THE PREVIOUS ISSUE:**

### **DE LA PASADA EDICIÓN:**

### **Palo Alto High School's 2-Day Weekend Glass Workshops**

### **Tallers Vidrios Fines de la Semana de de Paly**

*Sat & Sun, Sep 15-16, Nov 10-11, Nov 24-25, Dec 8-9, 9-3 PM, Paly Glass Studio, Palo Alto High School, [50 Embarcadero Rd, Palo Alto](#)*

*Sábado y Domingo, 15-16 de septiembre, 10-11 de noviembre, 8-9 de diciembre, Paly Estudio Vidrio, Palo Alto High School, 50 Embarcadero Rd, Palo Alto*

The workshop will focus on beginning glass blowing techniques. It's an incredible, fun, hands-on experience and it benefits the Paly Fiery Arts Program. Repeating students progress from their last session. Advanced Sign up required. Class limit is four. Teens and adults. \$425 per person. Open to Paly and the public. Contact: David Camner, founder of the Paly Fiery Arts, [dcamner@pausd.org](mailto:dcamner@pausd.org).

La clase concentrará en técnicas de hacer vidrio soplado. Es una experiencia increíble y divertida y beneficia el programa Artes Fogosos

de Paly. Registración antes de una clase es necesario. Estudiantes de las clases pasadas continuarán de su pasada sesión. El límite de la clase es cuatro . \$425 cada persona. Abierta todos. Contacte: David Camner,

### **PALY Fiery Arts Fall Glass Sale: Glass Pumpkins, Pears, Cats and More!**

### **PALY Artes Fogosos Venta Otoño de Vidrio: Calabazas de vidrio, Peras, Gatos, y más!**

*Fri, Sep 21, 3-6 PM; Sat, Sep 22, 11-4 PM; in front of the Palo Alto High School Art Bldg between the Performing Arts Center and the Haymarket Theatre, Palo Alto High School, [50 Embarcadero Rd, Palo Alto](#)*

*Viernes, 21 de septiembre, 3-6 PM; Sábado, 22 de septiembre, 11-4 PM; en frente del edificio arte de Paly entre el centro de artes escénicas y el teatro Haymarket, Palo Alto High School, 50 Embarcadero Rd, Palo Alto*

Discover 800+ magical glass pumpkins, pears, fish, cats, birds, bowls, moose and more. Hand-blown art made by Paly instructors, alums and students. Glass sales benefit the Fiery Arts program which creates opportunities for students to participate in an amazing sculpture curriculum. Come see the live demonstrations! Invite your family, friends, and neighbors! See you there! [2018 Fiery Arts Glass Sale](#)  
<https://www.facebook.com/PalyFieryArts> Contact:  
[PalyFieryArts@gmail.com](mailto:PalyFieryArts@gmail.com)

Descubra 800+ calabazas de vidrio mágicas, peras, peces, gatos, pájaros, bols, alce americanos, y más. Vidrio soplado artesanal por instructores, exalumnos, y estudiantes de Paly. Ventas beneficia el programa Paly Artes Fogosos que crea oportunidades para estudiantes a participar en un currículo de escultura fantástico. Venga a ver demostraciones en vivo! Invite su familia, amigos, y vecinos! Nos vemos allí!

2018 Artes Fogosos Venta Vidrio:  
<https://www.facebook.com/PalyFieryArts>  
Contacto: [PalyFieryArts@gmail.com](mailto:PalyFieryArts@gmail.com)

### **Teen Read Week Movie**

### **Película de Semana de Libro Adolescente**

*Tue, Oct 9, 4-6 PM, Mitchell Park Library, [3700 Middlefield Rd. Palo Alto](#)*

*Martes, 9 de octubre, 4-6 PM, Biblioteca de parque Mitchell, 3700 Middlefield Rd, Palo Alto*

Join us for Teen Read Week as we watch a movie based from David Levithan's YA novel, *Every Day*. Every day a different body. Every day a different life. Every day in love with the same girl. Rated PG-13. Register on PACL website. Grades 8-12.

Acompáñenos a mirar una película surgió a parte de *Every Day* (Cada Día) por David Levithan. Cada día un cuerpo diferente. Clasificado PG-13 (edades 13 y mayor). Inscríbese en línea a PACL. Grados 8-12.

### **High School Families: Host an AFS Exchange Student**

Hosting helps a high school student become fluent in English and experience life in America. "Becoming a host family took us out of our comfort zone and provided many new experiences." Questions? Contact Veronica Buxton at [vbuxton@afsusa.org](mailto:vbuxton@afsusa.org). AFS-USA is a premier volunteer cultural exchange program approved by the State Department. Contact us: [AFS-USA](#).