

Calendar

Calendario

Fri, Sep 21

Viernes, 21 de septiembre

Football vs. Mountain View, 4:30 Frosh/Soph, 7 PM Varsity, Football Field
Gunn contra Mountain View, 4:30 PM partido del equipo de primer año y segundo año, 7 PM partido del equipo de preparatoria, Campo de Gunn

Tue, Sep 25

Martes, 25 de septiembre

Freshman Concert Band Informance, 7 PM, Bow Gym
Presentación de la banda de los estudiantes de primer año, 7 PM, Bow Gimnasio

Wed, Sep 26

Miércoles, 26 de septiembre

Freshman Parents Night, 6:30 PM, Library
Noche de padres de estudiantes de primer año, 6 PM, Biblioteca
Band & Orchestra Boosters Meeting, 7:15 PM, Music Building
Conferencia de Banda y Orquesta Boosters, 7:15 PM, Edificio de Música
Sophomore Parents Night, 7:45 PM, Titan Gym
Noche de padres de estudiantes de segundo año, Titan Gimnasio

Thu, Sep 27

Jueves, 27 de septiembre

Sophomore Parents Network, 8:30 AM, Staff Lounge
Red social de padres de estudiantes de segundo año, 8:30 AM, Sala de Profesores

Mon-Thu, Oct 1-4

Lunes-Jueves, 1-4 de octubre

Alternate Schedules (see [Calendar](#))
Horarios alternados (vea [Horario](#))

Mon, Oct 1

Lunes, 1 de octubre

Junior Parents Network, 7 PM, Library
Red social de padres de estudiantes de tercer año, 7 PM, Biblioteca

Wed, Oct 3

Miércoles, 3 de octubre

Freshman Parents Network, 8:15 AM, Staff Lounge
Red social de padres de estudiantes de primer año, 8:15 AM, Sala de Profesores

Thu, Oct 4

Jueves, 4 de octubre

Wind Ensemble & Orchestra Concert, 7:30 PM, Spangenberg
Concierto de Wind Ensemble y Orquesta, 7:30 PM, Spangenberg

Fri, Oct 5

Viernes, 5 de octubre

NO SCHOOL - Staff Development Day
NO ESCUELA - Dia de la formación continua del profesorado

Gunn

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.

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.

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.

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

FROM THE PREVIOUS ISSUE:

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.

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些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://leahweiss2018palalto2.eventbrite.com/>

PAUSD & PTAC

****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.

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.

****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

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

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)

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.

****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](#).

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.

****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.

Community

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>.

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.

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>.

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.

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.

FROM THE PREVIOUS ISSUE:

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>

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

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>.

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!

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.

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.