

# Gunn Connection

## In This Issue

[Calendar](#)

[Gunn](#)

[PAUSD & PTAC](#)

[Community](#)

## Quick Links

[Gunn HS Website](#)



## Calendar

T1 george

**Fri, Mar 8**

End of 3rd Quarter

**Sat, Mar 9**

Gunn Jazz Community Swing Dance, 6:30 PM, Bow Gym

**Mon, Mar 11**

NO SCHOOL - District Holiday

**Tue-Fri, Mar 12-15**

Alternate Schedules (see [Calendar](#))

**Tue, Mar 12**

Parent Ed: The Self-Driven Child, 7 PM, Paly PAC

**Fri-Sat, Mar 15-16 & Thu-Sat, Mar 21-23**

Gunn Musical "In the Heights" ([Info](#))

**3月8日星期五**

第三季结束

**3月9日星期六**

Gunn爵士乐社区摇摆舞，下午6:30，BOW健身房

**3月11日 星期一**

学校放假- 地区假日

**3月12日至15日 星期二至星期五，**

备用时间表（见日历[Calendar](#)）

**3月12日星期二**

父母教育：自我驱动的孩子，晚上7点，Paly PAC

**3月15日至16日星期五星期六，3月21日至23日星期四至星期六**

Gunn音乐剧“在在地”（信息[Info](#)）

# Gunn

T2 Kelly

## Swing Dance with Live Music from the Gunn Jazz Band

Sat, Mar 9, 6:30-9:30 PM, Bow Gym

Come hear the sounds of the Gunn Jazz Band, then enjoy pizza, dessert, and other refreshments for dinner before jumping 'n jiving to the sounds of the Gunn Jazz Band; special guest solo on the sax by one of the Titan staff members! Don't know how to swing dance? A swing dance teacher will provide instructions. Tickets are on sale through the Jazz students and at the door the night of; \$20 for 1 adult or \$30 for 2; \$10.00 for 1 student or \$15 for 2. Bring the whole family to this fun event!

## 摇摆舞会与现场爵士乐队演奏

星期六, 3月9日, 6:30-9:30, Bow体育馆

来听听Gunn爵士乐队的演奏, 吃点披萨和甜点, 然后享用饮品吧! Gunn爵士乐队将有一位Gunn的职员作为特别嘉宾表演萨克斯风的独奏! 不知道怎么跳摇摆舞? 现场将有摇摆舞老师教学。门票可以从Gunn爵士乐队学生购买或者在门口购买。大人单人票价20双人票价30, 学生单人票价10双人票价15。带着全家来参加这个好玩的活动吧!

Pretranslate-skip, t2 cont. below

## Palo Alto Parent Education Series

### 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 and teens who are confident, self-directed, and goal-driven. In this presentation, clinical neuropsychologist Dr. William Stixrud and motivational coach Ned Johnson share tools that parents can use to enhance a child's drive, motivation, and healthy decision-making. Parents, students, and educators welcome! Free admission and light refreshments. Spanish and Mandarin interpretation will be available. [Register here](#). The Palo Alto Parent Education Series is jointly sponsored by Gunn PTSA and Paly PTSA.

## Series De Educacion Para Padres En PAUSD

### El niño auto-controlado - La ciencia y el sentido de dar a nuestros niños más control sobre sus vidas

Martes, 12 de marzo, de 7:00 a 8:30 PM, Escuela Secundaria de Palo Alto (Paly) Centro de Artes, 50 Embarcadero Rd, Palo Alto

Todos los padres quieren que sus niños y adolescentes tengan confianza, auto control y metas. En esta presentación, el clínico neurosicológico, Dr. William Stixrud y el entrenador de motivación, Ned Johnson compartirán herramientas que los padres pueden usar para mejorar la motivación, el auto manejo y una toma de decisión saludable del niño. ¡Padres, estudiantes, educadores son bienvenidos! Entrada gratis y se servirán refrescos. Habrá traducción disponible para el mandarín y español. [Regístrese aquí](#). Las series de Educación para Padres son auspiciadas conjuntamente por PTSA de Gunn y el PTSA de Paly.

## Palo Alto 家长教育系列

### 自我驱动的孩子 - 赋予孩子更多控制他们自己生活权力的科学和意义

星期二, 3月12日 傍晚7:00-8:30

Palo Alto高中 - 表演艺术中心, 50 Embarcadero Road, Palo Alto, CA 94301

所有父母都希望孩子和青少年自信, 自我导向和为目标努力。在本次讲座中, 临床神经心理学家William Stixrud博士和激励教练Ned Johnson与家长分享些措施可以用来激励孩子的动力, 上进心和帮助他们作出健康的决定。

欢迎所有家长，学生和教育工作者！免费入场，有点心，西班牙语和国语口译服务提供。 [在此注册](#)。  
Palo Alto家长教育系列由Gunn PTSA和Paly PTSA联合赞助。

### **Gunn Performing Arts Presents: *In the Heights***

*Opening Night Gala: Fri, Mar 15, 7:30 PM*

*Fri-Sat, Mar 15-16 and Thu-Sat, Mar 21-23*

Before Lin Manuel Miranda rocked the musical theatre world with *Hamilton*, he created *In the Heights*, the 2008 Tony Award winner for best musical. The show is rich with Latin cultures and sounds, from salsa to merengue to Latin pop, as well as thrilling hip hop and rap. Join us for these compelling stories of angst, hope, community, and love as we explore the universality of the immigrant experience in America.

Opening Night Gala: \$25 (includes performance and celebration, dancing, and feast in Titan Gym);

evening performances: \$10 students,

\$15 adults; matinee performances: \$5. Tickets and information at [gunntheatre.org](http://gunntheatre.org).

### **Gunn表演艺术为大家带来：In the Heights（身在高地）**

*开幕晚会：星期五，3月15，7：30pm*

*星期五至六，三月15-16，星期四至六，三月21-23*

林·曼努尔·米兰达在创作出闻名中外的Hamilton（哈密尔顿）之前写出了赢得2008 Tony（东尼）最佳音乐剧奖的In the Heights（身在高地）。这个音乐剧包含了很多拉丁文化和声音：从萨尔萨到梅伦格舞到拉丁流行乐到嘻哈和说唱。来和我们一起观赏这个充满愤怒，希望，社区，和爱的描述美国移民们的故事吧。

开幕晚会票价25美元（包括表演，庆祝，跳舞，和晚餐）；夜场表演票价：学生10美元，大人15美元

；日常表演门票5元。更多关于票的信息请看：[gunntheatre.org](http://gunntheatre.org)

### **T3 Katie**

#### **Sophomore Parent Network Social**

*Thu, Mar 28, 6:30-8 PM, Cielas Restaurant, 740 El Camino Real, Palo Alto*

Come join us at Cielas restaurant for our next Parent Network meeting. Meet other parents and enjoy some appetizers.

#### **十年级学生家长见面会**

*星期四，3月28号，晚上6：30到8点。地址：Cielas Restaurant, 740 El Camino Real, Palo Alto*

各位十年级学生的家长们请和我们一起在Cielas 餐馆进行一场家长见面会吧。享受美食的同时还可以和其他的家长见面交流哦

#### **Gunn Sports Boosters**

Congratulations to **Justin Chiao** and **Jared Freeman**! Both received Athlete of the Week Honorable Mention from Palo Alto Weekly, Wednesday, 3/6. Follow us on Facebook at [Gunn Sports Boosters](#)!

#### **Gunn 体育出色表现表彰**

恭喜Justin Chiao和Jared Freeman同学！两位都在每周三发行的Palo Alto Weekly报纸上的“每周出色体育表现”板块获得了表彰。更多消息请在脸书（Facebook）上关注[Gunn Sports Boosters](#)吧！

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

##### **T4-Emily**

#### **Tacolicious Fundraising Monday Nights for the Month of March**

*Mondays, Tacolicious, 632 Emerson St, Palo Alto*

Every Monday night in the month March, Gunn High School will get a percentage of cash totals from customers who eat at Tacolicious Palo Alto. [Order pick-up](#) ahead online. Book reservations (at select

times) through [OpenTable](#). Purchase gift cards on Monday nights and encourage recipients to use them on Monday as well to double the funds! Have a taco bar delivered to your next meeting or event on any Monday in March. To qualify for delivery, orders must total \$500 or more. Or host a large group in any of their private dining rooms. You must order catering or book a private dining room by emailing [schoolproject@tacolicious.com](mailto:schoolproject@tacolicious.com) and say that the party is to support the [Tacolicious School Project](#). Over \$1,000,000 raised and counting! Help support our school and a local businesses!

### **Tacolicious 筹款周三为3月份的夜晚**

*周一, Tacolicious, 632 Emerson St, Palo Alto*

在3月份的每个星期一晚上, 甘恩高中将从在Tacolicious Palo Alto吃饭的顾客中获得一定比例的现金总额。在线订购提货。通过[OpenTable](#)预订(在选定的时间)。周一晚上购买礼品卡, 并鼓励收件人在周一使用它们, 以使资金翻倍! 在3月的任何一个星期一, 将一个炸玉米饼吧送到您的下一次会议或活动。要获得交付资格, 订单总数必须达到500美元或更多。或者在他们的任何私人用餐室举办大型团体活动。您必须通过发送电子邮件至 [schoolproject@tacolicious.com](mailto:schoolproject@tacolicious.com) 订购餐饮或预订私人餐厅, 并说该聚会是为了支持Tacolicious学校项目。超过1,000,000美元筹集和计算! 帮助支持我们的学校和当地企业!

### **T5 Caroline 2020**

#### **Dine Out at Terùn to Benefit Gunn Foundation**

*Mon, Mar 18, Terùn, 448 California Ave, Palo Alto*

Grab some friends and book a table! Dine out for lunch or dinner at Terùn on Monday, March 18. Mention the Gunn Foundation to the host and Terùn will give 15% of your bill to the Gunn Foundation to immediately benefit students from the Class of 2019. Support the [Gunn Foundation!](#) Because every student who gets into college, deserves the chance to go.

#### **在Terùn用餐为Gunn基金会募款**

星期一, 3月18日, Terùn, 448 California Ave, Palo Alto

请和你的朋友一起, 预订一张桌子! 3月18日星期一在Terùn吃午餐或晚餐时, 向餐馆人员提及Gunn基金会, Terùn将把账单收入的15%捐给Gunn基金会, 让2019年级的学生即时受益。支持Gunn基金会! 因为每个能进大学的学生都应该有机会去。

---

## **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>.

### **\*\*新内容\*\* 每个周五! 学区总监发布每周董事会最新通讯**

阅读Don Austin博士的每周董事会信息更新, 每周五发布新内容<https://www.pausd.org/news>。

### **T6-Edward**

#### **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.

### **家长教育晚会：学习关于LGBTQ + Youth的基本ABCs**

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

这个**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`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。

### **T7Max Gao**

#### **\*\*NEW\*\* "Full Mitigation" Rally & Town Hall Meeting**

Thu, Mar 14, 5:30 PM, rally at Palo Alto City Hall Plaza, 250 Hamilton; 6:30 PM Stanford GUP Town Hall meeting

Join us at our "Full Mitigation" rally, before Supervisor Simitian's Town Hall Meeting on the Stanford GUP. We welcome all new students! We want to ensure when Stanford adds PAUSD students, Stanford fully mitigates the cost of educating our new students. See our new [Get the Facts sheet](#). FREE pizza and "Full Mitigation" signs. [RSVP here](#) and on our FaceBook event page, [Pizza & Rally - Stanford Share the Costs](#), so we know how much pizza to order.

#### **\*\*NEW\*\* PTA Council Annual Elections**

Wed, Mar 20, 9 AM, PAUSD Board Rm, 25 Churchill Ave, Palo Alto

The election of the PTA Council Officers will take place at the General Association meeting on Wednesday, March 20. All PTA members are invited. Please visit <https://ptac.paloaltopta.org/2019-2020-ptac-exec-board-nominations> for the proposed slate of officers for the 2019-2020 term.

#### **\*\*NEW\*\* PTA Council Seeks Volunteers**

The PTA Council Nominating Committee is currently seeking expressions of interest from individuals in the community who would like to learn more about becoming a member of the PTA Council Executive Board and Collaborative Committees for the 2019-20 school year. We are looking for community members who have a passion for improving the educational experience of all students and preferably have experience on their school PTA or site council. Talk to us about stepping into a leadership role or how you can participate on a committee. Contact the Nominating Committee at: [evp@paloaltopta.org](mailto:evp@paloaltopta.org).

#### **\*\*新\*\*“完全缓解”集会和市政大厅会议**

周四，3月14日，下午5:30，在帕洛阿尔托市政厅广场举行集会，250汉密尔顿；下午6:30斯坦福GUP市政厅会议

加入我们的“完全缓解”集会，在主席Simitian的斯坦福GUP市政厅会议之前。我们欢迎所有新生！我们希望确保斯坦福大学增加PAUSD学生的时候，斯坦福大学可以充分降低教育新生的成本。看最新消息在[获取事](#)

[实表](#)。免费的比萨以及签到。[回复此处](#)和我们的FaceBook活动页面, [Pizza & Rally - 斯坦福分享成本](#), 因此我们知道要订购多少披萨。

### **\*\*新\*\*PTA理事会年度选举**

周三, 3月20日, 上午9:00, PAUSD Board Rm, 25 Churchill Ave, Palo Alto

PTA理事会官员的选举将在3月20日星期三的总协会会议上进行。所有PTA成员都会被邀请。请访问<https://ptac.paloaltopta.org/2019-2020-ptac-exec-board-nominations>, 了解2019-2020学期的拟议人员名单。

### **\*\*新\*\*PTA市议会志愿者**

PTA理事会提名委员会目前正在寻求社区中个人的兴趣, 他们希望了解更多关于成为PTA理事会2019-20学年执行委员会和协作委员会成员的信息。我们正在寻找那些热衷于改善所有学生的教育体验的社区成员, 并且最好有他们的学校PTA或网站理事会的经验。与我们讨论如何担任领导角色或如何参与委员会。联系提名委员会: [evp@paloaltopta.org](mailto:evp@paloaltopta.org).

George Zheng

### **PTAC Teacher Housing Project: Supervisor Joe Simitian**

At the Wednesday, General Association Meeting, Supervisor Joe Simitian spoke on the Teacher Housing Project to help build affordable teacher housing near California Ave/Cal Train Station. Five local school districts, including PAUSD, are being asked to contribute funds to help power the project's funding. PAUSD Board of Education has held a meeting on this. County land has already been secured. Additional funding is being negotiated. Please help spread the word and send comments to PAUSD Board of Education and the County of Santa Clara if you are supportive of our schools, our children, and our teachers. We are the Parent Teacher Association (PTA) and "T" for Teachers is in our middle name. Contact [Micaela.hellman-tincher@bos.sccgov.org](mailto:Micaela.hellman-tincher@bos.sccgov.org).

### **Summer Camps Info Now Available on PTAC Website**

Looking for a summer camp in your neighborhood or at one of our Palo Alto Unified school sites? Now you can find it at the [PTAC website](#). Camp providers listed on this page host activities/summer camps at PAUSD Schools, and pay rental fees to our district. These rental fees help to defray the cost of running our schools while providing local opportunities for our kids. PTA Council does not endorse one camp over another. This service is offered to give parents an easy way to find out what is being offered and where. Please contact the [PTAC Webmaster](#) to recommend updates to this information. There is no charge to providers to be listed.

### **PTAC教师住房项目:主管Joe Simitian**

在周三的总协会会议上, 主管Joe Simitian就教师住房项目发表了讲话, 该项目旨在帮助在加州大街/加州火车站附近建造经济适用的教师住房。包括PAUSD在内的五个当地学区被要求为该项目提供资金支持。PAUSD教育委员会已经就此召开了一次会议。县域土地已得到保障。正在谈判增加经费。如果你支持我们的学校、我们的孩子和我们的老师, 请帮助传播这个消息, 并将评论发送到PAUSD教育委员会和圣克拉拉县。我们是家长教师协会(PTA)。联系[Micaela.hellman-tincher@bos.sccgov.org](mailto:Micaela.hellman-tincher@bos.sccgov.org)。

### **夏令营信息现在可以在PTAC网站上找到**

你是想在邻里找个夏令营, 还是想在我们帕洛阿尔托联合学区找个夏令营?这些信息你可以在PTAC网站上找到它。本页所列出的营办商负责在本校举办活动/夏令营, 并向本地区缴交租金。这些租金有助于支付我们学校的运营成本, 同时为我们的孩子提供当地的机会。PTA理事会并不偏爱任何夏令营。这项服务提供给家长一个简单明了的介绍, 让他们知道我们提供哪些夏令营, 在哪里提供。想要更新夏令营信息请与PTAC网站管理员联系。不收取任何费用。

---

# Community

## Pretranslate

### **Listen to Me: What Do I Need to Feel Connected to School, Family and Community?**

*Tue, Mar 26, 7-8:30 PM, Mitchell Park Community Center Adobe Room, 3700 Middlefield Rd, Palo Alto*

To raise the awareness of the importance of youth feeling a sense of belonging, Susan Stone Belton will share reflective listening tools that parents and adult allies can use to build healthy relationships that help youth thrive. Also, featured will be a service learning project by the youth peer leaders. Parents, students, and adult allies are welcome! Free admissions and light refreshments will be served. To attend, [please register here](#). For more information, [visit here](#). Questions? Please contact: [lily@youthcommunityservice.org](mailto:lily@youthcommunityservice.org).

### **Eschuchame: Que es que necesito para sentirme conectado a la escuela, familia y comunidad?**

*Martes, el 26 de marzo, de 7-8:30 PM, Mitchell Park Community Center, Palo Alto (Cuarto Adobe)*

Para elevar la consciencia de la importancia del sentido de pertenencia de jovenes, Susan Stone Belton, compartira instrumentos en como padres y educadores pueden fortalecer relaciones saludables con jovenes. Padres, estudiantes y aliados son bienvenidos. Admision es gratis y habra refrescos. Para asistir por favor [inscribirse](#). Para mas [informacion](#) o preguntas contacten [lily@youthcommunityservice.org](mailto:lily@youthcommunityservice.org).

### **倾听我：我需要什么才能感受到学校，家庭和社区的联系？**

*3月26日，星期二，7-8:30 PM, Palo Alto 米切尔公园社区中心 - Adobe会议室*

为了提高人们对青少年有归属感的重要性认识，Susan Stone Belton 将分享反思性的倾听工具。父母和成年盟友可以利用这些工具建立健康的关系，帮助青少年茁壮成长。此外，值得关注的将是青少年同辈领导人的服务学习项目。欢迎家长，学生和成年盟友参加！免费入场并有点心提供。

欲参加者，[请注册](#)。有关更多信息，[请访问此处](#)。若有问题，请联系：[lily@youthcommunityservice.org](mailto:lily@youthcommunityservice.org)。

## T9 Xiao lin

### **Auditions for Palo Alto Chamber Orchestra (PACO) 2019-20 Season**

*Sun, Mar 31 & Apr 14, 9 AM- 4 PM, Mitchell Park Community Center, 3700 Middlefield Rd, Palo Alto*

New member auditions for PACO's 2019-20 season. For more information and to schedule an audition please visit <http://pacomusic.org/auditions/>.

## **FROM THE PREVIOUS ISSUE:**

### **Golden State Youth Orchestra Auditions for New Members**

Mar/Apr, Palo Alto

Palo Alto-based Golden State Youth Orchestra (formerly El Camino Youth Symphony) invites musicians ages 6-18 at all levels of experience to audition for the 2019-20 season. Advanced players are challenged with professional-level repertoire, receive support from experienced coaches and internationally-renowned faculty, and perform in concerts throughout the Bay Area. Intermediate players hone their skills and develop advanced technique, while young musicians learn to play together, follow a conductor. Auditions are heard in March and April as faculty schedules permit. Apply online at [www.gsyomusic.org](http://www.gsyomusic.org). Call GSYO at (650) 665-9046 for more information.

### **帕洛阿尔托室内乐团(PACO) 2019-20赛季试唱**

星期天, 3月31日和4月14日, 上午9点至下午4点, 米切尔公园社区中心, 米德尔菲尔德路3700号, 帕洛阿尔托 (Mitchell Park Community Center, 3700 Middlefield Rd, Palo Alto)

Paco's的2019-20赛季新成员试镜。更多信息和安排面试请访问<http://pacomusic.org/auditions/>.

#### **上一期:**

### **金州青年管弦乐团为新成员试音**

3月/4月, 帕洛阿尔托

帕洛阿尔托的金州青年交响乐团(前身为埃尔卡米诺青年交响乐团)邀请6-18岁的音乐家参加2019-20赛季的试镜。高级的演奏家将挑战专业水平的曲目, 并得到经验丰富和国际知名的教员的支持, 并在海湾地区的音乐会演出。中级演奏者将磨练他们的技巧, 而年轻的音乐家学习则一起演奏, 跟随指挥。试听将在3月和4月进行, 视教职员的时间表而定。请登录[www.gsyomusic.org](http://www.gsyomusic.org)在线申请。请致电GSYO(650) 665-9046了解更多信息。

### **T10 Zora Zhang**

#### **Mindful Moms Group with Krassi Harwell**

Free intro class on Tue, Mar 12; remaining classes Tues, Mar 19-May 28, 12-1:30 PM, 67 Encina Ave, Palo Alto

Navigate the journey of raising kids into adults. We'll practice yoga, meditate, and tap into the healing power of togetherness. For moms who have kids of all ages! [Registration is required](#) for this group offered in partnership with the Palo Alto Medical Foundation. Scholarships available upon request. FIRST CLASS ON MAR 12 FREE More Info: <http://mindbodymoms.com/moms-groups/>

### **Art on the Horizon: Youth Confronting Climate Change**

Submissions Due March 22

The Metropolitan Transportation Commission and the Association of Bay Area governments are now accepting submissions for their first art contest for youth. The contest asks the question: What can you do to stop climate change? MTC and ABAG are looking for digital art submissions that demonstrate what you, your family, friends and community can do to combat climate change. Open to Bay Area residents between the ages of 13 and 23, submissions will be judged in two categories based on age group (13-17 or 18-23). Details and submission requirements are on the [MTC's website](#).

### **和 Krassi Harwell 加入细心妈妈组**

免费的介绍课程将于3月12日, 周二进行; 其它时间还有3月19日-5月28日周二的下午12:00至1:30, 67 Encina Ave, Palo Alto

为所有年龄段孩子的妈妈们提供, 引导孩子成人的路程。我们会练习瑜伽, 冥想, 挖掘团结的治愈力量。与Palo Alto医学基金会合作提供的这一群体需要[登记注册](#)。可以根据要求提供奖学金。第一堂课将于3月12日进行并且是免费的。详情请见: <http://mindbodymoms.com/moms-groups/>

### **地平线上的艺术: 青少年面对气候变化**

作品提交截止日期3月22日

大都会交通委员会和湾区政府协会现在正在接受第一次青少年艺术比赛的作品提交。比赛提出了一个问题: 你能否为停止气候变化做些什么? MTC和ABAG正在寻找能够展现出你、你的家人、朋友、社区为改善气候变化做出的贡献的电子艺术作品。比赛对湾区13-23岁年龄段的居民开放。参赛作品会被分为两个年龄组(13-17岁或18-23岁)进行评估。更多详细内容以及要求请前往[MTC官网](#)。

### **T11 Zora Zhang**

#### **Spring Women's Wellness Group with Jalene Salus**



Free intro class on Fri, Mar 22; remaining classes Fri, Mar 29-May 24, 10 AM-12 PM, St. Mark's, 600 Colorado Ave, Palo Alto

In this nourishing group, Jalene Salus will share the wisdom of Integrative Nutrition as she introduces ways to nourish your mind, body and spirit. Each week, you will discuss foods to support your unique body - and your family's health, and align your self-care with the rhythm of the season. [Registration is required](#) as space is limited! FIRST CLASS ON MAR 22 FREE. Scholarships available upon request. More Info: <http://mindbodymoms.com/wellness-groups/>

### **Parent-Ed Presentation: "Sources of Strength"**

Mon, Mar 25, 7 PM, JLS Middle School, 480 E Meadow Dr, Palo Alto

This is a presentation by Gunn Sources of Strength Team to middle school parents, focused on how parents, educators, and students can work together at home and in our schools to prevent the epidemics of bullying and suicide. Research has shown we can do this by creating a preventative culture in our community-one that fosters an epidemic of hope, help, and strength. The evening will provide an overview of the Sources of Strength program and give attendees an opportunity to learn more about a few specific aspects of the Sources of Strength wheel. Student and staff leaders will talk about ways to spread positive messages throughout the community. Key to the success of the Sources of Strength program is developing awareness and a shared vocabulary at home and in our community so that families can support the work we are doing in our schools.

### **和 Jalene Salus 一起加入春季女性健康小组**

免费介绍课程将于3月22日, 周五开放; 余下的课程时间为3月29日-5月24日周五, 早上10点至中午12点; 地址: St. Mark's, 600 Colorado Ave, Palo Alto

在这个营养小组中, Jalene Salus将分享整合营养的智慧, 她会介绍滋养你的思想, 身体和精神的方法。每周, 课程将会讨论支持你的独特身体的食物搭配, 包括你家人的健康和应季的身体保养措施。名额有限, 请尽早[注册登记](#)! 3月22日周五的第一堂课是免费视听。奖学金会根据要求发放。详情请见:

<http://mindbodymoms.com/wellness-groups/>

### **家长讲座: "力量之源"**

3月25日, 周一, JLS初中, 480 E Meadow Dr, Palo Alto

这是由Gunn力量之源组开展的对初中家长们开放的讲座。讲座重点介绍家长、老师和学生如何在家或者在学校一起工作防止欺凌和自杀。研究表明, 我们可以通过在社区中建立预防文化来实现这一目标: 培养希望, 帮助, 和能力。晚上的讲座会提供关于力量之源项目的概述, 也是一个了解这个项目不同方面的好机会。学生和工作人员会讨论在社区散播积极信息的方式。力量源计划成功的关键是在家庭和社区中培养意识和共享词汇, 以便家庭能够支持我们在学校开展的工作。

### **Edward**

#### **Scout Troop 50 Open House**

Mon, Mar 25, 7:30-9 PM, The Scout Fire Circle, Lucie Stern Community Center, 1305 Middlefield Rd, Palo Alto

Palo Alto Scout Troop 50 is having an open house in order to give kids (grades 5-10) and their parents a chance to get to know Troop 50 to see if it is the right troop for them. This is an excellent opportunity to learn about the troop and about scouting. For more information about Troop 50, please see the following web site: <https://sites.google.com/view/patroup50/home>.

### **Palo Alto Art Center Summer Counselor-in-Training Application Now Available**

The Counselor in Training applications for the summer of 2019 are now available. Summer Camp Counselors in Training (CIT) are volunteers (12-17 years old) who assist professional art instructors in the day-to-day running of the Children's Fine Art summer camps. Applications are accepted on a first-come, first-served basis and must be returned to the Palo Alto Art Center via mail or in person drop off. Only complete applications will be considered. Spots fill up fast, get your application in as soon as possible! Summer 2019 Counselor in Training Application & Information:

<https://www.cityofpaloalto.org/civicax/filebank/blobdload.aspx?t=44003.41&BlobID=69432>

Summer 2019 Lead Counselor in Training Application & Information:

<https://www.cityofpaloalto.org/civicax/filebank/blobdload.aspx?t=52670.7&BlobID=69433>

Scout Troop 50开放日

周一, 3月25日, 7:30-9 PM, Scout Fire Circle, Lucie Stern社区中心, 1305 Middlefield Rd, Palo Alto  
Palo Alto Scout Troop 50有一个开放的房子, 以便给孩子(5-10级)和他们的父母有机会了解Troop 50, 看看它是否适合他们。这是了解部队和侦察的绝佳机会。有关Troop 50的更多信息, 请访问以下网站:  
<https://sites.google.com/view/patroop50/home>。

Palo Alto艺术中心夏季参赞培训应用现已推出

现已提供2019年夏季培训申请参赞。夏令营培训辅导员(CIT)是志愿者(12-17岁), 他们协助专业艺术指导员参加儿童美术夏令营的日常运作。申请表以先到先得的方式接受。必须通过邮寄或亲自送回Palo Alto艺术中心。仅考虑完整的申请。斑点快速填满, 尽快让你的申请!

2019年夏季培训申请和信息参赞: <https://www.cityofpaloalto.org/civicax/filebank/blobdload.aspx?t=44003.41&BlobID=69432>

2019年夏季培训申请和信息首席顾问: <https://www.cityofpaloalto.org/civicax/filebank/blobdload.aspx?t=52670.7&BlobID=69433>

### T13 Zora Zhang

#### **Art Classes for High School Students at the Palo Alto Art Center**

*Online registration opens Mar 7*

Unleash the creativity in your student by signing them up for one of our teen art classes. [Online registration](#) opens on March 7 for Palo Alto residents. We offer classes at the Art Center and Mitchell Park Community Center focusing on Painting, Illustration, Ceramics, and Drawing. Questions? Please visit our [website](#) or contact Rebecca Passarello, [rebecca.passarello@cityofpaloalto.org](mailto:rebecca.passarello@cityofpaloalto.org) or (650) 617-3509.

#### **Pre-Vet Expo Registration Going on NOW**

*Sun, Apr 21, 8:30 AM-5 PM, Stanford's Li Ka Shing Center, 291 Campus Dr, Palo Alto*

The Stanford Undergraduate Pre-Vet Society presents the 2019 Pre-Vet Expo VI. This daylong conference caters to upper level high schoolers, undergraduate and post graduate college students, as well as science or college advisors interested in gaining more understanding of the diverse field of Veterinary Medicine. Registration: <https://events.eventzt/e/prevet-expo-vi-2138729599illa.ne>

#### **Palo Alto 艺术中心为高中生提供的艺术课程**

*线上注册于3月7日开放*

参加一个我们的青少年艺术课程来释放你的创造力吧! 线上注册于3月7日面向 Palo Alto 居民开放。我们在艺术中心和米切尔公园 (Mirchell Park) 提供课程。课程包括了油画, 插画, 陶瓷, 和绘画。如果您有问题或不清楚的地方, 请访问我们的[网站](#)或者联系Rebecca Passarello 电话: (650) 617-3509; 邮箱:

[rebecca.passarello@cityofpaloalto.org](mailto:rebecca.passarello@cityofpaloalto.org)

### **预科兽医博览会注册正在进行**

4月21日, 早上8:30-下午5:00, 斯坦福李嘉诚中心, 291 Campus Dr, Palo Alto  
斯坦福大学本科兽医预科学生举办第6届2019兽医预科博览会。持续一天的博览会适合高中生, 本科生, 研究生, 和想要了解更多兽医领域的大学科学顾问。注册网站:  
<https://events.eventzt/e/prevet-expo-vi-2138729599illa.ne>

### **T14 Kevin**

#### **Volunteer Opportunities for High School Students**

Jun 24-Jul 19, 8:30 AM-4:30 PM, Greene Middle School, 750 N California Ave, Palo Alto  
Summer Math Camp (nonprofit 501 C(3)) invites VOLUNTEERS to help us get around with younger students (there are a lot of options to choose from, including helping teachers in the classrooms with Math, English, Computer Programming, Science and Art, playing with children during breaks, becoming chess, tennis, or swimming coaches, etc.). Lunch and snack are provided. Besides volunteering, the students can take Geometry or Algebra II Crash Course and/or SAT I at the same place.  
Volunteer Application: <http://www.classicmath.org/volunteer-application/>  
Summer Math Camp Application: <http://www.classicmath.org/summer-math-camp-application-palo-alto/>  
Contact: Mariya Gutman, (650) 224-4226

#### **给高中生的义工机会**

六月二十四号至七月十九号, 8 : 30AM-4 : 30PM, Greene初中, 750 N California Ave, Palo Alto  
数学夏令营邀请志愿者来帮助我们教导更年轻的同学。志愿者可以帮助老师教数学, 英语, 电脑编程, 科学, 和艺术, 或者在休息期间陪小孩玩, 教象棋, 网球, 游泳等等。我们会提供午餐和零食。除了帮忙, 高中生也可以再次上几何与代数二课程, SAT I 课程。

#### **Internships with Metropolitan Transportation Commission (MTC)**

Each year MTC sponsors a High School Internship Program to help introduce high school students in the 10th, 11th or 12th grade to career opportunities in the field of transportation. Eligible students will earn \$15 per hour, with their wages paid by MTC, and can choose to work either full- or part-time, up to 250 hours. More information is available here: <https://jobs.mtc.ca.gov/internships>.

#### **都市交通委员会 (MTC) 提供的实习机会**

每年, MTC 会赞助一项高中实习项目, 为了给高中生介绍在交通管理业里的工作机会。合格的学生将会每小时领取\$15, 并且可以选择兼职或者全职的工作。详情请登录<https://jobs.mtc.ca.gov/internships>。

***For older Community announcements, see [Recent Issues of the Gunn Connection](#).***  
***查看以前的社区公告, 请看[近期的Gunn Connection](#).***