

**Subject:** JLS Middle School PTA Newsletter

**From:** JLS eNews Editor (jlsenews@gmail.com)

**To:** sthomas237@sbcglobal.net;

**Date:** Sunday, January 3, 2016 5:37 PM

## PANTHER TRACKS – JLS PTA eNews SUNDAY, JAN 3



Dear Scott

### MARK YOUR CALENDAR

**Happy Holidays! We hope you all had a restful holiday break. We look forward to all our staff and students returning to school for the second half of this school year!**

**Please take a moment to read through this newsletter and take note of all the events happening in the coming months.**



**Best wishes for a wonderful 2016!**

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Classes Resume January 4
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Connections Coffee January 6
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PTA Exec Board Mtg January 7
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Parenting Wrkshp January 13
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<b>NO SCHOOL</b> <b>Monday January 18</b>
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<b>Choir Fundraiser</b> <b>January 21</b>
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### LATTE CART!

THANKS A LATTE! Thursday, January 7

It's Latte time! The PTA hosts a monthly LATTE CART at JLS, where coffee and morning treats are served to our wonderful JLS staff as a thank you for all they do. On these Latte Cart mornings, we ask our parent community for contributions of breakfast items.



Our next Latte Cart date is THURSDAY, January 7.

Please bring your breakfast items to room 40 (at the entrance to the breezeway) that morning between 7:15 and 9:00 am. Non-perishable items may be brought ahead of time to the main office on Wednesday, January 6. You can [sign up here](#).  
[www.tinyurl.com/JLSLatte](http://www.tinyurl.com/JLSLatte)

Here is a list of suggested items:

- quiche and other egg dishes (heated; store bought is fine)
- breakfast sausages
- fresh whole fruit, e.g. bananas, mini-tangerines, berries
- fruit salads
- homemade scones
- homemade muffins
- homemade breads, e.g. banana, zucchini, pumpkin
- homemade coffee cakes
- granola, homemade or store bought
- yogurt, all sizes, all kinds
- other breakfast items, be creative!

Thank you so much. Questions? Contact our Latte Cart coordinators, Ivan Hom, Patty and Paul Sakuma

## **Second PTA General Meeting**

Thursday, January 21, 8:30 am  
JLS Conference Room B

There are three meetings of the PTA membership during the school year. We invite all members to attend, get a mid-year report on programs and budget, and make your voice and vote heard. It's not too late for everyone in your family - and extended family - to join! To become a member, [click here](#).

Final General meeting:

Thursday March 17, 2016

8:30 am - 9:30 am, JLS Main Office Conference Room B

## **Middle School Bike Skills Classes**

Middle School Bike Skills classes are being offered for students 11-14 years old (and their parents) at Mitchell Park Community Center: Sun, Feb. 21; Sat, March 19 & Sat, April 23. Each day is a separate class. [CLICK HERE](#) for info and to register. Classes are taught by League of American Bicyclists Certified Instructors, offering high quality instruction and a road ride for on-bike supervised practice. These classes fill up fast.

## **National Anthem Fundraiser!**

The JLS Choir (6th, 7th and 8th Grade) will be singing the National Anthem at the Stanford Men's Basketball game on January 21st! Stanford will be playing Arizona, so it should be a big game!

In addition to being a great performance opportunity for the Choir, it is also an amazing **fundraising** opportunity! If you would like to come and support the choir and watch the game you can order tickets through JLS! Simply [click here](#) , order your tickets, and bring/send in a check! Ticket orders will not be processed until payments are received.

## **JLS Mindfulness & Parenting Workshop**

Announcing a truly special opportunity offered this school year!

JLS "Mindfulness & Parenting" Introductory Evening and Workshop by Dr. Amy Saltzman

Introductory Evening: Wednesday, January 13th 7-8:30pm, JLS Rm 730

6-week Workshop: Thursday, 1/21, 28, 2/4, 18, 25, 3/3 8:30-10am, JLS Rm P70

Materials/Donation: \$30 due at first session. (Scholarships available)

[Sign up here!](#)

You'll find out all about Mindfulness and get a glimpse of Mindfulness Based Stress

Reduction at the introductory evening, then during the course of the 6-week workshop you'll learn to apply the practice of Mindfulness to your daily life with children. Please join us! (Questions? Email [junco.minami@gmail.com](mailto:junco.minami@gmail.com))

### **JLS Student Directory - Printed copies!**

We have a limited number of printed directories available in the school office.

This year, we are not printing one copy per family, so they will not be sent home with your child as in years past. But if you would like a copy, please stop by the school office and ask for one!

Thank you!

### **TEAM at PALY**

Is your child an 8th grader headed to PALY in August? Do you want to find out more about TEAM at PALY?

Please join us on Thursday Jan. 7th at 7pm in the MAC (Media Arts Center) at PALY to hear about TEAM from the teachers, parents and students.

Thank you.

Rachel Weitzman, TEAM parent coordinator

### **JLS PTA has Vacancies!**

#### **We need your help!**

Looking for ways to participate? Here are a few jobs for which the JLS PTA is recruiting:

**Student BBQ (May 2016):** recruit and direct volunteers on tasks of grilling and serving food to students. Food and most prep to be provided by PAUSD Food Services staff.

**Advocacy Chair:** work with Palo Alto PTA Council to advance advocacy efforts; inform JLS membership of major advocacy issues and events. More info here: <http://ptac.paloaltopta.org/current-efforts/>

**Ways and Means Chair:** manage all aspects of donation partnership programs such as corporate matching, eScrip, Amazon Smile and Amazon Affiliates, etc. Promote and communicate details to membership to maximize donations.

### **HOMEWORK HABITAT**

Homework Habitat and late bus service occur during regular (e.g. non-early-release) Mondays, Tuesdays & Thursdays.

Homework Habitat occurs in the library and runs 3:15-4:25. The late bus will depart from the main parking lot at approximately 4:30. Please note that students who leave campus after school are not permitted to return to JLS to ride the late bus home; they must find alternative transportation.

### **JLS Writing Center**

Tuesdays & Thursdays 3:15 to 4:15

Do you have writing homework or an essay that needs some attention? Check out the brand new (awesome) JLS Writing Center! This twice a week program is held in Room 113 after school and includes a snack (bonus!) and writing support. Laptop access is included! See you there!

### **PTA Membership Cards**

Calling All JLS PTA Members!

Pick up your membership card at the JLS main office and enjoy "perks" such as discounts at Staples, California Academy of Sciences, Legoland, and more: <http://downloads.capta.org/mem/PerksFlier.pdf>

Next to the membership card, pick up a few Baskin Robbins coupons as a "thank you" for your PTA membership!

### **Attendance Email**

Email [jlsattendance@pausd.org](mailto:jlsattendance@pausd.org) for your attendance-related information and requests.

Please note that messages must originate from the parent email address on record in Infinite Campus. You can still contact the attendance office at 650.856.5179

### **Gunn Chamber Singers Holiday Concert**

Sun Dec 20, 5:30 PM, Grace Lutheran Church, 3149 Waverley St., Palo Alto

Fa la la and Happy Hanukkah and more! Kick off your winter break and join the Gunn Chamber Singers for a festive evening of holiday songs. All proceeds will go toward the scholarship fund for the Gunn Choir trip to New York City this spring. Tickets are \$10 general admission and will be available at the door or in advance from any member of the group. Questions? Contact E.J. Hong ([ej@ejhong.com](mailto:ej@ejhong.com)) or Liz Matchett ([lizmatchett@yahoo.com](mailto:lizmatchett@yahoo.com)).

### **New Laws Affecting Immunizations Beginning January 2016**

New Law (SB 277) Effective in 2016

Governor Brown signed Senate Bill (SB) 277 on June 30, 2015. Starting in 2016, SB 277:

- Will no longer permit immunization exemptions based on personal beliefs for children in child care and public and private schools;
- Will permit personal belief exemptions filed at a school or child care facility before January 1, 2016 to remain valid until a pupil reaches kindergarten or 7th grade;
- Will remove immunization requirements for:
  - o Students in home-based private schools
  - o Students enrolled in an independent study program who do not receive classroom-based instruction
  - o Access to special education and related services specified in an individualized education program

### **Medical Exemptions:**

**Only a medical exemption can be accepted and this has to be signed exclusively by a California licensed physician (M.D. or D.O.)**

A parent or guardian must submit a written statement from a licensed physician (M.D. or D.O.) which states:

- That the physical condition or medical circumstances of the child are such that the required immunization(s) is not indicated.
- Which vaccines are being exempted.
- Whether the medical exemption is permanent or temporary.
- The expiration date, if the exemption is temporary.
- Student name and date of birth.
- Physician signature and clinic stamp.

Once this expiration date has occurred, the child may continue in attendance only after the school or child-care center receives documentation of the immunizations now due.

These above laws will apply to any student entering Kindergarten or 7th Grade in the fall of 2016.

<http://www.shotsforschool.org/>

### **YCS Students With A Gateway (SWAG)**

Join Youth Community Service's after school program, Students With A Gateway, and have fun while being leaders through service! Research community needs and respond with a service project. We will explore homelessness, diversity, environmental stewardship, and health. Meet people who share a passion for community involvement, have a positive impact, and make your voice heard!

Details: Wednesdays, 3:00pm - 4:30pm Jan. 13, 2016 - May 18, 2016 Mitchell Park Community Center, Palo Alto Fee: \$100, scholarships available

Register here: <http://goo.gl/forms/ZI8kou1ZJR>

Questions? Contact Hanh at [hanh@youthcommunityservice.org](mailto:hanh@youthcommunityservice.org) . Phone: 650-858-8019

### **Introducing the new Palo Alto Children's Theatre Choir**

Jan 25 - Apr 18, Ages 5-8: 5:30 - 6:30 PM, Ages 9+: 6:30 - 7:35 PM at Mitchell Park Community

## Center

Register today to join the Children's Theatre Choir. No experience or audition required. The choir is open to all kids who love to sing! Sign-ups are first-come, first-served. For more information and to register online visit [choir.brownpapertickets.com](http://choir.brownpapertickets.com).

### **Raising A Spirited Child (3-8 Years) -Parent Education Workshop at Parents Place**

Tues, Jan 12, & 19, 9 PM, 200 Channing Ave., Palo Alto

Understand children who are persistent and intense and learn how to avoid power struggles and improve communication. Based on the work by Mary Sheedy Kurcinka. \$90 for 2 sessions. With Karen Friedland-Brown, MA, Director of Parents Place of the Peninsula. To register: <https://www.eventbrite.com/e/raising-a-spirited-child-3-8-years-2-sessions-registration-1936431217-9>

### **PAUSD Video Operator Needed**

All School Board Meetings, Board room at PAUSD

Do you have a keen interest in the proceedings of the Palo Alto Unified School District Board meetings AND have a talent for video production? Midpen Media Center, the Palo Alto-based non-profit public access cable TV station, is looking for individuals to serve as part-time PAUSD Video Operators. <http://midpenmedia.org/about-us/jobs/>

### **Palo Alto Animal Services Home for the Holidays -- \$15 Adoptions!**

3281 E Bayshore Rd., Palo Alto

Palo Alto Animal Services believe there's someone for everybody. That's why they are offering \$15 adoptions for all animals this holiday season! So stop by Palo Alto Animal Services to meet your new best friend. (Each adoption includes a raffle ticket to win a 1/4 size stuffed Koko the Gorilla!) For a list of available animals, and adoption hours, please go to [cityofpaloalto.org/animalservices](http://cityofpaloalto.org/animalservices)

### **SELPA 1 CAC Programs**

These parent education events are sponsored by the SELPA 1 CAC ([www.selpa1cac.org](http://www.selpa1cac.org)) an all-volunteer group of parents of children with special needs. All of their events are free and open to anyone who feels they might benefit. No registration is necessary.

### **Emotional Regulation**

Wed, Jan 20, 7-9 PM, Covington Elementary School Multi, 2.5 Covington, Los Altos

Do you experience intense emotions or have children with behavior issues and wish you could cope better? Dr. Yael Enav will present evidence based strategies to help parents regulate both their emotions as well as their children's.

### **Let's Talk**

Mon, Jan 11, 7 - 9 PM, Orchard Community Room, Los Altos Library, 13 S. San Antonio Rd, Los Altos

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.

### **Building Your Child's Self Esteem and Personal Power 9 (Ages 7-12) Parent Education Workshop at Parents Place**

Wed, Jan 27, 7 - 9 PM, Parents Place, 200 Channing Ave Palo Alto 94301 - Plenty of free parking

Your children's feelings of self-esteem and personal power are influenced by beliefs and actions that they learn from you. Explore ways to build children's self-esteem and avoid the unsuspecting parental communication blocks. By Cynthia Klein, BA certified parent educator.

To Register: <https://www.eventbrite.com/e/building-your-childs-self-esteem-and-personal-power-7-12-years-registration-19386148492>

### **Sixth Annual MLK Jr. Family Day of Service Co-sponsored by Youth Community Service**

**(YCS) and the City of Palo Alto**

Mon, Jan 18, 11AM - 2 PM, Mitchell Park Community Center, Palo Alto

Join YCS and its partners in celebrating the legacy of Martin Luther King, Jr. and his teachings on community and service. This annual event includes speakers, local performing groups, activity tables, a children's reading corner and art projects, face painting, and information about local service opportunities. Food trucks will be present as well as local vendors selling crafts, clothing, and jewelry. Student volunteer opportunities are also available. This is a rain or shine event. For more information visit [www.youthcommunityservice.org](http://www.youthcommunityservice.org) or call 650-858-8019.

**Palo Alto Adult School Winter Quarter New ESL Student Testing Dates and Information**

Testing for DAY classes Weds, Jan 6 @ 9am-12pm Fri, Jan 8 @ 9am-12pm Greendell Campus 4120 Middlefield Road, Room P 2, 3

Testing for EVENING classes Mon, Jan 4 @ 6:30-9:30pm Weds, Jan 6, @ 6:30-9:30pm Palo Alto High School 50 Embarcadero Road, Room 218

New students must take a placement test to enroll in our free English classes. Unfortunately there is no childcare. Please call (650) 329-3752 to make an appointment to take a placement test. Choose one of the testing dates listed in this section. Testing and classes are free.

**Join your grade's Parent Network!**

Organized by the JLS PTA, Parent Networks provide grade-specific information and regular meetings to foster a supportive and collaborative parent community. TO JOIN, contact the below coordinators:

6th grade coordinators: Claire Kirner, Valerie Sabbag

7th grade coordinators: Lisa Barkin, Nirmala Patni, Stephanie Compton, Rebecca Thompson

8th grade coordinators: Aviva Saitz, Patricia Stayte

Would you like  
your employer to  
**DONATE to JLS?**

\$\$\$

Notify your employer of your donation to the JLS PTA, to activate their Corporate Matching Program. And THANK YOU for taking this extra step to contribute JLS Middle School!  
JL Stanford Middle School PTA tax id 94-6174779

480 E. Meadow Drive  
Palo Alto, California 94306

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