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**Subject:** Fwd: JLS Middle School PTA Newsletter

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**From:** Scott Thomas (sdthomas237@gmail.com)

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

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**Date:** Wednesday, February 15, 2017 10:36 PM

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Scott Thomas (650) 440-0928 (cell)

Begin forwarded message:

**From:** JLS eNews Editor <jlsenews@gmail.com>  
**Date:** February 12, 2017 at 12:05:03 AM PST  
**To:** [sdthomas237@gmail.com](mailto:sdthomas237@gmail.com)  
**Subject:** JLS Middle School PTA Newsletter  
**Reply-To:** [jlsenews@gmail.com](mailto:jlsenews@gmail.com)

PANTHER TRACKS – JLS PTA eNews      Sun, Feb 5



Dear Scott

**MARK YOUR CALENDAR**

Connections Earthquake projects on display Mon, Feb 13, 5:45- 6:15 PM
Nightmare on Puberty Street for 7th & 8th grader Wed, Feb 15
Connections Board meeting Wed, Feb 15, 8:15 - 9:15 PM
Staff Development Day- <b>No School</b>

Thur, Feb 16
Presidents' Day - <b>No School</b>
Fri, Feb 17
Presidents' Day- <b>No School</b>
Mon, Feb 20

## Nightmare on Puberty Street for 7th and 8th grade student

Wed, Feb15

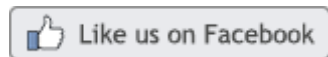
7th and 8th grade students will be viewing Nightmare on Puberty Street, presented by the Kaiser Permanente Educational Theater Group. This assembly was originally scheduled in October, 2016, but was postponed.

From their website, here's the Program Description: Growing up might seem tough...but it doesn't have to be a nightmare! Follow Jerry, Malika, Natalie, and Nick as they navigate the rollercoaster of adolescence and wrestle with the age-old question, "Am I normal?" Through a fast-paced show featuring current music and dance, Nightmare on Puberty St. encourages students to talk about critical health issues and ask questions. IF YOU WANT MORE INFORMATION ON THIS PROGRAM, and a copy of the Parent's Guide, you may visit this website [here](#).

By bringing sometimes embarrassing issues to life in an entertaining, engaging format, this program teaches young people that they are not alone and sets the stage for follow-up discussions in class and at home. Nightmare on Puberty St. is presented free of charge to schools and communities throughout Northern California.

Please read the attached letter for more information. If you completed an [opt-out form](#) in the Fall, we still have it. You can respond to this e-mail if you would like to double check that your opt-out form is on file.

If you have any questions, please contact 8th grade counselor, [Arvind Arya](#) .



## SCIENCE FAIR RESCHEDULED: NEW DATE - MON, MAR 20!

The JLS Science Fair will be held Mon, Mar 20, 7:00 p.m. in the JLS Cafetorium. Join the entire JLS community for a fun-filled evening of science, with students proudly showing off their work in poster sessions and some fabulous science and technology-related demonstrations. All JLS students are invited to participate. Register [here](#) by Thur, Mar 16.

The Science Fair is a great way for students to develop and apply an interest in science and the scientific method. Participants will exercise their curiosity, approach real world problems in a systematic and scientific way, and apply creativity towards questions that interest them. Students should be hearing more details about the fair from their science teachers, and begin thinking about their experiments. Once experimentation is complete, students will present their work in poster format (poster boards generously donated by Synopsys). Each participant will be interviewed by a JLS parent or other member of our community, and participate in peer reviews. All student presenters will be able to exchange their peer reviews for a participation prize, and will be entered into a prize drawing for a number of terrific items.

The Science Fair cannot happen without lots of parent (and other community) volunteers, especially interviewers who are willing to listen to students sharing their projects and provide constructive positive feedback during a brief non-competitive, informal interview. Want to help? Sign up [here](#).

In addition to Synopsys, the Science Fair is sponsored by the JLS PTA, and also supported by donations from a number of local businesses.

Questions? Contact [Maria Derrick](#), Science Fair Chair.

## JLS DAY OF SERVICE!

Wed, March 22, 1:45-5PM

JLS students, staff, parents and guardians are invited to participate in a fun and engaging afternoon of community service. JLS volunteers and chaperones will give back to the community and work on meaningful service projects at JLS, neighboring elementary schools, and other community organizations in the local area. Activities could include preparing a hearty meal for the homeless, boxing up canned goods at a food bank for needy families, and restoring habitat at the Baylands. More details to come soon. In the meantime, please mark your calendars for 1:45-5PM on Wed, Mar 22.

The JLS Day of Service is organized and sponsored by the JLS PTA and Youth Community Service (YCS). Questions? Please contact [Maria Chow Zajac](#).

## PAUSD / PTAC News

Palo Alto Chinese New Year Fair  
Sun, Feb 12, 2-5 pm, Mitchell Park Community Center (3700 Middlefield Rd, Palo Alto)

The Palo Alto Chinese Community cordially invites you to join our 2017 Chinese New Year Fair, which will feature performances of Chinese folk music, instruments and dances by local talents as well as students from Palo Alto Unified School District (PAUSD). Many Chinese culture will be exhibited such as Chinese brush painting, Mahjong, dumpling-

making, fung shui, board games and crafts. The event is free to all Palo Alto residents, and food will be sold for fund-raising to support Palo Alto schools. This event is co-sponsored by City of Palo Alto and the PTA Council, and the goal is to promote friendship among residents of different cultures and contribute to the vibrancy and health of our diverse community. Hope to see you all there! Questions please contact Hannah Lu([hannahlu00@gmail.com](mailto:hannahlu00@gmail.com)) or Sheena Chin([sheenachin@gmail.com](mailto:sheenachin@gmail.com)).

### **Nominate Great People for Awards**

Each year the Palo Alto Council of PTAs may bestow one of several California State PTA Honorary Service Awards to individuals or organizations that have demonstrated outstanding service to children and youth in our community. The individuals or organization nominated must make far-reaching, notable contributions. The PTA Council HSA Committee selects persons or groups who have benefited children and youth on a district-wide or Palo Alto community level.

If you know of someone or an organization that deserves to be honored at this level, please complete the form at <http://ptac.paloaltopta.org/> You can also find the list of past recipients there. Recipients will be announced at our Honorary Service Award Reception on April 27th, 2017. Questions: Contact [pat@magic.com](mailto:pat@magic.com). Deadline for Nominations is February 15, 2017.

### **How Does Sugar Affect Your Health and What You Can Do About It**

Wed, Mar 1, 6:30-8:30pm, SDC Room, District Office, 25 Churchill Ave, Palo Alto

Join us for an educational night on sugar. Learn how sugar came to be ubiquitous in everything we eat, and became a number one health issue due to its harmful effects on the human body. As parents, you will also get some great tips on how to combat sugar in your household and diet, and reintroduce great nutrition to your kids. Patricia Caldera, Ph.D. will be presenting on behalf of the Institute of Responsible Nutrition, an organization dedicated to changing the way food is produced and marketed and distributed and end food related illnesses and promote good health. We encourage parents to bring their children.

### **Opa! GiveBack Campaign**

Opa! Authentic Greek Cuisine, 140 University Avenue, Palo Alto

Opa! Authentic Greek Cuisine in Palo Alto is proud to invite you and your family to dine at the Opa! location in downtown Palo Alto as a part of the Opa! GiveBack Campaign. When one hears the word Opa!, it usually brings with it a sense of excitement and happiness!

When dining at Opa! Palo Alto, mention your relationship to the Palo Alto School District to your server and a percentage of your bill will be given back to the Palo Alto Council of PTAs (<http://ptac.paloaltopta.org/>). At the end of each month, Opa! Palo Alto will write a check to PTAC! Dine out, and help GiveBack to the Palo Alto PTA community at the same time!

### **Palo Alto Unified School District (PAUSD) and Special Olympics Northern California**

Basketball Tournament, 9.30AM - 12PM, Mar 15 (Elementary) & Mar 22 (Secondary),  
Terman Middle School 655 Arastradero Rd., Palo Alto  
Track & Field Event: TBD, Gunn High School 750 Arastradero Rd., Palo Alto

PAUSD and Special Olympics Northern California have joined forces together in a new Special Olympics Schools Partnership program. Through sports, the program aims to provide opportunities for PAUSD special education students and their peers to work together as teammates and to create inclusive opportunities in the school community. More info: <https://www.pausd.org/explore-pausd/news/pausd-partners-special-olympics-schools-program>

## COMMUNITY News

### Join the Gunn PTSA

Will you have a child at Gunn High School next year? Consider joining the Gunn PTSA as a volunteer. It is a great way to get involved and meet other wonderful Gunn parents. Click here(<http://gunn.paloaltopta.org/>) for more information about the PTSA and PTSA volunteer positions. If you are interested in a position, would like more information or know of someone we should contact please let us know!

Gunn PTSA Nominating Committee 2017:

Sonya Bradski: [sonyangary@gmail.com](mailto:sonyangary@gmail.com)

Olivia Viveros: [oviveros@comcast.net](mailto:oviveros@comcast.net)

Liz Dong: [lizdong@yahoo.com](mailto:lizdong@yahoo.com)

Ann Xu: [ann\\_xu@yahoo.com](mailto:ann_xu@yahoo.com)

### PALY Choirs "Sounds Like Teen Spirit" Concert

Feb 14 & 15, 7 PM, Paly Performing Arts Center

PALY Choirs and Rise Together Education present a celebration of 90's Song, Dance and Style! The Feb 15th show will feature special teacher performances, a raffle and a silent auction with partial proceeds to benefit the Rise Together Foundation. Tickets available at <http://palychoirs.com/buy-tickets/> or at the door for \$10 adults; \$5 seniors & kids.

The 2nd Annual Palo Alto Swing Dance: A Gunn HS Music Fundraiser

Sat, Feb 25, 6:30-9PM, Terman Cafe, Terman Middle School, Palo Alto

Adults 18 and over are invited to have a fun night out at the 2nd Annual Palo Alto Swing Dance, a fundraiser for the Gunn High School Music Department. Live music will be provided by the Gunn jazz bands. Each ticket includes swing dance lessons, light food, and non-alcoholic drinks throughout the evening. Multiple ticket options are available. Tickets & information can be found at <https://www.eventbrite.com/e/the-2nd-annual-palo-alto-swing-dance-tickets-30991944741> or

Facebook: <https://www.facebook.com/events/1362882227066048/>

Contact Keith Hunter ([khunter@pausd.org](mailto:khunter@pausd.org)) if you have any questions.

### **Mindful Moms Group for Moms of Kids with Special Needs**

Group 1: Every other Thurs (12:30-2:30pm Mar 3 thru Jun 8)

Group 2: Once a month on Sat (1:30-3:30pm Mar 18 thru Jul 15)

St. Mark's Church, 600 Colorado Ave, Palo Alto

Join our nurturing group for moms who have kids (of all ages) with special needs, from sensory processing challenges, to dyslexia, to Asperger's or autism. Moms will gather together for 2 hours on a regular basis to support each other, learn mindfulness practices, and practice mindful yoga together. Mindfulness and yoga have been shown to reduce stress, boost mood, improve overall wellbeing, and studies show that a central factor in maternal wellness is social and emotional support - in particular, having a sense of belonging. Join our Mindful Moms group today by emailing [jaclyn.k.long@gmail.com](mailto:jaclyn.k.long@gmail.com) or visit <http://www.mindbodyspiritmoms.com> to find out more.

### **Understanding the IEP: Development & Process**

Feb 16, 6-8PM

Santa Clara County Office of Education 1290 Ridder Park Drive, San Jose

TRAINING FOR PARENTS OF STUDENTS WITH SPECIAL NEEDS. This workshop will help participants better understand the Individualized Education Program (IEP) for children and youth who receive special education services, and the basic IEP components and how they work together. For families of children/teens/young adults with disabilities or learning challenges. Learn about: The present levels of academic achievement and functional performance (PLAAFP), Writing measurable goals and objectives, Support services and plan implementation. Childcare is available upon advanced request, contact (408) 453-6542.

### **UN CURSO PARA LOS PADRES DE LOS ESTUDIANTES CON NECESIDADES ESPECIALES**

16 de febrero de 2017 de 6 a 8 PM

Oficina de Educación del Condado de Santa Clara (1290 Ridder Park Drive, San Jose)

LA COMPRESIÓN DEL IEP: EL DESARROLLO Y EL PROCESO. Este taller le ayudará a entender mejor el Programa de Educación Individualizada (IEP) para los niños y jóvenes que reciben servicios de educación especial. Comprender los componentes básicos de IEP y cómo trabajan juntos. Infórmese sobre: Los niveles actuales de logro académico y rendimiento funcional (PLAAFP), Redactar objetivos mensurables y objetivos, Servicios de apoyo y Plan de implementación. EL SERVICIO DE NIÑERA ESTÁ DISPONIBLE A AVISO (408) 453-6542

### **Classroom Volunteers Needed Next School Year**

In East Palo Alto and eastern Menlo Park (Run on 15 feb too)

Have you enjoyed helping in your child's classroom? Consider volunteering in a classroom in eastern Menlo Park or East Palo Alto where there are virtually no parent volunteers. You'll help tutor kids in grades K-5 where 88% are low income and 40% are homeless.

Work once a week in the same classroom for about an hour, with students on reading, writing or math. All Students Matter provides training and coordinates everything. Sign up now to start in September. For more details or to sign up, visit [www.allstudentsmatter.org](http://www.allstudentsmatter.org) or contact Keri Tully at [keritully@gmail.com](mailto:keritully@gmail.com).

### **Family Date Night: Puzzle Swap and Game Night**

Fri, Feb 17, 7-8:15PM, Children's Library, 1276 Harriet St., Palo Alto

Bring the family to the library for an evening of games and a puzzle swap! Bring your gently used and complete puzzles to the library to exchange with other families. Please register for each family member in attendance at:

<http://califa.evanced.info/paloalto/lib/eventcalendar.asp?dt=mo&Lib=ALL>

### **Lunar New Year Celebration**

Sat, Feb 18, 11:00-2:00PM

Mitchell Park Community Center, 3700 Middlefield Rd., Palo Alto

Join us in celebrating the Chinese New Year! This event features lion dancing, crafts and more! All ages are welcome. Stop by wearing your new lucky red clothing and we will see you there.

### **Creative Writing Party**

Fri, Feb 24, 7-8:30PM

Rinconada Library, 1213 Newell Rd., Palo Alto

All are invited to celebrate! 2017 writing contest winners to be announced. Join us for cake, crafts, and fun!

### **Tickets Now Available for Anne Lamott**

Sat, Mar 4, 9:30AM-12:30PM, Dinkelspiel Auditorium, Stanford University, Palo Alto

Join us in conversation with award-winning author Anne Lamott. Tickets on sale now for the 2017 Mothers Symposium, a morning retreat for mothers with children of all ages to reflect on the profound undertaking of motherhood. Special Early Bird pricing: "Bring a Friend" and save \$20 when you buy two tickets. Co-sponsored by the Palo Alto Council of PTAs. For tickets and information visit <http://www.motherssymposium.org/>

### **Stanford MBSR Parenting Class**

Thur, Feb 23, 6.30- 8 PM,

Palo Alto High School Library (EWC), 50 Embarcadero Road, Palo Alto, CA 94301

This is a wonderful opportunity for parents, to continue the conversation that was had with Dan Siegel in November in terms of the day-to-day applications of mindfulness and the implications for parenting.

Session 1: 02/02 The Science of Mindfulness, Guided Meditations, and Home Practice

Session 2: 02/23 - Bringing Openness, Curiosity, and Non-judgment to Parenting; Mindfulness Toolkit and Resources  
Class Instructors are Corinne Collins RN, FNP, mindfulness and MBSR instructor teaching in Monterey and the South Bay area and Moira Kessler, MD, Child Psychiatrist and Clinical Instructor at Stanford Children's Health.

More info at:

<https://docs.google.com/forms/d/e/1FAIpQLSfIOZsS655gLVmO7HhLoSiWePq-8gMgjEjsAZIHSMkPlcEb4A/viewform>

### **Blind Date w/a Book (Palo Alto Library Event)**

Month of February, Teen Zone, Mitchell Park Library, 3700 Middlefield Rd

If your blind date with a book doesn't work out, then check out a new one. No hurt feelings! Review your book date for a chance to win prizes.

### **Paly Robotics Summer Camp 2017**

Week 1: July 24 - 28, Week 2: July 31 - August 4, 9AM-3PM

Palo Alto High School, 50 Embarcadero Road, 94301

This year, Paly Robotics will be offering two different weeks of our annual summer camp for incoming middle school students (incoming 6th - 9th). We hope to spark interest and start future high school students on a path in science, technology, engineering, art or math (STEAM). Our registration will be open on Sun, Feb 12. Campers will be able to sign up for one session per week. If you have any questions, feel free to contact us at [summercamp@palyrobotics.com](mailto:summercamp@palyrobotics.com). For further details, go to our [website](#).

### **Camp MAC**

Mon, Jul 31 - Fri, Aug 8, Palo Alto High School, 50 Embarcadero Road, 94301

For rising 8th and 9th graders. An opportunity to give your child an introduction to journalism and advance his or her writing skills by signing him or her up for Camp MAC, a five-day summer camp held at the state-of-the-art Media Arts Center at Palo Alto High School! All proceeds of the camp go to support Paly's Media Arts program. Camp MAC is taught exclusively by student journalists from Paly's award-winning publications. Campers will write news stories, sports features and food reviews, as well as learn 21st century journalism skills like video broadcasting. At the end of the week they will work with their counselors to make their own printed publication! Early bird ends March 1, so sign up now! Signups, prices and more information at <http://paly.io/campmac>!

### **Paly Speech and Debate Summer Camp**

Session 1: June 13-17; Session 2: July 31-Aug 4

The Paly Speech and Debate camp centers around providing students with an introduction to speech and debate. The goal of our camp is to prepare students for competition in these activities once they go to high school. On top of that, speech and debate are both life skills as they teach students to express themselves and be more articulate. Second year



campers have the opportunity to be placed in a more advanced classroom setting, while first year campers will be given more of an introduction to speech and debate. To register go to: [pasdc.weebly.com](http://pasdc.weebly.com)

### **Musical Group Charged Particles**

Wed, Mar 1, 3:30-4:30PM, Children's Library, 1276 Harriet St., Palo Alto

Charged Particles blends jazz styles with elements from Latin music, classical music, funk, and more. No registration required.

### **STEAM Lab Saturday**

Saturday, March 4, Children's Library, 1276 Harriet St., Palo Alto

Each month we'll engage in maker projects utilizing Science, Technology, Engineering, Art and Math concepts. See the library website or calendar for details. For grades 1-6.

Registration required at:

<http://califa.evanced.info/paloalto/lib/eventcalendar.asp?dt=mo&Lib=ALL>

### **Society of Bookworms book club**

The Underground Abductor (Nathan Hale's Hazardous Tales)

Wed, Feb 15, 4-5:00PM, Children's Library, 1276 Harriet St., Palo Alto

Discuss a great book with your friends at the library! Grades 4-6

### **Counselor-In-Training Applications are now open**

Fri March 31, Mitchell Park Community Center

The CIT (Counselor-in-Training) program is a fun and exciting experience for teens ages 13 and 14 who are interested in working with children. The CIT Program emphasizes leadership, community service, safety, and initiative. If your teen will be 13-14 during Summer 2017 and is interested in becoming a CIT, please visit [tinyurl.com/CIT2017](http://tinyurl.com/CIT2017) to apply. Application closes on March 31, 2016. For more information, contact [ashabi.idris@cityofpaloalto.org](mailto:ashabi.idris@cityofpaloalto.org).

### **Teen Writing Club**

Thu, Feb 16, 4-5:30PM, Rinconada Library, 1213 Newell Rd., Palo Alto

Share your passion for writing with other teens. Writing prompts, activities, and light snacks provided. Meets 1st & 3rd Thursday of every month. For grades 6-12. Registration recommended at:

<http://califa.evanced.info/paloalto/lib/eventcalendar.asp?dt=mo&Lib=ALL>

## **Attendance Procedure for Student Out of School Early!**

Health Appointments- Parents should make every effort to schedule appointments outside of school hours. However, if not possible, parents are urged to consider varying the times

of day during which health appointments are made in order to avoid missing the same class consistently. If a student must leave during the day for any reason please either call **(650-856-5179)** or email the [Attendance Office](#) the day before the scheduled appointment, or before first period on the day of the requested early dismissal. **Please note that messages must originate from the parent email address on record in Infinite Campus.** The student will then receive a **"Permit to Leave"** pass and meet you in the Attendance Office at the designated time. If a student returns to school the same day, they are required to report to the Attendance Office before returning to class to provide verification of the health visit.

[Jamey Boccio](#), Attendance Secretary, 650-856-5179

## WANT TO BE MORE INVOLVED at JLS NEXT YEAR? JOIN JLS PTA!

Come volunteer with this year's JLS PTA! Taking part in our programs and events brings you closer to your student's JLS experience, while working with dedicated and interesting parents. There are many different types of jobs, ranging from short-term easy support events and tasks, to longer-term and even year-round positions. We welcome whatever level of time and talents you can contribute, and we promise you'll have fun. Please visit the JLS PTA website, [jlswp.paloaltopta.org](http://jlswp.paloaltopta.org) to see a full list of the JLS PTA events and open positions, and fill out the form to indicate any interests you may have. This is not a commitment! We will contact you with more information which will help you decide if you would like to join us.

Questions? Contact [Julia Jacobsen](#), JLS PTA President 2016-2017

## JLS eNews PUBLICATION GUIDELINE!

If you want to publish an announcement relevant to JLS, send an email to [JLS.eneews@gmail.com](mailto:JLS.eneews@gmail.com). JLS eNews is a publication of the JLS PTA. Our PTA has a noncommercial policy, which states that we do not associate with any commercial activities of other organizations including, but not limited to, the promotion of their goods and services. Only submissions from nonprofit organizations will be considered for placement in the eNews. Announcements relevant to other schools in the PAUSD district can be sent to [eneews@paloaltopta.org](mailto:eneews@paloaltopta.org). For more detail, please click [here](#).

### 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: Anjani Sarma  
7th grade coordinators: Claire Kimer  
8th grade coordinators: Lisa Barkin

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

JLS Middle School PTA, 480 E. Meadow Drive, Palo Alto, CA 94306

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