

Subject: JLS Middle School PTA Newsletter for 2017-2018

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

To: sthomas237@sbcglobal.net;

Date: Sunday, September 10, 2017 2:01 AM

PANTHER TRACKS – JLS PTA eNews Sun, Sept 10



IN THIS WEEK

Homework Habitat Mon Sept 11, 3:15 PM, Library
6th Grade Parent Network Meeting Tues Sept 12, 8:00 am- 9:30 am, Rm 730
Homework Habitat Tues Sept 12, 3:15 PM, Library
Make up Individual Pictures Wed Sept 13, Library
Technology in PAUSD, Middle School 7 PM- 8:30 PM, JLS Cafetorium
Homework Habitat Thurs Sept 14, 3:15 PM, Library
After School Sports, Parent Meeting Thurs Sept 14, 6:30-7:30 PM, JLS Cafetorium
PTA General Meeting, Rm 40 Thursday, Sept 21, 8:30 AM- 10 Am

From Principal Lisa Hickey

Homework Habitat and Writing Center

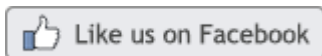
Homework Habitat and Writing Center are now open on Mondays, Tuesdays, and Thursdays after school in our library from 3:15 PM-4:30 PM. No registration or sign-up are needed. Homework Habitat and Writing Center are staffed by teachers and instructional aides who provide students with academic support. Students are welcome to navigate back and forth from Homework Habitat and Writing Center, depending on their own needs. If they need assistance specifically with writing (in any subject), they can seek help in the Writing Center. In addition, students who stay in either program for the whole duration will receive a "ticket" which they can put in a raffle for a prize.

Lunchtime Activities

JLS offers over 30 different clubs during lunchtime. Students should watch the daily announcements on KJLS for reminders about the day and location for each club. JLS' Calming Garden is open on Mondays, Wednesdays, and Fridays, located next to Room 730. This is a quiet space where students can come to relax. Some of the activities include reading in a beanbag chair, playing with kinetic sand, water painting on a stone, or coloring. Encourage your child to come check it out!

Sixth Grade Parent Network Meeting

Welcome to the first of a series of 6th grade Parent's Network meet-ups. Join other JLS parents on Tuesday, September 12 from 8 to 9:30am in Room 730 on the JLS campus. Please come socialize with first time middle school parents as well as parents who have had their older kids in middle school. Share your experience, meet familiar faces and get to know the 6th grade community over a cup of morning coffee.



JLS UpToUs!

Dear JLS Parents:

Looking to connect with an old friend, or a new parent you just met?

JLS PTA is using [UpToUs](#) for its electronic Directory and community messaging (via grade-specific parent networks). [UpToUs](#) is password protected and you have control over the information you want viewable by others. You may change your information, preferences or privacy settings at anytime. Additional features include the 6th, 7th and 8th grade parent networks, volunteer signups and events. When registering your student this year, you indicated via Infinite Campus your preference to be included in emails from the PTA or in the school Directory. Subsequently, PAUSD has only given us your information if you answered "YES". So, these are the only names in our directory.

- If you are not getting any communications from PTA, cannot sign into the directory or still want to participate, let us know.
- If you want to check or change information seen in the directory, then sign in to hide/delete/update what's associated with your account. Those who already indicated "No Directory" have been hidden.
- Any emails sent via [UpToUs](#) always include the option to "Opt Out" at the bottom.

To sign in to the JLS eDirectory (optional):

1. Go to www.uptous.com
2. Login using the email address provided to PAUSD (the same one you use for Infinite Campus)
3. Password:
 - For existing [UpToUs](#) members - No change in password
 - For new [UpToUs](#) members - Click the "Forgot Password" option and Reset Password
4. If something goes wrong, send an email to support@uptous.com

eDirectory information is replaced each year, so any modifications you make are not shared with PAUSD's database. To make permanent changes to your information or preferences, please change it by logging in to Infinite Campus and making changes there. The volunteers who produced the directory have made every attempt to ensure the data are accurate, reliable, timely and authorized to be published. Information in the directory is available to families and staff of JLS Middle School and may only be used for school related activities. It may not be used for commercial, political or marketing purposes or otherwise distributed/shared.

In addition, [UpToUs](#) has smart phone apps:

iPhone: <https://itunes.apple.com/us/app/uptous-for-iphone/id434277330?mt=8>

Android phones: <https://play.google.com/store/apps/details?id=com.uptous&hl=en>

What about eNews? JLS PTA will continue to use eNews to push out school information, district and community news. UpToUs will serve as our eDirectory and (moderated) platform for our grade-level parent networks.

If you have any concerns or comments, send an email to jlsptaemail@gmail.com.

Lili Nova-Roessig
JLS PTA President/Directory Administrator

Clare Kirner
JLS PTA VP of Communications

COMMUNITY

****NEW**Healthy Habits, Healthy Lives**

Wed, Oct. 4, 6:30-8:30pm, SDC Room, District Office, 25 Churchill Ave, Palo Alto

Navigating and understanding nutrition guidelines can be challenging and confusing. At this talk, Dr. Rosner will help to clear up some of this confusion. She will discuss healthy eating guidelines, as well as, healthy habits. Finally, she will provide ways to incorporate these suggestions into our daily lives and leave us empowered with the knowledge to lead a healthy life. Jeanne Rosner is a board certified anesthesiologist who practiced at Stanford Medical Center for nearly 20 years. Since retiring from anesthesia, she has been a nutrition educator at local middle schools throughout the Bay area and started a venture called SOUL (seasonal, organic, unprocessed, local) Food Salon (<http://www.soulfoodsalon.com>).

Community E, M, H

****NEW**Community Service Opportunity -- Volunteer on Coastal Cleanup Day**
Sat, Sept 16, 9 AM - 12 PM, Baylands (Matadero or Adobe Creek)

The City of Palo Alto is hosting two Cleanup sites (Matadero: site 16 and Adobe: site 17) to clean up litter in the Baylands. Please go to www.cleanacreek.org to sign up and be sure to bring your waivers.

****NEW**Palo Alto Library -- Day of the Dead Altar**
Sun, Oct 15 - Sun, Nov 5 Mitchell Park Library, 3700 Middlefield Rd, Palo Alto CA 94306

Submit a photo of a loved one whom has passed on to honor them at the entrance of the library's altar. Display created by Teen Library Advisory Board (TLAB).

****NEW**FREE Women's Wellness Workshop: A Taste of the Season**
Fri Sep 15 10-11AM. Blossom Birth, 505 Barron Ave, Palo Alto, CA

In this FREE workshop, 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 fall bites while we discuss foods to support your unique body - and your family - this autumn. 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! <http://mindbodymoms.com/free-introductory-classes/>

****NEW**FREE Mindful Moms Class with Krassi Harwell**
Tues Sep 26 12-1:30PM, 67 Encina Ave, Palo Alto, CA

Join our community of wise and caring moms as we navigate the rich and rewarding journey of raising kids into adults. We will practice yoga, meditate, and tap into the healing power of togetherness as we share stories, strength and support. This FREE class is for moms who have kids of all ages - particularly helpful for moms who have toddlers thru teens! Registration is required for this FREE workshop as space is limited! <http://mindbodymoms.com/free-introductory-classes/>

****NEW**Titans Youth Cheer Clinic**
Sat, Sept 30. 10AM-2PM, Gunn High School Titan Gym.

Come join the Gunn High School Varsity Cheerleaders for a fun-filled Cheer Clinic for kids K-8th grade. Kids will learn cheers and a dance that they can later perform alongside the cheerleaders at the Gunn HS Football game on Friday, Oct. 13. Lunch, water and snacks are provided at the clinic. Check-in time is 9:30AM, cost is \$40 per child (\$30 for siblings after the first registration), cash or check payment at the door. Email gunntitans.cheer@gmail.com to reserve your spot with "Youth Clinic" in the subject line and include the child(ren)'s name, age and grade.

****NEW**Volunteers Needed for Adopt-a-School and Adopt-a-Teacher Programs at the Ravenswood School District!**

Be a part of the exciting new things happening in Ravenswood! The Ravenswood Education Foundation (REF) is kicking off its annual Adopt-a-Teacher program for the Ravenswood City School District! The program offers the opportunity for individuals or small groups to help teachers in East Palo Alto and eastern Menlo Park purchase much-needed supplies. REF is also launching a teacher appreciation program with an opportunity for volunteers to provide two meals honoring faculty and staff at a school. If interested, please contact Jazmin Sosa at jsosa@ravenswoodef.org or visit REF's website to learn more about other volunteering opportunities at www.ravenswoodef.org.

****NEW**Ride, Drive & Be Green: A National Drive Electric Week Celebration**

Sun, Sep 17; 1-4 pm, 3921 E. Bayshore Rd., Palo Alto (Park on Elwell Ct.)

Take a FREE Test Drive in an Electric Vehicle on September 17! Did you know that the single biggest way to lower your personal carbon emissions is to drive an electric vehicle? Find out more by taking a FREE electric vehicle test drive on Sep 17. This is your chance to view and drive several models all at once, without having to visit multiple dealers. Participating vehicles will include the Chevy Bolt, Kia Soul EV, Nissan Leaf, Tesla S, and more! Adults and students 17+ years with a valid driver's license may take test drives; younger students may ride as passengers (please bring car seats if required). Contact arianee@acterra.org. RSVP at tiny.cc/PA-NDEW2017 Pre-registration is not mandatory but appreciated!

Let's Talk, A SELPA 1 CAC Support Group

Mon Sep 11, 10AM-12PM, Los Altos Library, 13 S. San Antonio Road, 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. For more information, see www.selpa1cac.org.

Parent Chat, Mental Health Subcommittee SELPA 1 CAC event

Tue Sep 12, 7-8:30 PM, Los Altos Library, 13 S. San Antonio Road, Los Altos

Are you concerned about the emotional well being of your child? Come to Parent Chat, peer to peer support for parents of teens. Hosted by the Mental Health Subcommittee of SELPA 1 CAC.

Challenges of Dyslexia, SELPA 1 CAC Parent Education Event

Wed Sep 20, 7-9 PM, Santa Rita Elementary, Los Altos

Join Lindamood-Bell Center Director, Leila MacCurrach, for a conversation about how intensive instruction that builds the imagery-language foundation can enable students of all backgrounds and prior diagnoses to learn to read and comprehend to their potential.

Lindamood-Bell's intensive, one-to-one, process-based instruction has been used to strengthen the sensory-cognitive functions needed for reading and comprehension. The method has been proven successful for individuals with learning challenges, including dyslexia, hyperlexia, ADHD, and ASD.

Family Date Night - PLAY! Fort Building

Fri, Sept 22, 7:00-8:15 PM, Children's Library, 1276 Harriet St.

Join your friends and neighbors at the library for an evening of fort building fun. In collaboration with The Art Center's PLAY! exhibit. Please register each family member separately. Sponsored by the Friends of the Palo Alto Library

5th Annual Fiery Arts Fall Glass Sale at Palo Alto High School
Fri Sep 15, 3-6 PM, Palo Alto High School Between Old and New Theatres
Sat Sep 16, 11 AM - 4 PM, Palo Alto High School Next to the Performing Arts Center.

Come see exquisite new glass designs hand-blown by instructors, alumni and students. Over 1000 unique glass pieces - pumpkins, pears, seashells, elephants, acorns, vases and more on sale to benefit Paly's Fiery Arts program. Come learn about the craft with live glass blowing demonstrations. Fall Sale flyer. For more information, contact PalyFieryArts@gmail.com or go to <http://tinyurl.com/PaloAltoHighGlass>

Free Youth Mental Health First Aid Training Sponsored by Project Safety Net and the Santa Clara County Suicide Prevention Program
Wed, Sept 13, 8:30 am- 4:30 pm, Palo Alto Art Center Auditorium, 1313 Newell Road, Palo Alto

Youth Mental Health First Aid teaches a 5-step action plan to offer initial help to young people showing signs of a mental illness or in a crisis, and connect them with the appropriate professional, peer, social or self-help care. All materials will be provided. Space is limited, so please register at https://docs.google.com/forms/d/e/1FAIpQLSc_PFMr51Yo7G7pxbxL_h0h8d6kdI23Tlps0BrLm1IWocfKng/viewform.

Community E, M

****NEW****The 8th Annual Bike Palo Alto, Sunday, Oct. 1 from 1:00-4:00pm

Explore Palo Alto's enjoyable bike byways from Los Altos to Menlo Park to the Baylands! Free treats are offered at rest stops along each route. Originated and organized by neighborhood green team volunteers, this free event provides a fun way for the community to learn about Palo Alto's great bicycling routes and resources. Bring your helmet, a water bottle for filling at water fountains, and a small pack to hold your maps and other bike goodies. Free registration is from 1-3 at El Carmelo Elementary along with any sort of bike help. Riders choose among three self-guided routes of various distances and can start filling up a Frequent Rider Card that is redeemed later for a reward. Preregistration is recommended at <https://bikepaloalto.org>.

****NEW****Stanford ADHD Study:

Looking for children ages 7-11 with a diagnosis of ADHD or with no diagnoses to participate in a study exploring changes in brain function in response to a novel

neurofeedback training. Participation involves 6 sessions of cognitive training and 2 sessions of behavioral assessments. Contact Lindsay Chromik at lchromik@stanford.edu or 650-724-2939 for more information or to enroll. For general information regarding participant rights, contact 1- 866-680-2906.

Society of Bookworms - The Misadventures of the Family Fletcher by Dana Levy
Wed, Sept 20, 4:00-5:00 PM, Children's Library, 1276 Harriet St.

Discuss a great book with your friends at the library! Grades 4-6. Sponsored by The Friends of the Palo Alto Library.

Community M, H

****NEW** Tween & Teen Art Classes at the Palo Art Center**

Unleash the creativity in your student by signing up for one of our Teen & Tween Art Classes. We have several classes with openings for students ages 11-18. Register online at <https://apm.activecommunities.com/paloalto/Home> for classes focusing on Ceramics, Drawing, Photography and Watercolor. Questions? Please contact Rebecca Passarello (rebecca.passarello@cityofpaloalto.org or 650-617-3509).

Blind Banned Books

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

Banned Books Week in the Teen Zone! YA books wrapped in black paper on display in the Teen Zone have been banned or challenged. Celebrate your freedom to read by checking out banned or challenged books, and taking them home to rate your blind date for chances to win prizes. Grades 6-12.

Banned Book to Teen Movie

Tue, Sept 26, 4:30-6:30PM, Mitchell Park Library, 3700 Middlefield Rd, Midtown Room

Celebrate Banned Books Week with a movie and snacks! We will be watching a movie based on a banned book. Bring your friends. Registration Required. Grades 6-12.

Palo Alto Library Teen Maker Tuesday @MP

Tues, Sept 19, 4:30-5:30 PM, Mitchell Park Library, 3700 Middlefield Rd.

An interactive program for teens featuring different Maker related projects. Registration Required. For more information, go to: <http://califa.evanced.info/paloalto/lib/eventcalendar.asp>

Classes for middle and high school students
Saturdays, Sep 9 - Dec 2, Gunn High School

Outstanding high school students are teaching classes to raise funds for the Ravenswood City School District in East Palo Alto. For the fifth session, Silicon Valley Youth is offering classes in Business and Entrepreneurship, Competition Speech, AMC 8/Mathcounts, Game Design, and iOS App Development classes on Saturdays at Gunn High School. Sign up starting now online at <http://siliconvalleyyouth.com/classes/>. Contact: svyouth1@gmail.com.

How to foster the Essential Skills Adolescents Need to Thrive in College and Life
Sun, Oct 29. 10AM-4PM. Stanford University, Lathrop Library, Room 299.

This workshop focuses on the key emotional skills that parents must foster in middle-school and high-school students to prepare them for the challenges they will face when they leave home. Enrollment limited to 25 parents. Fee: \$245. Taught by child & adolescent psychiatrists Bina Patel, MD and Sujata Patel, MD, from Stanford University's Counseling & Psychological Services. Visit <https://continuingstudies.stanford.edu>, course # WSP 323, for further information.

13 Conversations About "13 Reasons Why"
Wed, Sept 13, 6:30 - 8:30 PM, Parents Place, 200 Channing Ave Palo Alto
94301

The Netflix series "13 Reasons Why" is an unflinching look at suicide, teen cruelty, rape culture, and adolescent emotional turmoil and trauma. Teens and tweens are entrenched in a world of social media that may give the illusion of connectivity, but can just as easily be isolating. Although the series advocates for communication and basic human decency, it doesn't explore the role of depression and other underlying mental health concerns. Join us for an important discussion about how to talk with your teen or tween about these topics in a way that is approachable, informed, and open. With Havi Hall. Fee: \$45 Register at: <https://www.eventbrite.com/e/13-conversations-about-13-reasons-why-middlehigh-school-registration-36449330930>

ATTENDANCE PROCEDURE FOR 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 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 [Lili Nova-Roessig](#), JLS PTA President 2017-2018

JLS eNews PUBLICATION GUIDELINE!

If you want to publish an announcement relevant to JLS, send an email to 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. 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: Gerrie Phillips, Hue Tran, Suman Rangaswany
7th grade coordinators: Anjani Sarma , Mei-Hsia Tan
8th grade coordinators: Claire Kirner, Valerie Sabbag

**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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