

Subject: JLS Middle School PTA Newsletter for 2017-2018

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

To: sthomas237@sbcglobal.net;

Date: Sunday, February 4, 2018 12:05 AM

PANTHER TRACKS – JLS PTA eNews Sun, Feb 4



IN THIS WEEK (<https://jls.pausd.org/calendar>)

| |
|--|
| Gunn and Paly Counselors at JLS Monday, Feb 5 |
| Homework Habitat Monday, Feb 5, 3:15 PM, Library |
| Incoming 6th Grade Connections Info Night Monday, Feb 5, 7 PM, JLS Cafetorium |
| Gunn and Paly Counselors at JLS Tuesday, Feb 6 |
| Homework Habitat Tuesday, Feb 6, 3:15 PM, Library |
| Jordan Mandarin and Spanish Immersion Parent Meeting Tuesday, Feb 6, 7 PM, Jordan Library |
| Paly Incoming 9th Grade Course Selection Workshop Wednesday, Feb 7, 7 PM, Haymarket Theater, Paly |
| Gunn Incoming 9th Grade Course Selection Workshpo Wednesday, Feb 7, 7 PM, Bow Gym, Gunn High |
| PTA Executive Board Meeing Thursday, Feb 8, 8:30 AM, Conf Rm B |
| Homework Habitat Thursday, Feb 8, 3:15 PM, Library |
| JLS Choir at Gunn Staff Musical Thursday, Feb 8, 7 PM, Paly PAC |
| Lunar New Year Staff Appreciation Lunch Friday, Feb 9, 12:30 PM, Rm 730 |
| Student Store Open Friday, Feb 9, 12:30 PM |

From Principal Lisa Hickey

Here are a few upcoming reminders for all grade levels. The high school counselors will be at JLS next Monday (2/5) and Tuesday (2/6) to present to our 8th graders during their math period.

For current 6th and 7th graders, students will receive the course catalog for the 2018-19 school year next week. Students will need to select their elective courses by logging on to Infinite Campus. Here is a link to a video that shows you how to select your courses through Infinite Campus. Once the course selection sheet is completed, please print, sign, and turn into the guidance office by Wednesday, February 14.

As you may have personally experienced, there is often congestion on East Meadow and the JLS driveway before and after school. We need your support in helping to keep our students safe. Please remember to drive slowly and safely around campus. If you must drive, plan time for your school commute so you do not feel rushed, enabling you to share the road safely. Here are additional driving tips to help keep our students safe:

- Observe the 25 mph speed limit in school zones at all times. Avoid making U-turns and other illegal or unsafe maneuvers on East Meadow.
 - Be alert. School commute routes carry hundreds of pedestrians, skateboarders, bicyclists, and cars. When preparing to turn right, always look for cyclists in the bike lanes.
 - Be especially alert for young children. JLS borders two elementary schools.
 - Yield right of way to pedestrians in crosswalks, which exist at all intersections - even when crosswalks are not marked.
 - No right turn on red at Waverley and East Meadow when children are present.
 - Obey Crossing Guards. They help students cross safely and reduce driver confusion during peak congestion hours.
 - Do not drive in the bike lanes. Dashed white lines to your right are an indication it is OK to merge into the bike lane when making a legal right turn. Using a bike lane to pass other traffic on the right is illegal. Drivers must yield to bicyclists in the bike lane. That is the law.
 - Do not use red zones to drop off or pick up passengers. Do not drive through the red zones to get to loading zones.
 - The Waverley driveway (entering JLS) is for staff parking only. Please do not pull into these parking spots, even for temporarily dropping off students.
 - Parking is available at the end of the Waverley driveway if you have a meeting or business at JLS. Do not park on the Waverley driveway as that area is designated as exclusively for JLS staff parking. Please obey all posted signs.
 - Do not enter or use the Fairmeadow driveway to drop off or pick up students.
 - Do not double park or back into parking spaces.
- Thank you for helping keeping all our students safe.

Lost and Found is REALLY piling up.

All items will be out on tables by the front office beginning Monday, February 5, until Friday, February 9. Anything remaining at the end of the school day on Friday will be donated.

Please remind your student(s) to check these many tables for belongings. We have lots of sweatshirts, sweaters, jackets, water bottles, etc.

The Lunar New Year Staff Appreciation Luncheon

The Lunar New Year Staff Appreciation Luncheon is this Friday Feb. 9th from 12-2 pm. This is a great opportunity to meet and thank our wonderful JLS staff. All parents are welcomed to help.

Volunteer sign-up sheet is

here: <https://docs.google.com/spreadsheets/d/1RznsN2wecAlqxmPesITgVHmVWJNKzeMYdP7aVRnB2c/edit#gid=0>

Thank you for your support!

Update on Roundabout Construction at E.Meadow and Ross

The Neighborhood Traffic Safety and Bicycle Boulevard Project is constructing a new roundabout at E. Meadow Drive and Ross Road to improve the safety of student cyclists and help moderate speeds along the route. Beginning today and over the next two and a half weeks, we will be completing construction of the roundabout. Flaggers will be present to direct student cyclists, pedestrians, and vehicular traffic during construction. Construction work hours are between 9:00am- 4:00pm, Monday - Friday. It is important that school staff, parents, and students review the educational materials on how to use the new infrastructure as we get closer to completion, which you can find here <https://www.cityofpaloalto.org/civicax/filebank/documents/63230>. Stanford University has created a useful educational website on roundabouts that can be found here <https://transportation-forms.stanford.edu/roundabout/>. Please direct questions to Sarah Ratliff, Neighborhood Traffic Safety Bicycle Boulevard Community Relations Manager at sarah.ratliff@gcinc.com, (669) 225-1617. More information about the Neighborhood Traffic Safety & Bicycle Boulevard Project, including FAQ's, are available here.

2018 JLS Service Day

Wed., Mar. 7

1:30pm - 5pm (adult chaperones)

1:45pm - 5pm (student volunteers)

Join us for a fun and meaningful afternoon of community service!

JLS students and chaperones have 15 engaging service projects to choose from. Some projects take place on-campus at JLS and others at nearby off-campus locations.

JLS student interest in Service Day has been very high in the past, and spots have filled quickly. In order to secure a student volunteer spot in this initial round of registration, students must sign up online and turn in required paperwork by Fri., Feb. 9. If required paperwork is not received by the deadline, the student's online sign-up will be cancelled. Open volunteer spots will be offered to other JLS students. Thank you for your understanding and cooperation.

Adults - we cannot offer this service learning opportunity without your help. Thank you for volunteering to chaperone.

JLS Service Day is organized and sponsored by the JLS PTA and YCS (Youth Community Service).
Questions? Email JLSServiceDay@gmail.com

Detailed service project descriptions, registration instructions, and required forms can be found at <https://goo.gl/U5SXgP>.

We hope you'll join us for a fun afternoon of service and giving back to our community. Thank you very much for volunteering!

Gunn Choir Staff Musical Extravaganza "Braveheart and Soul: The Birth of Moortown Music" featuring the JLS Choir
Thurs Feb 8, 8:00pm; Palo Alto High School PAC, 50 Embarcadero Road, Palo Alto.

The King of England is off to Scotland to bring those wild gingerheads into line. But the Scots, lead by the immortal William-The-Braveheart-Wallace, are going to give the King a fight he'll never forget. It's a musical stand-off between the forces of King Edward's Gilbert-and-Sullivan-singing troops and Braveheart's secret weapon: Moortown music. Follow us through the glens and into the fog of Brigadoon, where the battle of the clans begins. Featuring the Award Winning Gunn High School Choirs and dozens of your favorite Gunn Staff! The JLS Middle School Choir will be featured on Thurs Feb 8. Come experience the choral opportunities available at Gunn! Tickets: \$20 adults, \$10 students. Available online at: <http://www.gunnchoir.org/performances/tickets/>

Middle School History-Social Science Materials

Middle school history-social science materials under consideration for adoption are currently on display in the hallway at the District Office and at JLS in the library. The Middle School History-Social Science Textbook Selection Advisory Committee welcomes the public's input. Comment forms are available and all feedback will be taken into account. If you have any questions about the history textbook pilot at JLS, please contact Megan Shelby, JLS History Department Instructional Lead, mshelby@pausd.org.

Save the Date
JLS Service Day
Wed, Mar 7, 1:45 pm- 5pm

JLS students, parents, teachers, and staff -- save the date and join us for a fun and impactful afternoon of community service! Service projects will take place on-campus at JLS as well as at off-campus locations.

Some of the volunteer activities being planned include:

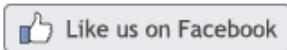
- playing games with seniors
- working on a school farm
- providing vital tree care
- helping elementary school teachers and staff
- making dinner for individuals who are homeless

Sign-up details will be distributed soon. Please note: In order to participate, students must turn in a PAUSD permission form. More information to come.

JLS Service Day is organized and sponsored by the JLS PTA and YCS (Youth Community Service).
Questions? Email JLSServiceDay@gmail.com

Online Shopping and JLS

You can do your normal shopping and help raise funds for JLS at the same time. Learn more by visiting the JLS PTA website at: <http://jlswp.paloaltopta.org/index.php/finances>



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PAUSD/PTAC

PAUSD E, M, H

****NEW** Superintendent's Weekly Message from Friday Jan 26**

We will re-post Karen Hendricks' Weekly communications here each week, in case you missed it on her previous Infinite Campus email to you.

"In the interest of full disclosure, I should preface this by admitting that I...". Visit

<https://www.pausd.org/explore-pausd/news/superintendents-weekly-message-%E2%80%93-january-26-2018> to read the rest of Friday Jan 26gh message from Karen Hendricks.

PTAC E, M, H

2018 Annual Sweetheart Awards - Call for Nominations

Is there a bus driver, friend, teacher, administrator, neighbor, aide, crossing guard, coach, fellow student, therapist, physician, volunteer or relative that has done something (however large or small) for your special needs child with an IEP or 504? Honor that person by nominating him or her for a CAC Sweetheart Award. Submit nominations using this online form before Thursday, February 15th (early submissions welcome): <http://tinyurl.com/cac2018sweethearts>.

The Awards Ceremony will be on Wednesday, February 28th from 6-8pm at Nixon Elementary School. For more information or questions contact sweethearts.award@gmail.com or go to www.cacpaloalto.org. Co-sponsored by Palo Alto Community Advisory Committee for Special Education and the Palo Alto Council of PTAs.

Nominate Great People for Awards (Due March 1) Call for Nominations for HSA 2018

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.

We also have a new award that debuted last year that honors exceptional PTA volunteers at the unit (school) level. Each PTA may nomination one person.

If you know of someone or an organization that deserves to be honored at this level, please complete this form:

Nominations for HSA2018 Recipients will be announced at our Honorary Service Award Reception on Thursday, April 26th, 2018. Visit here past recipients <https://ptac.paloaltopta.org/honorary-service-awards/>.

Deadline for Nominations is March 1, 2018.

The Smart Talk: Internet Safety

**Tue Feb 6, 6 PM., Gunderson High School, 622 Gaundabert Lane, San Jose
(6pm refreshments, 6:30pm program)**

What you hope your kids (elementary, middle, and high) are doing online isn't always what they're actually doing.

Join us to learn how you can use The Smart Talk to get on the same page with your kids and establish an open conversation about digital safety. For more info: <http://capta6.org/docs/180206SaferInternetFlyer.pdf>

FREE. Sponsors include National PTA, State PTA, and Sixth District PTA.

RSVPs (appreciated but not required): wendyghose@yahoo.com

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

Wed, Feb 7, 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 Hypoglycemia Support Foundation and Dr Lustig education program dedicated to changing our views of processed food with the purpose of ending food related illnesses and promote good health. We encourage parents to bring their children.

Community

****NEW**Family Science Night at JMZ**

Wed, Feb 7, 5:30-7:30 PM, Palo Alto Junior Museum and Zoo, 1451 Middlefield Road

Come experience a taste of the fun, hands-on, standards-based science lessons that the Junior Museum and Zoo brings to PAUSD elementary schools every week. Chat with science teachers from our award-winning education department. Meet zoo animals, identify geologic specimens, try out scientific equipment, and more. This FREE event is a "thank you" to our community that values and supports science for all ages. www.cityofpaloalto.org/jmz

****NEW**Gunn Choir Staff Musical Extravaganza "Braveheart and Soul: The Birth of Moortown Music"**

Wed Feb 7 and Thurs Feb 8, 8 PM, Palo Alto High School PAC, 50 Embarcadero Road

The King of England is off to Scotland to bring those wild gingerheads into line. But the Scots, led by the immortal William-The-Braveheart-Wallace, are going to give the King a fight he'll never forget. It's a musical stand-off between the forces of King Edward's Gilbert-and-Sullivan-singing troops and Braveheart's secret weapon: Moortown music. Featuring the Award Winning Gunn High School Choirs and dozens of y our favorite Gunn Staff! The Terman Middle School Choir will also be featured on Wed Feb 7, and the JLS Middle School Choir will be featured on Thurs Feb 8. Tickets: \$20 adults, \$10 students. Available online at: <http://www.gunnchoir.org/performances/tickets/>

****NEW**Parent Chat**

Tue. Feb. 13, 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.

****NEW**Let's Talk**

Mon. Feb. 12, 7 - 9PM, 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. Organized by SELPA 1 CAC <http://www.selpa1cac.org/>

****NEW**Valentine Party**

Tue, Feb 13, 4-6PM, Mitchell Park Library, 3700 Middlefield Rd.

Make crafts if you hate or love Valentine's day! Join us for LED lit up cards, button making, pencil duct tape roses, chocolate and contests. Whether you loathe the holiday or not, there is something for everyone. Grades 5-12. Please register at <https://paloalto.bibliocommons.com/events/59f8f823d207133f003e75d7> for this event.

Clear The Clutter and Get Organized

Thu Feb 1 6:30-8:30pm Parents Place Palo Alto 200 Channing Ave Palo Alto CA 94301

Are you tired of the piles and chaos caused by too much clutter in your home? When you have good organization systems, your home and family life is simpler, calmer, and less stressful. Professional organizer Lori Krolik of "More Time for You" will teach the six steps to tackle any organizing project and other strategies for creating an organized life - parents of all ages are welcome. Details and Registration at <https://www.eventbrite.com/e/clear-the-clutter-and-get-organized-all-ages-registration-39673614850>. Fee \$45

Stanford Food and Mood Study is Recruiting!

Eligible participants are between 9-17 years old, are experiencing low moods or irritability, have a body mass index greater than 85%, do not have braces or metal in their body

Participants receive \$325 for completing the study. Participants come in for clinical and cognitive evaluations, an MRI brain scan and a blood test 3 times over 2 years.

To learn more about the study and to see if your child is eligible, contact Lizzy at 650-721-4049 or thepearlab@stanford.edu. You can also find out more about Stanford's Pediatric Emotion and Resilience Lab (PEARL) at

<http://med.stanford.edu/pedmood.html>. For general information about participation rights, contact 1-866-680-2906.

Palo Alto Chamber Orchestra (PACO) Winter Concerts

Enjoy a series of winter concerts (January through March) featuring PACO's talented young musicians. In addition to orchestral and chamber pieces by well known composers Mozart, Haydn and Beethoven, you'll be enchanted by an array of works by Boccherini, Pleyel, and Dvorak to name a few. All concerts are admission FREE and for the entire family to enjoy. For more information about PACO, please visit www.pacomusic.org or email info@pacomusic.org

Sun, Feb 4, 12PM, Cubberley Theatre (Natasha Makhijani, conductor) Superstrings Orchestra
 Sun, Feb 18, 3PM, Cubberley Theatre (Jory Fankuchen, conductor) Sinfonia Orchestra
 Sun, Mar 4, 3PM, Cubberley Theatre (Michel Taddei, conductor) Debut Orchestra

Stanford University & City of Palo Alto Comp Growth

There is a significant project from Stanford University that will be coming upon PAUSD that may require your attention -- Stanford University's growth and expansion proposal and its impact within our city and school district. Stanford plans to add more academic and support facilities, housing units, childcare center and facilities to its camp, adding approx. 9,000 people to our area. Your comments regarding the significant environmental effects of this project and the adequacy of the Draft EIR are welcome. The public review period for this Draft EIR ends on Feb 2, 2018
https://www.sccgov.org/sites/dpd/Programs/Stanford/Pages/GUP2018_CEQA.aspx

Ongoing Stanford University Brain Study on Executive Function Skills

Looking for children ages 7 and up 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 neurofeedback 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.

****NEW**Fiery Arts Glass Workshops at Palo Alto High School**

Sat & Sun. Feb. 3-4, 17-18; March 3-4, 17-18; April 7-8, 21-22; May 5-6, 19-20; June 2-3; and summer too. 9-3 pm at Palo Alto High School's Glass Studio, 50 Embarcadero Rd. Palo Alto

These 2 day workshops are open to the public, students and parents. You learn glass blowing technique in this hands-on 2-day weekend workshop. Advanced Sign up is required. Class limit is 4. Teens and adults. \$425 per person. Proceeds benefit the Palo Alto High School Fiery Arts Boosters.
 Contact: David Camner, founder of Paly Glass, dcamner@pausd.org, for more information & dates

Community E, M

Join Little Vikes Cheer & Dance Team at Paly Basketball Game

Feb 12, 13, 14 3:34-5:15pm and Fri, Feb 16, 5:30-7:15pm (approx), Palo Alto High School

Join the Paly Spirit Squad for three afternoon workshops and the Paly basketball game on Feb 16. Kids will cheer and perform with the Squad at halftime. Ages 3-14. \$100 for workshops + game (25% discount before Feb 2). Your fee is tax deductible and helps the team pay for uniforms, training and other essentials. <https://www.activityhero.com/go/palycheer>

Community M, H

****NEW**Better Communication with Your Teen, DBT w/Michael Fitzgerald**

Wed. Feb. 7, 7-9 PM, Santa Rita Elementary School, 700 Los Altos Avenue, Los Altos

Michael Fitzgerald, Executive Director of Behavioral Health Services at El Camino Hospital will discuss the benefits of DBT (Dialectical Behavior Therapy). Learn why DBT is so effective and how parents can use the concept to have better communication with their teens. "Sometimes parents are unaware of how their teens are reacting to their verbal and nonverbal cues...at times teens don't feel validated by their families...teens crave acceptance...parents can learn to avoid phrases that reinforce negative self images...both parents and teens can learn how to communicate more positively." DBT combines cognitive behavioral techniques for emotion regulation with concepts of mindful awareness, distress tolerance and acceptance. A SELPA 1 CAC Parent Education Event <http://www.selpa1cac.org/>.

****NEW**Blind Date w/ a Book**

Month of February, Mitchell Park Library, 3700 Middlefield Rd

Go on a blind date with a book! 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.

****NEW**AI for Girls**

Sundays, Feb 11, 18, 25, 10:30AM-12:30PM, Mitchell Park Library, 3700 Middlefield Rd

This workshop aims to teach middle and high school girls Artificial Intelligence (AI) and Machine Learning techniques. Participants should be very familiar with Python. Please bring your laptops. Grades 8-12 only. Please register here <https://palalto.bibliocommons.com/events/5a652546a420d83500e1e359> for this event.

Palo Alto Youth Journalism Summer Camp

Mon July 30 to Fri Aug 3 in the Media Arts Center at Palo Alto High School

After three hugely successful summers, Paly's distinguished journalism program will be returning again this summer with its fourth year of Camp MAC (Media Arts Center) on July 30th - August 3th. A new leadership team and with a plethora of journalism experience is in place and eager to educate new campers on a variety of journalistic skills including critical thinking, research, graphic design, and expository writing techniques. Counselors are the fun and qualified students of Paly's seven publications. The camp is open to all rising 8th and 9th graders, all proceeds support Paly's journalism program for the following year. Registration and more information can be found at this website: paly.io/campmac.

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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