

---

## JLS eNews 05/18/20

1 message

---

# Panther Tracks



## JLS PTA eNews

May 18, 2020

JLS News

### Important Dates This Week

Due to School Closures, All JLS and JLS PTA On-site Events Cancelled Until Further Notice

### Thank you JLS Volunteers

The JLS Staff recently filled out this padlet to show our community how much we appreciate every effort of all our volunteers. Our school is truly wonderful because of your efforts. THANK YOU!

<https://padlet.com/asheward/2jp0ci4fac9to26j>

### From Mr. Ambrose- JLS Librarian

- The latest JLS Library Newsletter is [here](#)! Check it out!
- The [Short Story Dispenser](#) is back in digital form! Take a quick break to read famous authors as well as lesser known gems for 1, 3, or 5 minutes! Coming soon: JLS students' short stories! Encourage your children to submit their short stories for publication to the Short Story Dispenser [here](#)

### UPDATED LIKE login info.

Thanks to the JLS PTA and Fletcher PTA for combining forces to offer these screenings to our families!

[Angst](#) seeks to help people identify and understand the symptoms of anxiety and encourage them to reach out for help. The movie provides tools, resources and above all, hope. [LIKE](#) explores the impact of social media on our lives and the effects of technology on the brain. The goal of the film is to inspire us to self-regulate. Social media is a tool and social platforms are a place to connect, share, and care ... but is that what's really happening?

[Angst](#) will show from Thursday May 7th to May 21th

[LIKE](#) will show from Thursday May 14th to May 28th

Link to access the **ANGST** online program.

<https://www.indieflix.com/ocs/Angst/FletcherJLS/watch.html>

Link to access the **LIKE** online program

<https://www.indieflix.com/ocs/LIKE/FletcherJLS/watch.html>

The Login info for BOTH programs are:

Login: [fletcherjls@indieflix.com](mailto:fletcherjls@indieflix.com)

Password: indieflix

Subtitles are included and can be turned on/off on the video player progress bar where it says "CC."

May is Mental Health Month and the stay in place order give us a unique time watch these valuable and informative movies. Plan a movie night with or without your middle school student now. There are a limited number of views available so please watch the films as soon as you can.

Thanks again to the PTAs of Fletcher and JLS for purchasing Parent Ed movies for PAUSD parents to stream online through IndieFlex.

**Staying Emotionally Connected While Social Distancing: Tips for the End of the School Year and Setting Up Summer**  
**Green PTA Parent Ed Event**  
**Thursday, 05/21 at 12 pm**

Trying to navigate remote learning, parenting and working from home is the impossible task for our times. Staying emotionally connected when social distancing can be tough - even for families living together!

For nearly two decades, [Ana Homayoun](#) has worked with teenagers on executive functioning skills - organizing, planning, prioritizing - and her work focuses on ways to help students manage distractions and promote overall wellness.

In this talk, Ana will share strategies on how to promote social and emotional wellness, and offer suggestions on how parents can bridge the divide with children who are experiencing a number of confounding disappointments and losses.

She'll also talk about how to reset summer and offer suggestions for helping students navigate the upcoming school year.

**REGISTRATION REQUIRED:** <https://www.crowdcast.io/e/emotionallyconnected>

About Ana Homayoun: Ana is an author, educator of three books, and founder and executive director of Los Altos based [Green Ivy Educational Consulting](#), which helps students thrive in and outside of the classroom. Ana is also the founder of [Luminaria Learning](#), a non-profit initiative bringing critical programming into public schools through the Life Navigator Middle School Program. To learn more about her work, visit [her personal website](#) or [her company website](#).

**Free Workout Offered by PASA Coaching Team**

PASA coach team is offering three free workout. With current PE program in school, it will at least urge students to come out and exercise a little bit after working in front of computers. Please feel free to send out to your communities.

Sign up link is as follows:

Monday: <https://www.eventbrite.com/e/104839858840>

Wednesday: <https://www.eventbrite.com/e/104839997254>

Friday: <https://www.eventbrite.com/e/104840009290>

**Paly Robotics Free Entrepreneurship Zoom Lessons**

Via Zoom, June 4, 6, 11, 13, and 18th, 4P - 4:40 P

Interested in starting a business or exploring entrepreneurship in robotics? We will teach you the basic skills you need! Paly Robotics will be hosting free entrepreneurship workshop classes for middle school students over Zoom! After qualifying for FIRST World Championships this year, our team is hosting biweekly STEAM lessons throughout the summer. Each class will cover a different entrepreneurship topic, from writing mission statements to improving presentation skills. Keep an eye out for sessions that cover more topics later in the summer! Click here to register, and please contact [czhang@palyrobotics.com](mailto:czhang@palyrobotics.com) or [nshinghal@palyrobotics.com](mailto:nshinghal@palyrobotics.com) with any questions.

**PTAC SECTION****\*\*NEW\*\* Come give City Council your thoughts on Vape-Shop Ordinance****Mon May 18, 7:15pm, on Zoom: <https://zoom.us/join>. Meeting ID: 362 027 238**

Agenda (see item 6) and more info:

<https://www.cityofpaloalto.org/gov/agendas/council/default.asp>

Palo Alto City Council will vote Monday on a proposed ordinance to further regulate Vape Shops, in an effort to prevent sales to minors. Unlike some other similar local ordinances, this proposal allows for 'adults-only' shops. PTA Council is advocating for closing this loophole. Do you have concerns, stories, or personal experiences with teen vaping? Come share them with City Council! Your voice matters!! (Can't come, but want to comment? You can send public comments to [city.council@cityofpaloalto.org](mailto:city.council@cityofpaloalto.org).)

Questions: Erwin Morton, [advocacy@paloaltopta.org](mailto:advocacy@paloaltopta.org)**\*\*NEW\*\* Please Take Action: Ask Congress to support Schools during the Pandemic**

Unless Congress acts, schools are about to experience major budget cuts triggered by the coronavirus pandemic. Your action will help prevent layoffs, larger class sizes and the reduction or elimination of important programs and services for our students. Please join with education leaders around the country in asking for \$200 billion to support education funding, including special education, distance learning, Title 1 for low-income students and other programs, including:

Learning Policy Institute: "A 15 percent reduction in state education funding could lead to the loss of more than 300,000 teaching positions."

Ed100: "During Teacher Appreciation Week, let's say a loud 'thank you' in a way that really matters: by supporting education funding in this time of crisis."

National Education Leaders, including PTA: "As Congress negotiates a fourth emergency supplemental in response to the COVID-19 pandemic, it is imperative any package include significant, robust and flexible funding for our nation's public schools."

Council of Great City Schools: "...Support an additional federal allocation of \$175 billion in Educational Stabilization Funds distributed to the local level through the Title I formula. We also urge Congress to provide an additional \$13 billion for IDEA, \$12 billion in additional Title I program funding, \$2.0 billion for E-Rate, and emergency infrastructure funds that include public schools."

Please click [HERE](#) to send a message to your U.S. senators and representatives, and help ensure that robust education funding is included in the next COVID-19 relief package. Our children deserve it!

**Mental Health & Wellness Resources while Sheltering In Place:**

CDC: Children's Mental Health during COVID-19: Stress &amp; Coping

CDC: Children's Mental Health

CDC: Stress and Coping During Pandemic

CDC: Taking Care of Your Emotional Health

Mayo Clinic: Covid-19 and Your Mental Health

American Medical Association: Managing Mental Health During COVID-19

**PTA Council UPCOMING ZOOM MEETINGS****ELECTIONS - SPECIAL GENERAL ASSOCIATION MEETING May 20 11AM**

Due to the County's Shelter-in-Place order in effect, our Annual Election at this Special General Association Meeting, will proceed on MAY 20th. Notice is hereby given that it will be a virtual meeting by Zoom. The Zoom dial in info will be sent to all PTA member schools Presidents and EVPs and PTAC Executive Board/Committee Chairs. [See slate here](#). If you wish to attend, please send an email to [President@paloaltopta.org](mailto:President@paloaltopta.org) to receive the Zoom login.

**VIRTUAL GENERAL ASSOCIATION FINAL MEETING May 27 11AM**

Due to the County's Shelter-in-Place order in effect, our final General Association Meeting, previously scheduled, will remain on calendar. We will proceed on the same date: Wednesday, May 27th, except it will be a virtual meeting by Zoom. The Zoom dial in info will be sent to all PTA member schools Presidents and EVPs. If you wish to attend, please send an email to [President@paloaltopta.org](mailto:President@paloaltopta.org) to receive the Zoom login.

**COMMUNITY****\*\*NEW\*\* Paly Robotics Free Entrepreneurship Zoom Lessons****Via Zoom, June 4, 6, 11, 13, and 18th, 4P - 4:40 P**

Interested in starting a business or exploring entrepreneurship in robotics? We will teach you the basic skills you need! Paly Robotics will be hosting free entrepreneurship workshop classes for middle school students over Zoom! After qualifying for FIRST World Championships this year, our team is hosting biweekly STEAM lessons throughout the summer. Each class will cover a different entrepreneurship topic, from writing mission statements to improving presentation skills. Keep an eye out for sessions that

cover more topics later in the summer! Click [here](#) to register, and please contact [czhang@palyrobotics.com](mailto:czhang@palyrobotics.com) or [nshinghal@palyrobotics.com](mailto:nshinghal@palyrobotics.com) with any questions.

**\*\*NEW\*\* OPEN: 2020-21 Applications for DreamCatchers High School Tutor Volunteers**

Huge shoutout to the amazing Gunn and Paly tutors who have continued to support our low-income middle schoolers during the pandemic. We couldn't be more grateful for all their amazing work! To make a real difference in the life of a Palo Alto middle school student and help shrink the opportunity gap, join us for a couple hours a week as a tutor next school year, 2020-2021. Visit [www.dreamcatchersyouth.org/get-involved](http://www.dreamcatchersyouth.org/get-involved) to learn more and apply!

**\*\*NEW\*\*Disappointment, Loss and Grief Helping our Teens and Ourselves Cope - FREE  
Mon, 3pm-4pm – Online workshop**

FREE Drop-in Support Group to discuss the significant changes our teens are facing during the COVID-19 crisis. Learn strategies to help them cope with disappointment and worries about the future, in a safe environment where you can continue to develop your own self-care strategies. Cost is FREE. Donations are appreciated but not required.

Register here: [https://www.eventbrite.com/e/free-online-support-groupdisappointment-loss-and-grief-helping-our-teens-and-ourselves-cope-during-registration-103483680474\\_Any Questions? Email Tiffany at tiffanyl@jfcs.org](https://www.eventbrite.com/e/free-online-support-groupdisappointment-loss-and-grief-helping-our-teens-and-ourselves-cope-during-registration-103483680474_Any Questions? Email Tiffany at tiffanyl@jfcs.org)

**\*\*NEW\*\*Special Needs Families Support Group- FREE**

**Tue, 3pm-4pm - Online workshop**

FREE Parents of children and teens who have special needs are currently immersed in crisis-schooling at home, facing daunting challenges different from parents with neuro-typical kids. This 4-session Special Needs Support Group provides an opportunity to connect, share experiences and challenges, swap ideas, and receive expert guidance and support for navigating these challenging times.

Cost is FREE. Donations are appreciated but not required.

Register here: [https://www.eventbrite.com/e/free-online-support-groupspecial-needs-families-support-group-all-ages-registration-102455416910\\_Any Questions? Email Tiffany at tiffanyl@jfcs.org](https://www.eventbrite.com/e/free-online-support-groupspecial-needs-families-support-group-all-ages-registration-102455416910_Any Questions? Email Tiffany at tiffanyl@jfcs.org)

**\*\*NEW\*\*Sensory Processing Support Group- FREE**

**Thu 11:30am-12:30pm - Online workshop**

FREE The Sensory Processing Parent Support Group is for parents of children with sensory processing challenges. Parents will have an opportunity to meet with others to share experiences, swap ideas, and receive support. Cost is FREE. Donations are appreciated but not required.

Register here: [https://www.eventbrite.com/e/free-online-workshopsensory-processing-parent-support-group-all-ages-registration-101595518932\\_Any Questions? Email Tiffany at tiffanyl@jfcs.org](https://www.eventbrite.com/e/free-online-workshopsensory-processing-parent-support-group-all-ages-registration-101595518932_Any Questions? Email Tiffany at tiffanyl@jfcs.org)

**\*\*NEW\*\*Parenting Support Chats – FREE**

**Fri 1:30pm-2:30pm - Online workshop**

FREE Friday Parenting Support Chats: During these uncertain times, we understand that you may be struggling to balance work commitments with caring for children at home. Whether you need help with daily routines, positive discipline, sibling rivalry, or ways to play and interact with your children, we can help you develop concrete strategies to manage these new challenges and help you feel more effective as a parent.

Cost is FREE. Donations are appreciated but not required.

Register here: [https://www.eventbrite.com/e/onlinefree-friday-parenting-support-chats-preschoolelementary-tickets-100439417000\\_Any Questions? Email Tiffany at tiffanyl@jfcs.org](https://www.eventbrite.com/e/onlinefree-friday-parenting-support-chats-preschoolelementary-tickets-100439417000_Any Questions? Email Tiffany at tiffanyl@jfcs.org)

PAUSD News

Palo Alto PTA Council News

## Community News

### Quick Links

[JLS Website](#)  
[JLS PTA Website](#)  
[Support the JLS PTA](#)  
[JLS Calendar](#)

[Attendance Procedure](#)  
[Parent Network Information](#)  
[Safe Routes to School](#)  
[Palo Alto Bike Registration](#)



### eNews Publication Guidelines

JLS eNews is a publication of the JLS PTA. [Previous editions](#) and [Publication Guidelines](#) can be found at the JLS PTA website. If you have any questions or would like to make a submission, please contact [JLS's eNews editor](#).

JLS Middle School PTA | [480 E. Meadow Drive, Palo Alto, CA 94306](#)

[Unsubscribe sarahccornwell@gmail.com](#)

[Update Profile](#) | [About Constant Contact](#)

Sent by [jlsenews@gmail.com](#) in collaboration with



Try email marketing for free today!