



JLS PTA eNews

March 07, 2021

JLS News

Important Dates in March

- **March 10-** Principal Coffee, 8:30 AM | JLS Parent Ed Event, Managing Frustration, 7 PM
- **March 11-** Connections Board Meeting
- **March 14-** Daylight Savings Time Starts
- **March 15-** Local Holiday, No School
- **March 17-** Principal Coffee, 8:30 AM | Band Concert, All grades, 7 PM
- **March 19-** End of 3rd Quarter
- **March 22-** 6th Grade Family Night Q&A, 6:30 PM
- **March 24-** Principal Parent Coffee, 8:30 AM | Incoming 6th Grade Family Q&A, 5:30 PM
- **March 24-** All Grade Choir Concert, 7 PM
- **March 25-** Connections Parent Coffee
- **March 26-** 6th/7th Grade Course Selection Forms Due
- **March 29-** Site Council Meeting, 3:45 PM
- **March 31-** Principal Coffee, 8:30 AM
- **April 2-** All Schools Minimum Day



Principal Parent Coffee, Wednesday, March 10, 8:30 AM

Please use the following zoom link
<https://pausd.zoom.us/j/99873767585>

Upcoming Principal Coffee Dates
Wednesday, March 17, 24, 31.

Principal Chats are archived on the JLS Website [here](#).

JLS Parent event: "Managing Frustration: Supporting Children, Youth, and Teens in Pandemic Times," Wednesday, March 10, 7-8:30 PM

Please join us for a JLS parent event, a talk by Jenny Ward (plus Q&A) on "Managing Frustration: Supporting Children, Youth, and Teens in Pandemic Times." The disruption in routines and absence of social interactions may result in increased parenting challenges. Learn effective strategies to stay connected with your child and support them through uncertain times. Jenny Ward is a parent educator on parenting and play, stress eradication, recovery and meditation, and play-based living at Parents Place / Center for Children and Youth, as well as the author of Who Said So, 101 Ways to Play, and Who Said So about Parenting. Zoom link to be emailed the day of. We hope you join us!

**Middle School Athletics,
Registration Begins March 11**

The City's Recreation Department has been working hard to put together some spring fitness classes for the youth in Palo Alto. We will be offering some additional classes beginning April 12-29th and May 3-20th, for girls skilled volleyball classes, co-ed football skilled classes and co-ed track skilled class. We will be offering either Monday and Wednesday classes, or Tuesday and Thursday classes. **The classes will be location specific, and not school specific.** The three locations will be: Mitchell Park South East field for our girls volleyball skills classes, our co-ed football skills classes will be located at Greer Park Field 3 and our co-ed track classes will be at Juana Briones Park. **Our registration will take place online only, starting on Thursday, March 11th at 8:30 am.** You can sign up online at: <https://secure.rec1.com/CA/palo-alto-ca/catalog>. The classes can be found under the In-person seasonal programs tab, under the MSA tab, under Middle School Athletics- Spring Fitness Classes. We have a limited number of spots due to the number of coaches we have, along with the County and State Guidelines, which need to be followed. If you know anyone interested in becoming a volunteer coach, please feel free to contact us, and we can provide the steps, that you or someone you know, will need to complete before beginning to help out. If you have any questions, you are more than welcome to contact us at: MSA@cityofpaloalto.org, and our sports fitness staff or I, will get back to you as soon as possible.



JLS Service Week, March 22-26: Student signups open!

This year during JLS Service Week, ALL students will be doing digital service projects during their Advisory classes the week of March 22. In addition, students can choose to sign up for an after-school, parent-led zoom project during which you'll make cat and dog toys for a local animal shelter with materials you can easily find at home. After you do the project, you'll drop it off at a location we give you. For more information on what you'll be making and materials you'll need for your project, go to the [student sign up sheet](#) [here](#). We have a limited number of available spots. Signups will close March 16.

If you would like to donate extra old-tshirts, tennis balls, and toilet paper rolls so that students without these items can participate, please email JLSServiceDay@gmail.com for donation instructions.

Questions? Email JLSServiceDay@gmail.com

Family Service Opportunity Now until April 18

JLS Service Week, in partnership with Youth Community Service (YCS), is offering a Family Service opportunity, for families to support families in need, and for schools to support schools. In collaboration with Reach Potential Movement (RPM), JLS families are invited to come together and support neighboring communities by donating snack packs, activity kits, and hygiene kits. See flyer for more information (<https://tinyurl.com/FlyerJLS>)

Register here: <https://tinyurl.com/JLSFamilyService>

Following registration, participants will be provided information about Reach Potential Movement and gain access to several project options, including detailed activity instructions. For families who would like to participate but need financial assistance, the JLS PTA will provide sponsorship for materials.

Questions? Email: Jennifer Lee Thuesson: jennifer@youthcommunityservice.org



The PiE Survey Is Here

Each spring, we ask for your feedback to guide our decision-making for the next year. This year's survey is now available - please check your email inbox. It only takes a couple of minutes. We want to hear from you!

Sixth Grade Game Night

Fri March 12, and March 26 7:00-8:30PM on Zoom

The Palo Alto Youth Council is hosting a series of Sixth Grade Game Nights open to sixth graders from all local middle schools. These virtual events will take place over Zoom on February 26th, March 12th, and March 26 from 7 pm-8:30 pm. Tournament each night with the chance to win gift cards for Teaspoon, Pizza My Heart, and more. First three game night activities will be Among Us, Skribbl.io (a game similar

to Pictionary), and an online escape room. Register for free at <https://www.eventbrite.com/e/sixth-grade-game-nights-tickets-139794554275> or email officialpayc@gmail.com with questions. The Palo Alto Youth Council is a government agency teen group.

Need Volunteers for Movie Night!

We are planning to run movie nights for the different grades on an upcoming Friday night. Kids will watch a movie together via zoom and talk and chat during the movie! We need volunteers to make it happen, so if you can do so, please email robyn.reiss@gmail.com, and we will plan it! Thanks!

PTA Parent Series: Parenting in a Pandemic

Free online webinars for parenting in a pandemic, organized by 6th District PTA. Please [CLICK HERE](#) to register for any of the talks below: Next workshops:

- Parenting During the Pandemic: First, Adjust Your Own N95 Mask! Creating Happiness for You and Your Family, *Wednesday, February 24 7:00 PM*
 - Supporting Children in our Changing World,, *Wed March 3 7:00 PM*
 - Tackling Technology, *Wed March 10 6:00 PM*
 - Well-Balanced Student, *Thu March 18 7:00 PM*
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From Principal Grierson

[Principal Grierson's Weekly messages](#)

PAUSD News

A parenting support series offered by Palo Alto Unified School District Wellness & Support Services and AACI Beginning March 2

[Register Here](#). Parenting can be very challenging during the Pandemic for a lot of parents. Please join us for a free, 1.5-hour webinar every week starting from 3/2/2020 for ten weeks. You do not have to attend every single session but pick the topics that you are interested in. The workshop series will cover a wide range of parenting topics, addressing important questions such as internet overuse, build connect with teens, Teen's mental health, cross-cultural conflicts, de-escalate children's emotions. By the end of the series, you will be equipped with better understanding, presence, calmness, and the skills needed to be able to communicate with your children. Hope to see you in one of the sessions!

[Superintendent's Update](#)

[PAUSD Return to Campus](#)

[Secondary Schools 2020 page](#)

Palo Alto PTA Council News

****NEW** PTA Council Seeks Volunteers**

The PTA Council Nominating Committee is currently seeking expressions of interest from individuals in the community who would like to learn more about becoming a member of the PTA Council Executive Board for the 2021-22 school year. We are looking for community members who have a passion for improving the educational experience of all students and preferably have experience on their school PTA or site council. Talk to us about stepping into a leadership role or how you can participate on a committee. Contact the Nominating Committee at : parliamentarian@paloaltopta.org

****NEW**2e Self Advocacy Panel—Help Your Student Understand Their Brain, and Help Their Teachers Understand It, Too! (For parents of K-12 students)**

Mon Mar 29, 7-8:30pm Zoom info sent the day before the event

Panel Featuring: Dr. Keri Berquist, Psychologist, Nancy Kong, Educational Therapist, Toni Ratzburg, Clinical Director, MFT, RSVP here: <https://forms.gle/vKZJGfWBoJX6ejBXA>

Twice-exceptional, or 2e, students have exceptional talents and experience learning challenges such as autism spectrum disorder, ADHD, dyslexia, anxiety, and more. Knowing how your brain learns is touted as one of the most important skills 2e students should develop. Explore the prerequisites to self-advocacy, discover how to help students understand what their brain needs to succeed at school, learn specific developmentally-appropriate techniques to try with your 2e learners, and gain skills to help you and your child communicate with educators about your child's needs. Sponsored by Palo Alto CAC ([CAC Palo Alto](#)), Palo Alto Council of PTAs (<https://ptac.paloaltopta.org/>) and REEL (www.reelpaloalto.org)

****NEW**6th District Scholarships for Seniors**

High school seniors are encouraged to consider applying for the Barbara Emerich Scholarship through Sixth District PTA. Two scholarships of \$750.00 each are available to support students who are planning to attend a 2- or 4-year college. Applicants must be current high school seniors, members of their high school PTA/PTSA, and should have a strong record of community service: volunteering in education, counseling, mentoring, tutoring/preschool or with special needs children. Applications are due electronically by Friday, May 7, 2021 at midnight. If you are unable to send your application in electronically please reach out to programs@capta6.org. Information and link to application: <https://capta6.org/scholarship/>

****NEW**NEW - PTAC Environmental Action Committee**

Green Tip! Zero Waste Lunches. Refill and Reuse to cut down waste! Pack lunches in reusable containers such as: beeswax wrap, thermoses, silicon storage bags, bento and lunch boxes. Use refillable containers for smaller portions of yogurt, fruit, juice, chips and crackers. Bring your own stainless or bamboo cutlery, cloth napkins and reusable water bottles.

Health Wellness

Free COVID-19 Testing in Palo Alto

https://www.cityofpaloalto.org/services/public_safety/plans_and_information/coronavirus/testing.asp

Family Resources here: [Health Wellness Resources](#)

Community News

Please click [here](#) for Community News

Quick Links

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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 [eNews editor Anjani Sarma](#).

