



# Nixon News

A Nixon PTA Newsletter

March 26, 2010—Issue 8

## Principal's Corner *By Mary Pat O'Connell*

Dear Nixon Families,

In the last few weeks, your child's teacher has met with teachers from across the district who teach the same grade level for the final full day of training on our new math program, Everyday Math. Grade level teams here at Nixon have also met for a day of math planning. Our teachers continue to work hard to use these materials effectively in teaching mathematics to your children.

In general, teachers have been pleased with the organization and structure of the program, the student materials, and the teacher support materials. As the year has progressed, we have learned where we need to supplement and/or adjust the use of the materials to meet the varying needs of our students. We expect to be able to use this understanding of how the program develops across the entire year to make further improvements in our teaching next year. Familiarity with some of the specific vocabulary and routines of this program will also give students and teachers a wonderful foundation to further build upon next year. We thank you for your trust and support as we have implemented this new program.

It was fun to see so many of you at our recent PTA sponsored Math Night. Along with the many intriguing math puzzles presented, I shared some of the Everyday Math games that students routinely use as a fun means to practice their basic math skills. On a related note, Nixon 5<sup>th</sup> graders were recently featured in a S.J. Mercury News article and a P.A. Weekly photo about Pi Day celebrations.

**Conflict Resolution:** Along with our Lifeskills program, we are working with our students to learn some language and strategies for resolving the kinds of conflicts that come up in life. Nixon students

attended one of three "Tools of the Heart" assemblies on March 2<sup>nd</sup>. Students were grouped by grade levels so the presentation could be targeted to their age. The reason these strategies are called tools of the "heart" is because one must care enough to sincerely want to resolve a conflict before any strategy will work.

The first step taught in resolving a conflict is to let the other person know what you are feeling. This is called an "I" message. It is important to avoid using the word "you" in this statement. Everyone can listen more effectively when the "I" message does not sound like an accusation. We provide students with a frame so that they can learn the elements that should be included in an "I" message. Certainly we want children to eventually be able to speak in a sincere way and use their own words.

The "I" message:

I feel \_\_\_\_\_  
when people \_\_\_\_\_.  
I need \_\_\_\_\_.  
Will you \_\_\_\_\_?

We also provide guidance on how a child should respond to an "I" message. This is called "the clean up." Once again, a sincere and thoughtful response is the goal. A frame helps children learn the elements that should be included in a sincere response.

The cleanup:

I know that I \_\_\_\_\_.  
I apologize.  
What can I do to make it right?  
Next time I will \_\_\_\_\_.  
Will you forgive me?

*Continued on page 2.*

## CALENDAR

**Friday, Apr. 2**

PTA Executive  
Board Mtg  
11:30-12:30pm  
Nixon Theatre

**Friday, Apr. 2**

Assembly on  
Student Safety  
by KidPower

**Wednesday, Apr. 7**

Curriculum Night

**Monday, Apr. 12–**

**Friday, Apr. 17**

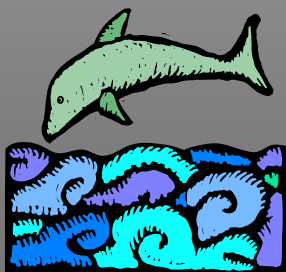
Spring Break  
School Closed

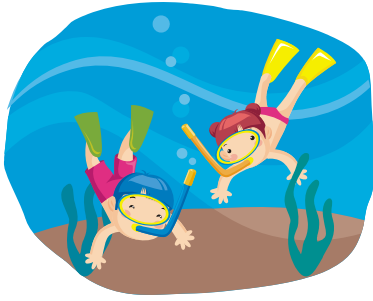
**Monday, Apr. 20**

Deadline to submit  
candidate statement for  
Site Council Elections

**Monday, Apr. 20**

PTA General Mtg  
11:30-12:30pm  
Nixon Theatre





## About Nixon News

*Nixon News* is a PTA funded newsletter, designed to serve as a parent educational and information resource. It is published on Friday (except when holidays interfere) every three to four weeks. Submissions should be sent via e-mail to the editor, Julie Tomz. Either type the text directly in the body of the e-mail or attach a Microsoft Word Format file. If your article is on paper and cannot be submitted electronically or if you have a photo or graphic, please contact the editor for instructions. Deadlines are announced on page 2 (see below) of every issue. They are normally (but not always) the Thursday the week before publication. Articles may be edited for spelling, grammar, clarity, and length. All submissions must include your name and contact information.

Information in this newsletter is provided as a community service. The mention of any business, service, or organization in this newsletter does not imply endorsement by the Nixon PTA or the PAUSD.

**Next Publication:** Fri., Apr. 30  
**Deadline:** Thurs., Apr. 22  
**Principal:** Mary Pat O'Connell  
**PTA President:** Daisy Zook  
**Editor:** Julie Tomz  
**Layout:** Anjana Patel

## Principal's Corner *Continued from page 1.*

Here is an example that occurred on the playground last week. A boy came to me to tell me that another student had laughed at him when he made a mistake in handball. I asked him if he had told the other boy how he felt and he said, "No." So I offered to help him talk to the other child. With very little help, he was able to say, "I feel bad when people laugh at me when I make a mistake in handball. I need people to be nice to me and not use put-downs."

The other student was able to respond using the language of a clean-up. "I know that I laughed. I apologize. What can I do to make it right?" We finished up with what to do differently next time. The evidence of the value of this will rest in changes in children's behavior based on their sincere exchanges. While the conversations can be awkward or feel forced as children try out this language, practice makes it more comfortable and natural. You may want to use these models for how to talk about conflicts with your children at home, particularly with conflicts that arise between siblings. Each child has been given a bookmark with the "I" message and clean up frames on it.

I heard a **wonderful speaker, Dr. Christine Carter**, at a Barron Park Parent Education evening this month. Her research and a recent book are about raising happy children. A few take away ideas from her talk:

- Happiness is more a set of skills that can be learned than a personality trait.
- The number and strength of social connections are the best predictors of happiness in a person.
- Children routinely eating dinner with a parent is Dr. Carter's strongest recommendation for parents interested in raising happy kids.
- Articulating gratitude is a skill that builds social connections, can be practiced at dinner and can even lead to better sleep in children. She has many suggestions for possible ways to do this.
- Developing a growth mindset as described in Dr. Carol Dweck's research is another valuable contributor to happiness.

[www.sciam.com/article.cfm?id=the-secret-to-raising-smart-kids](http://www.sciam.com/article.cfm?id=the-secret-to-raising-smart-kids)

Should you be interested in checking it out, Dr. Carter's most recent book is titled, Raising Happiness.

**STAR tests coming in April:** March is nearly over and that means that California STAR testing is just around the corner. Second through fifth graders will begin these tests the week of April 26 and continue through May 7. Your child's teacher will share the schedule with you. Please do not plan to take your child out of school for trips during this time.

I hope that your family will find some time for fun during Spring Break. I am looking forward to a visit from my two sisters.

Sincerely,

*Mary Pat O'Connell*

## Letter From the PTA President by Daisy Zook

We have a really wonderful community here at Nixon. When someone like Jeslyn Rumbold, who is not a Nixon parent, offers to chair a PTA event AND joins the PTA in order to do this – we know that Nixon is awesome! My heartfelt thanks to Jeslyn for being a part of our community. This is the second year that she has done this for us and she has agreed to do it again next year. Our Family Math Night was well attended and everyone had fun doing MATH.

I want to remind everyone that there are many programs and events that the PTA supports each year. In order for all of us to continue to enjoy them, there must be a PTA. While all positions (Executive Board and committees) are important, there are 3 key positions that must be filled in order to continue having a PTA. These 3 positions are: President, Secretary and Treasurer. Any and all of the positions can be shared. I also want to reiterate that these are volunteer positions. As such, there are no shoes to fill or acts to follow. YOU, as the volunteer, decide how much you want to do for our children. The pay is lousy but the benefits are worth it.

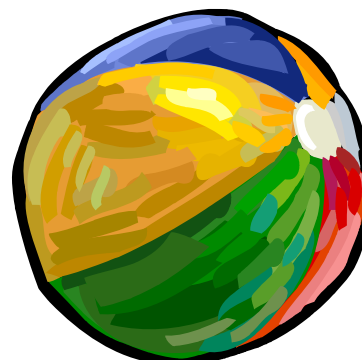
Speaking for the President's position, the one attribute that is important to have is organization. I also want you to know that you are not alone and there is an abundance of help. What I have enjoyed in this role as president: getting to know more members of our community; interacting with our principal – Mary Pat O'Connell; with the Nixon staff and also with members of our PAUSD school district and other fellow PTA Presidents. The Nixon Executive Board has been very supportive and we have worked well together this year. Thank you current Board members – you make me look good. I have included a monthly planning guide for the President's role in the back of this issue. I hope that you will take the time to review it and agree that this is within anyone's capacity to do. The President's job can be shared to make it easier.

March is a long month with no breaks until April 10<sup>th</sup> when we have our Spring Break. While Nixon does not have many events scheduled during this period, there are lots going on in our district. Many parent education events are being held this month. Of note, is the March 25<sup>th</sup> event at Gunn High School with Dr. Ken Ginsburg. This is a collaborative effort of all PTAs in Palo Alto as well as other community organizations in our area. I hope that many of you had a chance to attend this event.

A heads up notice: We will be having an assembly for our students on April 2<sup>nd</sup> on student safety. This assembly is presented by KidPower and is jointly sponsored by your PTA and Site Council. Parents are encouraged to attend. Please mark your calendar. More information will be posted on our website. On April 23<sup>rd</sup> next year's school supplies order forms will be sent home. Please note the deadline to send in your order for next year's school supplies.

Please contact me if you have questions on any PTA positions or if you have a burning question that keeps you up at night. Our next PTA meeting is April 2<sup>nd</sup> at 8:15 am. I hope to see you there.

*Daisy*



## Reflections Art Update

We are excited to announce that we have a Reflections Artist from Nixon advancing to the California state competition! Fourth grader I. M., for her photography, "Palm Tree Fish Scales", was one of four artists selected from PAUSD to advance from the Council level. Additionally, we had two Nixon students receive "Merit" awards at the Council level: E. U. in Photography, and E. V. in Music Composition. All students with pieces representing Nixon at the district level were acknowledged at an Art Reception and Awards event held at the PAUSD School District Offices on March 18th.

The National PTA Reflections Program is an arts recognition and achievement program for students. It provides opportunities for students to express themselves creatively and to receive recognition for original works of art inspired by a theme, while increasing community awareness on the importance of the arts in education. This was our first year at Nixon participating in the program, and we thank all students who participated for their wonderful and creative entries.

To visit the Nixon Reflections Art Showcase go to: <http://lmnixon.org/page/7/>

## Smile Safe Kids Initiative Offered to Nixon Families

- The Nixon PTA is happy to announce the SmileSafe Kids initiative. This is a new partnership between our school, Lifetouch (our school picture vendor), and the National Center for Missing & Exploited Children.
- The SmileSafe program is designed to help you keep your child safer and respond quickly if he or she is missing.
- Each family is provided with 2 safety ID cards featuring your child's portrait and other essential information. With your permission, if your child is missing, Lifetouch has a 24/7 Rapid Response system that can provide law enforcement officials with your child's recent Lifetouch portrait to assist in search efforts.
- As a parent or guardian, you should carry these cards in your wallet or purse at all times so they are available immediately if needed. The card has key information about your child and includes helpful tips and a toll free hotline number. These cards are coming home in your child's Friday Folder on March 26<sup>th</sup>. For more information, you can go to: <http://schoolportraits.lifetouch.com/justforschools/smilesafe/index.aspx>

## **5th Grade Students Visit Tech Museum To Become Future DNA Scientists**

On Thursday, March 18, all three fifth grade classes attended a DNA lab demonstration at the Tech Museum of Innovation in San Jose. The students extracted DNA from a cow's gland and performed tests to determine recessive gene traits. Additionally, they had the opportunity to take in all that the museum had to offer with multiple hands-on exhibits. This was an experience not to be missed!

(Photos removed)

# How Do You Demonstrate Your Lifeskills? Students Share Their Examples

Each week during morning announcements, students share examples of how they have demonstrated one of the Lifeskills, the behavior standards of the Nixon School community based on respect for others and self. Here are some of the examples shared by students in the last several weeks.

## Perseverance

I showed perseverance when I kept trying to make a home run on a game system. On my last two tries I made a home run.

I showed perseverance when I was working on a math page that was hard for me, but I did not give up.

I showed perseverance when I made a zoomer in science, and I kept trying to make the zooming sound, and the next day I did it.

I showed perseverance when I was riding my bike, and it was hard, but I kept on trying.

I used perseverance when I tried to do a back flip on the trampoline, but it didn't work, so I kept on trying.

I showed perseverance when I was trying to do a handstand in the water. I tried so many times until I finally got it.

## Common Sense

There are many types of common sense. Two of the types are polite kinds and everyday kinds. Polite kinds are keeping your guests comfortable when they are staying with you at your house. An example of everyday kind of common sense is stay inside when it is raining instead of jumping in puddles in your brand new shoes.

## Truthfulness

**Q:** How did you show truthfulness?

**A:** When I admitted that I hit my sister.

**Q:** Why did you show truthfulness?

**A:** So I wouldn't get grounded.

There are many types of truthfulness: everyday kinds and awesome kinds. Truthfulness is telling somebody the real thing that happened. Truthfulness is when you just got your dog washed and you got its paws muddy again, and you told the truth about who got them muddy.

Truthfulness is not to tell lies. When you tell the truth, you feel great about yourself. I always tell the truth when I need to.

# The PTA Needs You and Your Child Needs the PTA



The PTA needs you and your child needs the PTA. Many volunteers are moving on to middle school, and others are completing their service to our community in their current position. Thank you to all of the great volunteers who have kept our PTA running this year!

PTA sponsored activities greatly enrich our community educational experience, and volunteering is a great way to be connected to the school community, shield our kids from the impact of reduced budgets, and make some good friends in the meantime.

Please check out the list of open positions and consider volunteering for one of them based on what works best for your interests, skills and schedule. There is something for *you* on this list!

## Executive Board Positions

President  
Executive Vice President  
Secretary  
Treasurer  
Vice President of Fundraising  
Auditor

## Other Positions

PIE Liaison  
Nixon Night Out Program Coordinator  
Back to School Registration  
Back to School Packets  
Back to School Picnic  
Website Coordinator  
Nixon News Distribution  
3rd Grade Bicycle Safety  
5th Grade Promotion Activities  
Noon Art  
School Safety Coordinator  
Tax Preparation

Please go to this link to the Nixon website for executive board job descriptions:

<http://1mnixon.org/for-parents/pta/job-description/>

If you would like to volunteer for one of these positions or just find out more, contact a member of the PTA Nominating Committee: Karen Jacobson, Neeraja Kambham, Jo Marcus, Beth Most, or Katie Talbot.



## *Students Speak*

**This issue's question is:  
You work hard in school all week.  
What are some things you like best to do on  
the weekend?**

***G. G. (5th grade)***

On the weekend I like to play outside, especially on my trampoline, and also go to friends' houses.

***A. I. (3<sup>rd</sup> Grade)***

After the hard week at school I like to spend time with my family. I like to go for a drive and eat out. I like to play chess with my father. I like to plant vegetables in our kitchen garden with my sister and mother.

***I. O. (K)***

Spending time with my family, going ice skating at the Winter Lodge, and going swimming.

***A. O. (2<sup>nd</sup> Grade)***

Going ice skating, going to birthday parties (or any parties), having sleepovers, and going swimming.

Congratulations to A. I., whose name was drawn from this month's group of contributors. A. will receive a Nixon T-shirt from the Nixon Spirit Shop.

**Next month's question is:  
Have you ever made up a game to play at recess?  
Or put a new twist on a traditional game? Please tell us about it!**

Please e-mail the student's response to Julie Tomz. You could win a prize!

# Elections for Parent Representatives on Nixon Site Council to be Held in May

The Nixon Elementary School Site Council will be holding elections in May for two parent representatives. Please submit your name for consideration if you are interested in serving in this role.

The School Site Council consists of an equal number of parents and staff members and has the responsibility for developing, with Principal O'Connell, a school plan and a budget to support the plan. Site Council members act as an advisory group and provide staff/community input on Nixon programs.

Site Council members are selected by their peers. That is, staff elect staff, and parents elect parents. To sit on the Site Council, you must be prepared to represent all Nixon parents to the best of your ability.

School Site Council meetings are generally held the first Monday of each month from 2:40 – 4:40 pm and are open to the public. Agendas are posted in the school office at least 48 hours prior to each meeting. A summary of the meeting is published in the Nixon News. A notebook with Site Council agenda and minutes is available in the school office.

If you are interested, please submit a candidate statement to Julie Tomz by Monday, April 19. The candidate statement should be a paragraph with information such as how long you have been part of the Nixon community, any involvement you have had at Nixon, your professional background, your reason for wanting to serve on Site Council, and any other information you see as relevant to the role. (If you would like to see samples from past candidates, please contact Julie Tomz.) Candidate statements will be published in the April issue of Nixon News, on the Nixon website, and in an informational sheet sent home with Friday folders. Voting will be conducted in May, ending on Friday, May 21 at International Night.

Current Site Council members and their terms are listed below. Please feel free to reach out to parent members with any questions about this role. Thank you!!

## **Parents**

Athina Peiou-Quake ('08-'10)  
Ruth Daines ('08-'10)  
Rika Bosmans ('09-'11)  
Alli Deeter ('09-'11)  
Julie Tomz ('09-'11)

## **Staff**

Mary Pat O'Connell, Principal  
Kristina Hayes ('08-'10)  
Megan Cox ('09-'11)  
Stephanie Han ('09-'11)  
Sarah Patanroi ('09-'11)



# Math Challenges + Enthusiastic Volunteers + Motivated Students = A Great Time at Nixon's Math Night

*By Jeslyn Rumbold*

Dozens of Nixon students and their families attended the annual Math Night festivities last Friday evening, despite a rainy afternoon that just wouldn't quit! For the second year, students were invited to participate in the math "scavenger hunt" page - searching the different tables of games, books, and activities - and also try their luck in the prize drawing. In all, 62 students took the scavenger hunt challenge this year!

Pi Day was the theme of the evening, as the official Pi Day was celebrated this year on Sunday, March 14. In recognition of the math lover's favorite day, we had a drawing of "Pi" prizes from Marie Calender's, Spot A Pizza Place, and Pizza My Heart, all who generously donated prizes. Congratulations to this year's winners!

J. B., Y. A., G. G., A. C., M. L., E. T., O. M., W., W., K. M., and S. N. L.

Our Principal Mary Pat O'Connell got into the spirit of Math Night in a big way, greeting students at the entrance with a fantastic display of Everyday Math that provided games and puzzles for every grade at Nixon – awesome job!

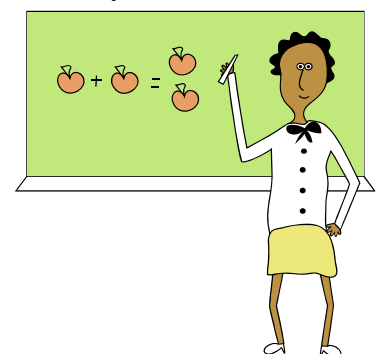
The fifth-graders also did brisk business with their pizza and baked goods sale, and were able to earn more funds toward their end-of-the-year party and graduation. Great job, and the food was tasty!

Thanks so much to the following volunteers who contributed to Math Night this year – isn't it nice to know that there are lots of people in the world who want school to be a fantastic experience for YOU????

Gioia Allegretti, Tena Cherry (Snack Bar Queen), Theresa Chung, Bruce Daniel, Jennie Daniels, Nancy Fischbein, Harini Gamage, Nicole Jacobsen (posters), Teresa Judd, Waheeda Khalfan, Kirsha Quigley (books), Adam Richards, Yuval Spector, Ann Xu, and Daisy Zook

Lastly, a HUGE shout-out to Spot A Pizza Place, Pizza My Heart, Marie Calender's and the Daines family for their generous contributions toward our "PI" prizes – we are very fortunate to live in such a supportive community!

It has been a lot of fun to organize Nixon Math Night for the past two years, and it has been a lot easier to do with so many wonderful volunteers and supporters. Though I don't have students of my own at Nixon, it has been a lot of fun to meet many of you during this event, and I'm looking forward to seeing lots of you next year.



# Math Night in Pictures

(Photos removed)

# Meet Some of Our Morning Traffic Guards

Anyone who drops off their children at Tolman Drive or the Main Lot – and anyone who walks to Nixon via the same routes – knows how important our traffic guards are to a safe, smooth, friendly morning arrival. Below is a list of our traffic guard volunteers, and also included are profiles of a few of them. Next time you see them, please offer a friendly and appreciative wave or greeting – and please consider joining their ranks! Nixon will need new traffic guards beginning in April. Just 15 minutes out of your morning can make a huge difference in the morning of our children and families. Please contact the Traffic Safety Co-Chairs or the front office if you're interested.

## Co-Chairs for Traffic Safety

Ruth Ann Daines and Lori Delp

## Traffic Guards

**Every morning:** Maggie Wu

**Monday:** Nikki Horton

**Tuesday:** Gill Bejerano

**Wednesday:** Lori Delp

**Thursday:** Obul Kambham

**Friday:** Kim Yu Jun

## **Tolman Drop Off:**

Steve Jaeger

## Meet Lori Delp

**How long have you been a traffic guard at Nixon?** This is my 3rd year. The first year I was out there 4 mornings/wk. and loved every minute of it. The following year we recruited help and I was there 2 mornings. This year I am only able to volunteer one morning per week.

**Which morning(s) do you work, and which location?** Main lot/front of the school on Wed and every other Monday.

**What do you like about volunteering as a traffic guard?** It's a beautiful way to start the day welcoming kids to school who walk and making eye contact with the drivers, raising awareness to safety for all.

**Do you have any suggestions for Nixon families to make drop off easier or safer?** Yes. Stay with the flow and drop off only in the "zone" at the bottom of the stairs. We know that when you are late it seems easier to drop off in the bus circle or even in the lane of traffic coming down the hill or "your special spot". This is very unsafe for your child as well as for others. If every one did this there would be no flow. Thank you!

**Who are your children at Nixon?** Q. is now 13 and attended Nixon (K-5). S. is in 4th grade.

**Do you have any anecdotes/stories from your traffic guard duties that you want to share?** As one of our volunteers once said, "there doesn't seem to be a problem when the orange vests are out there, but when they are not, the potential for an accident involving our children is clearly too great." PLEASE VOLUNTEER! It's only 15 minutes in the morning and you are already there. Even one day/week would help.

# Morning Traffic Guards Continued

## Meet Ruth Ann Daines

**Which morning(s) do you work, and which location?** I am a co-chair of the traffic safety committee at Nixon. I have done this job for 3 years. For 1 year I worked the main cross walk by the bus circle (every day), and for another year I worked the drop off zone at the back of the school on Tolman every day. This year, unfortunately, I am not able to work the drop off zone or the crosswalk because I drive a carpool of 5 girls over to JLS and Girls Middle School in Mountain View every morning. I hope I'll be back next year in either the front of the school or the back.

**What do you like about volunteering as a traffic guard?** I love seeing all the kids and I like saying hi to the parents too, when I am doing my traffic duty. I also love dressing up on Halloween morning!

**Do you have any suggestions for Nixon families to make drop off easier or safer?** I think dropping off and picking up goes MUCH better when the parents leave extra time to do this task.

**Who are your children at Nixon?** I have only 1 boy left at Nixon. His name is H., and he's in Mrs. Porizky's 3<sup>rd</sup> grade class. I have 4 other children, and 2 of them (C. and A.) are graduates of Nixon.

**Do you have any anecdotes/stories from your traffic guard duties that you want to share?** Over the years people have given me notes, flowers, or little presents to thank me for helping with traffic safety. I still remember when someone brought me a token from China that was a "traffic blessing!" I still have it. I love Nixon school and appreciate all the really nice and wonderful parents and kids we have at this school. Thanks for making it such a special place to volunteer!

## Meet Maggie Wu

**How long have you been a traffic guard at Nixon?** It has been almost five months since last November. Time goes fast.

**Which morning(s) do you work, and which location (main lot or Tolman)?** I work every morning of school days at the main lot.

**What do you like about volunteering as a traffic guard?** I take it as an opportunity to do something good for the children, as a newcomer who doesn't speak English fluently. Then I enjoy it so much whenever I see the kids coming towards me, and they wait for my sign to go across the crosswalk. I understand it truly as trust from such innocent and lovely children, and this is really a gift to me.

**Do you have any suggestions for Nixon families to make drop off easier or safer?** I may suggest that the Nixon families who walk to school should go within the regulated pedestrian road while the ones who drive to school should drive within the regulated driveway and drop off their kids at the drop off area to ensure the security of our kids. Never make an opposite turn and never drop off the kids while waiting in the line until you get to the drop-off zone.

*Continued on page 14.*

## Morning Traffic Guards Continued

**Who are your children at Nixon?** My daughter Cindy is in Class A1, 5th Grade.

**Do you have any anecdotes/stories from your traffic guard duties that you want to share?** Yes, I really want this story shared for all the Nixon families. It was a morning with heavy rain, at almost 8 o'clock. I was standing at the crosswalk of the main lot to direct the traffic on both sides for there was only me that morning as a traffic guard. Suddenly, I heard a shout from the exit of the playground which functioned as the parking lot for drop off cars in the morning. What happened? I was scared and worried at first. Then I realized that the traffic pole fell down and might block the way of exit. So a man in a car yelled at me to remove it. Yes, I ran over there and removed it accordingly. But I wondered and still wonder now why couldn't he remove it by himself. Isn't the traffic an issue in which all Nixon families can help?

### Meet Kim Yu Jun

**How long have you been a traffic guard at Nixon?** About 5 months.

**Which morning(s) do you work, and which location?** Friday Morning at the main lot.

**Who are your children at Nixon ?**

M. K., 3rd Grade

**Many thanks also to our wandering Nixon staff who help out with drop-off and morning supervision!**

#### Bus Circle

Monday - Deb Lipari

Tuesday - Donna Rumwell

Wednesday - Jan Krinsley/Lisa Lichtenstern

Thursday & Friday - Megan Cox

#### Stairs - Drop Off

Monday - Nikole Manou

Tuesday - Sean McDaniel

Wednesday - Laura Lajeunesse

Thursday - Deb Lipari

Friday - Donna Rumwell

#### A Pod & Early Bus Students

Jeff Sans

#### B & C Pod

Kathleen Bianchini

Kim Peckenpaugh

Nikole Manou

Kristina Hayes



## Beyond Nixon

**Parent Workshop Series on Helping Youth Thrive**  
*Six Mondays, starting Mon. March 29, 8:45-10:15M, Room 360, JLS Middle School.*

In an effort to think about how our work as parents promotes resilience and healthy success in our kids and teens, JLS PTA has organized a Parent Group facilitated at no cost by Project Cornerstone (ProjectCornerstone.org.) Learn how to support our children's uniqueness and their efforts and dreams, and build a more supportive community. Light refreshments courtesy of JLS PTA. Free, \$10 requested donation for the workbook.

To sign up in advance or learn more: Gordon, rgalfonso@earthlink.net

### **Camp Kwizera: Empowering Youth to Lead Through Service**

A week-long day camp held at Stanford University in June and July 2010 that encourages youth to identify issues they are passionate about and turn that passion into committed action by combining interactive, fun, and kid-friendly global learning about social justice issues with local community service field trips. Info and to register: <http://faceaids.org/camp> or contact Executive Director Julie Veroff, Julie@faceaids.org, 559-790-7052.

### **Become a Certified Bicycle Safety Instructor**

Additional instructors are needed to continue the City of Palo Alto Recreation Department's highly successful bicycle education program. League of American Bicyclists certification as a League Cycling Instructor (LCI) is required. A 23-hour seminar will be given for prospective instructors in June. Ideal candidates for the seminar are experienced, knowledgeable, and enthusiastic bicyclists. Before the LCI Certification Seminar, applicants must become a member of the League (\$35/year) and must have completed a 9-hour Smart Cycling Traffic Skills 101 course with high marks. Info: PTA Council Traffic Safety Chair Penny Ellson, 856-0736

### **Raffle to Benefit Paly Choirs**

Support the Palo Alto High School Choirs and have a chance to win valuable prizes including an aerial tour of the SF Bay, Apple iPad, \$1000 cash, and a Grand Prize trip for two to Paris. Tickets (\$10 each or \$40

for 5) on sale through Sun. May 16. Winners selected at the Choirs' Spring Concert at St Mark's Episcopal Church; need not be present to win. Must be 18+ to buy ticket/enter raffle. Info including ticket purchase visit the Paly Choir website.

### **Family and Children's Concert**

*Sat. April 3, 10-11am, Cubberly Community Theater, 4000 Middlefield, Palo Alto.*

The Palo Alto Child Care Advisory Committee is pleased to sponsor a family and children's concert of the award-winning Banana Slug String Band. \$5 for children 10 and under; \$8 for adults and children over 10. Tickets: 493-2361

x20. Flyer: [palylink.paloaltopta.org/enews/bananaslugs.pdf](http://palylink.paloaltopta.org/enews/bananaslugs.pdf)

### **Palo Alto Children's Theatre Presents: Dr. Noize**

*Sat. April 3, 12pm, Children's Theatre's Castle Stage in the Secret Garden, 1305 Middlefield, Palo Alto.*

\$5 Children, \$10 Adults, Box office 463-4970.

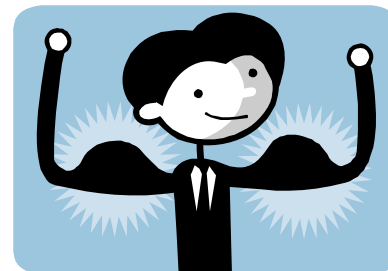
Info: [www.cityofpaloalto.org/depts/csd/activities\\_and\\_recreation/attractions/childrens\\_theatre/default.asp](http://www.cityofpaloalto.org/depts/csd/activities_and_recreation/attractions/childrens_theatre/default.asp)

### **Kidpower Parent-Child Full Force Workshop**

*Sat. April 17, 9am-1pm, Palo Alto.*

4-hour Kidpower Full-Force Parent-Child Workshop for 6-12 year-olds with their adults. Families with older children practice personal safety skills together for handling every day emotional and physical safety problems and self-defense skills for stopping emergencies.

Info: [www.kidpower.org/who-we-serve/children/html](http://www.kidpower.org/who-we-serve/children/html); Register: [www.kidpower.org/what-we-do/registration.html](http://www.kidpower.org/what-we-do/registration.html).



## Beyond Nixon *Continued from page 15.*

### Teenpower Workshop

*Sun. March 21, 12:30-5:30pm, Hiruko in Palo Alto.* Teenpower Full-Force Self-Defense Workshop for ages 13-17 gives teens focused practice in using boundary-setting, conflict resolution, self-protection, and self-defense skills to prevent and stop most attacks, bullying, and harassment. Opportunity for full-force practice of self-defense moves with the head-to-toe padded instructor. Info: [www.kidpower.org/who-we-serve/teens.html](http://www.kidpower.org/who-we-serve/teens.html); Register: [www.kidpower.org/what-we-do/registration.html](http://www.kidpower.org/what-we-do/registration.html).

### TA Parent Ed: "Growing Up Asian in Palo Alto"

Wed. March 31, 7-9pm, Mitchell Park Community Center. Engage with a panel of PAUSD parents, students and alumni as they share their perspective. Hear their diverse, illuminating stories. Brought to you by the Parent Education and Community Outreach committees of the Palo Alto PTA Council  
Info: [info.paloaltopta.org/parent\\_ed.shtml](http://info.paloaltopta.org/parent_ed.shtml); Flyer: [palylink.paloaltopta.org/enews/growingupasian.pdf](http://palylink.paloaltopta.org/enews/growingupasian.pdf)

### Stanford Math Brain Projects Seek Volunteers

Math Development and Disabilities: seeks 2nd graders with and without difficulties in math. Participants commit to sessions in the 2nd, 3rd, and 4th grade, each with one 3-4 hour neuropsychological assessment and one 1.5 hour fMRI scan.

Brain Imaging Research on Math Abilities in Autism Spectrum Disorder: seeks verbal 7-12 year olds with high functioning autism (HFA) for a study about how the brain does math. Participants would have a neuropsychological assessment, two autism diagnostic assessments, and two MRI scans.

Info: [mathbrain.stanford.edu](http://mathbrain.stanford.edu), [smp@med.stanford.edu](mailto:smp@med.stanford.edu), 736-0128.

### Green Power Production in Palo Alto

Wed. April 21, 7:30-9pm, Main Hall, Unitarian Universalist Church of Palo Alto, 505 East Charleston Road. Phil Bobel, Manager of the Environmental Compliance Division, Public Works Department, City of Palo Alto, will give an illustrated talk on a proposal to be submitted to City Council to produce methane

by anaerobic digestion of sewage sludge and other waste material. The methane will power generation of electricity. Free

### El Camino Hospital "ASPIRE" Program Designed to Help Stressed Out Teens

El Camino Hospital has launched an after-school program for teens who are experiencing significant anxiety, depression, or other symptoms related to a mental health condition. ASPIRE is an intensive, group-based program that meets four days a week for six weeks, designed to break through existing habit patterns and teach new coping skills necessary to achieve emotional balance. Parents attend a group session weekly, and also participate in family therapy to help develop healthier communications and negotiating techniques.

Info: 962-5855, [www.elcaminohospital.org/Programs\\_and\\_Services/Behavioral\\_Health/ASPIRE\\_Program\\_\(Adolescent\)](http://www.elcaminohospital.org/Programs_and_Services/Behavioral_Health/ASPIRE_Program_(Adolescent))

### India Community Center Summer Camps in Palo Alto

Cultural Immersion Camp, June 21-25, K - 5th Grade  
Hindi Camp (Basic), June 28-July 2, K - 5th Grade  
Bollywood Dance Camp, July 12-16, K - 5th Grade  
Gandhi Camp, (Overnight camp in Olema, CA), Aug. 7-14, 5th - 12th Grade

Info: [www.IndiaCC.org/culturalcamps](http://www.IndiaCC.org/culturalcamps)

