

# Palo Alto Prep

*Changing Lives, Redefining Education*

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*Changing Lives,  
Redefining Education*

## Parent Advisory Board Newsletter

**Welcome to the First Edition of this Newsletter**  
**February 1, 2016**

### *Mission*

The mission of this newsletter is to provide communication among the parents of Palo Alto Preparatory students.

### *Welcome to our new families*

Will Huggins 9th grade from *Woodside*  
Sophia Casarez 10th grade from *Palo Alto*  
Danielle Chavez 11th grade from *San Jose*

### *What's Coming Up*

**February 4** Ano Nuevo, Biology field trip  
**February 5 - 7** Lake Tahoe Snow Trip  
**February 9, 9am** Parent Advisory Board Meeting  
**February 15 - 19** Winter Break **[No School]**

**February 26 - 28** Yearbook Class Retreat - Lake Tahoe  
**February 29 - March 7** Spring Parent/Teacher Meetings  
**March 1 - 3** Spring Testing BASI/Stanford  
**March 25** Game Night!  
**April 4 - 8** Intersession  
**April 11 - 15** Spring Break **[No School]**  
**April 29, 8-11pm** Prom - All Students are invited  
**May 2 - 6** Spirit Week  
**May 6 9am** All School Soccer  
**May 30** Memorial Day Holiday **[No School]**  
**June 6 - 8** Second Semester Finals Dismissal after last final  
**June 9** Graduation - All Students and their families are invited  
**July 18 - August 12th** Summer Session 2016

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## Parent Advisory Board

Thank you to everyone who joined us for the Parent Advisory Board Meeting on January 12 led by Parent Advisory Board President Cindy Patten. Here are the [Meeting Minutes](#). Please join us for the next meeting.

**When:** February 9, 9am

**Where:** Palo Alto Prep, Conference Room  
2462 Wyandotte Street  
Mountain View, CA

**Who:** Parents/Caregivers of Palo Alto Prep Students

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## School Outings and Trips

### Ano Nuevo, Biology field trip

**When:** February 4

**Where:** [Ano Nuevo State Park](#)

**Who:** Science Students

### Lake Tahoe Snow Trip

We did a ski trip, this is for those that wanted to snow shoe or sled, 10 student maximum, students are chosen from those who expressed interest.

**When:** February 5 - 7

**Where:** Lake Tahoe

**Who:** 10 students who expressed an interest

### Yearbook Class Retreat - Lake Tahoe

**When:** February 26 - 28

**Where:** Lake Tahoe

**Who:** Students who participated in Yearbook

Send your favorite moments from school outings and trips to [pappagnewsletereditor@gmail.com](mailto:pappagnewsletereditor@gmail.com) to share with PAP parents.

## Gateway Mountain Center Snow

### Trip December 7 - 9

Here's a photo from the trip. The students had fun snowshoeing, learning about snow science, and forest ecology. Matt, the Trip Coordinator, kicked off the adventure with a good old fashioned snowball fight.



## Prom and Graduation

### Palo Alto Preparatory Prom

Prom at Palo Alto Prep is as unique as the school itself. It is an all school dance held at the Pavilion, Holbrook-Palmer Park in Atherton. All students are encouraged to attend and the cost is a minimal \$40. Our students make it as formal as they personally like, but usually our younger grades, wear slacks and collared shirts (for the boys) and attend with friends or come alone (which is welcomed). The Juniors and Seniors are known to wear formal attire, and once in awhile, share a limo. Students are allowed to bring up to 3 friends from schools other than PAP. Faculty chaperone the event and parents contribute sweets for refreshments. The theme and DJ are selected by the ASB, and there is a photo booth for all to enjoy.

**When:** April 29, 8 - 11pm

**Where:** The Pavilion at Holbrook-Palmer Park  
150 Watkins Ave  
Atherton, CA 94027

**Who:** All PAP Students, up to 3 friends from other schools

**Cost:** \$40/person

### Palo Alto Preparatory Graduation Ceremony

Graduation each year is a special event held at the beautiful Mountain Terrace in Woodside. Graduates select the person they feel most influenced them in their education (be it a parent, teacher, administrator or close friend) and that person presents them with their diploma, along with a few words. This creates a ceremony that is incredibly unique, fun and heartfelt. After the ceremony, there is a no host bar and buffet dinner followed by student and faculty musical performances. It is an event that all students and their families are encouraged to attend. All walk away from the evening with a piece of the heart of Palo Alto Prep.

**When:** June 9, 4pm

**Where:** Mountain Terrace Restaurant  
17285 Skyline Boulevard  
Woodside, CA 94062

**Who:** All PAP Students and Families

**Cost:** \$60/person includes buffet dinner

## College Corner

This is the place where parents can share their wisdom about college.

### Notes from PAP College Night, September 29, 2015

Here are notes from the PAP College Night held on September 29th at PAP taken by Christine Bumgarner.

[College Night Notes](#)

### 2016 SAT Dates

Register by February 5 for March 5 Test Date

Register by April 8 for May 7 Test Date

Register by May 4 for June 4 Test Date

### College Open Houses

#### [West Valley College](#)

**When:** March 19, 9:30am - 1:00pm

**Where:** West valley College, Campus Center  
14000 Fruitvale Avenue  
Saratoga, CA 95070

#### [Cañada College](#)

**When:** April 9

#### [Foothill College](#)

**When:** May 5

### USA Gap Year Fairs

Explore Gap Year opportunities. A gap year is a time for a student to reflect on her personal values and goals, and prepare to take the next purposeful step in life. This document has links to explore Keystone Programs from the USA Gap Year Fair.

Send your college wisdom to [pappagnewsletereditor@gmail](mailto:pappagnewsletereditor@gmail.com) to share with PAP parents and Parents of Seniors let us know what your graduating student is doing next year.

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## Speaker Series

### Common Ground Speaker Series

#### **Mindfulness Training: A Workshop for Parents, Educators and Children, 4th Grade and Up**

Elisha Goldstein, PhD, is a psychologist, author and internationally acclaimed speaker on mindfulness-based stress reduction. Don't miss this unique opportunity for you and your children to learn practical strategies to calm anxious minds, transform negative emotions and facilitate greater self acceptance and peace.

**When:** Thu, February 4, 7pm

**Where:** Gideon Hausner Jewish Day School  
450 San Antonio Road

Palo Alto, CA  
(650) 494-8200

**Cost:** \$20

Send your Speaker Series recommendations to [pappagnewsletereditor@gmail](mailto:pappagnewsletereditor@gmail) to share with PAP parents.

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## Summer Activity Ideas

### **Facebook Summer Internship for Sophomores**

2016 Facebook Summer Academy Internship applications are now available. This is a six-week internship program at Facebook for currently-enrolled high school sophomores living in East Palo Alto, Belle Haven or Redwood City.

**Application deadline:** Monday, February 15, 2016 by 5:00 pm.

Send your summer activity ideas to [pappagnewsletereditor@gmail](mailto:pappagnewsletereditor@gmail) to share with PAP parents.

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## Book Recommendations

### **Dog Medicine: How My Dog Saved Me from Myself (Paperback) by Julie Barton**

At twenty-two, Julie Barton found herself suffering from severe depression. Psychiatrists, therapists and family tried to intervene, but nothing reached her until the day she decided to do one hopeful thing: adopt a Golden Retriever puppy she named Bunker. Dog Medicine captures in beautiful, elegiac language the anguish of depression, the slow path to recovery, and the astonishing way animals can heal even the most broken hearts and minds.

Send your favorite book recommendations to [pappagnewsletereditor@gmail](mailto:pappagnewsletereditor@gmail) to share with PAP parents.

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## Quick Links

[FAQ](#)

[Palo Alto Prep Calendar](#)

[Parents Helping Parents \(PHP\)](#)

[Parent Education Network \(PEN\)](#)

[Common Ground Speakers Series](#)

[Children's Health Council](#)

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