

— Oct 20, 2009

SCHOOL MATTERS

Stressed-out students and scarier stuff

On Wednesday, there will be a panel and resource fair on youth stress at Cubberley Auditorium, from 6:30 to 9:30 p.m. The focus will be on warning signs of youth stress and coping strategies. The presentation is free and open to the public, and is aimed at anyone who wants to hear from adolescents themselves about what troubles them, and anyone who would like to be able to ask experts questions.

There will be representatives from the Children's Health Council, Lucile Packard Children's Hospital, Adolescent Counseling Services, Youth Community Services, Parent's Place, the YMCA, and a specialist on mindfulness-based stress reduction for teens. The speakers are Drs. Frances Wren and Shashank Joshi from Lucile Packard Children's Hospital Child and Adolescent Psychiatry Department, Dr. Phillippe Rey from Adolescent Counseling Services, and a panel of middle and high-school students.

If hearing about student stress does not scare you enough, you can go to Fairmeadow Elementary School on Friday and Saturday to visit Scaremeadow, the school's haunted house. More than 5,000 bravehearted visitors passed through the haunted house last year, and it has become a must-see Palo Alto Halloween institution. The haunted house is staffed by Fairmeadow fifth-graders and students from other Palo Alto schools who must first attend



**PREEVA
TRAMIEL**

"Scare School" to learn their roles.

The Gunn High School Robotics Team will again apply its honed technological skills to the magic of the macabre.

If you like to scream on a full stomach, Saturday afternoon from noon to 4 p.m. is the best time to go. At that time, there will be a Harvest Fair with lots of food and a benefit barbecue, where seven chefs from Facebook's cafe are donating their time, skills and tasty menu creations to benefit the building and planting of the new Fairmeadow Green Team garden.

"We jumped at the opportunity to help the kids with their garden," said Dana Shepard, executive kitchen manager at Facebook's Café.

"Our chefs are eager to use their unique talents to help make a positive impact on our community."

The Facebook chefs will serve a variety of organic, non-antibiotic, non-steroid meat, vegetarian and vegan options, salads, condiments and drinks.

The Scaremeadow Haunted House is open on Friday from 6 to 10 p.m., and during the Harvest Fair on Saturday from noon to 4 p.m. and from 6 to 10 p.m. Donations for the Facebook barbecue benefit are \$12 for adults, \$7 for children. A single pass for the Scaremeadow Haunted House costs \$5; a two-pass package costs \$8. Unlimited passes are available only on Saturday afternoon during the Harvest Fair and cost \$10. Fairmeadow Elementary School is located at 500 East Meadow Drive in Palo Alto.

For more information, there is a Web site on the event at www.scaremeadow.com.