

# THE PREUSS SCHOOL UC SAN DIEGO



Happy Tuesday,  
Scholars! Remember the  
Preuss Way is Kindness,  
Respect, and Excellence.  
Have a great day!

## Quote of the Day:

"You don't always need a plan. Sometimes you just need to breathe, trust, let go and see what happens."

— Mandy Hale

## SAT Word:

affinity(n): a natural attraction or feeling of kinship

## Important Reminders!



- **Personal athletic equipment are no longer allowed on campus.**
  - **First offense: Items will be taken away and not returned until the end of the school day.**
  - **Second offense: Items will be taken and not returned.**
- **Dress Code:**
  - **Collared shirts only**
  - **No jeans or sweats may be worn**
  - **Airpods and headphones should be put away and removed before entering campus until after school. They may not be worn on campus during the school day.**
- **Please remember to pick up your trash before leaving the lunch tables after eating.**



# Course Schedule Change Requests!



Please submit all course schedule change requests through the form linked below:

[SCHEDULE CHANGE FORM HERE](#)

PLEASE SUBMIT THIS FORM AND WAIT FOR A REPOSE BEFORE COMING TO THE COUNSELORS' OFFICE TO DISCUSS SCHEDULE CHANGES.



**PREUSS MENTORSHIP PROGRAM**

A MENTOR CAN HELP WITH:

- Encouraging and motivating you to make progress towards your academic, career, and personal goals
- Providing guidance during the college exploration and application process
- Exploring different career paths
- Understanding and developing your strengths

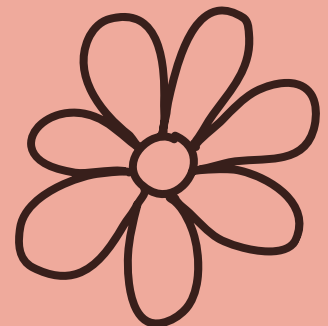
SCAN THE QR CODE FOR THE APPLICATION!

preussvolunteer@ucsd.edu

## Announcement!

Today we are having a photographer come around to take some promotional pictures for the school during lunch and maybe even in the classrooms! Make sure to smile for Mr. Erik! :)

**Weekly  
Affirmations  
from TSU-NAMI ~**



Hope you're having a great week! Below is a quote that reminds you if you're ever anxious or in moments of stress make sure to take some deep breaths to calm your body and mind.

"Deep breathing is our nervous system's love language."

- Dr. Lauren Fogel Mersy