

May 1ST
2024

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

QUOTE OF THE DAY:

“NO GREAT DISCOVERIE
WAS EVER MADE
WITHOUT A BOLD
GUESS”-MARIE CURIE

SAT Word: Travesty
Stand Still

- STUDENTS THAT DO NOT COME IN DRESS CODE WILL NOW BE ASKED TO TURN IN THEIR PHONES FOR THE DAY IN EXCHANGE FOR A LOANER SHIRT OR BOTTOMS!! PLEASE PLAN ACCORDINGLY SO AS TO MAINTAIN THE SCHOOL DRESS CODE.
- AIRPODS AND HEADPHONES MUST BE PUT AWAY BEFORE ENTERING CAMPUS.
- EARLY BIRDS- STUDENTS WHO ARRIVE TO CAMPUS EARLIER THAN 8:25, PLEASE REMAIN IN THE AMPHITHEATER AREA AWAY FROM ARC CLUBS AND CLASSROOMS

MTS TROLLEY RIDER INSIDER INFO



Please take a moment to learn about the MTS “See Something, Say Something” information. Click the MTS icon to read! If you need assistance when riding the trolley, you can text 619-318-1338 or call MTS dispatch at 619-595-4960. Put these important numbers in your phone so you have them available anytime you ride the trolley.

REMEMBER TO ALWAYS HAVE RESPECT FOR OTHERS PASSENGERS WHILE RIDING THE TROLLEY!

Feeding San Diego Food Distribution Schedule

2023-2024 Feeding San Diego Distribution Calendar - The Preuss School



Last Updated January 5, 2024
Cadence: 2nd and 4th Fridays



NOTE: Distributions may be rescheduled due to holidays or operational needs.

SEA

SATURDAY ENRICHMENT ACADEMY IS THIS SATURDAY FROM 9:00AM –11:00 AM FOR STUDENTS LOOKING FOR A CHANCE TO RAISE THEIR GRADES OR JUST NEED A QUIET PLACE TO WORK .



ARE YOU INTERESTED IN BALLET?
PLEASE JOIN US IN THE LARGE CONFERENCE ROOM
WEDNESDAY MAY 1ST DURING
HIGHSCHOOL LUNCH FOR AN INFORMATIONAL TALK
ABOUT THE SAN DIEGO BALLOT AND
FREE TICKETS TO THIS WEEKENDS PERFORMANCE
OF GISELLE WILL BE AVAILABLE!

San Diego *Ballet*

PRESENTS:
GISELLE
May 4-5 | The Balboa Theatre

IMAGINE *the*
SUPERNATURAL

2023 | 2024: A SEASON OF *storytelling*

PURCHASE TICKETS @ SANDIEGOBALLET.ORG

GISELLE



THIS IS A HIGHSCHOOL ONLY EVENT.



MAY IS...

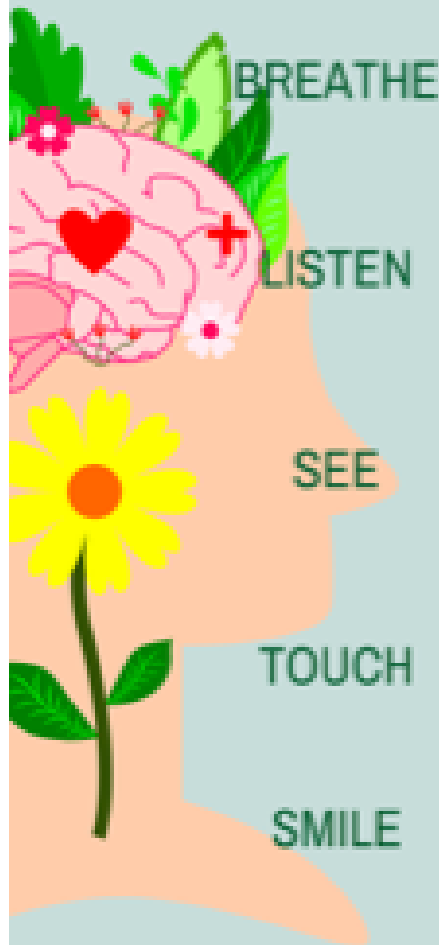
MENTAL HEALTH AWARENESS MONTH

Spend this month taking care of yourself because YOU ARE NUMBER 1!!!!!!

Keep an eye out for our TSUNAMI representative in the front office (make sure to read his sign and learn new things!) and for lunchtime activities :)

MINDFUL MINUTE

CLOSE YOUR EYES, SIT QUIETLY, AND...



BREATHE

TAKE DEEP BREATHS AND LET THEM OUT SLOWLY. THINK ABOUT HOW THE AIR GOES IN AND OUT OF YOUR LUNGS.

LISTEN

LISTEN TO THE SOUNDS AROUND YOU, AND THINK ABOUT HOW MANY SOUNDS YOU CAN NAME.

SEE

USE YOUR FINGERTIPS TO FEEL AN ITEM OR THE AREA AROUND YOU. THINK ABOUT HOW IT FEELS AND THE WORDS YOU WOULD USE TO DESCRIBE IT.

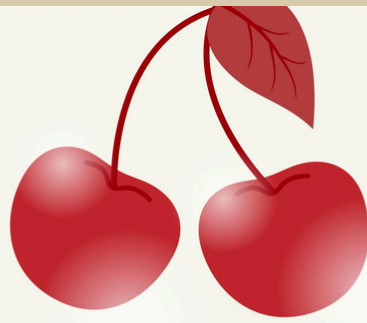
TOUCH

LOOK AT ONE ITEM AROUND YOU; AND THINK ABOUT ITS SHAPE, COLOR, TEXTURE, AND HOW ITS MADE.

SMILE

OPEN YOUR EYES AND ENJOY THE WORLD AROUND YOU.

HIGH SCHOOL CHEER TRYOUTS



CHEER **TRYOUTS** *april 29 - may 3*

9TH- 11TH
FOR MORE QUESTIONS
COME TO E201!

- **INFO meeting in Garcia's room (E102) covering all questions**
- **In order to tryout for cheer, students must attend all tryouts (April 29-May 3).**
- **Meeting on Monday is mandatory and will be held during lunch.**



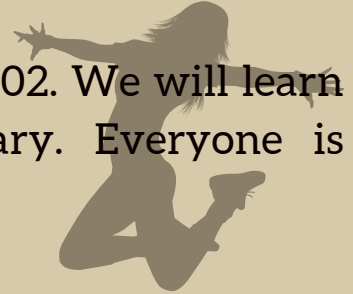
CLUB ANNOUNCEMENTS

Dreamers Club

Meets every 1st and 3rd Monday of the Month during Highschool Lunch E202

Dance Club

Join us every Monday and Thursday afterschool in Room T102. We will learn different styles spanning from Hip Hop to Contemporary. Everyone is welcome!



Film Club

We have decided that our next movie is 'Mamma Mia!' We are also still open to recruiting people to be part of our cast in our student-lead short film!



Follow us on instagram to stay updated with us at @preussfilmclub on our next meetings. See you all in E203, Wednesdays during HS lunch!!

Volleyball Club

Meets every Friday from 4-5 in front of B103! Meet us there!



Tsunami Club

Meets every Tuesday, after school (4-5pm) in Ms. V's room, A201

Multicultural Club

Multicultural Empowerment Club meets on Thursdays during HS lunch in D203

MUN Club:

Attention all high school students: Please join Preuss MUN every **1st and 3rd Thursday of the month** during high school lunch. Please pick up your lunch, and head on over! Tell any of your friends who are not in the google classroom to come join us! See you then!

Finance Club

FINANCE CLUB

Tuesdays & Wednesdays | 4-5 pm | C201

Join us to learn about the financial literacy topic of the month:

Buffett Munger Value Investing

OPEN TO MIDDLE SCHOOL STUDENTS



Come find us after school on Wednesday's for our snack sales!



\$1

A photograph of a box of Otter Pops Original ice pops. The box is blue with vertical red and white stripes. It features the Otter Pops logo with a cartoon otter and other characters. Text on the box includes '80 ICE POPS', 'Six Zippy Flavors', '80 - 1.5 OZ POPS (42.5 g)', and 'NET WT. 7.5 LB (3.4 kg)'. The background is a solid blue color.

OTTER POPS

Wednesdays Afterschool!

2/\$1

Black Student Union

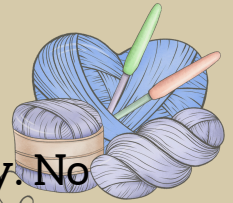
Black Student Union (BSU) invites you to join us every Thursday during high school lunch in E101 for fun games, spirited debates, and a safe place to navigate life!

Interact Club

Are you looking for community service hours and ways to give back to your community? Look no further because we can help you with that. Meet us during LUNCH every TUESDAY in Room D201 to get involved!

Crochet Club

Meets in Ms. Garcia's room, E102, from 4:00 to 5:00 every Thursday. No experience needed! Join our community of crochets' for a nice relaxing hour of creativity and conversation



Book Club

The Preuss Book Club is a community where students can enrich their knowledge and create a passion for books. We meet on Mondays at lunch in E101 and all high school students are welcome!



@PREUSSSCIOLY

JOIN SCIENCE OLYMPIAD!

QUESTIONS?
MR. FOZI
C202

BUILD TOWERS AND ROCKET LAUNCHERS, DECRYPT SECRET MESSAGES, SOLVE CRIMES WITH SCIENCE EXPERIMENTS, AND MORE! WE COMPETE IN EVENTS RELATED TO A VARIETY OF STEM FIELDS! COME JOIN THE TEAM! WE MEET WEDNESDAYS @ 4:15PM IN C202.

The poster features a blue and white abstract background with a gear-like pattern. At the bottom, there are two photographs: one showing a student in a white shirt interacting with a group of students at a table, and another showing students working together at a table with laptops and papers.

PREUSS CHESS CLUB

EVERY WEDNESDAY
4PM - 5PM
ROOM E103

NO EXPERIENCE NECESSARY.
STUDENTS ARE WELCOME

The poster features a dark blue background. On the left, there is a large chessboard graphic with various chess pieces (king, queen, knight, rook, pawn) arranged on the board. On the right, there is a white square containing a crown icon. At the bottom, there is a white box with the text 'NO EXPERIENCE NECESSARY. STUDENTS ARE WELCOME'.

Celebrating Asian-American Pacific Islander Heritage Month!

Asian American Pacific Islander Heritage Month

Brought to you by
Asian Pacific Islander
Association
Club



What is Asian and Pacific Islander Heritage Month?

Annually, during May, people around the world share their common ancestry among the Asian continent. Not only can people of Asian descent celebrate this month, but everyone globally can celebrate the diverse nature of Asia and the Pacific islands. This month represents the cultural impact of Asians and Pacific Islanders alike with their music, food, outfits, or etc. We are glad to share this month with folks in our communities, so Happy Asian and Pacific Islander Heritage Month!!

Celebrating Asian-American Pacific Islander Heritage Month

PHILIPPINES 05. 01. 2024

Welcome to Asian and Pacific Islander Heritage Month and today on May 1st, we are celebrating the Philippines. This is quite the hopeful fact, but DID YOU KNOW that the Philippines were the first to gain colonial independence after the Second World War?



GUESS THE STAFF MEMBER!



This staff member graduated from UCSD in Muir College as a Global Health major. Her favorite colors are red and green, and she loves to crochet! She can speak three languages and currently working on a fourth.