

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

QUOTE OF THE DAY:

“Believe you can and your
half way there”-Theodore
Roosevelt

SAT Word:Veneer
coating consisting of a
thin layer of wood

- 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



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 .

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



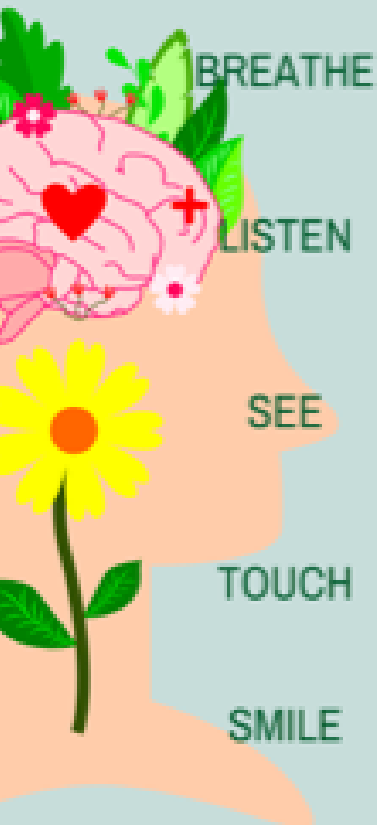
MAY IS...

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...

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

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

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.

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

OPEN YOUR EYES AND ENJOY THE WORLD AROUND YOU.

MAY IS MENTAL HEALTH AWARENESS MONTH



YOUR SCHOOL COUNSELORS WANT TO MAKE SURE YOU ARE TAKING CARE OF YOUR MENTAL HEALTH

PRACTICAL TIPS FOR EVERYDAY WELL-BEING

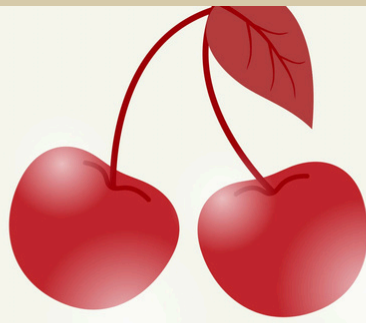
MENTAL HEALTH IS JUST AS IMPORTANT AS PHYSICAL HEALTH. IT AFFECTS HOW WE THINK, FEEL, AND ACT. TAKING CARE OF OUR MENTAL HEALTH IS ESSENTIAL FOR OVERALL WELL-BEING. HERE ARE SOME PRACTICAL TIPS TO HELP YOU MAINTAIN GOOD MENTAL HEALTH.

PRACTICE SELF-CARE. TAKE TIME TO DO THINGS THAT YOU ENJOY, SUCH AS READING A BOOK, TAKING A WALK, OR SPENDING QUALITY TIME WITH FRIENDS. PRIORITIZING SELF-CARE CAN HELP REDUCE STRESS AND IMPROVE MOOD.

CONNECT WITH OTHERS. HAVING A SUPPORT SYSTEM IS CRUCIAL FOR GOOD MENTAL HEALTH. REACH OUT TO FRIENDS, FAMILY, ADVISORY TEACHER, SCHOOL COUNSELOR, FSS OR TRUSTED ADULT IF YOU NEED TO TALK OR RECEIVE GUIDANCE.



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.**



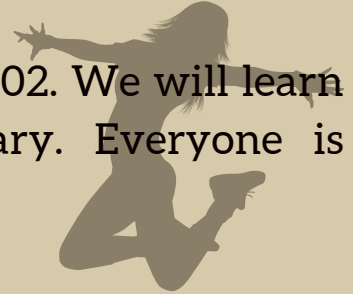
CLUB ANNOUNCEMENTS

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!



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

FINANCE CLUB

Tuesdays & Wednesdays | 4-5 pm | C201

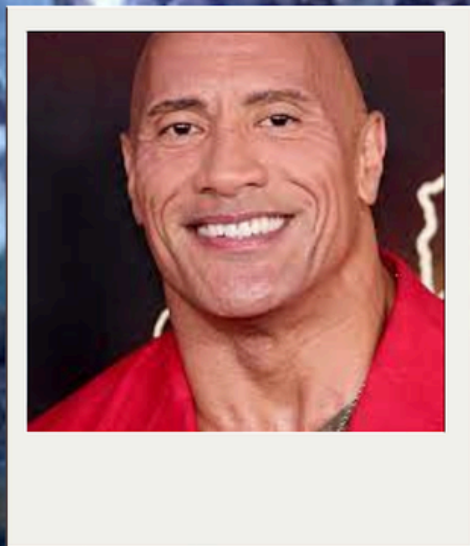
Join us to learn about the financial literacy topic of the month:

Buffett Munger Value Investing

OPEN TO MIDDLE SCHOOL STUDENTS



THE ROCKS AND MINERALS CLUB!



COME JOIN US ON "A" DAY FRIDAYS AT A103

Black Student Union

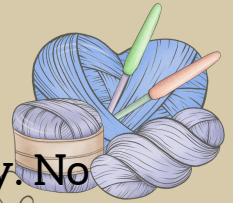
Black Student Union (BSU) invites you to join us every Thursday during high school lunch in E101 for fun games, spirited debates, and a safe place to navigate life!

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 geometric 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 with a white chessboard graphic. The chessboard has various chess pieces (king, queen, knight, rook, bishop, pawn) arranged on it. A crown icon is positioned above the text.

Celebrating Asian-American Pacific Islander Heritage Month!



Sri Lanka

Welcome to Asian Pacific Islander Heritage Month and today on May 2nd, we are celebrating Sri Lanka. This is a nature-esque fact for those of you who like biology, but DID YOU KNOW that Sri Lanka has the oldest planted tree (the bo-tree, about TWO MILLENNIA IN AGE!!!!)

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Celebrating Asian-American Pacific Islander Heritage Month

GUESS THE STAFF MEMBER!



This staff member graduated from UC Berkeley (Go Bears!) and San Diego State University (Go Aztecs!). She loves spending time with her family, friends, and her dog Simba. She enjoys traveling and going to Disneyland. She was dubbed the nickname Smiley at Preuss.

