

# The Preuss School UC San Diego



Happy Tuesday, Scholars!

## SAT WORD:

noxious(adj): injurious to physical or mental health

## QUOTE OF THE DAY:

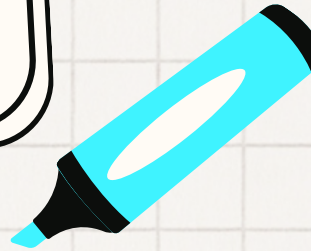
"Enthusiasm is common. Endurance is rare."  
— Angela Duckworth



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

## IMPORTANT REMINDERS

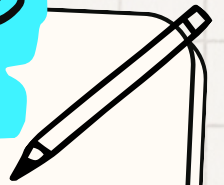
- Please remember to pick up your trash before leaving the lunch tables after eating
- Personal athletic equipment are no longer allowed on campus.
  - First offense: items will be taken away and not returned until the end of the school day.
  - Second offense: Items will be taken and not returned. All students must come to school in dress code.
- Preuss polo must be worn. 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.



Students: Starting after Thanksgiving break, we will be asking you to trade your cell phone for a loaner polo should you come to campus out of uniform. Please plan accordingly to meet the school's expectations and your needs.



# 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.

## Feeding San Diego

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

Last Updated October 23, 2023

Cadence: 2nd and 4th Fridays



\*Distributions dates in orange

#### July / julio

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

#### August / agosto

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19	20	21	22	23	24	25
26	27	28	29	30	31	

#### September / septiembre

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30	31					

#### October / octubre

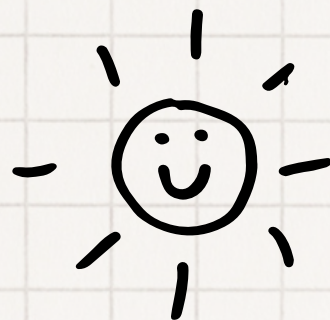
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22	23	24	25	26	27	28
29	30	31				

#### November / noviembre

S	M	T	W	T	F	S
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#### December / diciembre

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23	24	25	26	27	28	29
30	31					



# Mental Health Workshop

We have a guest speaker from UCSD coming to talk with students about managing school stress and how to help a friend. She will be doing interactive activities and discussion in small groups. We will host a Middle School group on Tuesday, November 28 from 11:45a - 12:30p and High School group from 12:30-1:15pm in the Large Conference Room

## Learning Objectives:

- To gain a better understanding of your own sources of stress and how to manage them.
- To learn different ways to cope with stress.
- To increase awareness of the difficulties that others might be facing.
- To know how to help a friend when they are going through a difficult situation

You must SIGN UP using the QR codes below by Tuesday 11/14/23. (Click the QR code to go to the survey):

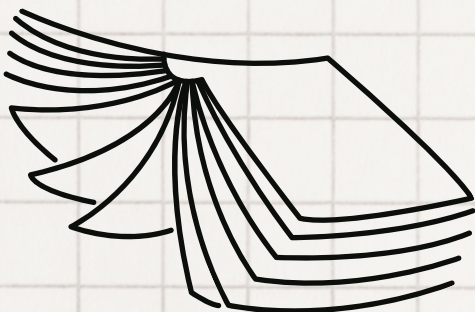
## MS SIGN UP



## HS SIGN UP



The Preuss Insider-  
Read all about it!



## THE PREUSS INSIDER

A newspaper made by students,  
for students of the Preuss School UC San Diego



Preuss Spirit Expressed In A Week



Preuss Presents its 2023 Fall Formal



Preuss Welcomes New Vice Principal, Ms. Brown



AP Biology Ventures Into San Diego Safari Park



Preuss Marine Biologists Explore Birch Aquarium



New Period Product Dispensers Installed In All Girl Bathrooms

PREUSSINSIDER.COM

PODCASTS, NEWS, ENTERTAINMENT, & MORE  
MAKE SURE TO CHECK OUT YOUR PEERS ARTICLES!

@preussinsider



Parents, is it challenging to have difficult conversations with your teen? Teens, do you feel that your parents don't understand you or don't listen to you?

Join us



All Middle & High School Aged Youth and/or their Families are Invited to Attend

# WHAT I WISH MY PARENTS KNEW

TUESDAY, DECEMBER 5TH | 5:30PM-7PM  
At Canyon Hills High School

Connect with other parents and teens!

Learn from each other!

Express yourself!

One of the best ways to understand someone's perspective is through building a relationship with that person. Join us for an evening of perspective and relationship building between parents and teens!

Participants will engage in small group discussions coming together at the end for reflection and connecting!

Light dinner provided!

REGISTER TODAY!



QUESTIONS OR FOR MORE INFORMATION CONTACT:

Stacy Chiles:  
schiles@saysandiego.org

Follow San Diego Military Family Collaborative on



@sdmifam



## NEW ANNOUNCEMENT

# Yearbook SNAPP

Have any plans for Thanksgiving? Then we encourage you to send your photos through the Yearbook snap app! With our page(s) dedicated to student life, We like to highlight a glimpse of activities beyond the classroom!

Scan here to access Yearbook snap app!

ANDROID:

SCAN ME



IPHONE:

SCAN ME



# PRIDE OF PREUSS



"The Pride of Preuss" is an extraordinary initiative that spotlights the exceptional achievements of eight senior scholars. These scholars have served as remarkable ambassadors, not only for their school but also as advocates for higher education and the values of a substance-free lifestyle. These eight scholars have ventured beyond their school, visiting multiple elementary's to share their inspiring stories representing Preuss pride. Through their compelling narratives and accomplishments, they serve as living examples of the transformative power of education at Preuss.

"The Pride of Preuss" program, in its dedication to showcasing these scholars, plays a pivotal role in influencing future students. They demonstrate that through hard work, dedication, and the pursuit of knowledge, one can achieve remarkable success while staying true to a healthy and responsible way of life.

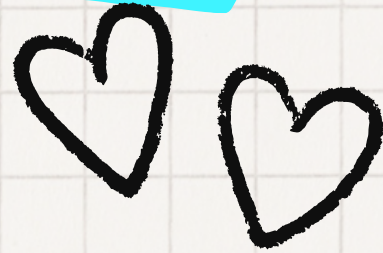




# Club Announcements!

## TSU-NAMI

TSU-NAMI meets every Tuesday, after school (4-5 pm) in Ms. V's room A201!



## 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!

## FILM CLUB

The movie for the month of November/December will be The Princess Bride based on William Goldman's novel, "The Princess Bride." Directed by Rob Reiner and released in 1987, The Princess Bride is a fairy tale adventure following a young woman and her one true love. This film combines elements of comedy, romance, adventure, drama, and fantasy in one piece. So if you're a "sucker for a happy ending," come join Film Club in E203 during HS lunch on Wednesdays!

# ROBOTICS



## DANCE CLUB

Are you interested in learning how to dance? Join us every Monday and Thursday afterschool in Room T102. We will learn different styles spanning from Hip Hop to Contemporary. Everyone is welcome!

# VOLLEYBALL CLUB

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

# MULTICULTURAL CLUB

MultiCultural Empowerment Club meetings are on Mondays during lunch in room D203. See you then!

# SCIENCE OLYMPIAD

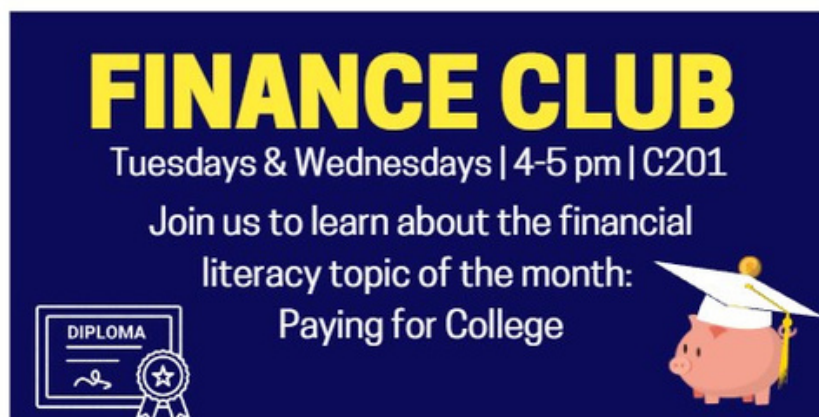


A poster for the Science Olympiad. At the top left is the handle '@PREUSSSCIOLY'. The main text reads 'JOIN SCIENCE OLYMPIAD!' in large, bold letters. Below this, it says 'QUESTIONS? MR. FOZI C202'. A larger text block describes the activities: 'BUILD TOWERS AND ROCKET LAUNCHERS, DECRYPT SECRET MESSAGES, 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 bottom half of the poster features two photographs of students working at tables with laptops and papers.

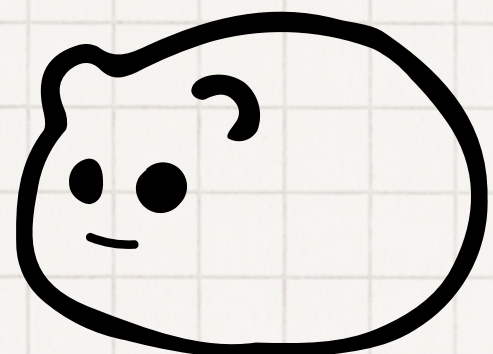
# JMUN

Attention all high school students: Preuss MUN is so excited to start a new year of debating and attending MUN Conferences! Our next meeting will be on Thursday November 16th, during high school lunch in B203. 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



A poster for Finance Club with a dark blue background and yellow text. The title 'FINANCE CLUB' is in large, bold letters. Below it, the schedule is 'Tuesdays & Wednesdays | 4-5 pm | C201'. The text continues: 'Join us to learn about the financial literacy topic of the month: Paying for College'. On the left is an icon of a diploma with a star, and on the right is a pink piggy bank wearing a white graduation cap.



# CELEBRATING NATIVE AMERICAN HERITAGE MONTH

## Fact of the Day:

The Kumeyaay, referred to as Diegueño by the Spanish, were the original native inhabitants of San Diego County. The Kumeyaay, Yuman-speaking people of Hokan stock, have lived in this region for more than 10,000 years. Historically, the Kumeyaay were horticulturists and hunters and gatherers. They were the only Yuman group in the area, the first people who greeted the Spanish when they first sailed into San Diego Harbor with the Juan Rodriguez Cabrillo expedition of 1542. The boundaries of the Kumeyaay lands changed with the arrival of the Europeans. It once extended from the Pacific Ocean, south to Ensenada in Baja Norte, Mexico, east to the sand dunes of the Colorado River in Imperial Valley, and north to Warner Springs Valley. North to northeast, their territory was bounded by other Indian nations--the San Luiseño, Cupeño, and Cahuilla. The Kumeyaay practiced animal husbandry. They had a complex pattern of land ownership and division of labor that included a network of agricultural holdings in different geographic areas that were cultivated on a seasonal basis. The Kumeyaay engaged in total environmental management of their land and water resources. For thousands of years the first Californians lived lightly in harmony with the land. Their history is buried under the sea, eroded as sites and villages were abandoned and erased by modern development. Yet evidence of their existence is found in many areas of San Diego County, recorded in archeological artifacts, and in the bedrock, deep holes called morteres (used for pounding and grinding acorns) and the shallower metates (used for milling seeds and grains). Intriguing signs pointing to the Kumeyaay culture and way of life have been found in the larger seasonal villages and in the legacy of their rock art. Many sites are located on private land, hidden from public view. But there are at least a half dozen archeological and historical sites open to the public, if you know where to look.