

NOVEMBER-DECEMBER 2022

A Message From Our School Principal

Hello Preuss School families,

As educators, we tend to see the yearly calendar quite different from other professions. So as we are rapidly approaching the holiday season, we are quick to point out that the school year has almost reached the halfway point. The Preuss School's first semester ends on January 13, 2023. Now is the time for scholars to make a big push to improve their grades. Families can support this by communicating with teachers. Our Parent Square communication program is the best way for this communication. If you have any questions, please get in touch with Dr. Jacqueline Azize-Brewer, Coordinator of the Volunteer Opportunities Program at The Preuss School UC San Diego, at (858) 822-0020 or preussvolunteer@ucsd.edu.

This spring, The Preuss School UC San Diego will be going through our WASC accreditation visit. WASC accreditation is a process schools use to monitor student learning and set school improvement goals. Accredited schools conduct a self-study and host a self-study visit every six years. The self-study process culminates in the refinement of a schoolwide action plan. As part of this process, we will ask parents to participate. I will send information via Parent Square in early Spring to ask for your help. Together we will help The Preuss School UC San Diego improve.

The weather is finally beginning to change into our perfect San Diego fall season. As the weather gets colder, we want to remind everyone that The Preuss School UC San Diego has a dress code for all our scholars. Sweaters, jackets, hoodies, or windbreakers must conform to the dress code. Maroon or Navy colored outerwear is acceptable. Grey and black colored outerwear are not. Preuss School uniforms can be purchased through the Schoolbelles website - <https://www.schoolbelles.com/myschool/M37/s3023>.

Dr. Matthew Steitz
Principal, The Preuss School UC San Diego



Meet the New Staff!



Hello Preuss Family!

I am honored to become your Board Liaison / Scholar Support. Born in Bulgaria, raised in New Mexico, I studied history at Reed College and Stanford University. After having spent the last several years working in government contracting, I am excited to conjoin my penchant for administrative support with my passion for education. I just moved to and relish exploring San Diego. I enjoy cooking, dancing Argentine tango, reading science fiction, and spending time with my loved ones. Most importantly, I want to get to know everyone that makes The Preuss School such a self-evidently powerful place and learn how I can best support them.

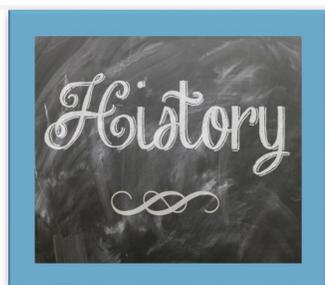
Boris Atanassov
Board Liaison / Scholar Support



My name is Allie Lee, and I am the Administrative/Health Office Assistant here at the Preuss School as of September. I am a recent graduate from UCSD, where I studied Global Health and Japanese cultural studies. One of my favorite things in the world is my 18-month-old cat named

Markl, who is otherwise known as Marky. It's such an honor to be here at this school, working with such incredibly smart and talented students, so I look forward to being a part of the mission here in helping our scholars reach their fullest potential. My area of study in university focused on how we can foster thriving and safe communities where everyone has equal access to health, wellbeing, and longevity, and I hope that what I've learned can help me to contribute positively to the Preuss community.

Allie Lee
Administrative and Health Office Assistant



I am teaching 7th grade World History, Ethnic Studies, and 6th grade Advisory this year. I graduated from UC Irvine and I have an active baby girl at home. I am excited to be teaching at the Preuss school for years to come!

Zoe Fox
World History Teacher



I'm Ms. Sohoni and I have been the substitute teacher for Advanced Chemistry and Physics this school year! I received my B.A. in Psychology from UC Santa Cruz and have completed graduate courses in Urban Education at Loyola Marymount University. Before coming to Preuss, I taught middle school science in Los Angeles.

While I grew up not too far away in Orange County, I am fairly new to San Diego. I have been having such a fun time exploring all that San Diego has to offer and I am grateful to have found a home at Preuss. I love science because it allows us to understand and make sense of ourselves and our world. This knowledge can be applied in infinite ways to problem solve and bring about whatever change we wish to see. As a science teacher I hope to provide a space for students to be curious and equip them with the tools to be critical, creative, and compassionate individuals. When I am not in the classroom I love to garden, hike, surf, camp and do pretty much anything that gets me outside!

Alexandra Sohoni

A Note From Attendance

Dear Parents,

The holiday season is approaching quickly, and I would like to take this opportunity to emphasize the value of daily attendance for student learning.

Regular attendance is critical to student's success in school. When students are absent they miss out a day of learning. The student who is frequently absent, misses social interaction and direct instruction from teachers, even if written work can be made up.

Our school counts with highly qualified teachers who have gone above and beyond to make the classroom a welcoming place where students can learn and participate in many enriching activities. As long as your child is healthy, please support the school by encouraging your student to attend class. If your child is struggling and needs support, please reach out to our nurse and counselors who can provide you with resources to better support your family.

If the student is absent, parents are required to verify the absence. The school requires parents to call or send a note to the attendance office in order to validate the reason for the student's absence. You can report your child's absence to Mrs. Villanueva at (858) 822-0311 or e-mail to pavillanueva@ucsd.edu. If you verify an absence through Parent Square, please make sure you clear the absence on the day the student missed school.

Parents may call to verify a child's absence up to 72 hours after the child has been absent. Absences that are not verified will be considered unexcused absences. After our attendance month accounting cycle closes, unexcused absences due to no-verifications cannot be changed.

If a student is absent due to a reason considered as unacceptable based on the attendance policy for excused absences, or the absence is not verified, then the student will be marked as "unexcused" for the day and these types of absences are considered trancies.

During the holidays, we ask parents to plan time off from school in accordance to our school calendar. Students have school vacations during Thanksgiving Week and Winter Break. We urge students and families to avoid absences. Remember, every day of school is an opportunity for students to learn and build a better connection with their peers and teachers. At the Preuss School, we are all committed to help your child learn, thrive, and succeed.

Thank you for your support and I wish you all a happy and healthy holiday season.

Sincerely,

Patricia Villanueva

Happy Holidays!

School will be closed during the holidays. There is no school on:

- The week of Thanksgiving from November 21 Through November 25
- The Winter Break from December 19, 2022 Through January 2, 2023.



Whispers from the Copley Media Center (Library)

Welcome to the 2022-2023 School Year!

We checked out textbooks, laptops, chrome books and hotspots. Your students are responsible for the care of these devices. Intentional damage will result in fines added to their library account. It is very important to contact tech@preuss.ucsd.edu if any problems arise.

A broken screen or damaged keyboard is \$40.00

A lost or chewed charger is \$15-\$25.

A missing barcode is \$5.00.

Please encourage your student to carry the device with both hands, do not carry by the screen and minimize food and drink near the device. Devices are to be charged every night. If this is done, there is no reason to bring the charger to school; the charge will last the entire school day, if fully charged.

Library notices are sent via email at the beginning of each month. Notices will inform the students, what materials are overdue and any fines they need to pay. Students may volunteer before school and at lunch to work off their fines. For every hour, we waive \$10.00.

Online library information is on the Preuss School website. Check us out under Campus Life > Library. We have links to our databases, the school catalog, the DCP and Sora by Overdrive (our eBook collection site). Students are also able to access eBooks by downloading the SORA APP on their phone and using their student ID number to login.

We have had two contest this year. The Preuss Way Poster Contest and our annual Banned Books Mini-Book Jacket Contest.

The Preuss Way Poster Contest Winners:

1st Place: Kristina Wang

2nd Place: Stephanie Hernandez Benito and Kaelyn Wang

3rd Place: Ava Omar

Banned Book Mini-Book Jacket Contest Winners:

1st Place: Stephanie Hernandez Benito

2nd Place: Win Ka Yah

3rd Place: Cristina Sanchez

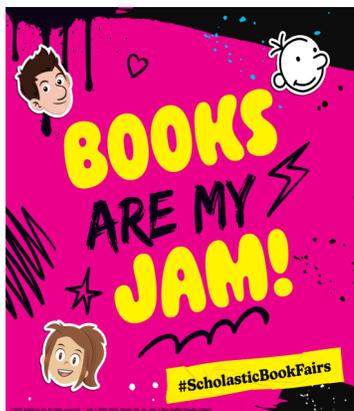
Honorable Mentions: Ishwaaq Mohamed, Fatima Avila and Ava Omar

All winners will receive a certificate and a new book of their choice.



If you have any questions or concerns, please do not hesitate to reach out via phone: 858.822.2150 or email: librarians@preuss.ucsd.edu

Keep Reading,
Ms. Nance and Ms. Gonzalez
librarians@preuss.ucsd.edu



Our Fall Scholastic Book Fair took place Monday, October 31st – Friday, November 4th.

All Proceeds will be used to purchase new books for the library. Visit our [Book Fair Homepage](#) for more information.

Health Office Update

Routine Asymptomatic Testing No Longer Required

Under the guidance of UC San Diego, students who are unvaccinated or not fully vaccinated are no longer required to complete twice weekly asymptomatic testing. If a student who is asymptomatic would like to test because they were exposed, they can sign up for asymptomatic testing using the [Calendly sign up link](#). Students should sign up for testing by 10 am the day they would like to test.

Students who have symptoms, regardless of vaccination status, will be COVID-19 tested before sending home.

We will continue to follow guidance from UC San Diego and the California Department of Public Health and make changes as recommended.

COVID-19 Vaccine Clinic

Our 3rd vaccine clinic for the 2022-2023 school year will be on **Friday, November 18th** in the Preuss Walton Center from 11am-3pm. [Sign up Here](#).

Flu vaccines, primary doses of the Moderna and Pfizer Vaccines, and the updated bivalent COVID-19 booster will be available.

Anyone 6 months of age or older is eligible for the flu vaccine.

Anyone 5 years of age or older is eligible for an initial booster or additional booster if it has been at least 2 months since their previous dose.

Per the Preuss Vaccine Mandate, all students must be up to date on their COVID-19 vaccine series, including an initial booster, or have an exemption on file.

Students must have a parent in attendance or a signed permission slip to get vaccinated at the clinic.



Health Office Update Continued



Tips to Help You Stay Healthy This Flu Season

Cold and flu season is upon us. Health officials are warning there may be high levels of influenza compared to the past two years, when COVID-19 precautions helped keep flu infections low. As a reminder, please do not send your child to school if they are feeling sick or experiencing symptoms of a virus. Keeping your sick child home will be a great benefit for the health and wellness of our students and staff. Symptoms of influenza can vary, but generally include a high fever, headache, chills, body aches, sore throat, and cough.

Recommendations from the CDC:

- Get a flu vaccine! [San Diego County Flu Vaccine Locations Page](#)
- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it and wash your hands.
- Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer.
- Avoid touching your eyes, nose, and mouth with unwashed hands. Germs spread this way.
- Clean and disinfect surfaces and objects that may be contaminated with germs that can cause respiratory illnesses like the flu.
- Avoid close contact with people who are sick.
- If you are sick, limit your contact with others as much as possible so you don't spread your infection to them.

Calling All Alumni!

By: Jacqueline Azize-Brewer, Ph.D.

Dear Alumni of The Preuss School UC San Diego,

My name is Jacquie and I am the Alumni Coordinator for the school. I had the pleasure to meet some of you before you graduated from the school. It is my hope to meet many more of you during Homecoming this year (on Thursday, December 15th) or at other school events.

Over the last few months I have been working on creating a master database which contains the names of all of you who have graduated from the school, along with any other information we may have such as your e-mail, college you attended/are currently attending, degree(s) received, Preuss Scholarships you may have been awarded, past/current jobs, etc. We would love to hear from you and get an update on your path since graduating from Preuss. Please send me an e-mail or call me to share with me/the school what you have been up to.

We know that Preuss Alumni go on to accomplish great things and are agents of change and innovation. We are always looking for ways to have Preuss Alumni become more involved with their alma mater. We have had/currently have Alumni serve as tutors and mentors for current Preuss scholars, be guest speakers at advisory classes on Homecoming day, serve on the school's Board of Directors, etc. If you have any ideas of how YOU would like to be involved with the school, please reach out to me. My contact information is below.

Come visit us when you can! We love to see our Alumni back on campus. Come see the murals (student art) that were installed throughout campus last year, visit with some

of your past teachers and see what is new at the school!

Best wishes for continued success.

Sincerely,

Jacquie

E-mail: preussalumni@ucsd.edu

Phone: (858) 945-2825

Dear Parents,

Do you have another child who graduated from The Preuss School UC San Diego? If so, please send Dr. Jacquie (preussalumni@ucsd.edu) your graduate's contact information so that she may reach out. Thank you very much.

Queridos Padres,

Tiene otro hijo(a) que se graduó de The Preuss School UC San Diego? Si es así, por favor envíele a Dr. Jacquie (preussalumni@ucsd.edu) la información de contacto de su hijo(a) para que ella pueda comunicarse. Muchas gracias.

Student Services & Counseling Department

Dear Preuss Families,

It is a pleasure for the School Counselors to welcome you to the 2022-2023 school year! We are excited to introduce our new College Workforce Coordinator Ms. Shaoni Bandy. Also, a special welcome to our new students. Our goal is to offer guidance and support to students in the Academic, Personal/Social, College/Career Planning areas. We are available to assist and meet with students about a variety of topics such as: anxiety, grief, academic organization, and other personal concerns. If you have any concerns regarding your student please contact us or your child's University Prep Teacher.

We have started focus groups for friendship, stress, and anxiety. If you feel your child is in need of extra support, please reach out to their school counselor.

We are working on filling the Family Support Specialist role, who will provide direct therapy and counseling to students.

Mrs. Cobbs will be going on maternity leave after Thanksgiving Break; a counseling intern will be on campus Monday and Tuesday to help support students on her caseload, Ms. Patrick and Mrs. Silva will be available the rest of the week to support.

We look forward to another wonderful year in person with all of you!

High School Counseling Announcements

High School students have had the opportunity to experience different colleges across the US, on campus with many college visits happening from September to November.

Seniors toured SDSU, on 10/26, and 10/31 in person, and are submitting CSU applications at the end of October and UC applications on 11/16 and 11/17 which are our UC Submit Days!

CONTACT THE STUDENT SERVICES DEPARTMENT

Ms. Sara Silva

School Counselor, A-Garcia Guillen.
sarasilva@preuss.ucsd.edu
(858) 822-2002

Ms. Allyson Cobbs

School Counselor, Garcia Lozano- S. Nguyen
acobbs@ucsd.edu
(858) 822-0409

Ms. Erin Patrick

School Counselor, T. Nguyen-Z
empatrick@ucsd.edu
(858) 822-0996

Ms. Shaoni Bandy

College Workforce Coordinator
sbandy@ucsd.edu

Ms. Yazmin Ghonaim

School Psychologist
yghonaim@ucsd.edu
(858) 822-1485

Ms. Paty Macedo

Registrar
preussregistrar@ucsd.edu
(858) 822-2525

Vacant

Family Support Specialist

Student Services & Counseling Department Continued

Financial Aid Workshop

10/22/2022

If you were unable to attend the Financial Aid workshop and need assistance with submitting your FAFSA or CADAA. Please make an appointment with Ms. Bandy at sbandy@ucsd.edu.

UC Application Support

Please see your counselor.

Student Progress Report Reminders

The second mid-semester progress report will be sent home with students and available to families online via Aeries on November 9/10. Please review your students progress report grades and discuss what improvements can be made.

If you need to contact a school counselor or our college advisor, please make an appointment or email to the right:

LAST NAME
A - GARCIA GUILLEN

Ms. Sara Silva
s3silva@ucsd.edu
(858) 822-2002
calendly.com/sarasilva-1

SCAN FOR APPT.



LAST NAME
GARCIA LOZANO -
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SCAN FOR APPT.



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SCAN FOR APPT.



COLLEGE WORKFORCE
COORDINATOR

Ms. Shaoni Bandy
sbandy@ucsd.edu
calendly.com/preussbandy

SCAN FOR APPT.



Middle School Counseling Announcements

School Counselors hosted community building activities amongst two 7th grade advisories where they did different activities that included: The Human Knot, Cup Building Challenge, Anti-Bullying, and communication activity.

Mental Health support lines and websites:

<https://www.sandiegocounty.gov/hhsa/programs/bhs/>

<https://988lifeline.org/current-events/the-lifeline-and-988/>

<https://sandiego.networkofcare.org/mh/index.aspx>

Self Care is the best care, please utilize our Triton Calming room for coping skills and activities for parents, teachers, and students:

<https://sites.google.com/preuss.ucsd.edu/tritoncalmingroom/home>

October 10, 2022 We celebrated World Mental Health Day.

JOIN PEOPLE AROUND THE GLOBE
THIS MONDAY - OCTOBER 10TH, 2022

TO HONOR

World Mental Health Day



WELLNESS IS A EVERY DAY PRACTICE. LETS COMMIT TO DOING
SOMETHING POSITIVE FOR OUR MENTAL HEALTH!

Below are some support hotlines, text lines, mental health resources that may be helpful. Click on the icon for more information.



Practice some wellness, do something that brings you joy!
Below are some suggestions, click on the text for more information.



The Preuss School at UC San Diego

Studio Static

By: Tamima Noorzay

The Fine Arts Department has started off the year in a big way with music students attending the Big Data Hackathon, drama students crafting their Full Moon Film Festival and art students attending the annual Torrey Pines plein air trip (our beloved Nurse Chris also joined in!) We look forward to these events with excitement and gain insights to our creativity through these opportunities!

Students in Honors Studio II and AP Studio art spent the day hiking at Torrey Pines State Preserve and considering the plight of the endangered Torrey Pine. The bark beetle traps around the park sparked interest as they use "stressed out" Torrey Pines pheromones to attract the beetles and trap them in the funnel shaped cones, saving the trees from the boring beetle damage.

Senior Maria Verduzco is putting together a book about the Torrey Pines Plein Air painting experience. Artists were inspired by the beautiful day, saturated colors and sparkling waters. As he has done for the last 6 years, Mr. Ron Campnell provided sandwiches for the students from Bella Vista, making the day complete!

The Hackathon, The Full Moon Festival, and the Torrey Pines trip are all ways in which Preuss students connect to the larger community, grow their horizons and develop relationships with other professionals, environs and knowledge bases!

Stay tuned for the Old town wrap-up and upcoming workshops from UC San Diego Arts and Humanities along with Young Artists in Harmony and the San Diego Youth Symphony!



Music Department

By: Dr. Mercy Hwong

Congratulations for the members of Tri-M Music Honor Society 2022-2023

9th Grade	10th Grade	11th Grade	12th Grade
Ruth Kibrom	Harrison Vo James Nguyen Katherine Rose Acosta Alvarado Mauricio Salas* Mia Rodriguez* Natalie Luna	Alejandra Ruiz* Alexis Tran Arelly M. Gomez Hernandez * Brian Sanchez Bailon* Estephany Fernandez Munoz Jefferson Lam Jennifer Serna Angulo Jimmy Phanthavilay Khang Thai Luviela Zavala	Angelina Solis* Daniel Leon Frida Acevedo* Karina Gallardo Liam Rodriguez* Mia Fuller

*Officers/grade representative

Congratulations to the the "Music and Health Team" on winning the second place in the high school division of the SDSU Big data Hackathon 2022 yesterday. The team members are Hao Nguyen, Lea Rodriguez Jenkins, and Luviela Zavala.

The photo to the right is of the " Music and Health Team."



SDSU Inaugural High School Choral Festival

Students sang with the best choir members from 6 high schools and worked with the amazing SDSU choir director, Dr. Khaefi. They participated in the full day rehearsals and performed the concert in the evening (on October 28, 2022)



Nova Solan
11th grade- soprano



Richard Doan
11th grade- tenor



Liam Rodriguez
12th grade- bass

Interact Club

By Interact Club Officers,



The Interact Club is kicking off the new school year with incredible community service opportunities for everyone. The first of many was Zoom calls with peers from Afghanistan. It is a cultural exchange between Interact club members and students from Afghanistan, where we gather insight into each other's beliefs and interests. Female Interact members led the first zoom call on October 8th, from 8:30 pm - 9:30 pm, while our male Interact members led the second zoom call meeting on October 15th, also from 8:30 pm - 9:30 pm. In both zoom meetings, Interact Club members and our Afghanistan peers asked each other upwards of ten questions. The main purpose was to gain eye-opening insight regarding each other's interests, dreams, and values.

During the first call, we had 8 Interact members and officers and 15+ female peers from Afghanistan. A huge shout out to Vy Ho, Vy Thai, Ha Le, Sandra Tran, Heather Trinh, Ximena Andrade, Makayla Giang, and Janique Salas for joining! We started with self-introductions and answered 9 questions from our Afghan friends. They then shared their responses to our 12 questions. The questions were about hobbies, music, food, and dreams. It was a wonderful night full of powerful exchanges of experiences from across the world. Our club members appreciated our Afghan friends' willingness to open up to our members about their school life. We love their dedication and passion for learning.

For the male-led zoom meeting on October 15th, 30+ Afghan students were present for the zoom meeting. Shout out to Gael Herrera, Antonio Ceron, William Siratana, Lam Thai, Breyen Cajero for coming! We started with an introduction of ourselves and our club. Fol-

lowing that, our club members gave a quick introduction of themselves, such as their name, grade, and favorite subject. Afterward, our Afghanistan peers asked our club members a total of 13 questions. Our attending Interact members asked our Afghanistan peers 12 questions, which they had prepared ahead of time. Our Afghan peers were fluent in English and focused on their education. A consistent value conveyed in our conversation was that they are motivated by achieving success and prosperity for their family, as well as bringing pride to their nation.

Thank you to everyone who participated and we hope to continue this conversation in the future!



Interact Club Meets: Tuesday during HS Lunch @ D201

Co-Advisors: Ms. Tiojanco & Dr. Marty Rosenstein

Co-Presidents: Gael Herrera Delgado & Bao Banh

Important Dates

November 9
Wellness
Wednesdays for
Upperclassmen
4:00pm - 5:30pm

November 10
The Preuss School
Pantry Program: Food
Distribution to
students and families

November 11
Veterans Day Holiday
No school

November 16 and 17
UC submit Day for HS
Seniors
Copley Media Center
8:55am - 4:00pm

November 18
Vaccine Clinic at The
Preuss School
11:00am – 3:00pm

**November 18,
December 2 and 9**
Fall Fridays with
Therapy Fluffies,
Walton Center
Lunch Time

**November 21
Through
November 25**
Thanksgiving Break
No School

December 3
Saturday School
Enrichment Academy
9:00am-11:00am

December 3
Tech Workshop for
Parents
9-11am
Walton Center

December 6
PTA Executive Board
Zoom Meeting
5:30pm – 6:30pm

December 8
The Preuss School
Pantry Program: Food
Distribution to
students and families

December 10
PTA General Meeting
Zoom Webinar
9:30am – 11:00am

December 14
Wellness
Wednesdays for
Upperclassmen
4:00pm - 5:30pm

December 16
Application Deadline
for 2023-2024 School
Year at 11:00pm

**December 19, 2022
Through
January 2, 2023**
Winter Break
No school

Become a Preuss Student!

The Preuss School UC San Diego Admissions Application for Fall 2023 Deadline Reminder

Hello Preuss families

This is a reminder that the deadline to submit an application for Fall 2023 is Friday, December 16, 2022 by 11 pm. Please visit <https://preuss.ucsd.edu/admissions/index.html> for application details, instructions, and the link to fill out an online application through SchoolMint. If you have any question please contact me at preussadmission@ucsd.edu

Best of Luck,
Vanessa Gomes
Admission and Data Coordinator



Visit us on our Website:

<http://preuss.ucsd.edu>

CONTACT US

To contact the Preuss School Office Staff the parents need to leave a message and we will return their call as soon as we can.

Primary Links to Contact Us.

(858) 822-3000

Front Office Line for general
questions

(858) 822-0311

Attendance and Transportation
pavillanueva@ucsd.edu

(858) 822-0408

Admissions
preussadmission@ucsd.edu

(858) 822-2525

Registrar
preussregistrar@ucsd.edu