A Message from our School Principal-Director
Scott Barton

Dear Parents/Guardians:

As the New Year begins, the first semester of school ended with finals held the week of January 17-20. The second semester will began Monday, January 23. Students are encouraged to continue working hard and to not miss school.

The Western Association of Schools and Colleges (WASC) will visit the Preuss School UCSD from Sunday, March 12 - Wednesday, March 15, 2017. The WASC visiting team is responsible for giving schools their accreditation. The accreditation recognizes exemplary schools with excellent educational programs. The Preuss School’s six year WASC accreditation is ending and is up for renewal this year. The WASC visiting team will review every aspect of The Preuss School from curriculum, organization, instruction, assessment and accountability, to school culture. Everyone participates in the WASC visit, teachers, students, staff, community members, board members, UCSD professors and parents. You are invited and encouraged to speak to the WASC visiting team on Sunday, March 12, 2017 from 4:00-5:00 pm, right after the PTA General meeting, which will begin at 3:30 pm. Our goal is to achieve another six-year accreditation as a whole school community.

See Page 2

News from the PTA President

Happy New Year!!

My Name is Yecenia Valdelamar, PTA President, and I’d like to extend a warm welcome back to all the Preuss families.

The upcoming months will be busy with lots of events coming up:

The Science Festival will be held on Saturday, January 28. PTA will be selling food for this event. If you would like to help, please get in touch with me or Sandra Gutierrez, our Volunteer Coordinator.

On February 25th, we are hosting a family potluck right after the general parent meeting. Please, join us and share with other families a traditional cultural dish. See Page 2
The class of 2017 is working hard on their college acceptances; 100% of seniors have applied to at least four UC Campuses including UC San Diego, 100% have applied to CSU (that’s 105 out 105 seniors)! Students are currently applying to private and out of state colleges and universities. As of January 17, 35 seniors have been accepted to at least one four year college or university. Seniors will be attending institutions such as Brown University, Harvard University, Arizona University, Wentworth Institute of Technology, and several California State University’s. Seniors are encouraged to submit scholarship applications by February 1 to the San Diego Foundation and those who qualify will apply to the Jacob Hanna Sr. Scholarship, MKC Scholarship, Grillo-Marxuach Scholarship, the Patrick Ledden Scholarship, and new this year the Rastetter Scholarship. We wish our seniors good luck!

This year’s Homecoming was held on December 15, with 40 alumni joining together for lunch, and speaking to our students. The alumni spoke in Advisory classrooms and shared their life at Preuss and their new lives in college. They were a wonderful inspiration for all of our current Preuss students. Alumni also attended the Preuss Girls and Boys basketball games at Rimac Arena.

This year’s seventh and eighth grade science students participated in “The Future City” competition on Saturday, January 21. Students used Sim City, a virtual design software, to create a city. Students completed research and wrote a solution to an engineering problem. Cities were built with recycled materials, and implemented solutions to the cities’ problems. Congratulations to all the teams.

The admissions deadline was December 16, and over 453 applications were received. Now the process of getting the applications ready for the lottery on Thursday, February 23rd at 4:30pm is upon us. The lottery is being held earlier this year to allow families to explore other educational opportunities if they are not selected in the Preuss lottery. We are excited about the prospective students who have applied, and helping them begin their journey toward success at The Preuss School UCSD.

Preuss continues to successfully partner with Computers 2 San Diego Kids, thanks to Board Member Matt Weil. This year 82 families received refurbished computers at a discount price on Saturday, December 10, 2016.

The second semester is the beginning of new learning opportunities for our students. We encourage students to stay focused and to attend school daily. Daily attendance has proven to make the difference in a student’s grades and all around academic achievements. Remember if you need any assistance from the school please contact the front office staff. We are here to guide you through your child’s years at The Preuss School UCSD.

Sincerely,

Scott Barton
Principal/Director

Notes from the PTA President

In March, we will have our annual dinner /dance for parents. We will be raffling off some great prizes. You will be able to purchase raffle tickets at our Saturday general meeting in February.

It is not to late to purchase your PTA memberships. Your membership helps fund college trips, parking at different events, MUN and Robotics competitions, and much more. Please, join the PTA and help support your children.

If you would like to be on the PTA Board, please let us know. We are looking for new members. We would love to help you in this process.

For any questions regarding the functions of each PTA representative, please, do not hesitate to contact me or you may contact any of our PTA members.

Thank you,

Yecenia Valdelamar
PERFECT ATTENDANCE RECOGNITION

January represents a midway point of the academic year 2016-2017, a time for our students to reflect upon their educational plans and what they want to accomplish as they look ahead to the beginning of the second semester. And we know that many of our students already have set as a goal to achieve Perfect Attendance and strived hard to attain it: A distinction of never missing a single day of school.

The Preuss School is a distinctive educational environment with high academic standards and requires our students to be concentrated on study and to attend school every day. We truly believe that consistent school attendance is one of the most important factors to a student’s academic success. Our students who never have been absent from school understand that meaningful learning happens in the classroom and teachers will be there for support and guidance. They have learned the connection between showing up ready to learn and their academic achievements. Highlighting the importance of getting to school every day, our students aspire to achieve perfect attendance and good grades to graduate from high school. Definitely, they are setting a road to a higher educational outcome.

As every year, on Thursday, February 2, we will be honoring High School and Middle School students with Perfect Attendance for the First Semester. This is a special recognition to celebrate our students’ outstanding accomplishment as a result of their dedication, discipline, commitment in having a perfect school attendance record. This demonstrates that students are making school attendance a highest priority in their lives, regardless of all the obstacles they have to overcome to attend school every day. Congratulations to all the students with perfect attendance! We are so proud of their commitment to learning and efforts to attend school.

Students with Perfect Attendance will be honored with a Certificate and they are invited to attend an Ice Cream Social event during school lunch time. Please, join us to celebrate our students.

Patricia Villanueva
Attendance and Transportation Coordinator

Whispers from the Library and Media Center

The Library will be running its Annual Bookmark Contest. All Preuss students are welcome to participate. The theme this year is ‘Favorite Villain’. Bookmarks can be picked up in the library starting January 30th. The completed bookmark is due February 17th and students will vote on their favorite design from February 20th through February 24th. Winners will be announced February 27th in the Daily Bulletin. The top two bookmarks from middle school and high school will have their bookmark published for the whole school to enjoy and a choice of a book or a $10 gift card to Barnes and Noble.

If students have outstanding fines or late textbooks, they are not able to participate in any extra-curricular activities (dances, athletic events, and after school clubs) until some action has been taken to clear the account. An action can be returning late items, paying for some or the entire fine, or volunteering to work off the fine. Eighth Graders will not be able to participate in “A Celebration of Learning” and seniors will not be able to receive their diploma unless their account is completely cleared. Notices regarding clearing accounts to participate in the end of the year ceremony will be sent home to all 8th grade parents in the spring, but do not wait. Now is the time to take care of any outstanding fines or lost books. Monthly notices of your student’s account are sent home at the beginning of each month. Ask your student for this notice or you can call the library to check on your student’s library account. If you need to replace lost textbooks, please call to discuss. Our phone number is 858-822-2150.

Karen Nance and Maria Gonzalez
kgnance@ucsd.edu or mgg001@ucsd.edu
It’s scholarship and summer program application season! Preuss high school students have access to our scholarship and enrichment program database on Naviance. Students can filter their search by grade level to quickly see which opportunities they are eligible.

Here are upcoming conferences for high school students held at local university campuses:

**STEM Career Conference for young women at San Diego State University**

**Sat. Feb 4, 2017 8:00am-5:00pm**
The cost for the event registration is $10
This conference is designed for high school girls to learn more about STEM (Science, Technology, Engineering, and Math)

**Envision 2017 High School Conference at UC San Diego**

This conference is designed for high school girls to learn more about STEM (Science, Technology, Engineering, and Math)
There is also a free parent program designed for parents of the girls attending the conference. The parent program is separate from the girls’ activities.
**Saturday, Feb. 25, 2017**
8am-4:40pm
Check-in at Jacobs Hall Lobby
Price: Free
Limited spots- first 100 students receive a free t-shirt. http://ucsdenvision.wixsite.com/envision/students

**APSA High School conference at San Diego State University**

**Saturday March 11, 2017**
9am-9pm
**Free- open to ALL students (not just Asian/Pacific Islander)**
Students who attend will have the opportunity to participate in three workshop sessions centered on Academics, Leadership, Politics, Asian and Pacific Islander cultures, Educational Opportunity Programs (EOP) and Admission. These workshops define our conference and ultimately serve as a tool for promoting a greater appreciation for pursuing a higher degree of education. Our High School Conference is an **ALL DAY EVENT** and lunch and dinner will be provided.

In addition, students who are talented in the performing arts also have the opportunity to express themselves at our High School Conference Talent Show! Through dance, music, art, poetry, or whichever talents to be discovered, we want to see and hear your story illustrated on stage!

Register online at: http://www.apsasdsu.org/high-school-conference.html
News from Shaoni Bandyopadhyay, Science Teacher
Preuss Students participated at the Southern California Regional Future City Competition

Happy Start of the Second Semester!

A big thank you to EVERYONE who donated time and supplies to these kiddos to work on their project. This Saturday we attended the Southern California Regional Future City Competition at The Rhoades School in Encinitas. They learned a LOT and Mr. Lan, Mr. Kim and I are very proud of them. This year’s theme was to design innovative and inclusive public spaces of the future.

Everyone will be glad to know that the future includes:
- freedom of speech public centers
- transportation services that meet the needs of all people, regardless of ability
- immersive virtual reality technology experiences for teaching and learning history and world languages
- parks inspired by the High Line train track parks in New York
- vertical farms
- and an entire city named after David Bowie!

Students In Attendance: Christopher Santiago, Maryam Ro- cha, Kariely Berdeja, Sarah Ojeda, Jocelyn Barrera, Vyvy Nguyen, Savanna Gutierrez, Connie Wong, Alexia Vasquez, Lucia Catano, Abigail Alemayeho, Xiomara Olivares, Jasmine Mejia, Nicole Tran, Lilian Huynh, Anly Perez.

We were also visited by Professor Mirle Bissel from the Urban Studies and Planning department at UCSD and she invited out groups to showcase their designs at the Urban Studies and Planning Expo at UCSD in March. Truly some #preusspraiseworthy kiddos!
Marine Science Gets Into Robotics

The students in Mrs. Artz’ Marine Science class have been working for the past two months creating an ROV – a Remotely Operated Vehicle – as part of their Marine Science Technology unit. Each team has an identical set of materials provided by SeaPerch, a national organization that promotes STEM in the classroom and guides students through the design and test process of engineering. Students had to cut PVC pipe to specified lengths, drill holes for the three propellers, and assemble the electronics that will operate their vehicle underwater. Once assembled, the teams will take their ROVs to the Canyonview pool on the UCSD campus to test them, then make any adjustments to their ROV. Teams will return to the pool for the final competition where teams race their ROVs the length of the pool. Students learned a number of skills doing the project including how to measure and cut PVC pipe, using a drill to accurately place holes for the propellers, soldering an electronic circuit board to operate the vehicle, and how to waterproof their motors. Students learned about how these ROV devices are currently being used to explore parts of the ocean that are inaccessible to people and to make discoveries such as shipwrecks – including how the wreck of the Titanic was found.

JOIN US FOR THE SCIENCE FESTIVAL CELEBRATION

The Annual Preuss Science Festival will take place on Saturday, January 28th from 11 am to 1 pm. Students in grades 6-11 are required to be present to demonstrate their projects. Parents and family are welcome to visit projects, enjoy lunch made by the PTA, and participate in hands-on projects sponsored by local science organizations.

All ages welcome!
By Sandra Gutierrez, Volunteer Programs Coordinator

On Saturday, February 25 is our family potluck. Join us in celebrating our cultural backgrounds. We invite you to bring a homemade dish to share with other families. There will be dancing performances and very tasty food from around the world.

In March, we have an important visit from the WASC team for our accreditation. It is important that parents participate and meet with the WASC team. We invite parents to support the school during this period of evaluation by voicing your opinion.

The PTA and our school administration have agreed to change the date for the PTA meeting in March to Sunday, March 12, 2017 from 3:30pm-5:00pm. During the PTA meeting, we will elect our new PTA Executive Board and receive updates from our Principal, Mr. Barton. At 4:00pm, we will invite the WASC team to join parents in the Walton Center. Mr. Barton will introduce the group and then we will let the group ask questions to our parents.

In March, we have an important visit from the WASC team for our accreditation. It is important that parents participate and meet with the WASC team. We invite parents to support the school during this period of evaluation by voicing your opinion.

The PTA and our school administration have agreed to change the date for the PTA meeting in March to Sunday, March 12, 2017 from 3:30pm-5:00pm. During the PTA meeting, we will elect our new PTA Executive Board and receive updates from our Principal, Mr. Barton. At 4:00pm, we will invite the WASC team to join parents in the Walton Center. Mr. Barton will introduce the group and then we will let the group ask questions to our parents.

ParentSquare
A two-way communication tool for parents and the school to share important information regarding school activities, events, upcoming test, field trips, sports activities, PTA meetings, request for volunteers, and request for donations. You can also track your volunteer hours on ParentSquare!

If you need a new invitation to join, please contact the Volunteer Programs Coordinator by calling, 858-822-0020 or by email at preussvolunteer@ucsd.edu.

Parent News

Saturday PTA General Meetings

January 2017
3rd - PTA Executive Board Meeting, 5:30-7:00pm
21st - General Meeting, Walton Center, 9:30-11:00am
   Topic: pending
21st - Parenting Workshop: “Safe Children” at the Preuss Library from 11:00am-12:30pm.

February 2017
7th - PTA Executive Board Meeting, 5:30-7:00pm
25th - General Meeting, Walton Center, 9:30-11:00am
   Topic: pending
   Multicultural Family Potluck, 11:00-1:00pm

March 2017
UPDATE: DATE CHANGED FOR THE MARCH 2017 MEETING FROM SATURDAY TO SUNDAY
7th - PTA Executive Board Meeting, 5:30-7:00pm
12th - General Meeting, Walton Center, 3:30pm-5:00pm
   PTA Elections
   WASC VISIT
18th - Parenting Workshop: Cancelled

April 2017
4th - PTA Executive Board Meeting, 5:30-7:00pm
22nd - Dinner and Dance sponsored by the PTA, Walton Center, 5:00pm-10:00pm
   No general meeting

May 2017
2nd - PTA Executive Board Meeting, 5:30-7:00pm
20th - General Meeting, Walton Center, 9:30-11:00am
   Topic: pending
20th - Parenting Workshop: “Family Fun/Self-Esteem” at the Preuss Library from 11:00am-12:30pm.

June 2017
6th - PTA Executive Board Dinner, 5:30-7:00pm
10th - Parent Appreciation Event, 9:30-11:00am -No general meeting
23rd - Last day of school, Minimum Day
23rd - High School Graduation starts at 4:00pm

Are you interested in being an officer for The Preuss School PTA?
Elections take place on March 12th. Contact Ms. Gutierrez at 858-822-0020 to voice your interest and learn more on becoming an officer.
Mrs. Wiedemeier’s Spanish III classes have been integrating their Spanish speaking skills to mock scenarios traveling abroad to a Spanish-speaking county with the usage of our Preuss technology. After a semester of expanding their Spanish vocabulary skills, Preuss students had the opportunity to write a traveling abroad scenario. First, students research the Spanish-speaking County of their preference using our computers in the classroom; Students searched historical places in their visiting cities. Preuss students learned about the currency of the country and included local restaurants and local hotels in their research. Students were able to use Screencast-O-Matic a free program that enabled them to integrate pictures in the background of their scene allowing them to be part of the scenario as if they were in the city of their choice. By using the integrated cameras in the laptops, Preuss students were able to be the focus of the scene as we see in the pictures below. Each student participated in the recording of his or her scripts as a final project. Students visited countries such as Spain, México, Guatemala, El Salvador and Perú among others. Preuss students had to go through security, visit a local museum, and visit a local hotel. They also visited a local restaurant where they ordered food. The recordings allowed students to use their Spanish speaking skills and learn how to communicate with Spanish speaking individuals as if they were part of their community. The project was a great adventure, at the end it enabled our Preuss Spanish classes to research and learned about the Spanish speaking countries. Finally, this project planted a seed of HOPE to have Preuss students travel abroad in the future.
**HEALTHY IDEAS FROM THE SCHOOL NURSE**

“Make healthy goals not resolutions”

Wishing you all a happy and healthy new year 2017! A new year has begun and it is a great opportunity to get a healthy new start on improving our health habits. January is a good month to reflect upon our health habits and our physical and emotional needs, stress management, taking time to care for yourself, improving our nutrition or increasing our level and variety of exercise. Following a healthy diet and getting regular daily exercise leads to better emotional, physical and brain health. Studies show that eating a healthy breakfast each day improves attention span and test results, exercise improves our moods and increases our ability to concentrate and feel balanced.

Setting simple, realistic and attainable goals is important. This includes physical and mental health. Being “emotionally healthy” can lead to better physical health as well as better physical health can lead to improved mental health. Healthy daily habits can improve health and school or work performance. Having a buddy system to help stay on track can help you stick with your healthy resolutions. Planning for success in making lifestyle changes for our children and as well for ourselves can make a big difference in our health and performance at work and school. Make a list of “healthy things” you want to work on each day in your phone and check it each day.

Healthy living ideas:

Stock the pantry and refrigerator with healthy food and snacks in pre-portioned sized containers for our busy lifestyle. Make grocery lists and weekly food plans keeping in mind healthy options. Plan for time to exercise each day. Reduce “screen time” spent on TV, cell phone and computer games. Have meals together as a family. Eating together as a family has many benefits such as providing a time to exchange ideas, feelings, strengthen family ties and traditions. Family meal times have also been linked with being successful in school including better grades and higher test scores. Studies show that tracking your success, such as keeping food diaries and keeping track of your workouts can help you stay on target. Feel free to see the nurse for further information on nutrition, exercise and ways to improve health or for any special concerns, you would like to discuss.

According to the USDA center for nutrition, the following 10 tips for healthy meals can be a good way to improve your nutrition:

1) Make half your plate vegetables and fruits, choose red, orange and dark green vegetables for extra nutrients. 2) Choose lean protein foods such as lean beef, pork chicken turkey, beans or tofu. Attempt to eat seafood as your protein twice a week. 3) Make at least half of your grains whole grains. 4) Include dairy, cut down on fat by using fat-free or low fat milk, reducing calories, and providing the same amount of calcium. Soymilk and low fat yogurt are alternatives for people who do not drink milk. 5) Cut down on fats by avoiding heavy sauces or gravies which add fat and calories, try using lemon or lime to add flavor to food or sprinkle low-fat parmesan cheese. Be watchful for hidden fats in prepared foods. 6) Take time to slowly eat your food thereby enjoying the taste and texture. Be mindful when you’re eating paying attention to body signals, eating too quickly can cause you to eat too much. 7) Using a smaller plate can help with portion control, you can finish your plate without overeating. 8) Eating at home can help you get control of your food by knowing exactly what you’re eating. When “eating out” check and compare nutritional information. Choose healthier options such as baked foods instead of fried, thereby reducing fat and calories. 9) Keep meals interesting by trying new foods, which are healthy and delicious. Trade and discover new recipes, many are healthy options. 10) Satisfy a sweet tooth in a healthy way by indulging in a sweet dessert dish of fruit such as a fruit parfait with yogurt. Drink more water instead of sugary drinks, which are a major source of added sugar and calories.

For more information on healthy eating and recipes, see [www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov).

The winter season coincides with the flu and cold season. Everyday preventive measures can help fight germs such as the flu. According to the CDC, Center for Disease Control and Preventions the following are some ways to prevent the spread of germs:

1) Practice good hand hygiene by washing your hands with soap and water especially after coughing and sneezing (alcohol based sanitizers are also good when water isn’t available)  
2) Cover your mouth and nose with a tissue when you cough or sneeze.  
3) Avoid touching your eyes, nose and mouth. Germs spread this way.  
4) Stay home if you or your child is sick (with accompanying fever) Stay at home for at least 24 hours after there is no longer a fever or signs of a fever. Please call the attendance office @ (858) 822-0311 to report your student’s absence.  
5) Try to avoid close contact with sick people.  
6) Get immunized each year for seasonal flu. The seasonal flu vaccine is recommended for everyone 6 months or older, (unless a medical provider determines a contraindication)

**Reminder for our sixth graders:**

If you have not done so already have your child get their Tdap booster, A Tdap booster is required for 7th grade entry. Please provide updated immunization records to the school nurse. For further information and resources, contact the school nurse. You can learn about shot requirements and related resources on the website: [www.shotsforschool.org](http://www.shotsforschool.org), 211, or the public health department CHDP office @ 1-800-675-2229 where you can also get information on free health physicals. Stay Healthy! Chris Richter, School Nurse
PERFECT ATTENDANCE

Ice Cream Social

A special event for students with perfect attendance during the school first semester

Thursday, February 2
from 11:37am-12:44pm

Walton Center. During lunch time

Parents needed to decorate, serve ice cream, and clean up. Donations requested include ice cream cones, ice cream bars, yogurt, a variety of toppings, bowls or cups, and spoons. Parents will get participation points for their service.

Special Thanks to the Insight Newsletter Contributors:

Michael P. O’Neill, Director of Manufacturing CareFusion Corporation

Chip Mutza, Site Manager from Ikon Office Solutions

Philip Battle, Production Specialist

Jose Garcia, Preuss Former Parent Class of 2004

CareFusion Corporation

10020 Pacific Mesa Blvd. San Diego, CA 92121

UPCOMING EVENTS:

*Mark your calendars

January 25: 1st. Semester Final Report Cards Mailed Home to Parents

January 28: The Preuss School Science Festival: 11:00am-1:00pm

February 2: Perfect Attendance Recognition—Middle & High School Lunch Time

February 4: Saturday Enrichment Academy; 9:00-11:00am

February 8 & 9: Pink Progress reports given to students who have a 2.50 GPA or below. Attending SEA is required.

February 16: SDUSD BBQ Lunch for all students. MS & HS Lunch

February 17: Lincoln’s Birthday. *NO SCHOOL

February 20: Washington’s Birthday. *NO SCHOOL

February 25: Saturday Enrichment Academy; 9:00-11:00am.

February 25: General PTA Meeting and Family Potluck 9:00am-11:00am.

March 12-15: WASC VISIT- Parents are encouraged to attend the meeting on Sunday, March 12 at 3:30-5:00pm

A NOTE FROM JENNIFER NIETO, HIGH SCHOOL COUNSELOR

Course Selection for 2016-2017 for All Grades

Students will be given course selection materials in their Advisory classes during the month of March. Parents will be particularly interested in the Course Description and Educational Planning 2017-2018 booklet, which contains a detailed description of each course in grades 6-12. This booklet will be available on The Preuss School website.

The Advisory teachers will share an important presentation about UC eligibility, requirements for a Preuss diploma, available courses, and the process for securing courses for next year. Current achievement will determine whether or not the student progresses onto the next course, or even on to the next grade. Thank you for helping your student with this important process.

If you have any questions regarding your student, please contact any of the school counselors or your child’s University Prep Teacher. It’s truly an honor to work with the students at the Preuss School UCSD.