

*The Preuss School UCSD  
Daily Bulletin "A" Day  
Friday October 28, 2016*

**Chelsea's Light Peer Corps Inspirational Quote Of The Day:** "I will love the light for it shows me the way, yet I will endure the darkness because it shows me the stars."  
**Og Mandino**

**SAT WORDS:** sensory /adjective/ of or relating to sensation or the physical senses; transmitted or perceived by the senses

**New Items:**

**All Students:** The Preuss Insider wants to know what you are thankful for. Please submit creative and meaningful photos that show what and who you are truly thankful for. Send them to [thepreussinsider@gmail.com](mailto:thepreussinsider@gmail.com), and you may see yourself in the paper! Please submit no later than Fri, Nov 4. **(11/4Ms. Garcia)**

**Follow the Healthy Path:** Halloween is around the corner. If you are going trick or treating please check for holes or loose wrappers and don't eat opened candy. Make sure you don't eat too much candy and stay safe.

**Students-** Preuss will be recognizing Red Ribbon Week starting October 24<sup>th</sup> through October 28<sup>th</sup>. Throughout the week there will be activities for you to participate in and a daily statistic and resource. Also remember to respect your peers as we raise awareness for this cause. Thank you.

**Bulletin Stats**

October 24<sup>th</sup> Monday: **90% of Americans with a substance abuse problem starting smoking, drinking or using other drugs before age 18.**

**Resource:** [www.findtreatment.samhsa.gov](http://www.findtreatment.samhsa.gov) or 1-800-662-HELP

October 25<sup>th</sup> Tuesday: **EVERY DAY IN AMERICA, ANOTHER 28 PEOPLE DIE AS A RESULT OF DRUNK DRIVING CRASHES.**

**Resource:** [www.madd.org](http://www.madd.org)

October 26<sup>th</sup> Wednesday: **EVERY TWO MINUTES, A PERSON IS INJURED IN A DRUNK DRIVING CRASH.**

**Resource:** <http://www.al-anon.alateen.org/for-p>

October 27<sup>th</sup> Thursday: **High-school seniors who smoke marijuana are two times more likely to receive a ticket and 65% more likely to get into a car crash than those who don't smoke.**

**Resource:** call 211

October 28<sup>th</sup> Friday: **Compared with teens who don't use, students who smoke marijuana tend to get lower grades and are more likely to drop out of high school.**

**Resource:** <https://teens.drugabuse.gov/> **(10/28 Ms. Nieto)**

**Hispanic Heritage – Did you know?** In the celebration of Día de los muertos on November 2, Latinos believe that magic happens as spirits and humans come together in local graveyards.  
**(10/28 Ms. Milloy)**

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(858) 822-3000**

**Reminder Items:**

**Preuss' Annual Fall Dance Is On November 4th, 2016!**

This year's theme is barnyard bash, ticket sales will start on Wednesday, October 26th - Tuesday November 1st. Fall Dance tickets will be \$10, and the combo will be \$45 dollars which includes a \$5 voucher for food at the barbecue beforehand! Slip on your cowboy boots, and join us next Friday! Hope to see you all there! **(11/1 Mr. Carr)**

**High School Students:** October is LGBTQ+ History Month. Please join GSA in celebrating LGBTQ+ History Month by participating in our campus-wide scavenger hunt! If you are interested in participating, please come and get a Scavenger Hunt sheet from Ms. Eartha or Ms. Patty at the Front Desk. **(11/1 GSA/Ms. Patrick)**

**Seniors:** Jostens will be at Preuss on this upcoming Saturday, October 29, at 11:00am, near the end of the 12th Grade Financial Aid Workshop, collecting graduation orders. This is a perfect time for your parents to see what Jostens has to offer. **(10/29 Mrs. Mahaffey)**

**Students & Staff:** Please remember that the blue bins are for recycling and no food waste should go into these bins. It contaminates the recyclables and then has to be put into the trash. Items that also are not recyclable: chip bags or food wrappers, Starbucks cups, straws, plastic utensils. **(10/ 29 Mrs. Petraglia)**

**Dr. Seuss Comes to Preuss:**

This week, Oct 24-28 is spirit week! The theme for this year is Dr. Seuss. There will be several activities throughout the week, such as Thing One and Thing Two and Flip the Green Eggs and Ham. If you would like to find out more about these activities and participate in them during middle and high school lunch, please contact Meron Lemmi or Akatzin Torres at [mlemmi.2017@gmail.com](mailto:mlemmi.2017@gmail.com) and [akatzintorres1999@gmail.com](mailto:akatzintorres1999@gmail.com). **(10/28 Mr. Carr)**

**Upcoming College Rep Visits- Students should sign up on Naviance. These are the last visits for fall semester! (11/ 8 Ms. Resendez)**

<u>College</u>	<u>Location</u>	<u>Date</u>	<u>Time</u>
Occidental College	E102	10/28/16	12:52 PM
Princeton University	D203	10/28/16	12:52 PM
Dickinson College	D102	11/1/16	12:15 PM
University of California, San Diego	B102	11/1/16	1:30 PM
University of Richmond	D203	11/4/16	12:50 PM
University of Colorado at Colorado Springs	DoubleTree by Hilton San Diego Del Mar	11/5/16	2:30 PM
Ursinus College	E203	11/7/16	1:45 PM
MCPHS - Massachusetts College of Pharmacy & Health Sciences	B102	11/8/16	1:30 PM

**Boy's/Girls' Cross Country:**

Below are the dates of the three cross country meets this season. They will be from 8 am to 11 am, with the girls' race starting at 9 and the race for the boys starting shortly after the final girl is done. Saturday October 1, Saturday October 29 **(10/29 Ms. Anderson)**

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<b>EVENT</b>	<b>DAY</b>	<b>DATE</b>
<b>FLL –Lego League - 4:00pm-5:15pm</b> Middle School Robotics League is an educational robotics program that designs, builds and programs autonomous robots for regional and international competitions.	<b>Tue, Wed, Thurs</b>	<b>9/20- 11/20</b>
<b>Botball, 4:00 PM-5:10 PM</b> <b>D102</b>	<b>Mon-Fri</b>	<b>All year</b>
<b>Spirit Week, 11:36am-12:44pm</b> Spirit week activities, Amphitheater	<b>Mon-Fri</b>	<b>10/24- 28</b>
<b>Red Ribbon Week, 1:45-3:30pm</b> Drug awareness and prevention week, Classrooms	<b>Mon-Fri</b>	<b>10/24- 28</b>
<b>12<sup>th</sup> Grade Financial Aid Workshop</b> High School Students, Walton Center	<b>Saturday</b>	<b>10/29</b>
<b>2016-2017 Yearbook Presale, 11:36am-12:44pm</b> Walton Center in Front	<b>Saturday</b>	<b>10/29</b>

**Sports Schedule:**

**Girls Soccer Game Schedule 2016-2016**

<b>Date</b>	<b>Opponent</b>	<b>Time</b>	<b>Location</b>
12/7/2016	Mira Mesa	3:15	Home
12/14/2016	Madison	3:15	Home
1/4/2016	Hoover	3:30	Home
1/18/2016	Gompers	3:30	Home
1/27/2017	Montgomery	4:00	Away
2/4/2017	Kearny	TBD	Away

**Cross Country Meets**

10/29	9:00-11:00	UC San Diego PAR Course
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**Girls Volleyball Games Schedule 2016**

<b>Site</b>	<b>Sport &amp; Level</b>	<b>Home</b>	<b>Away</b>	<b>Notes</b>
10/27/2016 Thu 3:30 PM	Salt Creek Community Park	Volleyball, Women's Varsity	High Tech High(Cv)	Preuss