

*The Preuss School UCSD
Daily Bulletin "A" Day
Monday, May 22, 2017*

NO SCHOOL – MEMORIAL DAY HOLIDAY

Monday

5/29

Chelsea's Light Peer Corps Inspirational Quote Of The Day: Those who say it can not be done, should not interrupt those doing it. -- Chinese Proverb (Anonymous)

SAT WORDS: hurtle /verb/ move or cause to move at a great speed, typically in an uncontrolled manner

New Items:

Mental Health Matters Awareness Month Fact of the day:

Monday 5/22 - **"50 percent of all people will experience a mental health challenge in their lifetime."** *We all have mental health, and as with our physical health, sometimes we are doing well and other times we could use some help. Stigma around mental illness is one of the primary barriers to people seeking and receiving treatment. Please always remember that no one is alone in this experience, and that it's okay to reach out and seek support. If you or someone you know is struggling with a mental health challenge, please seek out a trusted adult for help.*

(5/22 Esquivel/Patrick)

Attention 8th Grade Students: During Block 5 on Tuesday May 23rd, you will be taking the new online California Science Test (CAST) Pilot exam. Please report directly to the following locations by 8:55: Davis-B201, Greco-E201, Meka-LAB, & Zamora-Luna-D201. **(5/23 Ms. Patrick)**

CAASPP Testing 2017: All 6th, 7th, 8th, and 11th grade students will be taking the California Assessment of Student Performance and Progress (CAASPP) Smarter Balanced English language arts/literacy and mathematics exams May 24th, 25th, 31st, and June 1st. 10th grade students will also be taking the new online California Science Test (CAST) Pilot exam on May 24th. On assigned testing days, students in all grades should report directly to their Advisory classroom first thing in the morning. A few Advisory classroom locations were adjusted: Agliam will be in E103, Ensberg will be in the LAB, Fulchiron will be in D101, Hawk will be in E102, and Anguiano will in C201 with Ms. Nance. Students, please either don't bring a phone to school that morning or allow enough time to *finish your breakfast, find your posted seating assignment, and check-in your cell phone with your Advisory teacher.* Please try to eat a healthy dinner and get plenty of rest the night before the exam! **(6/1 Ms. Patrick)**

Attention Students in all grades except 9th and 12th: Please bring in your personal headphones for use during your assigned CAASPP tests May 23rd through June 1st. **(6/1 Ms. Patrick)**

De-stress for Mental Health Matters Month: Please come and join Student Support Services May 22nd through May 26th during at lunchtime for some de-stressing activities. There will be games, coloring and stress balls. **(5/26 Ms. Patrick)**

**The Preuss School UCSD
(858) 822-3000**

Reminder Items:

Lacrosse Clinics Permission Slip: Lacrosse is the fastest growing sport in the nation. If you are interested in learning what all the buzz is about, you are encouraged to attend our boys and girls lacrosse clinics next week. Coach Brazelton and Coach Greco will be running two clinics held on Monday, May 22nd and Tuesday, May 23rd from 4:10pm to 5:15pm. You may attend one or both days, but those interested in being in Block 8 Athletics are encouraged to attend both days. You must pick up a permission slip from the boys or girls locker room or Room E201. Boys can turn their permission slip in to Coach Brazelton and girls are to turn theirs in to Coach Greco. You may turn it in at the clinic but will only be allowed to participate if you have submitted one. Please wear athletic clothes and shoes, and be ready to have fun! All grades are welcome! **(5/23 (Ms. Greco)**

All Students and Staff: We all feel a little tense and stressed sometimes, so please come and join us each Tuesday for a brief Stretch and Breathe session during lunchtime. We will meet on the Walton Center Stage at 11:55 for middle school, or 12:30 for high school. See you there!
(6/21 Ms. Patrick & Ms. Spruce)

Upcoming Events:

<u>EVENT</u>	<u>DAY</u>	<u>DATE</u>
San Diego City College Field Trip Selected Seniors to take campus tour, 9:00am-4:00pm	Monday	5/22
California Assessment of Student Performance and Progress (CAASPP), 8:55am-12:15pm, CA Standards Tests- (Grades 6,7,8,10,11) & Pullouts. Testing will take place in the morning. Students should get a good night's sleep and eat a good breakfast.	Wed & Thurs	5/24-5/25
Southwestern College Field Trip Selected Seniors to take campus tour, 9:00am-4:00pm	Tuesday	5/24
Junior Model United Nations (JMUN) Conference Model UN students, USD, 9:00am-4:00pm	Wed & Thurs	5/24&5/25
Mentor Appreciation Event Mentor and Mentee End of the Year Event, Walton Center, 4:00-5:30pm	Thursday	5/25
PTA-Sponsored Staff Appreciation Breakfast Parents to provide breakfast for the Preuss staff. Walton Center, 8:30- 10:00am	Friday	5/26
Robotics End of the Year Banquet Robotics Students and Mentors, Walton Center, 4:00-8:30pm	Friday	5/26