

*The Preuss School UCSD
Daily Bulletin "B" Day
Tuesday, May 23, 2017*

NO SCHOOL – MEMORIAL DAY HOLIDAY

Monday

5/29

Chelsea's Light Peer Corps Inspirational Quote Of The Day: You can't have a better tomorrow if you're still thinking about yesterday. -Charles F. Kettering

SAT WORDS: immerse /verb/ involve oneself deeply in a particular activity or interest* [or] dip or submerge in a liquid

New Items:



CAASPP Testing 2017

The Preuss School UCSD

MIDDLE SCHOOL SCHEDULE

****Important Note-Middle School Students in a mixed MS/HS Block 1 or 5 will attend High School Lunch during Testing***

Wednesday May 24th A Day	Thursday May 25 th B Day	Wednesday May 31 st A Day	Thursday June 1 st B Day
<i>University Prep Testing Block</i> 8:55 – 11:30 AM	<i>University Prep Testing Block</i> 8:55 – 11:30 AM	<i>University Prep Testing Block</i> 8:55 – 11:30 AM	<i>University Prep Testing Block</i> 8:55 – 11:30 AM
<u>LUNCH*</u> 11:30 - 12:05 PM	<u>LUNCH*</u> 11:30 - 12:05 PM	<u>LUNCH*</u> 11:30 - 12:05 PM	<u>LUNCH*</u> 11:30 - 12:05 PM
<u>BLOCK 1</u> 12:10 - 1:00 PM	<u>BLOCK 5</u> 12:10 - 1:00 PM	<u>BLOCK 1</u> 12:10 - 1:00 PM	<u>BLOCK 5</u> 12:10 - 1:00 PM
<u>BLOCK 2</u> 1:05 - 2:00 PM	<u>BLOCK 6</u> 1:05 - 2:00 PM	<u>BLOCK 2</u> 1:05 - 2:00 PM	<u>BLOCK 6</u> 1:05 - 2:00 PM
<u>BLOCK 3</u> 2:05 - 3:00 PM	<u>BLOCK 7</u> 2:05 - 3:00 PM	<u>BLOCK 3</u> 2:05 - 3:00 PM	<u>BLOCK 7</u> 2:05 - 3:00 PM
<u>BLOCK 4</u> 3:05 - 4:00 PM	<u>BLOCK 8</u> 3:05 - 4:00 PM	<u>BLOCK 4</u> 3:05 - 4:00 PM	<u>BLOCK 8</u> 3:05 - 4:00 PM



CAASPP Testing 2017

The Preuss School UCSD

HIGH SCHOOL SCHEDULE

Wednesday May 24th A Day	Thursday May 25 th B Day	Wednesday May 31 st A Day	Thursday June 1 st B Day
<i>University Prep Testing Block 8:55 – 11:30 AM</i>	<i>University Prep Testing Block 8:55 – 11:30 AM</i>	<i>University Prep Testing Block 8:55 – 11:30 AM</i>	<i>University Prep Testing Block 8:55 – 11:30 AM</i>
<u>BLOCK 1</u> 11:35 - 12:30 PM	<u>BLOCK 5</u> 11:40 - 12:30 PM	<u>BLOCK 1</u> 11:35 - 12:30 PM	<u>BLOCK 5</u> 11:40 - 12:30 PM
<u>LUNCH</u> 12:30 - 1:00 PM	<u>LUNCH</u> 12:30 - 1:00 PM	<u>LUNCH</u> 12:30 - 1:00 PM	<u>LUNCH</u> 12:30 - 1:00 PM
<u>BLOCK 2</u> 1:05 - 2:00 PM	<u>BLOCK 6</u> 1:05 - 2:00 PM	<u>BLOCK 2</u> 1:05 - 2:00 PM	<u>BLOCK 6</u> 1:05 - 2:00 PM
<u>BLOCK 3</u> 2:05 - 3:00 PM	<u>BLOCK 7</u> 2:05 - 3:00 PM	<u>BLOCK 3</u> 2:05 - 3:00 PM	<u>BLOCK 7</u> 2:05 - 3:00 PM
<u>BLOCK 4</u> 3:05 - 4:00 PM	<u>BLOCK 8</u> 3:05 - 4:00 PM	<u>BLOCK 4</u> 3:05 - 4:00 PM	<u>BLOCK 8</u> 3:05 - 4:00 PM

9th and 10th Grade Students: Are you interested in helping to support your peers as well as making a positive impact on our campus as a trained peer counselor? Come and hear about what it means to be a part of Chelsea's Light from current peer counselors who will share their insight and experiences. Join us for the info meeting in A102 during high school lunch on Thursday, May 25th to learn how to apply for **Chelsea's Light Peer Corps** for the 2017-18 school year. (5/25 Ms. Patrick)

Mental Health Matters Awareness Month Fact of the day: Tuesday 5/23 - "Common risk factors that can lead to mental health challenges include: undergoing stressful life situations such as the death of a loved one, having a chronic medical condition, or being abused or neglected as a child." 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. (5/26 Ms. Esquivel/ Ms. Patrick)

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

Chelsea's Light Peer Corps: Have you ever wondered what it takes to be a peer counselor? Join us Thursday 5/25 during high school lunch in Mr. Carr's class (A102) for our CLPC informational meeting. See you there! **(5/26 Mr. Carr and Ms. Patrick)**

Reminder Items:

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)**

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 am for middle school, or 12:30 pm for high school. See you there! **(6/21 Ms. Patrick & Ms. Spruce)**

Upcoming Events:

<u>EVENT</u>	<u>DAY</u>	<u>DATE</u>
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

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

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