

*The Preuss School UCSD
Daily Bulletin "B" Day
Friday, May 26, 2017*

NO SCHOOL – MEMORIAL DAY HOLIDAY	Monday	5/29
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Chelsea’s Light Peer Corps Inspirational Quote Of The Day : “Change your thoughts and you change your world.” –Norman Peale Vincent

SAT WORDS: incendiary /adjective/ 1. tending to stir up conflict* 2. designed to cause fires

New Items:

CAASPP Testing 2017

***MIDDLE SCHOOL SCHEDULE**

HIGH SCHOOL SCHEDULE

Wednesday May 31 st A Day	Thursday June 1 st 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>BLOCK 1</u> 12:10 - 1:00 PM <u>BLOCK 2</u> 1:05 - 2:00 PM <u>BLOCK 3</u> 2:05 - 3:00 PM <u>BLOCK 4</u> 3:05 - 4:00 PM	<u>LUNCH*</u> 11:30 - 12:05 PM <u>BLOCK 5</u> 12:10 - 1:00 PM <u>BLOCK 6</u> 1:05 - 2:00 PM <u>BLOCK 7</u> 2:05 - 3:00 PM <u>BLOCK 8</u> 3:05 - 4:00 PM	<u>BLOCK 1</u> 11:35 - 12:30 PM <u>LUNCH</u> 12:30 - 1:00 PM <u>BLOCK 2</u> 1:05 - 2:00 PM <u>BLOCK 3</u> 2:05 - 3:00 PM <u>BLOCK 4</u> 3:05 - 4:00 PM	<u>BLOCK 5</u> 11:35 - 12:30 PM <u>LUNCH</u> 12:30 - 1:00 PM <u>BLOCK 6</u> 1:05 - 2:00 PM <u>BLOCK 7</u> 2:05 - 3:00 PM <u>BLOCK 8</u> 3:05 - 4:00 PM

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

“Research shows that half of all mental disorders start by age 14, but an average of 6 to 8 years pass after the onset of mood disorder symptoms before young people get help.”
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**

Friday 5/26 - **“With support and treatment, between 70 and 90 percent of individuals diagnosed with a mental illness have a significant reduction in symptoms and improved quality of life.”** *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)

Reminder Items:

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)

Seniors: Make a second or final payment for your Six Flags trip. Our PTA 12th Grade Rep, Teresa, will be here on Friday, May 26th and Thursday, June 1st before school starts to collect payments. (6/1 Ms. Gutierrez)

Sociedad Honoraria Hispánica (SHH): The ***Sociedad Honoraria Hispánica*** (SHH) is an honor society for high school students enrolled in Spanish and Portuguese and is sponsored by the American Association of Teachers of Spanish and Portuguese (AATSP). The purpose of the society is to recognize high achievement of high school students in the Spanish and Portuguese languages and to promote a continuing interest in Hispanic and Portuguese studies. Each year the SHH contributes more than \$150,000 in awards to student members. The most prestigious of the awards are **college scholarships**. -from SHH website

The *Xochimilco* Chapter was successfully established at The Preuss School this year and new members will take part in the induction ceremony during the 2017-2018 school year. If you are a current freshman or sophomore or eighth grader enrolled in Spanish IV, and you have successfully completed 3 semesters of Spanish with a minimum of 90% cumulative average ; come to an informational meeting on Friday, June 2 in D202.

The middle school meeting will be from 12:30-12:45 and the High School meeting will take place from 1:00 PM to 1:15 PM. Applications to join the *Sociedad Honoraria Hispánica* will be available at the meeting and the submitted applications will be due no later than Friday, June 16th at 4pm. Being a member of the Spanish National Honor Society is a privilege for only to those members who have demonstrated their dedication to the Spanish Language , display excellence in cultural awareness , possess honorable personal qualities and exhibit academic excellence. **(Zamora Luna 6/13)**

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Prom 2017: Seniors and Juniors are cordially invited to Preuss's Enchanted Ball on June 3rd. Tickets are being sold in front of the Walton Center during lunch for \$30 dollars for seniors, the most affordable prom price in Preuss history. This deal also includes free Senior breakfast and dinner. Juniors and guests ticks are 40 dollars. Make sure to buy your ticket and turn in your permission slip by Tuesday, May 30th so you don't miss out on this magical evening. Guest permission slips however must be turned in by Friday. **(5/30 Mr. Carr)**

ASB Election Results: Please welcome and congratulate your new Executive Cabinet for the school year of 2017-18! Your new ASB President is Nina Do, Vice President is Aaron Castillo, Secretary is Jeremae T. Delacruz and Treasurer is Ermias Weldelese.

Senior Class:

President: Vianney Villegas
Secretary: Sean Pipapahajonchai

Junior Class:

President: Jimmy tran
Vice President: Ana Pineda

Sophomore Class:

President: Rahel Chewaka
Vice President: Salman Hussein
Secretary: Paris Payne

Freshman Class:

President: Hussein Ghoulam
(5/27 Mr. Carr)

Mental Health Matters Awareness Month Fact Of The Day: Wednesday 5/24 -

“Approximately 1 in 5 children ages 13-18 have, or will have a serious mental illness.”
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)

Postponed Chelsea's Light Peer Corps: Have you ever wondered what it takes to be a peer counselor? This event will be rescheduled check back for CLPC informational meeting.

(5/26 Mr. Carr/ 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)**

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)

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Upcoming Events:

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