

*The Preuss School UCSD
Daily Bulletin "A" Day
Monday, September 25, 2017*

[Chelsea's Light Peer Corps Inspirational Quote Of The Day: "In order to succeed, we must first believe that we can." –Nikos Kazantzakis](#)

[SAT WORDS](#): nostalgia /noun/ a sentimental longing or affection for the past

"Congratulations to Mr. Fulchiron for being this week's Staff Member of the Week!"

New Items:

Reminder Items:

"Middle School ASB would like to invite all middle school students to a lunchtime event on Friday, 9/29. We will be celebrating this month's theme of Caring and Kindness by painting rocks with inspirational quotes and phrases outside of the art classroom. Hope to see you there!"(9/29 Kim)

Volleyball Night

Attention all high schoolers! ASB is hosting the first ever volleyball night and we'd like to invite you all to come. We have limited spots for buses where you can sign up, first come first served. Only the first 50 people will be able to ride the 6pm SEA bus stop bus and the first 65 will be able to take the 5:30 after school bus home. Permission slips are being passed out at lunch in front of the Walton Center and will be collected this week as well. See you there! (9/25 Carr)

Messy Science - Atmosphere

September 20, 5 - 7 p.m. | Linda Vista Library |

In this workshop format class we explore the beauty, mysteries and facts about our planet earth. Using tools and materials from our modern world we will re-enact some of the physics, chemistry, and biology that make earth unique in the Known Space. Hands-on activities will be punctuated with sounds of boom, crash, zip and slime! The class is configurable to different lessons each focusing on an aspect of that include topics of glaciers, volcanoes, earthquakes, landslides, permafrost, sea level rise and tsunamis. During these workshops students will design things, test things, throw things, and stomp on things. Using our newfound knowledge of our earth system we will use our imaginations to make our planet a more fun place.

The Physics of Fidget Spinners

September 23, noon - 3 p.m. | Logan Heights Library |

Ever wonder why your friends fidget spinner spins longer than yours? Why some spinners are louder than others? In this workshop, the physics of fidget spinners become tangible, unlocking a world of intuition! Join us to explore a fantastic phenomenon where energy is conserved, and entropy is increasing. Witness, first hand, the transitions from chemistry, to motion to heat. See the forces of tension and gravity. Learn how a fidget spinner is a ticket to exploring the laws that shape our universe. In this workshop class you can rest assured that the teacher will not confiscate your fidget spinner.

Music and Your Brain

September 23, 2 - 5 p.m. | Mira Mesa Library |

Join us to explore how music affects your brain and body in physical, cognitive, and emotional ways. Each of us has our own unique connections with music, yet there are many reactions and interactions to music that we all share. We will discover how music relates to topics like cultural identity, history, math and science. The focus of this class will be built around musical activities and group work as students discover new ways to "think musically." (9/23 Resendez)

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

Celebrate Banned Books Week (September 24th-September 29th) with The Preuss School Library! Create a book jacket representing a banned book and you might win a book of your choice. Rules and guidelines are posted in each classroom and in the library. Guidelines must be followed to be eligible to win. Book jackets are available in the library. All entries due by September 29th. Any questions please see Ms. Nance or Ms. Gonzalez (9/29 Nance)

<u>EVENTS</u>	<u>DAY</u>	<u>DATE</u>
Varsity Cross Country - Preuss Invitational 8:00am-12:00pm, UCSD PAR Course	Saturday	9/23
Varsity Cross Country – Preuss Invitational 8:00 am-12pm UCSD PAR Course	Saturday	9/30