Chelsea’s Light Quote of the Day:
A kind gesture can reach a wound that only compassion can heal.
-Steve Maraboli

SAT WORDS: cadence (n.) a rhythm, progression of sound

APRIL IS NATIONAL POETRY MONTH. Today’s fun poem for Wednesday, April 17, 2019 is by the popular 19th century American poet named Henry Wadsworth Longfellow. In the poem below he writes about the choices we make in our actions. Sometimes we send out negative things like angry words or bad deeds (represented by the arrow in the poem), but we also can send out good things like friendship and kindness (represented by the song). Notice how good can overpower the negative.

THE ARROW AND THE SONG

I shot an arrow into the air,
It fell to earth, I know not where;
For, so swiftly it flew, the sight
Could not follow in its flight.

I breathed a song into the air,
It fell to earth, I knew not where;
For who has sight so keen and strong,
That it can follow the flight of song.

Long, long afterward, in an oak
I found the arrow, still unbroke;
And the song, from beginning to end,
I found again in the heart of a friend.

New Items:
Yearbook is excited to announce the first ever Yearbook Contest Pizza Party! The advisory class that buys the most yearbooks will receive a free pizza party. Make sure to buy the yearbook before May 15 to help your class. There will be three pizza parties: the top senior advisory class, top advisory class (9th-11th grade), and the top advisory class (6th-8th). May the best class win! (Ensberg 5/15)

Reminders:
The Rho Kappa Social Studies Honor Society invites all high school students to meet and talk to San Diego Assemblyman Todd Gloria from District 78 after school on Thursday, April 18 in Room E201. You will have the chance to ask relevant questions about his political career, current issues, and general information to gain thoughtful insights from his answers. Todd Gloria will be running for mayor of San Diego in 2020, so come learn about this potential future leader of our city. Spots are limited, so we encourage all high school students who are interested to sign up in Ms. Greco’s room (E201)! (Greco 4/17)
Cheer Tryouts:
All students currently in grades 9-11 who are interested in trying out for the 2019-2020 Preuss School cheerleading squad should attend an informational meeting in Ms. Garcia’s room E103 on Monday, April 15th during high school lunch. We will be distributing eligibility packets and giving general information about tryouts. If you cannot attend the meeting, please see Ms. Garcia on or before this date. Go Tritons! (Garcia 4/18)

High school students:
The Preuss Insider is now taking applications for its 2019-20 staff. Journalism is looking for students interested not only in writing but also taking pictures, fundraising, designing, podcasting, and laying out the paper. Reminder: Even if you select Journalism during course selection, you must still go through the application process. Pick up your application from Ms. Garcia in room E103 and return it by Thurs, April 18th. Journalism is a student-led class with lots of opportunities for leadership positions. Don’t wait; apply today! (Garcia 4/18)

Fresh Start Surgical Gifts- Do you want to give a little sunshine to those in need for this Spring season? As a top organization that helps children, Fresh Start Surgical Gifts transforms the lives of disadvantaged infants, children, and teens with physical deformities caused by birth, accidents, abuse, or disease. Next week of school (4/15-4/19), Spanish National Honor Society will be collecting the following items every morning in front of school to donate to international patients that receive pro-Bono surgeries at Rady Children's Fresh Start Surgical Gifts Clinic. The following donations have been assigned (but not mandatory) for each grade level.

<table>
<thead>
<tr>
<th>Grade Level</th>
<th>Item</th>
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<tbody>
<tr>
<td>6</td>
<td>Coloring book and coloring pencils</td>
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<tr>
<td>7</td>
<td>Board games and card games</td>
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<tr>
<td>8</td>
<td>Stuffed Animals</td>
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<tr>
<td>9</td>
<td>Lotion</td>
</tr>
<tr>
<td>10</td>
<td>Deodorant and Chapstick</td>
</tr>
<tr>
<td>11</td>
<td>Toothbrush and toothpaste</td>
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<tr>
<td>12</td>
<td>Fluffy socks</td>
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</tbody>
</table>

Help accomplish that goal of transforming lives of children by helping them have a positive self image! (Zamora 4/19)

High School Students Only:
Are you a book lover, an avid reader, or just like to listen to authors’ stories? If you answered yes to any, then Yallwest Book Festival, Saturday, May 4, in Santa Monica is just for you! An All Day Event

"More than 20,000 people converged at Santa Monica High School to celebrate young adult and middle grade books, with more than 100 authors participating in book signings, panels, giveaways, singalongs and shenanigans."

Pick-up your permission slip today from the library, Ms. Bandy or Mrs. Majors. All Permission slips are due to Ms. Nance no later than Monday, April 29th. This is a first come, first serve event, limited spaces available. (Nance 4/26)
**Yearbook Applications:**
Now Available Online and In Print
Access the yearbook application for 2019-20 online at [https://forms.gle/UYtGx7jmydZWLDG89](https://forms.gle/UYtGx7jmydZWLDG89)
or pick up your print application in room B201 or in the library. Completed applications are due Fri, April 19. (Teacher recommendations may be submitted later). (Ensberg 4/19)

**Attention all Students:**
If you have lost your ZPASS, please come to the front office during lunchtime or advisory class only to request a new ZPASS. You will need $5.00 to order a new ZPASS and to receive a temporary paper ZPASS. Your temporary ZPASS will be valid for the duration of time it takes for you to receive your new ZPASS. If your temporary ZPASS expires before you receive your new one, please come to the front office (during lunchtime or advisory class) right away to request another temporary ZPASS. When your new ZPASS arrives, it will be given to you. (Front Office 6/20)

**Attention all students:** All students are to ride the bus that they have been assigned to.
There are no exceptions unless you have had approval from Mrs. Villanueva and Mr. Selleck. (Selleck)

**Attention all students:** All students are to ride the bus that they have been assigned to! (Selleck)

<table>
<thead>
<tr>
<th>Event</th>
<th>Day</th>
<th>Date</th>
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<tbody>
<tr>
<td>Rotary 11th Grade Career Day; 1:00 to 4:00 pm</td>
<td>Wednesday</td>
<td>4/17</td>
</tr>
<tr>
<td>Location: Walton Center</td>
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<tr>
<td>Airband 2018; 6:30 to 8:30 pm</td>
<td>Friday</td>
<td>4/19</td>
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<tr>
<td>Location: Walton Center</td>
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