Chelsea’s Light Quote of the Day:
What counts in life is not the mere fact that we have lived. It is what difference we have made to the lives of others that will determine the significance of the life we lead.
-Nelson Mandela

**SAT WORDS:** fortitude (n.) strength, guts

**New Items:**

**Attention all students:** For lost ZPASS’s the time to request a new ZPASS is during lunch or advisory class in the front office. Please bring $5.00 with you to order a new ZPASS and to receive a replacement. (Front Office 3/29)

**Reminders:**
Hello students, as many of you already know, we are so fortunate to be able to provide snacks for you as needed. This has been made possible through a partnership we have with the San Diego Food Bank. Each time you receive a snack you will need to fill out a google form that takes a few seconds to complete. The link to the google form is tinyurl.com/block8snacks. This google form allows us and San Diego Food Bank to continue providing these snacks for you in the future. If snacks are taken without the completion of the form and/or without permission we can lose this wonderful program. PLEASE, PLEASE, PLEASE see a teacher or me for snacks. If what we provide is not enough, you can definitely ask for more. DO NOT take the snacks without permission and without filling out the form. Thank you for your cooperation. Lastly, please be sure to keep our campus clean by throwing away your snack trash in a trashcan. (Torre 2/28)

**Attention 11th graders:** Are you interested in a medical career but not sure which one? Consider applying for HIP - Health Information Partners during the summer at UCSD. The 2-week residential program has you visiting and exploring a variety of health careers all while living in a UCSD dormatory. Come hear about the program and pick up application materials on TUESDAY MARCH 5th during lunch in C101. You must attend the information meeting in order to apply. (Art 3/5)

**Attention all Students:**

**Announcing San Diego Unified Food and Nutrition’s:**

**Kids Create Recipe Contest Plant Based Edition**
Enter to win:

1st Place: for each age group: $40
AND recipe will be featured on the school menu next year!

2nd Place: for each age group: $30

3rd Place: for each age group: $20

Age Categories for contest: Grades 6 -12

Include a photo of your recipe creation with your submission
Recipe submissions will be accepted through March 8, 2019. Submit one of three ways:
1. Email to: kidscreationrecipe@sandi.net
2. Put it in an envelope with Kids Create Recipe written on the front and turn it into your school café
3. Mail to Kids Create Recipe Contest, 6735 Gifford Way, Room 5, San Diego, CA 92111

You can get an Entry form for the Kids Create Recipe in the front office.
(Preuss Café 3/8)

Attention all students:
For after school snacks please see Mrs. Gomes in the front office. Distribution of snacks will begin exactly at 4 p.m. These snacks are for students who stay for after school tutoring, clubs or, athletics only. Another snack program that we now have on campus thanks to Mrs. Torre, takes place the first 20 minutes of 4th block on A days and the first 20 minutes of 8th block on B days. We want to remind all students that the nurse’s office is not a place to ask for after school snacks. (Front office)

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)

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Attention: This is a friendly reminder that students are not allowed in the mailroom at any time.
Thank you

<table>
<thead>
<tr>
<th>Event</th>
<th>Day</th>
<th>Date</th>
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<tbody>
<tr>
<td>OC Robotics Regional</td>
<td>Wednesday-Sunday</td>
<td>2/27-3/3</td>
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<tr>
<td>Location: Orange County Fairgrounds</td>
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<tr>
<td>SNHS Induction Ceremony; 6:00 to 8:30 p.m.</td>
<td>Friday</td>
<td>3/1</td>
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<tr>
<td>Location: Walton Center</td>
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<tr>
<td>Read Across America Day; 3:15 to 4:00 pm</td>
<td>Friday</td>
<td>3/1</td>
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<tr>
<td>Location: Copley Media Center (Library)</td>
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<tr>
<td>Art of Elan; Baroque Ensemble Performance;</td>
<td>Tuesday</td>
<td>3/5</td>
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<tr>
<td>Location: Copley Media Center (Library)</td>
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<tr>
<td>Event</td>
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<tr>
<td>PTA Executive Board Meeting; 5:30 to 7:00 pm</td>
<td>Tuesday</td>
<td>3/5</td>
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<tr>
<td>SD Robotics Regional Competition</td>
<td>Thursday-</td>
<td>3/7-3/8</td>
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<tr>
<td>Festival of the Arts; 5:30 to 7:00 pm</td>
<td>Thursday</td>
<td>3/7</td>
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<tr>
<td>Preuss Board of Directors Meeting; 4:15 to 6:45 pm</td>
<td>Thursday</td>
<td>3/7</td>
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<tr>
<td>First Mid-Semester Ends</td>
<td>Friday</td>
<td>3/8</td>
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<tr>
<td>Saturday Enrichment Academy; 9:00 to 11:00 am</td>
<td>Saturday</td>
<td>3/9</td>
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<tr>
<td>Daylight Savings</td>
<td>Sunday</td>
<td>3/10</td>
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**Location: Walton Center**

**PTA Executive Board Meeting; 5:30 to 7:00 pm**
Location: Community Room

**SD Robotics Regional Competition**
Location: Del Mar Fairgrounds

**Festival of the Arts; 5:30 to 7:00 pm**
Location: Amphitheater, Walton Center, Cafeteria

**Preuss Board of Directors Meeting; 4:15 to 6:45 pm**
Location: Community Room

**First Mid-Semester Ends**

**Saturday Enrichment Academy; 9:00 to 11:00 am**
Students sign up in Advisory class for tutoring by teachers and tutors.
Classrooms, 9:00 a.m. - 11:00 a.m. Transportation is available to attend SEA.
- See the schedule below:
  - 7:35 - Keiler Middle School (Lisbon St. @ Woodrow Ave.)
  - 7:55 - Logan Elementary (2875 Ocean View Blvd)(North Side of School)
  - 8:05 - Amtrak - Downtown @ Kettner Blvd. (Westside Kettner at C St.)
  - 8:20 - El Cajon Blvd. @Marlborough Av. NW
  - 8:55 - Dropping at the Preuss School
  11:00 – Bus leaves Preuss to same locations.

**Daylight Savings**
Don’t forget to set your clocks ahead one hour

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