



# The Preuss School UCSD Insight Newsletter

**JANUARY/FEBRUARY**

9500 Gilman Drive, La Jolla, CA 92093-0536 Main Phone Line: (858) 822-3000



## A Message from our School Principal-Director Scott Barton

Dear Parents/Guardians:

As the New Year begins the first semester of school is ending with finals held the week of January 19- 22. The second semester will begin Monday, January 25<sup>th</sup>. Students are encouraged to continue working hard and to not miss school.

The class of 2016 is working hard on their college acceptances; 100% of seniors have applied to at least four UC campuses including UC San Diego, 99% have applied to CSU (that's 131 out of 132 seniors)! Students are currently applying to private and out of state colleges and universities. As of January 6, 38 seniors have been accepted to at least one four year college or university. Seniors will be attending institutions

such as Pitzer College, Wesleyan University, Northern Arizona University, Barnard College, The American Musical and Dramatic Academy, and several California State Universities. Two of our seniors have accepted early decision to Pitzer College and Wesleyan University. A number of seniors applied for the Gates Millennium Scholarships which was due January 13. Seniors are also being encouraged to submit scholarship applications to the San Diego Foundation and those who qualify will apply to the Jacob Hanna Sr. Scholarship, MKC Scholarship, Grillo-Marxuach Scholarship, the Patrick Ledden Scholarship, and new this year the Rastetter Scholarship. We wish these seniors good luck!

The Class of 2016 Financial Aid Workshop was held on Saturday, January 9, from 9:00 a.m.-1:00p.m. See Page 2

**Friday, February 12th  
Lincoln Day  
Observance**

**Monday, February 15th  
Washington Day  
Observance  
\*NO SCHOOL**

### GENERAL PARENT MEETINGS

January 23, 2016

February 20, 2016

9:30 to 11:00 AM

SCHOOL AUDITORIUM

### Inside this issue:

Message from the School Principal	1,2
News from the PTA President	1,2
Whispers from the Library	3
Notes from Student Services	4,5,6
Parent Volunteer Hours	7
Healthy Ideas	8-9
A Note from Mrs. Hwang & Announcements	10-12

## Notes from the school PTA President



By Dianne Villalvazo

### Mid-Year Audit

As per our Bylaws, The Audit Committee has to audit the books and financial records of the association semiannually. Yecenia Valdelamar our PTA Auditor is performing a Mid-Year Audit. The Audit is going to be completed in February and a written report will be presented to the Executive Board at the March meeting for its review and to the association at the March general meeting for adoption. In addition, the 2015 taxes have been filed.

See Page 2

## News From Scott Barton Cont'd

UC San Diego Financial Aid Staff led the workshop where 127 out of 132 families completed and submitted their FAFSA. All five of the senior advisory teachers were also in attendance to assist the families.

This year's Homecoming was held on December 17, with 40 alumni joining together for lunch, and speaking to our students. Alumni spoke in Advisory classrooms and shared their life at Preuss and their new lives in college. They were a wonderful inspiration for all of our current Preuss students. Approximately 60 alumni attended the Preuss Girls and Boys basketball games at Rimac Arena. Alumni were also invited to attend Soccer Night at the Rimac field on Thursday, January 14.

After a successful competition last year, the middle school science fair project for seventh and eighth grade students will again be "The Future City". This is a national competition held Saturday, January 23, using SIM City to design a virtual city. Students will complete research and write a solution to an engineering problem. This year's problem is "Waste Not, Want Not. Humans create a lot of trash!" Students are challenged to design an innovative citywide solid waste management system that is safe, environmentally sound, and energy efficient. Cities will be built with recycled materials, and implement solutions to the cities' problems. We wish the teams luck!

Next school year's admission deadline was December 18, and over 500 applications were received.

Now the process of getting the applications ready for the lottery on February 9<sup>th</sup> at 4:30pm is upon us. The lottery is being held earlier this year to allow families to explore other educational opportunities in a timely manner if they are not selected in the Preuss lottery. We are excited about the prospective students who have applied, and helping them begin their journey toward success at The Preuss School UCSD.

Preuss continues to successfully partner with Computers 2 San Diego Kids, thanks to Board Member Matt Weil. This year sixty two families will be receiving refurbished computers at a discount price on Saturday, January 30 at 9:00am.

The second semester is the beginning of new learning opportunities for our students. We encourage them to stay focused and to attend school daily. Daily attendance has proven to make the difference in a student's grades and all around academic achievements. Remember if you need any assistance from the school please contact the front office staff. We are here to guide you through your child's years at The Preuss School UCSD.

Sincerely,

Scott Barton  
Principal/Director

## Notes from the PTA President continued



### *Membership*

PTA Membership is \$12.00. You have to be a paid PTA member to vote in the PTA . Last year, we had 221 paid PTA members. So far this year we have 125 paid Preuss School UCSD PTA Members.

### *Elections in March*

A Nominating Committee has been elected on our December meeting. The members are:

Ex officio Member: Mr. Barton

Chair: Yecenia Valdelamar

Members: Candy Chavez & Francisco Pena

Parliamentarian: Sandra Gutierrez

The Nominating Committee will report to the association members on February with a slate of Candidates.

## PERFECT ATTENDANCE RECOGNITION

January represents a midway point of the academic year 2015-2016, a time for our students to reflect upon their educational plans and what they want to accomplish as they look ahead to the beginning of the second semester. And we know that many of our students already have set as a goal to achieve Perfect Attendance and thrived hard to attain it. A distinction of never missing a single day of school.

The Preuss School is a distinctive educational environment with high academic standards and requires our students to be concentrated on study and to attend school every day. We truly believe that consistent school attendance is one of the most important factors to a student's academic success. Our students who never have been absent from school understand that meaningful learning happens in the classroom and teachers will be there for support and guidance. They have learned the connection between showing up ready to learn and their academic achievements. Highlighting the importance of getting to school every day, our students aspire to achieve perfect attendance and good grades to graduate from high school. Definitely, they are setting a road to a higher educational outcome.

As every year, on Thursday, February 4th, we will be honoring High School and Middle School students with Perfect Attendance for the First Semester. This is a special recognition to celebrate our students' outstanding accomplishment as a result of their dedication, discipline, commitment in having a perfect school attendance record. This demonstrates that students are making school attendance a highest priority in their lives, regardless of all the obstacles they have to overcome to attend school every day. Congratulations to all the students with perfect attendance! We are so proud of their commitment to learning and efforts to attend school.

Students with Perfect Attendance will be honored with a Certificate and they are invited to attend an Ice Cream Social event during school lunch time. Please, join us to celebrate our students.

Patricia Villanueva  
Attendance and Transportation Coordinator



## Whispers from the Library and Media Center

The Library will be running its Annual Bookmark Contest. All Preuss students are welcome to participate. The theme this year is '**Favorite Graphic Novel**'. Bookmarks can be picked up in the library starting January 25<sup>th</sup>. The completed book mark is due February 19<sup>th</sup> and students will vote on their favorite design from February 22<sup>nd</sup> through February 26<sup>th</sup>. **Winners will be announced February 29<sup>th</sup>** in the Daily Bulletin. The top two bookmarks from middle school and high school will have their bookmark published for the whole school to enjoy and a choice of book or a \$10 gift card to Barnes and Noble.

If your student has outstanding fines or late textbooks they are not able to participate in any extra-curricular activities. These activities include dances, athletic events, and after school clubs. **Eighth Graders will not participate in "A Celebration of Learning" and Seniors will not be able to walk at graduation or receive their diploma unless their record is completely cleared.** Notices regarding clearing accounts to participate in the end of the year ceremony will be sent home to all 8<sup>th</sup> grade parents in the spring. But don't wait, now is the time to take care of any outstanding fines or lost books. Monthly notices of items overdue are sent home at the beginning of each month. Ask your student for this notice or you can call the library to check on your student's library record. If you need to replace lost textbooks, please call to discuss. Our phone number is 858-822-2150.

Karen Nance and Maria Gonzalez  
[kgnance@ucsd.edu](mailto:kgnance@ucsd.edu) or [mgg001@ucsd.edu](mailto:mgg001@ucsd.edu)

## Student Services

"I'm just so stressed out." "I feel really anxious." "There is just too much." As finals week approaches these phrases become more and more common amongst students. While these phrases can often create a level of concern, it is important to recognize that anxiety around finals is common and to be expected. When we understand what anxiety is and recognize its symptoms, we can better help our students manage their stress levels and perform well on tests.

### What is anxiety?

**Anxiety is normal.** Everyone experiences anxiety at some point in time. For example, it is normal to feel anxious when on a rollercoaster or before an exam.

**Anxiety is not dangerous.** Although anxiety feels uncomfortable, it is temporary, and will eventually decrease.

**Anxiety is adaptive.** Anxiety helps us prepare for real danger, such as crossing a busy street. It can also help us perform at our best, and motivate us to study for an exam or practice for a big game. When we experience anxiety, it triggers our "fight-flight-freeze" response, and prepares our body to react. For instance, our heart beats faster, to pump blood to our muscles, so we have the energy to run away or fight off danger. Without it, we would not survive.

**Anxiety becomes a problem when our body reacts in the absence of real danger.**

### Recognizing Anxiety

Children, teens, and adults experience anxiety in three ways:

**physically** - what we feel in our body;

**mentally** - what goes through our mind, like worrisome thoughts;

**behaviorally** - what we do or our actions, such as avoid or seek-reassurance.

The pattern of these experiences varies from person to person, and from situation to situation.

**Anxiety is felt in the body.** Often, when children feel anxious, they do not actually recognize or describe it as anxiety or nervousness. Instead, they may say that they feel sick, or have a stomachache. Teens may complain of headaches, chest pains, and sore shoulder muscles.

### **Children and teens can experience anxiety in their body in many ways:**

- ◆ rapid heart rate
- ◆ rapid breathing, feelings of shortness of breath, or holding their breath
- ◆ discomfort or pain in the stomach, nausea
- ◆ feeling very hot or cold
- ◆ sweating
- ◆ trembling or shaking
- ◆ numbness or tingling
- ◆ headaches
- ◆ chest pain or discomfort
- ◆ dizzy, lightheaded, or unsteady feelings
- ◆ feelings of a lump in the throat or choking
- ◆ feeling things are unreal or feeling detached from oneself

If many of these physical signs happen suddenly and intensely, your child may be having a panic attack. Panic attacks are uncomfortable but not dangerous.

# Student Services

## Managing Stress and Anxiety

### How You Can Help

As a parent there are many ways that you can help alleviate stress and anxiety in your children. Here are a few tips.

1. Be optimistic. Give your child positive praise and let them know that you believe in them, love them, and are there to help.
2. Set Realistic Goals. Many students place *too much* pressure on themselves to succeed. Remind them that you want to see them *do their best*, not *be* the best.
3. Help your children manage their study time. Provide them with a calm quiet place to study with limited distractions (ie; no TV, no cell phone, no Facebook). It is not beneficial to study for hours on end. "All Nighters" are not effective. Encourage your child to study for a set amount of time and then take a break! Studies show that it is more beneficial to study with breaks as opposed to.
4. Promote Healthy Behaviors.
  - a). During your child's break time, invite them on a walk or a quick jog. Exercise invigorates the body and promotes better learning. Watching TV or going on the internet often lead students to feel fatigued and reduces their productivity. Shoot some baskets, kick the ball around, or ride a bike; these are all healthy and beneficial break ideas!
  - b). Encourage healthy eating. Sugary foods and caffeinated drinks hinder a child's body to absorb information. Encourage them to eat healthy meals that are rich in protein. Make sure they are drinking plenty of water.
  - c). Promote healthy sleeping patterns. Students may want to stay up all night studying, but this is often counterproductive. Help your child manage their schedule so that they can get an appropriate amount of sleep.

If you are worried about your child and having difficulty talking to them, please encourage them to visit their school counselor or give us a call here at the counseling office at 858-822-0409.

Ms. Jennifer Nieto

High School Counselor

&

Ms. Erin Patrick

Middle School Counselor



## A NOTE FROM JENNIFER NIETO, HIGH SCHOOL COUNSELOR

Attention Parent, during the week of January 19th–22nd all Preuss students were taking their end of the semester final exams. The semester officially ends on January 22nd and grades will be mailed home on January 28th.

### Course Selection for 2016-2017 for All Grades

Students will be given course selection materials in their Advisory classes during the month of April. Parents will be particularly interested in the *Course Description and Educational Planning 2016-2017* booklet, which contains a detailed description of each course in grades 6-12. The Advisory teacher will share an important presentation about UC eligibility, requirements for a Preuss diploma, available courses, and the process for securing courses for next year. *Current achievement will determine whether or not the student progresses onto the next course, or even on to the next grade.* Thank you for helping your student with this important process.

## Notes from Amanda Esquivel, Family Support Specialist

Hello Preuss Families,

I wanted to remind you all that I continue to hold Parenting Class after the PTA meetings each month. This is a great opportunity for you to learn new skills and/or remember some things that may have become lost in all the chaos of daily life. So far we have covered many topics such as: family fun, self-esteem, communication, stress management, and parenting styles. There are two more topics left this year. January 23<sup>rd</sup> I will be discussing positive parenting and May 21<sup>st</sup> I will be discussing topics related to children's safety and mental health. I hope to see you in the library 11am-12:30pm for the last two classes! Additionally, I have been working with the school Exercise and Health Science department to provide a workshop for parents on the how to speak with your child about SEX. Studies show that youth whose parents are open, responsive, comfortable, and confident in discussions about sex and related issues participate less often in sexual risk behavior, suggesting that the quality of communication influences the message adolescents receive about sex (Guilamo-Ramos V, Bouris A. Parent Adolescent Communication about Sex in Latino Families: A Guide for Practitioners. The National Campaign to Prevent Teen and Unplanned Pregnancy. Jan 2008.) We would love to have you join us on February 6<sup>th</sup> at 11am in the library for this event.

I am available for any support or resources your family may need at any time throughout the year. Some common reasons to contact me include assistance with food, clothing, shelter, mental health services, finances, medical services, etc. Remember you can also access resources in the community by calling 211 or going online to [www.211sandiego.org](http://www.211sandiego.org). I am available on campus every day of the week during school hours. Please do not hesitate to contact me with any questions and/or assistance you may need. I can be reached by phone or email. See below for contact information:

Amanda Esquivel, MFT  
 Family Support Specialist- 858-822-1484 a6esquivel@ucsd.edu  
 858-822-1484  
 a6esquivel@ucsd.edu

# Parent News

By Sandra Gutierrez, Volunteer Programs Coordinator

## Parent Participation

The most accurate predictor of a student's achievement in school is not income or social status, but the extent to which that student's family is able to:

- Create a home environment that encourages learning.
- Express high (but not unrealistic) expectations for their achievement and future careers.
- Become involved in their student's education at school and in the community.

## How can I participate in my child's education?

1. Attend Parent Council Meetings
2. Participate in Committees and/or on School Advisory Council
3. Volunteer in the office, library, supervise/chaperone field trips/dances, assist in the classroom.

When doing so you meet your student's teachers, you get to know the office staff, and you become familiar with the school policies and procedures. Working together we make a difference in the life of your child.

## How do I sign up to volunteer?

Go on our website for volunteer opportunities at <http://preuss.ucsd.edu/parents-and-families/parent-volunteer-opportunities.html> select **Volunteer Spot** for a list of volunteer opportunities throughout the school year.

Sign up during parent PTA meetings, come in any day of the week during school hours 8:00am-4:30pm, or call/email the volunteer coordinator.

## Sign up using Volunteer Spot

1. Visit webpage at [preuss.ucsd.edu](http://preuss.ucsd.edu)
2. Select the "Parents and Families" Tab
3. Click on "Parent Volunteer Opportunities"
4. Scroll down and click on the Volunteer Spot button.
5. See a list of upcoming volunteer opportunities and select the one you are interested in volunteering for.
6. Sign in with your email address.

## Saturday PTA General Meetings

### January 2016

5<sup>th</sup> - PTA Executive Board Meeting, 5:30-7:00pm

23<sup>rd</sup> - General Meeting, Walton Center, 9:30-11:00am

### *Presentation by 211 San Diego*

23<sup>rd</sup> - Parenting Class "Positive Parenting", Library, 11:00am-12:30pm

### February 2016

2<sup>nd</sup> - PTA Executive Board Meeting, 5:30-7:00pm

20<sup>th</sup> - General Meeting, Walton Center, 9:30-11:00am

### *Family Potluck, 11:00-1:00pm*

Families share your culture by bringing a dish to share with other families.

### March 2016

3<sup>rd</sup> - PTA Executive Board Meeting, 5:30-7:00pm

19<sup>th</sup> - General Meeting, Walton Center, 9:30-11:00am

### *PTA Elections*

### April 2016

5<sup>th</sup> - PTA Executive Board Meeting, 5:30-7:00pm

23<sup>rd</sup> - Dinner and Dance sponsored by the PTA, Walton Center, 5:00-10:00pm

No general meeting

### May 2016

3<sup>rd</sup> - PTA Executive Board Meeting, 5:30-7:00pm

21<sup>st</sup> - General Meeting, Walton Center, 9:30-11:00am

21<sup>st</sup> - Parenting Class "Safe Children", Library, 11:00am-12:30pm

### June 2016

7<sup>th</sup> - PTA Executive Board Dinner, 5:30-7:00pm

12<sup>th</sup> - Parent Appreciation Event, 9:30-11:00am -No general meeting

23<sup>rd</sup> - Last day of school, Minimum Day

23<sup>rd</sup> - High School Graduation starts at 4:00pm

## Parenting classes in English and Spanish

By Ms. Esquivel

Saturday, May 21st

"Safe Children"

11:00am-12:30pm

## Upcoming: Computers 2SD Kids

Saturday, January 30th 9:00am -10:30am. Payments are to be made in Cash or Money Order.

## HEALTHY IDEAS FROM THE SCHOOL NURSE

“Make healthy goals not resolutions”

Wishing you all a happy and healthy new year 2016! A new year has begun and it is a great opportunity to get a healthy new start on improving our health habits. January is a good month to reflect upon our health habits and our physical and emotional needs be it stress management, taking time to care for yourself, improving our nutrition or increasing our level and variety of exercise. Following a healthy diet and getting regular daily exercise leads to better emotional, physical and brain health. Studies show that eating a healthy breakfast each day improves attention span and test results, exercise improves our moods and increases our ability to concentrate and feel balanced.

Setting simple, realistic and attainable goals is important. This includes physical and mental health. Being “emotionally healthy” can lead to better physical health as well as better physical health can lead to improved mental health. Healthy daily habits can improve health and school or work performance. Having a buddy system to help stay on track can help you stick with your healthy resolutions. Planning for success in making lifestyle changes for our children and well as for ourselves can make a big difference in our health and performance at work and school. Make a list of “healthy things” you want to work on each day in your phone and check it each day.

### **Healthy living ideas:**

Stock the pantry and refrigerator with healthy food and snacks in pre-portioned sized containers for our busy lifestyle. Make a grocery list and weekly food plan, keeping in mind healthy options. Plan for time to exercise and regular workouts each day. Reduce “screen time” spent on TV, cell phone and computer games. Have meals together as a family. This has many benefits such as providing a time to exchange ideas, feelings, strengthen family ties and traditions. Family meal times have also been linked with being successful in school, including better grades and higher test scores. Studies show that tracking your success, such as keeping food diaries and keeping track of your workouts can help stay on target. Feel free to see the nurse for further information on nutrition, exercise and ways to improve health or for any special concerns you would like to discuss.

According to the USDA center for nutrition the following 10 tips for healthy meals can be a good way to improve your nutrition:

- 1) Make half your plate vegetables and fruits, choose red, orange and dark green vegetables for extra nutrients.
- 2) Choose lean protein foods such as lean beef, pork chicken turkey, beans or tofu. Attempt to eat seafood as the protein twice a week.
- 3) Make at least half of your grains be whole grain to increase nutrient value.
- 4) Include dairy, cut down on fat by using fat-free or low fat milk, thereby reducing calories, yet providing the same amount of calcium. Soy milk and low fat yogurt are alternatives for people who don't drink milk.

- 5) Cut down on extra fat by avoiding heavy sauces or gravies which add fat and calories. Try using lemon or lime to add flavor to food or sprinkle low-fat parmesan cheese. Be watchful for hidden fats in prepared foods.
- 6) Take time to slowly eat your food, thereby enjoying the taste and texture. Be mindful when you're eating, paying attention to body signals. Eating too quickly can cause you to eat too much.
- 7) Using a smaller plate can help with portion control; you can finish your plate without overeating.
- 8) Eating at home can help you get control of your food by knowing exactly what you're eating. When “eating out” check and compare nutritional information. Choose healthier options such as baked foods instead of fried, thereby reducing fat and calories.
- 9) Keep meals interesting by trying new foods which are healthy and delicious. Trade and discover new recipes, many are healthy options.
- 10) Satisfy a sweet tooth in a healthy way by indulging in a sweet dessert dish of fruit such as a fruit parfait with yogurt. Drink more water instead of sugary drinks which are a major source of added sugar and calories.

For more information on healthy eating and recipes see [www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov).

The winter season coincides with the flu and cold season. Everyday preventive measures can help fight germs such as the flu. According to the CDC, Center for Disease Control and Preventions the following are some ways to prevent the spread of germs:

- 1) Practice good hand hygiene by washing your hands with soap and water especially after coughing and sneezing (alcohol-based sanitizers are also good when water isn't available)
- 2) Cover your mouth and nose with a tissue when you cough or sneeze.
- 3) Avoid touching your eyes, nose and mouth. Germs spread this way.
- 4) Stay home if you or your child is sick (with accompanying fever). Stay at home for at least 24 hours after there is no longer a fever or signs of a fever. Please call the attendance office at 858-822-0311 to report your student's absence.
- 5) Try to avoid close contact with sick people.
- 6) Get immunized each year for seasonal flu. The seasonal flu vaccine is recommended for everyone 6 months or older, (unless a contraindication is determined by a medical provider)

### **Reminder for our 6<sup>th</sup> graders:**

If you have not done so already, have your child get their Tdap booster. A Tdap booster is required for 7<sup>th</sup> grade entry. Please provide updated immunization records to the school nurse. For further information and resources contact the school nurse. You can learn about shot requirements and related resources on the website: [www.shotsforschool.org](http://www.shotsforschool.org), 211, or the public health department CHDP office at 1-800-675-2229, where you can also get information on free health physicals.

**Stay healthy!**

**Christine Richter RN, your school nurse at Preuss**



## A HEALTHY PATH By Vincent Fulchiron

### “Slow Cooking”

Healthy Path

Article #3

“Slow Cooking”

Vincent Fulchiron

Exercise &  
Health Science  
Teacher

If you have any questions on this article or health-related issues please email Mr. Fulchiron at:

vfulchiron  
@ucsd.edu.

#### “Slow Cooking”

I hope everyone had a wonderful holiday break. When the calendar hits January we, as parents, try to figure out the New Year’s Resolution for 2016. There are basic resolutions that are time-tested, but we all have a difficult time following through with them: diet and exercise. I am here to provide a simple way to address the diet resolution with slow cooking.

Slow cooking, or sometimes called using a crock pot, has been around for decades. With busy schedules and little time the crock pot addressed a very real need. Families wanted great tasting authentic food, but without the waiting around part. Crock pots not only provide the flexibility to multitask while the food is being prepared, but modern versions are now being called multi-cookers that have various cooking functions. Here is a brief list of the different types.

**Slow-Cooker:** This is the traditional crock pot. The food sits in a container on top of a heat source, the temperature is set, and the food cooks until done.

**Pressure-Cooker:** A pressure-cooker using the power of steam to cook foods much faster than a slow-cooker, but does little else.

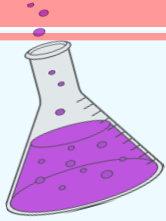
**Multi-Cooker:** the multi-cooker has tried to combine various cooking functions into one product. A typical multi-cooker slow cooks, pressure cooks, makes rice, sears meats, warms food, and some even make yogurt.

Multi-cookers are great, but the idea of setting the temperature and walking away is not always possible depending on the cooking function used.

These are your options and depending on willingness to be involved in the preparation of the dish there is a product for all of us. The big question; how much do these things cost? If you wanted to spend the money, throw down \$480 for an All-Clad Gourmet Slow-Cooker. But who wants to do that? This time of year is perfect for buying these products because retailers are trying to unload last year’s models, which means SALES!!! If you have the money do not spend over \$300 and if you are saving money to buy all the wonderful food you will be cooking in the slow-cooker there are very good options for around \$100.

Lastly, why slow cook? Besides the convenience, slow cooking allows the ingredients to really combine and melt into each other. I will be the first one to tell you that some of my favorite foods at the teacher breakfast at the end of the school year came from a slow-cooker. In fact, I always find the slow-cookers first to see what is inside. There are many, many websites with great information.

Try this one: [crock-pot.com](http://crock-pot.com), a one-stop-shop for slow cooking. Enjoy the New Year and try something adventurous with your cooking this year.



# Science Festival

Come join us:

The Preuss School UCSD

**Saturday, January 30**

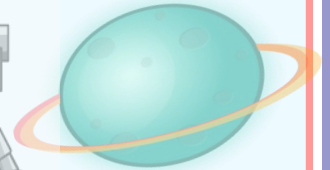
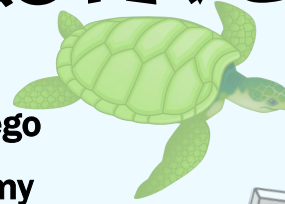
**11:00am – 1:00pm**

Middle School: Future  
Cities

High School: Scientific  
Demonstrations

**Presenters Include:**

- **Pure Water San Diego**
- **San Diego Astronomy Association**
- **Venter Institute Mobile Lab**
- **I Love A Clean San Diego**
- **Sea World**
- **Preuss Robotics**
- **1st Annual Preuss Photo Contest**



## NOTES FROM THE SCHOOL VICE PRINCIPAL, PETE SELLECK

Happy New Year! The students are thriving here at The Preuss School. As I circulate around campus daily, I am consistently impressed with the quality of instruction, and the quality of the interaction between students. There is no doubt in my mind that our students are as nice to each other as any group of kids anywhere. That having been said, it still takes all of us working together to maintain this culture on campus. Safety on campus is always the highest priority, and we must all remain vigilant in our efforts to educate our kids. “Bullying” is a big topic around the country and we are maintaining existing programs and expanding others to address those concerns.

All 6<sup>th</sup> and 7<sup>th</sup> grade students have participated in workshops to prevent “school bullying.” Bullying is **NOT** a normal rite of passage for children. It is having a dramatic impact on children in this country. Technological changes are making the problem worse. In the past, children felt safe from the school “bully” when they got home. In modern America, children are targeted on the computer and in text messages at home as well. This can create unnecessary stress for kids.

### What you can do about?

Monitor your child’s use of the internet and text messages. Parents should have access to all accounts.

Demand that your child report incidents of harassment to a school staff member.

### **Z-Pass**

As we begin the new semester, we will be adding a new procedure to make students safer. All students riding the school bus will be issued a Z-Pass card. This device will track where and when a student enters and exits the bus. All students will be required to have this card with them each day to ride the school bus. If you have any questions about the Z-Pass, please contact Mrs. Villanueva at 858-822-1738.

## NEWS FROM THE MUSIC DEPARTMENT

### The Wagner Piano Dedication

Through the connection of Professor Cecil Lytle, the Preuss School Music Department has received a generous donation of a beautiful Kawai grand piano from the Wagner family. A special event, The Wagner Piano Dedication was planned by the Preuss School Development office to give the Preuss students an opportunity to perform for the Wagner family to express our appreciation.

The Wagner piano dedication took place on December 18, 2015 at 3:15 PM. Professor Lytle accompanied the students' performances on the piano. The following students performed at this very special event: Alan Dang and Jose Gomez performed a duet on violin and viola: Minuet by Johann Sebastian Bach. Sinai Bardales Duarte performed a viola solo: Mozart Sonata Theme by Wolfgang Amadeus Mozart. The Preuss Choir: Graciela Bonilla Diego, Haniel Delke, Nancy Godinez, Andrea Lona, Florencia Mendoza, Nataly Rodriguez, Yamileth Solis, Jazmin Sosa Herrera, and Mariana Valdivieso performed the following pieces: Caro Mio Ben by Giuseppe Giordani, 1744-1798, Prayer from Hansel and Gretel by Engelbert Humperdinck, Rudolph the Red-Nosed Reindeer by Johnny Marks, Here We Come A-Caroling by Douglas E. Wagner and Deck the Hall, a Welsh tune Anonymous 1784. And Dylan Duong performed a piano solo: Songs Without Words by F.Mendelssohn and Pathetique Piano sonata 2<sup>nd</sup> Movement by Ludwig von Beethoven.

Many thanks to Mr. Scott Parton, Principal/Director of the Preuss School UCSD, Mr. Pete Selleck, Vice Principal, Ms. Karin Marsolais, Chief Administrative Officer, Ms. Tamima Noorzay, Fine Arts Department Chair, Ms. Stephanie Venti, Director of Development, and Ms. Kaitlan Young, Development Assistant for their assistance and support to make this event a great success.



Professor Cecil Lytle and Senior Student Sinai Bardales Duarte



Mrs. Mercy Hwong and The Preuss School Choir



Mr. Barton accompanied the students and the Wagner Family

### The San Diego Youth Symphony Concert

The San Diego Youth Symphony and Conservatory invites the Preuss students and parents to attend the Showcase Concert on Saturday, February 13, 2016 at 1:00 pm in The Jacob Music Center's Copley Symphony Hall at the 750 B Street San Diego, Ca 92101. If any family is interested in attending the concert, please have the student come to room T102 to obtain the voucher for the concert before Wednesday February 10, 2016. Each voucher will provide four complimentary tickets for the family. The family that attends the concert will also receive participation points for providing the transportation for the student to the concert.

# PREUSS HEALTH FAIR

The **Preuss Health Fair** will be on **Saturday, March 19** taking place immediately following the shortened parent meeting in the morning.

Please come to support the students of the **Healthy Path Organization** as well as other groups. The Health Fair aims to educate and activate learning with regard to healthy lifestyles.

## **UPCOMING EVENTS:**

\*Mark your calendars

January 25: Second Semester Begins

January 28: 1st. Semester Final Report Cards Mailed Home to Parents

January 30- The Preuss School Science Festival: 11:00am-1:00pm **and**

Computer 2 SD Kids: 9:00am-10:30am

February 4: Perfect Attendance Recognition— Middle & High School Lunch Time

February 6: Saturday Enrichment Academy; 9:00-11:00am

February 10 & 11: Pink Progress reports given to students who have a 2.25 GPA or below. Attending SEA is required.

February Holidays: February 12 – Lincoln Day; February 15, Washington Day.  
\*NO SCHOOL

February 20: Saturday Enrichment Academy; 9:00-11:00am.

February 20: General PTA Meeting, 9:00am-11:00am.

March 19: Preuss Health Fair

## **PERFECT ATTENDANCE Ice Cream Social**

A special event for students with perfect attendance during the school first semester

**Thursday, February 4  
from 11:37am-12:44pm**

Walton Center. During lunch time

Parents needed to decorate, serve ice cream, and clean up. Donations requested include ice cream cones, ice cream bars, yogurt, a variety of toppings, bowls or cups, and spoons. Parents will get participation points for their service .

## **The Preuss School UCSD gratefully acknowledges our newsletter sponsors**

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Jose Garcia, Preuss Former Parent Class of 2004

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10020 Pacific Mesa Blvd. San Diego, CA 92121