



# The Preuss School UC San Diego 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

Friday, February 16  
Lincoln Day  
Observance

Monday, February 19  
Washington Day  
Observance

**\*NO SCHOOL**

### NEXT GENERAL PARENT MEETINGS

Saturday, February 24  
& March 17

9:30 -11:00 AM

SCHOOL  
AUDITORIUM



Dear Parents/Guardians:

As the New Year begins, the first semester of school ended with finals held the week of January 16-19. The second semester began on Monday, January 22. Students are encouraged to continue working hard and to not miss school.

The class of 2018 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. Students are currently applying to private and out of state colleges and universities. As of January 12, 32 seniors have been accepted to at least one four year college or university.

Seniors have been accepted to the following institutions: Harvard University, Georgetown University, Yale University, Trinity College, Albion College, Hawaii Pacific University, Humboldt State University, Point Loma Nazarene, Mary Baldwin University, and several California State Universities. Seniors are encouraged to submit scholarship applications by February 1, to the San Diego Foundation. Those seniors who qualify will apply to the Jacob Hanna Sr. Scholarship, MKC Scholarship, Grillo-Marxuach Scholarship, the Patrick Ledden Scholarship, and the Rastetter Scholarship, which is new this year. We wish our seniors good luck!

See Page 2

## News from the PTA President, Yesenia Valdelamar

Dear parents,

It is with great enthusiasm that I welcome everyone back from our winter break. I hope that all of you had a well-deserved rest and are ready to start the New Year 2018.

We started the New Year with our General meeting on January 20 with many parents in attendance. As always, we encourage you to get involved in your child's education. Research shows that students with engaged families attend school regularly, perform better in school, earn higher grades, develop positive relations with their peers, go to college, and have other educational opportunities. Please, do not miss our parent meetings. You will receive a wealth of information.

See Page 3

## News From Scott Barton Cont'd

This year's Homecoming was held on December 14, with 40 alumni joining together for lunch, and speaking to our students. The alumni spoke in Advisory classrooms and shared about their experiences at Preuss and in college. They were a wonderful inspiration for all of our current Preuss students. Alumni also attended the Preuss Girls and Boys basketball games at Rimac Arena.

Beginning February 1, 2018, parking will be enforced 24 hours a day (Monday-Friday) in the Preuss parking lot. Parking will remain free on Saturdays and Sundays. A pay machine has been installed in the parking lot near the entrance of the office. There are three 30-minute loading zone parking spaces also next to the office. These spaces are limited to picking up and dropping off students, and there is no charge to park in these loading zone parking spaces. Cars parked in loading zone parking spaces for more than 30 minutes may be ticketed. Parents who are attending a scheduled meeting should check in at the office for a parking code. Parking codes will not be provided for student assemblies, class activities or sporting events.

The admissions deadline was December 15, and over 371 applications were received. Now the process of getting the applications ready for the lottery on Thursday, March 20 at 4:30pm is upon us. We are excited about the prospective students who have applied, and helping them begin their journey toward success at The Preuss School UC San Diego.

This year the flu season has proven to be more severe than in past years. Nurse Richter is asking parents to take extra precautions to prevent the illness in their families. She reminds us to wash our hand or use hand sanitizer, keep your hands away from your face, cover cough and sneezes. If you suspect your child is ill with a fever, cough, or sore throat please have them evaluated by a doctor. Nurse Richter also encourages everyone to get a yearly flu shot.

The Junior class was selected to attend a special performance of the hit Broadway show Hamilton! More than 2,800 students from 46 San Diego public schools were invited to attend the special showing.

Students were invited to participate in a competition that would allowed them to perform their student-created works to the audience before the Hamilton performance. Preuss is very proud of Heaven Dawit who was chosen to perform her original poem about the American Revolution-era hero Thomas Paine. Thank you to Preuss Teacher Marsha Greco for working with Hamilton Education Initiative (EduHAM) to organize this event for our Juniors.

The Preuss Robotics team will be very busy during the months of January, February and March. They will be participating in the 12<sup>th</sup> Annual FIRST Robotics Regional Competition in San Diego, March 8-10<sup>th</sup>. They will also be participating in the FIRST Robotics competition in Irvine, California, March 21 - 25<sup>th</sup>. Teams from all over the world will be participating in these challenging events. Good Luck to the Preuss Robotics team the Midnight Mechanics!

The second semester is the beginning of new learning opportunities for our students. We encourage students 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 UC San Diego

Sincerely,

Scott Barton  
Principal/Director

# PERFECT ATTENDANCE RECOGNITION



As every year, we will be honoring our students with Perfect Attendance during the school First Semester. Preuss is a school that promotes a learning environment with high academic standards and requires our students to be concentrated on study and to attend school every day. Students know that meaningful learning happens in the classroom and they have learned that there is a 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 higher grades to graduate from high school. Definitely, they are setting a road to a higher educational outcome.

This year, we will be honoring 350 Middle School and High School students with Perfect Attendance for the First Semester on Thursday, February 8.

The Perfect Attendance Recognition is a special event to celebrate the students' achievement and their success to continue on the path toward graduation. This demonstrates that students are making school attendance the highest priority in their lives regardless of all the obstacles they have to overcome to attend school. Congratulations to 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 lunchtime. Please, join us to celebrate our students.

Sincerely,

Patricia Villanueva  
Attendance and Transportation Coordinator



## News from PTA cont'd.

We are looking for a few people who would be interested in being on the PTA board next year. Elections are in March. We need a President, Vice President, Secretary, Treasure, and Auditor. If you are interested in learning more about PTA, please call Diane at 619-327-3424.

PTA Memberships are at 160. Please become a member if you haven't already done so. Memberships are \$12.00 and the money goes right back to your children.

Spring Night Dinner Dance is April 21st. This is our biggest fundraiser of the year. Our goal is to raise \$5000. We would love for you to join us. There will be a DJ and dinner. We will also have a raffle and silent auction baskets. Tickets will be on sale at our February and March meetings. Tickets are \$15 each. Hope to see you there.

Yesenia Valdelamar and Diane Villalvazo  
PTA President and Vice President

# STUDENT SERVICES

**Ms. Jessica Resendez**

College Advisor

The Preuss School UCSD

Phone: 858-822-2002

Dear Parents,

Have you ever thought about going back to school? Do you want a career change? There are many educational & career opportunities in San Diego County. You can attend class for FREE or qualify for FINANCIAL AID.

- English Classes
- Get your High School Diploma or G.E.D.
- Career Tech Programs
- Community College (Associates Degree or transfer to a four-year college/university)

Contact Ms. Resendez if you would like help getting started with your educational/career goal. It's never too late to go back to school! [jresendez@ucsd.edu](mailto:jresendez@ucsd.edu) or call 858-822-2002

San Diego Continuing Education is a multicultural institution dedicated to providing educational access and lifelong learning opportunities.

Free classes in the following areas:

Automotive, Business, Child Development, U.S. Citizenship, Computers & IT, Culinary Arts, Electronics, English as a Second Language, Fashion/Sewing, HVAC, Healthcare, High School Diploma/Equivalency/Basic skills, Plumbing, Upholstery, Welding, Parent Education, Foods and Nutrition

Spring classes start January 31-June 7

**FREE PARENTING CLASSES** Class is free. Enroll any time in class **Family Relations:** Emphasis on Parenting the Teen. Topics include: Communication strategies, social media/technology, bullying, substance abuse and dating.

Location: Old Town: Harold J. Ballard Center 2735 Congress St San Diego 92110  
Feb. 2-April 10 (9 weeks) Tuesdays from 6:00pm-7:30pm

**Effective Parenting:** Become a positive, nurturing parent. Learn stress reduction, problem-solving, and positive discipline techniques that build healthy family relationships. Includes discussion on communications; self-esteem; substance abuse; domestic violence; child development; and available community resources. Students receive a certificate of completion.

Location: Educational Cultural Complex 4343 Ocean View Blvd. San Diego 92113  
Jan. 31-June 6 (18 weeks) Wednesdays 7:00pm-9:00pm

**Consider the Children:** This course is designed for parents seeking guidance with effective and healthy co-parenting strategies. Issues related to separation and divorce will be covered. Students receive a certificate of completion.

Location: Cesar E. Chavez Campus. 1901 Main Street San Diego 92113  
Feb. 1-June 7 (18 weeks) Thursdays 7:00pm-9:00pm

SAN DIEGO  
CONTINUING  
EDUCATION



# Parent News

By Sandra Gutierrez, Volunteer Programs Coordinator

## Annual Multicultural Family Potluck

On Saturday, February 24 is our family potluck. Join us in celebrating our multicultural backgrounds. We invite you to bring a homemade dish to share with other families. There will be dancing performances and very tasty food from around the world.

## Are you interested in running as an officer for the PTA?

PTA Elections are held during the March meeting. If you would like to become an officer for the PTA make sure to purchase your membership if you have not done so already. You must be a PTA member for one month to be eligible to run as an officer.

Visit us at our PTA Executive Board meeting on Tuesday, February 6 at 5:30pm in the Front Office to learn more. Below is a short description of the officer's duties for you to review:

### PRESIDENT:

Coordinates the work of the Officers and Committees of the PTA; Preside at all association/board meetings; be a member ex officio of all committees except the nominating committee; Appoints the parliamentarian, chairmen and members of the committee; Responsible for preparing the unit annual report required by the California State PTA; The official representative of the unit at the council and district meeting; Have all newsletters, flyers and/or notices approved by the principal, prior to distribution;

### VICE PRESIDENT:

Serves as the primary aide to the President; Performs the duties of the president in the absence or disability of that officer to act.

### SECRETARY:

Keeps an accurate record of the proceedings of the all meetings of the association and the executive board; Prepares and refers to minutes of previous meetings; Prepares a list unfinished business for the president; Keeps a current copy of the paid members of the association.

### AUDITOR:

Audit the books and financial records of the association semiannually and forward to the San Diego Unified Council; Presents adoption reports to the association and executive board meetings.

### HISTORIAN:

Preserve all records of the activities, achievements and volunteer hours of the association; Assist the president with the preparation of the association's annual report.

### TREASURER:

Responsible for keep accurate record of all account books; Budget committee chair and prepare the budget for adoption by the association; Receives and deposits all money for the association; Keeps records and copies of all deposits slips and receipts; Presents a treasurer's report at every meeting of the association.



Contact Ms. Gutierrez at 858-822-0020 to voice your interest and learn more on becoming an officer.

### February 2018

6<sup>th</sup> - PTA Executive Board Meeting, 5:30-7:00pm  
 24<sup>th</sup> - General Meeting, Walton Center, 9:30-11:00am  
*Topic: UPAC - Mental Health*  
*Multicultural Family Potluck, 11:00-1:00pm*

### March 2018

6<sup>th</sup> - PTA Executive Board Meeting, 5:30-7:00pm  
 17<sup>th</sup> - General Meeting, Walton Center, 9:30-11:00am  
**PTA Elections**  
 Library, 11:00am-12:30pm, Parenting Workshop:  
 "Positive Parenting"

### April 2018

3<sup>rd</sup> - PTA Executive Board Meeting, 5:30-7:00pm  
 21<sup>st</sup> - Dinner and Dance sponsored by the PTA, Walton Center, 5:00pm-10:00pm. **No general meeting**

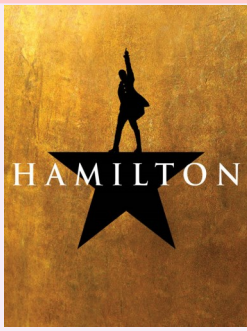
### May 2018

1<sup>st</sup> - PTA Executive Board Meeting, 5:30-7:00pm  
 19<sup>th</sup> - General Meeting, Walton Center, 9:30-11:00am  
*Topic: pending*  
 Library, 11:00am-12:30pm, Parenting Workshop:  
 "Family Fun"

### June 2018

5<sup>th</sup> - PTA Executive Board Dinner, 5:30-7:00pm  
 9<sup>th</sup> - Parent Appreciation Event, 9:30-11:00am





# Preuss Juniors attend "Hamilton" Performance

By Marsha Greco, History Teacher

On January 11, 2018, 103 juniors and 11 staff members had the unique privilege of attending a special matinee performance of *Hamilton* at the San Diego Civic Theatre through The Gilder Lehrman Institute of American History's Hamilton Education Program. As part of the "EduHam" program, Mrs. Greco and Ms. Boquiren guided all 11<sup>th</sup> grade students through a unique, hands-on project in their AP United States History classes using Gilder Lehrman resources to learn more about the people, events, and documents of the founding era. In addition, students learned how Lin-Manuel Miranda, the creator of *Hamilton*, incorporated primary sources into the songs he wrote for the show and used that knowledge to produce and present their own performance pieces as a project in their APUSH class. These one to two-minute performance pieces consisted of songs, raps, poems, scenes, or monologues that maintained historical integrity while showcasing student creativity and artistic expression. Popular topics included Founding Fathers such as Alexander Hamilton, George Washington, and Thomas Jefferson, events such as the Boston Massacre and American Revolution, and issues of the era such as slavery and women's rights.

Before the show, there was a morning program featuring performances of selected student projects from various schools in attendance, including Preuss' own Heaven Dawit! She bravely and eloquently performed her original poem on Thomas Paine in front of the 2,800+ audience members from all over San Diego with enthusiastic support from her peers. After the performances, there was a Q & A session with several cast members of *Hamilton*, in which they answered questions about being on the show and gave advice about working hard and pursuing your dreams despite all odds. It was truly inspiring for our students to see a diverse group of people who have achieved such success!

It was a truly special day, one that will be in our students' hearts forever. For most of them, this was their first Broadway performance experience, and it did not disappoint. The show both helped them have a greater understanding of what they learned in history class and opened up the world of theater to them in the most spectacular way. We hope our students' appreciation for history and the arts will only continue to grow after this experience!



Heaven Dawit



11th Grade Students at the San Diego Civic Theatre

# NEWS ABOUT THE TRANSPORTATION Z PASS ID CARD

## *Happy Start of the Second Semester!*

Dear Parents,

The Preuss School is committed to the safety of our students, and we strongly support the application of the SDUSD transportation Z Pass Bus Card in student bus safety. When it comes to riding the bus, the Z-Pass Card provides to drivers the ability to track a student. Consequently, parents can be reassured that their student made it to and from school safely.

How does the transportation Z Pass Card work?

- In the morning and in the afternoon students scan card while entering and exiting the bus.
- SDUSD Transportation record the data, time, and location of the bus.

Here is the basic information regarding its use.

### STUDENT RESPONSABILITIES:

- All students using transportation services are required to have a Z-Pass Bus Card.
- Students will get the FIRST Z Pass Bus Card at no cost.
- Every student who rides a SDUSD bus must be able to present a Z-Pass Card and scan on and off the bus.
- Students are responsible for their Z-Pass Card and should keep it in a safe place to prevent loss or damage. The Z-Pass Card will be deactivated if it is damaged.
- Students will continue using their Z-Pass Card throughout their school years at Preuss.
- Students and parents must check bus route information with Preuss Transportation office and inform any changes on transportation.

### Z PASS CARD RULES:

- Students must have ready their Z-Pass Card to ride the bus at all times.
- Students **MUST NOT** share their Z-Pass Card. Students sharing their Z- Pass may be subjected to disciplinary action.
- If the Z-Pass Card is lost, damaged or stolen, students must notify to Mrs. Villanueva immediately. The card will be deactivated to prevent unauthorized use, and a replacement card will be ordered.
- A fee of \$5 will be charged to the students for each replacement card. Students can order a replacement card in the Preuss School Transportation office with Mrs. Villanueva. A temporary pass will be issued to the student to ride the school bus.
- Students may ride the bus in the interim and should be prepared to provide their Preuss Student ID or a temporary pass for manual entry. Mrs. Villanueva will issue to the student a temporary pass to use during the replacement process.

# Whispers from the School Library

The Library will be running its Annual Bookmark Contest. All Preuss students are welcome to participate. The theme this year is 'Favorite Legend/fairytale/myth'. Bookmarks can be picked up in the library starting January 22. The completed bookmark is due February 9 and students will vote on their favorite design from February 12 through February 16th. **Winners will be announced February 19** 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 a book or a \$10 gift card to Barnes and Noble.

Monthly library notices are now sent to students via email. If your student/s has outstanding fines or late textbooks they are not able to participate in any extra-curricular activities (dances, athletic events, and after school clubs) until some action has been taken to clear the account. An action can be returning late items, paying for some or all of the fine or volunteering to work off the fine.

**Eighth Graders will not be able to participate in "A Celebration of Learning" and seniors will not be able to receive their diploma unless their account is completely cleared.** Notices regarding clearing accounts to participate in the end of the year ceremony will be sent home to all 8 grade parents in the spring, but do not wait. Now is the time to take care of any outstanding fines or lost books. Monthly notices of your student's account are sent to your student/s email at the beginning of each month. Ask your student for this notice or call the library to check on your student's library account. 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)





## HEALTHY IDEAS FROM THE SCHOOL NURSE

### 2017-2018 FLU SEASON

This is the time of year when many people in our community become ill with influenza, also called “flu.”

The flu is widespread earlier and more severe this year in San Diego and throughout the nation. The flu is not just a bad cold. Although the symptoms may be similar to colds and other respiratory illnesses, flu can make people very ill. Symptoms include fever, cough, sore throat, severe muscle or body aches, shaking chills, headache, and fatigue. Children may also have nausea and vomiting with the flu. The very young and very old are most vulnerable to serious flu illness. Often, when school-age children become ill, they bring home the virus to other family members, including young infants and grandparents.

The best way to protect yourself and your family from flu is to get vaccinated. It is not too late for this season! Everyone in your family who is 6 months and older is recommended to get the flu vaccine. Vaccine is available at your medical home, community health centers, public health centers, and retail pharmacies. For a list of locations, visit [www.sdiz.org](http://www.sdiz.org) or call 2-1-1.

Here are some additional ways you and your children can help prevent the spread of flu:

Wash your hands thoroughly and often ([click here to see a handwashing video for kids and adults](#));

Cover your coughs and sneezes with a tissue or your arm;

Keep your children home from school when they are sick; and

Avoid touching your eyes, nose and mouth whenever possible.

Even if your child has had the flu vaccine, if your child has symptoms of the flu, it is important to seek medical attention for your child. A child with influenza should not attend school until at least 24 hours after fever ends or your provider indicates that the child is no longer contagious to others.

Help your children stay healthy in school by getting them vaccinated for flu. You can learn more about the flu and how to prevent it by going to the Centers for Disease Control and Prevention Flu Information for Parents website [here](#).

Sincerely,

Chris Richter RN  
Credential School Nurse

# Health News



**Health Screenings at The Preuss School**  
**SATURDAY, FEBRUARY 24, 2018 9AM–12PM**

We invite you to join us

**Free Screenings**

- BMI
- Blood pressure
- Brief counseling

**NEXT SCREENING EVENT: SATURDAY, FEBRUARY 24, 2018 9AM-12PM**

Bachelors of Science in Public Health (BSPH) Program  
Family Medicine & Public Health  
University of California San Diego

The flyer features a heart icon at the top left, a photo of two women talking, and a photo of a health screening booth under a blue canopy. It includes the UCSD logo and the BSPH program logo.

Greetings Parents!

As students from the UCSD Bachelors of Science in Public Health (BSPH) Program, we are proud of our continued collaboration with the Preuss School to better serve you and your family.

This year we will offer free health screenings during the monthly general PTA meetings. We will be available to provide brief lifestyle counseling in English and Spanish. We look forward to working with you and welcome your feedback on our mission to promoting healthy families at the Preuss School. **Upcoming events: February 24 2018 from 9am to 12pm.**

Sincerely,

Student Health & Wellness Group  
UCSD BSPH Program

## UPCOMING EVENTS:

\*Mark your calendars

January 25: 1st. Semester Final Report Cards Mailed Home to Parents

January 27: The Preuss School Science Festival: 11:00am-12:00pm

February 3: Saturday Enrichment Academy; 9:00-11:00am

February 8: Perfect Attendance Recognition—Middle & High School Lunch Time

February 7 & 8: Progress reports given to students who have a 2.50 GPA or below. Attending SEA is required.

February 15: SDUSD BBQ Lunch for all students-MS & HS Lunch

February 16: Lincoln's Birthday. \*NO SCHOOL

February 19 Washington's Birthday. \*NO SCHOOL

February 24: Saturday Enrichment Academy; 9:00-11:00am.

February 24- General PTA Meeting and Family Potluck 9:00am-11:00am.

## **PERFECT ATTENDANCE Ice Cream Social**

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

**Thursday, February 8  
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.

## **Special Thanks to the Insight Newsletter Contributors:**

Michael P. O'Neill, Director of Manufacturing Care-Fusion Corporation

Chip Mutza, Site Manager from Ikon Office Solutions

Philip Battle, Production Specialist

Jose Garcia, Preuss Former Parent Class of 2004

**CareFusion Corporation**

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