

MARCH / APRIL 2015

9500 Gilman Drive, La Jolla CA 92093-0536 Main Phone Line (858)658-7400

### A Message from the Principal-Director

#### Scott Barton

Spring is here, it is hard to believe the year is going by so quickly. Spring Break is right around the corner, March 30- April 3, returning to school Monday, April 6.

The first academic semester was completed with approximately 49% of our students on the Honor Roll. There were 236 students on the Fall Principal's Honor Roll (3.5-3.99 GPA) this includes 110 Middle School Students and 126 High School Students. There were 174 students on the Fall Principal's High Honor Roll (4.0 and above) this included 56 Middle School Students and 118 High School Students. Student attendance has a direct impact on why there is such a large percentage of Honor Roll Students. We celebrated Perfect Attendance for the first semester with an awards ceremony and ice cream celebration. 324 Students had Perfect Attendance during first semester, 158 Middle School students and 166 High School students.

100% of the class of 2015 have applied to UC Schools. All 104 seniors submitted the FAFSA or California Dream application and Cal grant applications. Four year Colleges and Universities have accepted 65 out of 104 seniors as of the end of February. See page 2

### Contact Us

Give us a call for more information about our school.

Preuss School UCSD  
9500 Gilman Dr.  
La Jolla, CA 92093-0536  
(858) 658-7400  
Fax: (858) 658-0988

Visit us on the web at <http://preuss.ucsd.edu>

(858) 658-7412– Reporting a student absence

(858) 658-7415– Updating your child's records.

(858) 496-8460– SDUSD Transportation.  
Emergency number to call for any concern.

### In This Issue:

- News from our Principal-Director
- News from the school PTA President
- Whispers from the School Library
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- Counselors' Notes



## SPRING BREAK

March 30, 2015 thru April 3, 2015  
(No School)

When planning family vacations, we request that you schedule them around the school calendar, which can be found in your child's Preuss Planner. Missing even just one day of school can negatively impact the student's academic achievement.

## News from Mr. Barton Continued

Every week more seniors are accepted to four year institutions such as the University of California campuses, California State campuses, Boston University, Colorado State University, Hawaii Pacific University, Notre Dame de Namur University, and Yale University. Four of our seniors have been admitted by early decision (binding college admission). Diego Espinoza was accepted to Tufts University as a QuestBridge Match, Steven Doan was accepted to Yale University as a QuestBridge Match, Genesis Moran was accepted to Rensselaer Polytechnic University, and Kevin Le was accepted to Wesleyan University.

Sixth Grade camp will begin March 24 and end Friday, March 27. Camp is held on campus, with one overnight stay taking place on Thursday, March 26. The sixth graders will participate in educational field trips to the Natural History Museum, UC San Diego Art Tour, Ruben Fleet Science Center, Canyon view Pool, Petco Park, and teambuilding exercises here on campus. This year we will also have the opportunity to view stars through powerful telescopes. This activity is sponsored by a new partnership with the Terry Arnold Rising Stars program and the San Diego Astronomy Association. The "Star Parties" will take place on Thursday evening, March 26. The week will end with middle school social/dance on Friday, March 27, from 1:30 p.m. to 4:00 p.m.

Read Across America was observed on March 2<sup>nd</sup> here on campus in honor of Dr. Seuss' birthday. Ten community members including Board Members, Mentors, and UC San Diego faculty read their favorite Dr. Seuss book to Middle School Advisory classes. This event is an annual reading motivation and awareness program for every child in America to celebrate reading.

We are again so proud of our sports teams, Girls Volleyball, Boys Basketball and Boys Soccer are Frontier League Champions. Each team participated in semifinal games and lost but they played incredibly. All of our winter sports teams represented Preuss well.

We would like to thank all of those parents who have contributed to this year's transportation costs. Your help with busing costs is very important to the continued use of buses to transport your students to school. Without your contributions we are in danger of losing our busing for our students. If you have not yet contributed your donations, you may do so by making installments during the year or in one full payment.

We are well into our second semester of our school year; this is an important time for all students here at The Preuss School. It is a time to for students to stay focused and continue to put their education first. We are fortunate to have a great group of motivated students and look forward to the final months of this school year for all of our grade levels.

Sincerely,

Scott Barton  
Principal/Director

### THREE STUDENTS WILL BE ATTENDING THE FISH AND RICHARDSON SPACE CAMP

Congratulations to the winners of the Fish and Richardson Space Camp Scholarship. The winners were all 6th graders: Estrella Peña, Christopher Santiago and Markus Jones. They are very excited about this recognition and inspired to continue exploring Science.

The Fish and Richardson Space Camp Scholarship is a program that provides the opportunity to six grade students to explore the fields of science, technology, engineering, and mathematics.



## The Preuss School UCSD PTA President- Diane Villalvazo

### Slate of Officers for the PTA Executive Board Nominees

President- Diane Villalvazo  
 Vice President- Ortencia Buitron  
 Secretary- Aimee Leal  
 Auditor- Yecenia Valdelmar  
 Historian- Francisco & Martha Pena  
 Treasurer- Candy Chavez

### Grade Level Representatives

6th-  
 7th- Martha & Francisco Pena  
 8th- Blanca Angel & Esperanza Villanueva  
 9th- Ericka Tabares & Ortencia Buitron  
 10th- Rosa Penoya & Aimee Leal  
 11th- Maria T. Gonzales & Jorge Guerra & Isabel Martinez  
 12th- Diane Villalvazo & Yecenia Valdelmar

### PTA Elections

March 21, 2015

You have to be a member of our PTA at least for one month to be eligible to run or Vote in the PTA so buy your memberships early.

### Membership

So far this year we have 211 paid Preuss School UCSD PTA members!! THANK YOU!

Please buy your membership today! The funds earned goes right back to your kids.

### PARENT MEETING: SATURDAY, MARCH 21, 2015

JOIN US AT OUR PARENT MEETINGS, THE PTA AND THE SCHOOL ADMINISTRATION ARE ALWAYS LOOKING DIFFERENT WAYS TO KEEP YOU INFORMED. DON'T MISS OUT!

## Parent Dinner Dance

Saturday April 25th 2015 from 5pm-10pm

Tickets are on sale now they are only \$15 each. The money earned goes to field trips, parking, 6th grade camp, college visits, and much more.

Come and Bid at the Parent Dinner Dance

Gift Baskets, Lots of Exciting Prizes & Fun!



TICKETS TO BALBOA PARK MUSEUMS

A TRADER JOE'S BASKET



# *Whispers from the Library - Spring*

Congratulations to our bookmark contest winners:

1<sup>st</sup> place 10<sup>th</sup> grader Christine Le

2<sup>nd</sup> place 6<sup>th</sup> grader Isabel Gallegos

3<sup>rd</sup> place 10<sup>th</sup> grader Phuong Diep

Monday, March 2<sup>nd</sup> we celebrated Read Across America by inviting community members to Preuss to read their favorite Dr. Seuss book to a class. Thank you to Diane Demeter, bud Mehan, Aaron from LPL Financial, Ann Hill, Brian Luscomb, Nanci Simkin, Amanda Brumenschenkel, Candance Comeaux, Eric Romer, and Scott Barton for donating their time and enthusiasm. All our ambassadors did a wonderful job of greeting the volunteers, making them feel welcome and introducing them to the class. Thank you to Maryam Rocha, Robel Lema, maria Aguirre, Keelyn McDermott, Melanie Velasco, Emely Rodriguez, Denise Vazquez, Shrya James, Mayerling Colin, Natalya Siratana, cindy Lam, Nelson Sanchez, Alfredo Lopez, and Hanad Adan for representing The Preuss School UCSD so well.

Library Policies for all 8<sup>th</sup> and 12<sup>th</sup> grade school students: All students will need to clear their library accounts by the last day of school of their 8<sup>th</sup>/or 12<sup>th</sup> grade year in order to participate in the Celebration of Learning ceremony or participate in senior activities. A notice was sent home March 12th for parents to sign. If you have any questions about your students' account, please contact Ms. Nance or Ms. Gonzalez in the library. 858-658-7425.

As a reminder Library notices are sent home on at the beginning of each month. If your student owes the library more than \$2.00 or has textbooks from previous years, they will be unable to participate in sports, dances, clubs or any extra-curricular activities.

## *Every Preuss family can get assistance*

Hello Preuss Family,

My name is Amanda Esquivel. I am a Preuss graduate from the class of 2005. I am proud to announce that I have been hired as the school Family Support Specialist. This position on the Preuss campus was made possible by the generous donation from the Grillo-Marxuach Family.

My role as the Family Support Specialist is to provide help and support for students and their families by accessing resources available to them in their community and offering assistance to eliminate stress/conflict in the home in order to ensure an optimal environment for our Preuss students to be successful. Some common reasons to contact me are for assistance with food, clothing, shelter, mental health services, finances, and medical services. This semester I will be offering a stress management class to 9<sup>th</sup> and 11<sup>th</sup> graders who are interested in learning about coping with stress. The class will be offered during advisory on Fridays. Please contact me if you are interested in learning more or to sign up. 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 needed. I can be reached by phone or email. See below for contact information:

Amanda Esquivel, IMFT 72983, Family Support Specialist  
858-658-7409 a6esquivel@ucsd.edu

# Parent Participation

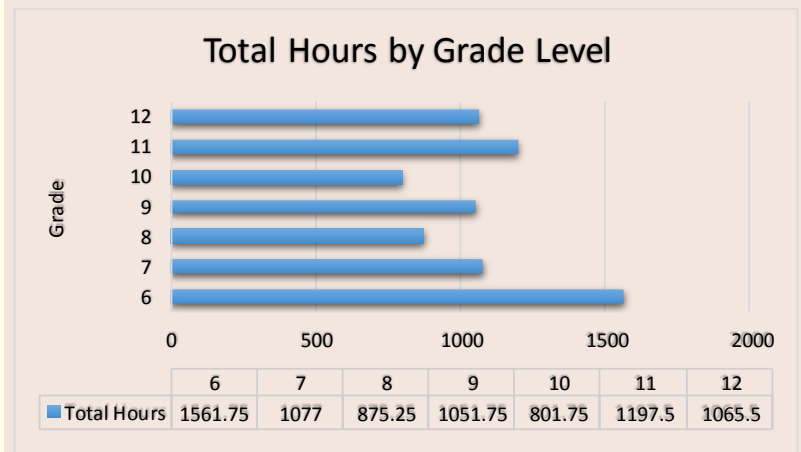
## Participate! Be Involved! Be Informed!

There are many ways for parents to participate and be involved in their child's education. Review your student's progress through the Parent Portal. Be informed by attending PTA General Meetings, PTA Executive Board Meetings, and School Advisory Council Meetings. Get to know your student's teachers and ask questions about the things they are learning in school, homework assignments, and exam dates.

Participate and organize fundraisers, assist parent leaders to sell tickets or snacks during school events. Volunteer in the classrooms, library, and the office.

Every school year The Preuss School PTA sets a goal for parents to participate and volunteer at Preuss for a total of 12,500 hours. This school year parents have completed a total of 7,630.5 hours that is 61% of the way to reaching our goal!

An average of 243 parents attend the monthly Saturday PTA General meetings.



### Next PTA General Meeting

Saturday, March 21, 2015  
9:30am-11:00am, Walton Center

### 6th Grade Camp on Campus

March 24 thru March 27

### Donations Requested for 6th Grade Camp

- Pretzels
- Granola bars
- Dried fruit
- Fresh fruit
- Water
- Juice packs
- Sun block lotion
- Disposable cameras
- Paper plates
- Napkins

Donations accepted Monday-Friday, 8:00am-4:30pm or drop off donations on Saturday, March 21 during the PTA meeting.

To sign up for any of the upcoming events please contact Ms. Sandra Gutierrez, Volunteer Coordinator at 858-658-7473 or [preussvolunteer@ucsd.edu](mailto:preussvolunteer@ucsd.edu)

## Upcoming events for parents to participate and get involved!

The Preuss School UCSD PTA Invites You to  
Join us for a Night of Fun, Food, and Dancing

### Spring Night Dinner Dance

Saturday April 25, 2015  
5:00 P.M. - 10:00 P.M.—Walton Center

Get to know fellow parents, school staff, and community members as we raise funds to support our students. Tickets are now on sale. You will also receive 3 hours per family for purchasing the tickets.

Ticket Prices: \$15.00 per person

Your ticket includes entrance, dinner, music, and a good time!

ADULT ONLY EVENT—NO STUDENTS

Tickets can be purchased in the front office with  
Sandra Gutierrez (858) 658-7473  
[preussvolunteer@ucsd.edu](mailto:preussvolunteer@ucsd.edu)

## Healthy Ideas From the School Nurse

### Healthy Habits:

Spring time brings to us lots of good things such as warmer weather, opportunities for fresh starts, longer days and the beautiful outdoors. These conditions are conducive for us to spend more time outside and to be more active. Spring is a good time to work on personal goals to improve health. Spending time each day doing your favorite form of exercise with a friend or the entire family can keep you more physically and mentally healthy. An exercise partner can help keep the activity and goal on track. Remember to always practice safety such as wearing a helmet when bicycling or riding a scooter, obeying traffic laws, using sunscreen, ensuring pool safety and drinking plenty of water are all important.

Healthy eating is always something we can all work on. Practicing “5-2-1-0” which means: eating 5 or more servings of fruits and vegetables, spending 2 hours or less recreational screen time, spending 1 hour or more of physical activity and 0 sugary drinks (and more water and reduced fat milk).

Practicing mindful eating is another way to improve our nutrition and emotional health. Some mindful eating tips can be to: Shift out of “autopilot eating”- try something new and nutritious for breakfast. Take mindful bites using all your senses to taste and enjoy your food. Try “attentive eating” take a break from your work and avoid multitasking (this can prevent over eating and provide some rest for your eyes).



### Health Benefits

Spring cleaning can provide health benefits both physical and emotional. During the fall and winter we tend to “nest” and collect items which gather and build with time. Dust and other items can accumulate especially on carpets and rugs. The spring season is an opportunity to refresh your environment and to evaluate your health and environmental needs. By doing your personal inventory you may be able to see what may help you do your best at transitioning to a new season.

Cleaning up clutter and organizing your personal space can help you feel more balanced. It makes life easier and more controlled if we can quickly find what we need. It is helpful to have an organized “clutter free” space to do homework and study. It can help your student focus and accomplish his/her educational goals. We can maintain a state of calmness and can be more positive in our outlook when we are in “charge” of our surroundings.

A dose of spring cleaning can help. Such cleaning can take various forms such as cleaning closets, bedrooms, desk tops and de-cluttering. Cleaning carpets, floors and upholstery gets rid of dust and pet dander- very common allergy/asthma triggers. Keep in mind it’s helpful to start with setting small goals which can easily be accomplished without feeling overwhelmed.

## Healthy Ideas from the School Nurse Continued...

### Asthma and Allergies:

With all that is blooming in San Diego pollen counts can be high and vary from day to day. High pollen counts can be a trigger for seasonal allergies and for asthma. If your child is experiencing allergy related symptoms or health problems a visit to the doctor is very important. The doctor can recommend an *Asthma Action Plan* or an *allergy management plan* for school. Having a medical plan at school ensures that your child can have the right medical treatment while at school. Please see the nurse for the required medication forms. Also please keep in mind that *all medications need to be kept and dispensed at the nurse's office for safety. Please keep your personal and emergency contact information current.*

### Tdap Reminder:

Please note that, ALL STUDENTS ENTERING, ADVANCING or TRANSFERING into 7<sup>th</sup> grade will need proof of an adolescent whooping cough booster immunization (called Tdap) for school in the fall. This requirement applies to all public and private schools. This immunization requirement is intended to help reduce the spread of whooping cough among California's youth. Most children are fully protected prior to entering kindergarten because of the DTap vaccine. However, protection to these diseases wears off and preteens and teens may be at risk for catching this disease without a booster.

If your student is still in need of the booster it's important to get your student vaccinated now to avoid the back to school rush and to be protected from disease. *Remember to bring in ay shot updates to the school nurse to assure that they are on record.*

In addition to Tdap, there are several important vaccines recommended for teens and preteens including the meningococcal vaccine, a second chicken pox and the HPV vaccine series. Everyone older than six months is recommended to receive a seasonal flu vaccine each year.

For any questions concerns or further resources please see or call the nurse @858-658-7422, For information on immunizations and where to go for free or low cost vaccines see [www.shotsForSchool.org](http://www.shotsForSchool.org).

*For information on how to get a free yearly check up call 1-800-675-2229*

*Chris Richter  
School Nurse  
preussnurse@ucsd.edu*

# HEALTHY PATH

## A CALL FOR UNDERSTANDING BY VINCENT FULCHIRON

Parent Newsletter, Article Four

I was originally going to write about counting calories this month and how I am opposed to the practice if the goal is to eat healthy, but I feel it necessary to address this issue.

Hot Cheetos and all its different varieties has become a GIANT problem with The Preuss School population. It is my hope to convince you, as parents, to not only speak with your children about NOT eating these snacks, but to limit access to them. I know I am asking a lot, but please hear me out.

Every day I watch students at The Preuss School eat Hot Cheetos. This in itself is not too terrible, but the pattern of behavior it creates is incredibly unhealthy. Typically, eaters of Hot Cheetos do not eat enough school provided lunch or any at all. Instead, these students consume a bag, of various sizes, of Hot Cheetos and call this lunch. There is NO NUTRITIONAL VALUE in Hot Cheetos or any other related snack. Simply Google search "Hot Cheetos Ingredients" and look for yourself. The level of processed carbohydrate is very high compared to the level of fiber and protein. As a result of this, students can eat a ton of Hot Cheetos and never feel full.

This leads to the next problem. Students who only eat Hot Cheetos for lunch do not have the proper energy level to consistently achieve high academic standards in their afternoon classes. This is because the calories provided by these snacks are called "empty calories."

This means there is nothing of nutritional value that the body needs in this food product. Eating Hot Cheetos causes spikes and crashes in energy, which results in low brain activity. How can a student at The Preuss School ever reach his/her true potential if proper nutrition is consistently ignored? The next time your son or daughter has a drop in grades or a classroom behavior-related issue ask them two simple questions; when during the day is this class? And what did you eat for lunch this week?

The last issue involves speaking to your children about NOT eating this stuff. As of now, the teaching staff and administration do not have the authority to take these foods away from your children. We can only provide truthful information with regard to eating healthy and encourage students to eat lunch. If we have parental support with this issue it will only help. I implore all parents to speak to their children about NOT eating these snacks AND limit access to them as well. Take them out of the house. Don't eat them yourself. Find healthy alternatives. Your children are incredibly precious. It is our responsibility as parents and educators to show them what a healthy life style should look like.

And by the way, I have a seven-year-old son at home. I deal with this issue every day, just like you. If you have any questions please email at [vfulchiron@ucsd.edu](mailto:vfulchiron@ucsd.edu)



# Student Support Services March-April

## REPORT CARDS

The 1<sup>st</sup> **Mid-semester** ends on **March 13th**, and Progress Reports will be distributed during advisory on March 18<sup>th</sup> and 19<sup>th</sup>. Students who's GPA is below 2.25 will be placed on Pink Progress Report notices. The next **Pink Progress Reports** will be given on **April 8<sup>th</sup> and 9<sup>th</sup>**. Parents: it is important to remember that just "getting by" with C's will not necessarily earn a student a spot in a four-year university. Earning a D or F in a core subject may not only require repeating the course, but it may make the student credit-deficient for earning a diploma. Encourage your student to take advantage of tutoring opportunities, stay organized by using the Preuss Planner and interactive notebook, and do all their homework *the night it is assigned if possible*. All students who need a Cal Grant for financial aid to pay for college must maintain a minimum, un-weighted 3.0 GPA in grades 10 and 11. The time to be proactive is now; thank you for your support!

## Online Course Selection for 2015-2016 for Grades 7 through 12

Students will receive course selection materials in their Advisory classes during late March/early April. Parents will be particularly interested in the *Course Description and Educational Planning 2015-2016* booklet, which contains a detailed description of each course in grades 6-12. Advisory teachers 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.* Online Course Selection will be completed in Advisory classes. Parents please review the Course Description and Educational Planning booklet and thank you for helping your student with this important process.

## About College Acceptance and Rejection Letters

The following article comes from The USA TODAY College Contributor network. We found it relevant and important for all of our seniors who are now getting college acceptances and rejection letters:

### 3 lessons you can learn from college rejection letters

By: [Varsity Tutors](#) March 7, 2015

This spring, millions of high school seniors will receive positive college admissions decisions. Unfortunately, many students will also receive at least one rejection letter.

Moving past a rejection letter can be difficult, especially if the school in question was your first choice. In order to ease your disappointment, try to think of a rejection letter as a learning experience – not a failure. After all, there are a number of lessons that you can take away from a college rejection letter. Here are three:

#### 1. The school may be a poor fit for you

When admissions officers review applications, they base their decisions on more than your academic performance and test scores. For instance, a college may consider your interests outside school or your personality traits. Do you enjoy challenges? Are you self-motivated? Such factors can help admissions officers determine whether or not you are the right fit for their college. Being rejected from a school that isn't ideal for you can save you time, money and effort in the long-run — as students who are unhappy with their choice of college may ultimately transfer elsewhere.

#### RELATED: [5 ways to start preparing for college once you have the acceptance letter](#)

When researching first-choice colleges, many students tend to focus solely on a school's most appealing qualities. In their desire to attend, they may accidentally overlook aspects of a college that simply do not suit them. If you are rejected from your top choice, it can be helpful to decide whether this was the case.

#### 2. Your second choice may be perfect, too

Even if you are deeply in love with the school that rejects you, try to remember that everything will be fine. There are literally *thousands* of other colleges across the nation, and you may very well find one that is comparable to — if not an even better fit than — the school that rejected you.

#### RELATED: [Should college acceptance letters be sent via e-mail?](#)

Take a moment and reevaluate what you are looking for in your college experience. Consider visiting your high school's guidance office. Once there, ask your counselor for advice on selecting a college from your pool of acceptances. Your guidance counselor can help you compare schools and guide you toward the right decision.

#### 3. Overcoming rejection can make you stronger

Rejection is an unavoidable part of life. Yes, receiving a rejection letter can be discouraging, but it can also make you a more resilient person. Chances are you will be rejected several more times when applying to future opportunities (like graduate school programs, internships, jobs and scholarships). Of course, there will also be wonderful moments when you are accepted. The key is to learn from both rejection and acceptance. If a college rejects your application, think about why it might have done so — did you rush while writing your application essay? Was your application incomplete? Likewise, if a school accepts you, consider what might have led to this outcome. Did your application include strong letters of recommendation? Did you devote a great deal of time and effort to writing your application essay? Reviewing the strengths and weaknesses of your application can help you better overcome rejection in the future.

**MARCH /APRIL SCHOOL EVENTS**

- 3/18-3/19: Progress Reports Distributed in Advisory Classes
- 3/21: Saturday Enrichment Academy and Parent Meeting-  
9:00 am –11:00 am
- 3/24-3/27 Sixth Grade Camp on Campus
- 3/27: Middle School Social-Dance: Walton Center, 1:30 pm -4:00 pm
- Spring Break: March 30th thru April 3rd—Students will return to school April 6th.
- 4/2-4/4: Robotics– Valley View Casino Center, 3500 Sports Arena Blvd. 8:00am-5:00pm
- 4/7: PTA Executive Board Meeting: Community Room-5:30pm
- 4/8-4/9: Pink Progress Report given to students at risk
- 4/10: Air Band -Amphitheater Walton Center-7:00pm-9:00pm
- 4/11 & 4/25: Saturday Enrichment Academy -9:00 am –11:00 am
- 4/18: Science Festival, Walton Center and classrooms, 11:00am-1:00pm
- 4/25: Parent Dinner Dance– 4:00 pm—9:00 pm
- 5/2 & 5/16: Saturday Enrichment Academy
- 5/6-5/7: 2nd. Mid-semester Progress Report Distributed
- 5/16: Preuss Health & Wellness Fair, 11:00am to 2 :00pm

**Special Thanks to Our  
Insight Newsletter  
Contributors:**

Michael P. O’Neill, Director of  
Manufacturing  
CareFusion Corporation,  
Chip Mutza, Site Manager from  
Ikon Office Solutions

Jose Garcia,  
Preuss Former Parent Class of  
2004

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10020 Pacific Mesa Blvd.  
San Diego, CA 92121  
(858) 617-4389*

**Free Services and Programs**

- Health Screenings
- Health Information
- Exercise and Physical Activity
- Nutrition Education
- Giveaways



**1<sup>st</sup> Annual Preuss  
Health & Wellness Fair**



Organized by:

**Saturday, May 16<sup>th</sup>** \*Mark your calendar  
**11 am to 2 pm**  
Immediately after the May Parent Meeting  
at the Preuss School

**Department of  
Family Medicine &  
Public Health**

