

The Preuss School UCSD Insight Newsletter

SEPTEMBER/OCTOBER
2017

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

Contact Us

Give us a call for more information about our school.

Preuss School UCSD
9500 Gilman Dr.
La Jolla, CA 92093-0536

(858) 822-3000
Fax: **(858) 822-1620**

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

A Message from our School Principal-Director Scott Barton

Dear Parents,

The Preuss School UCSD is beginning its nineteenth year. The 2017-2018 school year started on August 14, and we welcomed back 829 students! August was a busy month beginning with the orientation to welcome our new students, including 124 sixth graders. We are looking forward to an exciting academic year.

Congratulations to the Class of 2017! 94 percent of the 102 seniors were accepted to a four-year college or university. 71 percent were accepted to at least one University of California campus. 50 students are attending a UC campus, including 29 attending UC San Diego through the Chancellor's Associates Scholarship Program, which creates "full ride" funding support for qualifying Preuss graduates.

During the school year, many students participate in Enrichment Programs and Internships that continue into the summer programs with UC San Diego and our community partners. These students worked with engineers, doctors, scientists, professors and teachers from UC San Diego, UC San Diego Cancer Center, The Sanford Burnham Prebys Medical Discovery Institute, Pfizer and many other local organizations. We are always looking for more opportunities for our students to gain experience in the workplace. If you would like to learn more about these programs, please have your child contact their Advisory teacher.

See page 2

GENERAL PARENT MEETINGS

Saturday
September 16
October 14
9:30 to 11:00 AM

Inside this issue:

Message from the School Principal	1-4
Notes from the Vice Principal	5
Whispers from the Library	6
Notes from Student Services	7-8
Meet the New Teachers and Staff	9
Parenting Information	10-11
Healthy News/ Studio Static Insights	12-13
A Note from Admissions	14

WELCOME BACK TO A JOURNEY TO COLLEGE
EVERY DAY AT PREUSS IS A DAY OF LEARNING



News From Scott Barton Cont'd

This year we welcome new faculty and staff members:

Math – Tyler Liberty
Math Intern – Jesus Arias Rodriguez
Spanish—Ernesto Orozco
Financial Manager – Maria Ibarra
Receptionist/Health Assistant – Vanessa Brum
Human Resources – Raquel Hall
Registrar – Lissette Lizárraga

PTA-

I encourage all of our parents to become involved in the school. To support classroom and school-wide activities, join the PTA! The Saturday PTA General Meetings are a great way to learn about what is happening at Preuss, a great way to earn participation points, and it is a great time to get to know other parents. Each meeting includes a Principal's Report and a featured speaker who will share information regarding school programs. Translation in Spanish is provided along with other languages if there is demand and a translator. By attending the PTA General Meetings, you will learn new information about Preuss and earn volunteer participation points. The next General Meeting will take place on Saturday, September 16, 2017, at 9:30a.m.

I look forward to seeing you there.

Back to School-

Back to School Night was held on Thursday, August 24, and was attended by 457 parents. The parents had the opportunity to attend their child's classes and meet their teachers. The faculty and staff were introduced in a brief meeting before the classroom visits. It was a night of learning for parents.

Transportation-

I would like to thank the parents who have contributed to the cost of transportation during last school year and the beginning of this school year. For the 2017-2018 school year, Preuss families are being asked to donate \$20 a month, or \$200 per year, to help defray the cost of school bus transportation. Please contact the main office if you have any questions. For your child's safety, we advise that you DO NOT send cash to school with students for transportation payment.

We continue to contract with the San Diego Unified School District (SDUSD) to transport our students. There have been changes in the pick-up and drop-off schedule and some students were moved to different buses. We have tried to accommodate students with the most suitable bus stop. Mrs. Villanueva, our Transportation Coordinator, has worked closely with SDUSD transportation to make the appropriate adjustments to the bus stops. Implementing bus changes can take up to one month. Please understand that we are doing our best to accommodate all families. If you have questions, please phone Mrs. Villanueva at 858-822-1738.

School Attendance-

Students need to be at Preuss every day and should only be absent if they are sick and/or contagious. Christine Richter is our school nurse. Her contact number is 858-822-2291 and she can provide the information you need on whether your child is well enough to attend school. When students miss school, they miss valuable lessons that cannot be recreated with homework; in addition, the school loses money when students are absent. Please do not plan vacation days when Preuss is in session. Thank you for ensuring your child attends school every day; being in school every day, equal's student success.

News From Scott Barton Cont'd

ParentSquare-

ParentSquare has proven to be a useful tool in communicating with parents. ParentSquare is a two-way private communication program that provides a safe way for the Preuss School and parents to communicate. If you have any questions regarding ParentSquare please contact your student's Advisory teacher.

Parent Portal-

Parent Portal is your doorway to your student's educational success in each of their classes. Parents are able to view their student's information from the school database using Aeries Parent Portal. You will be able to view your student's demographic data, grades, unofficial transcripts, attendance records, class schedule, progress toward completion of graduation requirements and emergency contact information. Each parent should have received the necessary information through their student's Advisory class to create an account and log into the Aeries Parent Portal. If you did not receive this information, please contact the front office at 858-822-3000.

California Assessment of Student Performance and Progress (CAASPP) –

Parents will be receiving CAASPP tests scores in a Student Score Report this month. Students will receive an overall score for each subject, ranging from 2,000-3,000. This score shows if students exceeded, met, nearly met or did not meet expectations for their grade. The second page of the report includes a further breakdown of that score, providing individualized information on your child's academic strengths and potential challenges. I will be reviewing our school's overall data, and comparing it to San Diego County and the State of California at the September 16, PTA general meeting.

As we proceed with the school year if you have any questions or concerns, please contact the school. Please contact your child's teacher if your questions are about classes or curriculum. Your child's University Prep teacher is also a valuable asset and can answer questions or assist you in getting the appropriate information. You can contact the school by phone or through the Preuss website (preuss.ucsd.edu) to get email addresses of our teachers. Edmodo is also a valuable resource as you can check to see the assignments for each class.

Included in this newsletter is information regarding the Deferred Action for Childhood Arrivals program (DACA) and support services. Also included is my message to parents, students, faculty and staff sent via ParentSquare.

I look forward to another successful school year and working together to achieve student success.

Sincerely,

Scott Barton
Director/Principal



Learn
something new
every day

A Note from Mr. Barton

Information regarding the Deferred Action for Childhood Arrivals program (DACA) and support services.

Preuss Students, Preuss Families, Faculty and Staff:

The Trump Administration made the decision to end the Deferred Action for Childhood Arrivals program (DACA). Preuss understands that there is much anxiety in our community as a result of this decision. At The Preuss School UCSD, we are committed to the mission of preparing all of our students, including undocumented students, for college. I want to assure all Preuss students and families that Preuss is committed to preserving the constitutional right of every student to receive a high quality education, regardless of immigration status.

In 1982, the U.S. Supreme Court ruled that undocumented students have a constitutional right to a free public education. Schools may not discriminate against undocumented students; cannot request information regarding immigration status, and cannot adopt policies or practices that discourage participation by undocumented students or their families, or lead to the exclusion of students based on their or their parents' or guardians' actual or perceived citizenship or immigration status.

All students have the right to a free public education and Preuss will continue to uphold this right. Preuss is a safe school and we will protect the rights of all of our students. Preuss embraces and celebrates our diversity. Preuss was created to guide you in transforming your lives.

The vision of The Preuss School UCSD is to transform the lives of students who are from low-income families and who are traditionally underrepresented in colleges, with the goal of qualifying them for university admission as the first generation in their families to attend four-year colleges or universities.

Your teachers, counselors, staff and the administration have dedicated themselves to this vision and they are at Preuss because they believe in you. They are here to assist you in preparing yourselves for college and to transform your lives and the lives of your family. And ultimately to transform our community. We support all of our students.

As a Preuss community, we are all in this together. And together, we will continue to be successful in our vision of transforming lives and preparing you for college and beyond.

Sincerely, Mr. Barton

Here are the things you need to know about the announcement to end DACA:

1. Your DACA is valid until its expiration date.
2. No new DACA applications will be accepted after September 1, 2017.
3. Pending applications will continue to be processed.
4. **If your DACA expires between now and March 5th, you must submit your renewal by October 5th.**
5. No more advance parole (traveling abroad).

What happens now? Congress must pass a law. It took massive organizing to make DACA happen in the first place. It will take the same amount of work to get Congress to act within the next 6 months. Right now, the Dream Act is before Congress. It provides for a path to citizenship for Dreamers. **Again, please come out and attend the rally closest to you.** We need as many people as possible to get this law to pass.

Immigration Law Briefing for Parents (Presentation moderated by Elizabeth Zamora-Mejia, partner at Atkinson, Andelson, Loya, Ruud & Romo. Guest speakers are: Gabriel Sandoval from Atkinson, Andelson; Katelyn Brazer from the Coalition for Humane Immigrant Rights of Los Angeles; and Elizabeth Camarena from Casa Cornelia Law Center)

- Video presentation ([English](#)) ([Español](#))
- Video transcription ([English](#)) ([Español](#))
- [Immigration Law Briefing for Parents / Resumen para Padres de la Ley de Inmigración](#) (Presentation by Gabriel Sandoval and Elizabeth Zamora-Mejia, partners at Atkinson, Andelson, Loya, Ruud & Romo)
- [Know Your Rights / Conozca sus Derechos](#) (Presentation by Katelyn Brazer, Coalition for Humane Immigrant Rights of Los Angeles)
- [Changes in the Implementation of Immigration Laws / Cambios en la Implementación de las Leyes Migratorias](#) (Presentation by Elizabeth Camarena, Casa Cornelia Law Center)

Notes from Vice Principal Mr. Pete Selleck

We are off to a great start of another outstanding school year. The success of The Preuss School has always been a result of students, parents, and staff working together toward a common goal.

The Student Handbook

Be sure to review school policies with your child. In addition, check “The Planner” frequently to be sure that your student is using it to stay organized and keep track of homework assignments.

Homework

Students need a quiet place free of distractions to study each night. They also need a designated place to store school materials. Every evening, help your son or daughter to pack up their backpack after homework is complete. This will help them to stay organized, and reduce the stress of trying to hurry out the door on time in the morning.

Cell Phones

Put the charging station in a place where parents can monitor the phone, and students do not have access during homework time, or at bedtime. Cell phones are causing students too many interruptions during study time, and having a negative effect on health. Too many students are not getting enough sleep at night because they have access to their phones all night.

Attendance

Our students do not benefit from the outstanding lessons of our teachers if they are not here. It is said that missing a day at Preuss is like missing a week at many other schools. Be aware of the unique school calendar at Preuss. Do not plan any family trips, or other activities, during the school year. Try to schedule appointments on Friday mornings when school starts at 10:15 am. If your child is absent, call the Attendance Office at (858)822-0311. If you get voicemail, leave a message and follow up with a written note. California law requires that the parent notify the school in a timely fashion.

Transportation

Be sure to have your students at their assigned bus stop 10 minutes before the scheduled arrival time. Students may only ride their assigned bus, and may only utilize their assigned stop.

October is National Bullying Prevention Month

Demand that your student reports any inappropriate behavior to school officials. This is a critical factor in providing a safe environment for all students.

Whispers from the Library

Welcome Back! All textbooks have been checked out to the students and we have just started our 6th grade orientation. The inside of every student planner should be filled out with all their textbook information. Prices may be obtained from their advisory teacher or the librarian. Our first library notices will go out at this month. Remember if your student/s has textbooks from last year or fines totaling more than \$5.00, he/she will not be able to participate in athletics, clubs or school sponsored events. Turning in late textbooks or paying part of their fine will allow them to participate for the month and paying all will put their account in good standing. Student may volunteer to work off their fines.

It is very important that your student checks each and every one of their textbooks for any damage. Damage can include writing, drawings, water/food stains, torn pages and or torn covers. We cleaned and checked all textbooks that came in last year, but things get missed. If the student does not bring any damage to our attention by the end of September then they will be held responsible at the end of the year. It is a \$5.00 minimum charge. **TO PREVENT DAMAGE AND EXTEND THE LIFE OF OR TEXTBOOKS IT IS VERY IMPORTANT TO COVER ALL HARD-BOUND TEXTBOOKS WITH BOOK COVERS WE HAVE HERE IN THE LIBRARY.**

We are celebrating Banned Books Week from September 24 through September 30th. Stop by the library to check out books banned or challenged and read about why the book was banned or challenged. We will be having a contest to celebrate, more details to follow in the daily bulletin.

Online library information is on the Preuss School website. Check us out under Current Students. We have links to our databases, the school catalog, the DCP and Overdrive (our ebook collection site). Students are able to access our ebooks using their student ID number.

We have many new additions for the students to check out. As the books are added to the catalog, they are placed on the NEW BOOK bookshelf in the front of the library as you walk in the door.

We are always in need of parent volunteers! We hope to see you in the library.

Keep Reading,

Ms. Nance and Ms. Gonzalez



Student Support Services

Hello Preuss Families

It is a pleasure for the School Counseling Team to welcome you to the 2017-18 school year. A special welcome to our 124 6th grade as well as several 7th through 9th grade new students and their families! We look forward to getting to meet and know you all, so please introduce yourselves to us when you get a chance.

Our mission is to offer support and guidance to all of our students in not just Academic, but also Personal/Social, College/Career Planning, and Emotional domains. We are available to meet with and assist students with a variety of topics such as: challenges with grades, stress, pressure, loneliness, grief, transitions, and many other issues that adolescents face. Students may request a pass from their teacher or the nurse to meet with us, or they can also come up and ask if we can talk together.

If you have any specific concerns regarding your student, please feel free to contact us for assistance. It is truly an honor to work with the students at The Preuss School UCSD. We look forward to a wonderful year together!

We are:

Ms. Patrick—School Counselor Grades 6-8
empatrick@ucsd.edu (858) 822-0996

Ms. Resendez—College Advisor
jresendez@ucsd.edu (858) 822-2002

Ms. Honeycutt—School Counselor Grades 9-12
ahoneycutt@ucsd.edu (858) 822-0409

Ms. Ghonaim—School Psychologist
ghonaim@ucsd.edu (858) 822-1485

~Available Mondays & Wednesdays~

Academic Support Available

There are services available at Preuss to support your child's academic progress and achievement. Some of the services offered are: After School Tutoring, Saturday Enrichment Academy, UCSD Tutors in the Classroom, or 1-on-1 when requested and arranged ahead of time.

Important Note: Students who wish to stay after school for tutoring must plan ahead of time to assure that there is space in the tutoring room they would like to attend. Middle School Students must sign up in advance to reserve their spot for a specific tutoring session.

Aeries Parent Portal

The First Progress Report grades will be brought home by your student on September 27th for middle school, and September 28th for high school students. If you would like to see their grade progress other times throughout the year, and you do not yet have Aeries Parent Portal access, please contact us or your student's Advisory teacher to get your sign-up code information.

Middle School Elective Classes

In addition to the core academic classes that Preuss students take, we offer elective classes where students get to further explore their interests and passions. In order to determine which electives they will choose in high school, we allow students to be exposed to various elective courses in middle school. 6th and 7th grade students rotate through an elective wheel, usually 4 classes at around 10 weeks each, while 8th grade students take two semester-long electives. 8th graders can also request to take a special full-year elective such as ASB (Student Government), or Orchestra. Students referred by their Math teachers or diagnostic testing may receive Math Enrichment as their elective for part or all of the year. Please note that there is a 6-week pullout from the full year electives for mandated health education. On the following page you can see a breakdown of the technology elective information that the students will learn each year.

Student Support Services

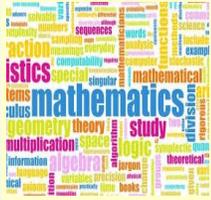


Curriculum: The specific lessons and projects taught in the STEAM wheel classes will vary somewhat with the preferences and expertise of the assigned teacher, but the core skills taught are meant to build on prior elective years so please include the skills below at each level.

Class	Core skills / SWBAT's	Example lessons/projects
6 th grade Technology	<ul style="list-style-type: none"> -Digital Citizenship (cyber bullying, Net safety) -Touch typing -Saving/ retrieving electronic documents (i.e. word processing, presentations, spreadsheets) -Computer hardware basics 	<ul style="list-style-type: none"> -Plan a vacation trip that you present to class (i.e. Powerpoint). Include pictures, written descriptions, and costs for travel, hotel, and activities organized in a spreadsheet.
6 th grade STEAM	<ul style="list-style-type: none"> -Scientific method -Engineering design cycle <p>Emphasis on process of brainstorm-prototype-test-repeat.</p>	<ul style="list-style-type: none"> -Design a catapult using supplied materials (rubber band, cafeteria spoon, cardboard, tape) that throws a marshmallow the furthest. Modify and improve after initial testing. <p>Other typical projects: Furthest flying paper airplanes, tallest/longest paper or spaghetti towers/bridges, slowest parachute drop, longest marble rollercoaster, etc.</p>
7 th grade Technology	<ul style="list-style-type: none"> -Digital Citizenship -Reinforce prior skills (touch typing, saving/retrieving files) -Explore graphics programs, animations, CAD 	<ul style="list-style-type: none"> -Create/present simple original graphics (i.e. PAINT.NET, SVG-EDIT) -Create/ present a simple animation (i.e. FLASH) -Create/present a simple 3D CAD model (i.e. SKETCHUP, TINKERCAD, SCULPTRIS, etc)
7 th grade STEAM	<ul style="list-style-type: none"> -Scientific method -Engineering design cycle -Probability & Statistics <p>Emphasis on using data to make decisions. Use a spreadsheet to organize data and draw conclusions.</p>	<ul style="list-style-type: none"> -Optimize a straw rocket for highest flight by changing variables one at a time and running repeated trials (angle of launch, height of plunger, size/shape of fins, mass of rocket, etc) -Create a pendulum with a period of exactly 1 second. (What factors affect the period? Mass? Angle? Length?) <p>Other typical projects: Highest water bottle rocket, fastest balloon-powered car, strongest electromagnet, furthest ramp-jump, etc.</p>
8 th grade Technology	<ul style="list-style-type: none"> -Digital Citizenship -Introduction to web site development and coding. 	<ul style="list-style-type: none"> -Create a simple website (GooglePages) -Create simple computer programs (i.e. Code.org, SCRATCH, ALICE, etc)

Meet Our New Faculty and Staff

Tyler Liberty Math Teacher



The first day of school can be nerve wracking for a student at a new school. What people don't realize is that the same can be said for a teacher at a new school. I wasn't sure what to expect when students walked into my class for the first time this year. Even though this is my fourth year teaching, I still had the same nervous adrenaline coursing through my veins that I had on my first day ever in my own classroom. I should've known better- I had heard stories of Preuss and had a vague idea of what I was up against.

As the bell rang and students poured into my room, I willed myself to look out across the unknown faces staring at me. Still, nothing could have prepared me for what I was about to face. Students came into my class not only being incredibly respectful, but it was clear to me that an understanding of the importance of education had been instilled in them. When I met parents at back to school night, it was invigorating to see how many individuals had taken time out of their day to support their sons and daughters. These first few weeks have truly been an amazing time as a teacher, and I'm so excited to continue educating these young Tritons each and every day.

I'm extremely lucky that I get to work at Preuss. This is an amazing atmosphere where are not only are students invested, but teachers are working hard, the administration is advocating for students and supporting the overall school culture, and parents have a true desire to support their children in whichever way possible. Thank you for letting me be a small part of what you all have built here. I'm looking forward to an amazing year.

Mr. Liberty

Ernesto Orozco Spanish Teacher



Mr. Ernesto Orozco graduated with a BA in Latin American and Latino Studies & Politics from the University of California, Santa Cruz. He started at The Preuss School UCSD as a volunteer and mentor before working as a substitute teacher. He is currently working on his Master's Degree in Education from the University of California, San Diego. He is married and has one child. When not teaching, Mr. Orozco enjoys playing music in his "son jarocho" group Radio Guacamaya, and playing soccer.

Vanessa Brum School Office



Hello my name is Vanessa Brum and this is my first year at Preuss. I feel so very blessed to have been given this opportunity to work at this wonderful school. I am very excited for what the future holds at Preuss for me. I am the first generation in my family to be born and raised in Beautiful San Diego. My mother immigrated from the Azores Island, Portugal and my father from Angola, Africa (was once a Portuguese Colony). My family is my world and I love spending the majority of my free time with my family and friends. My fiancé is currently going to school for his Masters to become a Special Education Teacher and we will be married in October 2017. We have a Boston terrier puppy (our fur baby) named Mina, she is our everything.

Maria Ibarra Financial Manager



My name is Maria Ibarra and I am the new financial manager. Before joining the Preuss School, I worked for the Structural Engineering Department at UC San Diego. I graduated from UC San Diego with a bachelor's degree in Human Development. I am excited and honored to be joining the Preuss School family.

Maria



Amanda Esquivel, MFT
 88617
 Family Support
 Specialist
 Preuss School UCSD
 Office Phone:
 858-822-1484
 Cell Phone:
 858-568-8632
 Fax: 858-822-0096

Family Support Services

Welcome to the 2017-2018 school year.

Please remember I am here to assist Preuss families with any resources in the community that may be needed such as food, shelter, mental health services, insurance, clothing, etc. Do not hesitate to contact me at a6esquivel@ucsd.edu or 858-822-1484. Also, please take a look at the information for the parenting classes that I will be presenting throughout the year. I would love to see you there! Thank you and I look forward to a wonderful year.

Parenting Workshops - *Talleres para padres*

Join us for our interactive and supportive parenting workshop series aimed at learning and strengthening practical parenting skills that equip kids with character, compassion, problem solving and more. **See schedule of classes below.**

Únete a nosotros para nuestra serie de talleres interactivos y de apoyo para padres que tienen como objetivo aprender y fortalecer las habilidades prácticas de los padres que equipan a los niños con carácter, compasión, resolución de problemas y más.

Location: Preuss Library- *Biblioteca de Preuss*

Time: 11:00am-12:30 (after monthly PTA meeting) (*después de la junta PTA*)

Provided by: Amanda Esquivel

September 16, 2017	Technology & Communication •Guest: Sandra Gutierrez •Navigating aeries •Parent Square
October 14, 2017	Parenting Styles •Healthy attachment •Learn and identify your parenting style •5 love languages
December 2, 2017	Stress Busters •Good vs. bad stress •Fight or flight •Self-care
January 20, 2018	Self-Esteem •Building self-esteem •Destroying self-esteem
March 17, 2018	Postive Parenting •Rules/expectat ions •Effective discipline •Problem solving
May 19, 2018	Family Fun •Quality time •Ideas/ suggestions

Septiembre 16, 2017	Tecnologia & Comunicacion •Orador: Sandra Gutierrez •Navegando aeries •Parent Square
Octubre 14, 2017	Estilo de Crianza •Apego saludable •Aprender y identificar estilo de crainza •5 languages de amor
Diciembre 2, 2017	Luchando Estres •Bueno vs. malo estres •Huir o Pelear •Autocuidado
Enero 20, 2018	Auto-Estima •Construyendo auto-estima •Destruyendo auto-estima
Marzo 17, 2018	Crianza Positiva •Reglas/expectativas •Disciplina efectiva •Resolviendo conflicto
Mayo 19, 2018	Diversion Familiar •Tiempo de calidad •Ideas/ sugerencias

Parent News

By Sandra Gutierrez, Volunteer Programs Coordinator

Computers 2 San Diego Kids

The Preuss School continues its partnership with Computers 2SD Kids. It will hold its 4th annual computer distribution on Saturday, October 14th between 10:30am-12:00pm in front of The Preuss School.

“Based on a study by the San Diego Regional Technology Alliance, 28% of San Diego County Families do not own a computer.”

Computers 2SD Kids wants all children and their families in San Diego, regardless of their economic status, to be computer literate and have equal access to technology and the crucial educational, occupational, and financial resources that technology can provide.

Cox high-speed internet is also working with Computers 2SD Kids to provide discounted internet services to qualifying families. A representative from Cox will be here on Oct. 14 to help Preuss families apply for the low cost internet services.

A ParentSquare message will be sent to all families with the attached application for a computer. The applications can be picked up in the Front Office of The Preuss School.

ParentSquare

A communication tool for Parents and the school to share important information.

Parents, you may have received an email or text message inviting you to join ParentSquare. It's easy to sign up! Simply click on the invitation and create a password. Once you create a password you can sign in from any computer or right on your phone. You will be able to view important information being posted by teachers and staff regarding school activities, events, upcoming test, field trips, sports activities, etc. You can also sign up for upcoming volunteer opportunities!

Saturday PTA General Meetings

September 2017

5th - PTA Executive Board Meeting, 5:30-7:00pm
 16th - General Meeting, Walton Center, 9:30-11:00am
 Topics: Student Services & Advisory Library, 11:00am-12:30pm, Parenting Workshop: "Technology & Communication"

October 2017

3th - PTA Executive Board Meeting, 5:30-7:00pm
 14th - General Meeting, Walton Center, 9:30-11:00am
 Topic: Higher Education Talk
 Library, 11:00am-12:30pm, Parenting Workshop: "Parenting Styles"
 10:30am-12:00pm, Computers 2SD Kids, Computer Distribution

November 2017

7th - PTA Executive Board Meeting, 5:30-7:00pm
 4th - General Meeting, Walton Center, 9:30-11:00am
 Topic: Parenting Class offered by Ms. Esquivel
 4th - Open House, 11:00am-2:00pm

December 2017

5th - PTA Executive Board Meeting, 5:30-7:00pm
 2nd - General Meeting, Walton Center, 9:30-11:00am
 Topic: *Financial literacy (pending confirmation)*
 Library, 11:00am-12:30pm, Parenting Workshop: "Stress Busters"

January 2018

9th - PTA Executive Board Meeting, 5:30-7:00pm
 20th - General Meeting, Walton Center, 9:30-11:00am
 Topic: *Pending*
 Library, 11:00am-12:30pm, Parenting Workshop: "Self Esteem"

February 2018

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

March 2018

6th - PTA Executive Board Meeting, 5:30-7:00pm
 17th - General Meeting, Walton Center, 9:30-11:00am

PTA Elections

Library, 11:00am-12:30pm, Parenting Workshop: "Positive Parenting"

April 2018

3rd - PTA Executive Board Meeting, 5:30-7:00pm
 21st - Dinner and Dance sponsored by the PTA, Walton Center, 5:00pm-10:00pm

No general meeting

May 2018

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

June 2018

5th - PTA Executive Board Dinner, 5:30-7:00pm
 9th - Parent Appreciation Event, 9:30-11:00am
 25th - Last day of school, Minimum Day
 High School Graduation starts at 4:00pm

The Preuss School Health Service Program by Christine Richter RN

Welcome back students and parents. Thank you for your hard work and support of your student. My name is Christine Richter RN and I am the school nurse at Preuss. I am here each day to support your student's health. Maintaining good health is very important to your child's educational success. Please keep the nurse informed of any health concerns your child has along with current contact numbers for emergencies. If your child has asthma, please be sure an asthma action plan is in place. (see the nurse for required physician forms). If your child needs medication at school, a doctor's order is required each school year. The medication needs to be kept safe and administered in the nurses office. The following are some ideas to keep your student healthy:

Staying Up to Date on Immunizations

All 7-12 grade students are required to get a tdap booster to prevent tetanus and pertussis(whooping cough), Our current 6th graders will need to get the booster prior to entering 7th grade. For more information on required and recommended vaccines see: www.shotsforschool.org Keep in mind flu shots require a yearly booster to be effective.

Getting a Yearly Physical

Health needs along with preventive measures can be addressed by the doctor along with the updating of needed immunizations and making connections to health resources such as dental care, nutritional counseling, vision resources. If your child does not have health insurance, the CHDP program can provide a physical free of charge along with assistance with obtaining health insurance for your child, please call 1-800-675-2229 for this important resource.

Healthy Eating

Assure your child gets 3 healthy meals and 2 nutritious snacks each day, breakfast is especially important to maintain focus at school. Benefits of eating breakfast include higher test scores, reduced absences, and improvement of overall nutrition and healthy body weight. Offer your child a variety of fruits and vegetables, calcium rich foods such as low-fat cheese and yogurt, make half your grains whole and go lean with protein. If your child is lactose intolerant, see the nurse for a "a milk substitute." Water is hydrating without calories.

Healthy Habits

Encourage your child to be active, set a goal of 60 minutes/day, family walks are a great time to discuss the day and keep communication lines open. Limit screen time which includes TV, video games, computers to a maximum of 1-2hrs/day. Be sure to have your child brush and floss their teeth twice a day and to see the dentist twice a year. (Tooth aches and dental disease can affect school performance and health).

Vision health is important as well, be sure your child wears their glasses at school and gets yearly vision exams. If you need assistance in getting glasses for your student please see the nurse. If your student has lost their glasses, please check with the nurse. Good Vision = Better Performance at school!

Studio Static: What's new in the studio?

Insights

This month, Honors Studio II and AP Studio Art students have been invited to the Museum of Photographic Arts to view Sabastiao Saldago's: *Genesis*. Students will be creating their own artworks inspired by Saldago's focus on the untouched world. Patty Smith of ArtsbusXpress, who not only secured the date, created this opportunity for our students; and is also providing the bus. The annual Plein Air Painting and Nature Hike at Torrey Pines State Reserve will be on October 12th. Studio II, Honors and AP Studio students will focus on the preservation of this biome, learning about the different life forms sustained in this unique environment. Watch for picture of our students in action in the next issue of Insights.

The Preuss Art Studio is getting a new addition! Awarded one of the 2016 internal grants, the Art Department will purchase a kiln to fire ceramic works. The slab has been poured and the metal container to house the kiln will be arriving soon. This is exciting news for all grade levels and this year includes 6th graders and 7th graders in addition to high school art students. Two Middle School art wheels have been added to our studio offerings. The middle school students are learning about the Elements of Art while focusing famous artists including UCSD's Faith Ringgold, and UC Davis' Wayne Thiebaud.

Mark your calendars now, the Festival of the Arts will be on March 8th from 5:30-7:30 pm!

Tamima M Noorzay
Fine Arts Chair

Fall 2018 Admissions Applications will be Available October 2017

You may fill out your complete the fall 2018 application online starting October. <https://preuss.schoolmint.net/signin>, create an account and submit when you are done! (Recommended) . You may also pick up a copy of the fall 2018 application at The Preuss School Main Office or print a copy online at <https://preuss.ucsd.edu/admissions>.

If you're interested in applying for the next school year, please keep in mind the Preuss admission requirements:

- ◇ Only students entering the 6th, 7th, 8th, or 9th grade in the Fall of 2018 may apply.
 - ◇ All families must meet the income eligibility criteria as defined by the 2017 federal guidelines.
 - ◇ Federal guidelines are available in the application and on the Preuss website.
 - ◇ The parents or chief guardians are **NOT** graduates of a four-year college or university.
 - ◇ Applicants must submit a completed application by Friday, December 15th
- Students who meet the admissions requirements will be placed into a lottery on March 2017, where they will be selected at random for admission.

If you have any questions about the admissions process or applications, please join us at the School Open House on Saturday, November 4th 11:00am-1:30 pm or contact Isela Reyes at 858-822-0408 preussadmission@ucsd.edu by phone or e-mail.

UPCOMING SCHOOL EVENTS

- 9/16:** Saturday Enrichment Academy- 9:00-11:00 a.m.
- 9/16:** General Parent Meeting: 9:30-11:00 a.m.
- 9/16:** Elements of Electrical Engineering Course for 10th and 11th graders, 9:00-11:00am, Room C201
- 9/16:** 12th Grade College Kickoff Meeting for Seniors and Parents, 9:30am to Noon, Walton Center
- 9/16:** Technology & Communications Parent Workshop, 11:00-12:30pm, Library
- 9/20:** Field Trip - Museum of Photographic Arts 9:15am-12:15pm, Balboa Park
- 9/23:** Varsity Cross Country - Preuss Invitational 8:00am-12:00pm, UCSD PAR Course
- 9/27-9/28:** 1st Mid-Semester Progress Report Cards Distributed in Advisory Class.
- 10/12:** Field Trip to Torrey Pines Reserve, 9:15am-2:15pm
- 10/14:** General Parent Meeting: 9:30-11:00 a.m.
- 10/14, 10/28:** Saturday Enrichment Academy- 9:00-11:00 a.m.
- 10/18-10/19:** Progress Report to Parents for At-Risk Students
- 11/4:** New Applicant Open House for interested students, 11:00am-1:30pm
- 11/4:** Saturday Enrichment Academy- 9:00-11:00 a.m.
- 11/4:** General Parent Meeting: 9:30-11:00 a.m.

PRIMARY LINKS TO CONTACT ATTENDANCE AND TRANSPORTATION

(858) 822-0311- Reporting a student absence or picking -up your child early

(858) 822-1738- For any information regarding transportation

(858) 496-8460- SDUSD Transportation
Emergency number to call when a bus is late or did not pick up students

Special Thanks to the Insight Newsletter Contributors:

Michael P. O'Neill
Director of Manufacturing CareFusion Corporation

Chip Mutza
Site Manager from Ikon Office Solutions

Philip Battle
Production Specialist

Jose Garcia
Preuss Former Parent, Class of 2004

CareFusion Corporation
10020 Pacific Mesa Blvd.
San Diego, CA 92121

