Dear Parents,

On our next page is a message from UC President Mark Yudof and the ten chancellors regarding the passage of California Proposition 30. On behalf of all of us at The Preuss School UCSD, thank you for your attention and consideration for this initiative over these last few months. I am personally very encouraged that the voters of California made a strong statement to Sacramento that a high quality, robust public education system must remain a priority in our state. We have important work to do and your support of The Preuss School helps us achieve our goal of preparing our motivated young students for a seat at the higher education table.

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A Note from the PTA President – Michael Million

Dear parents,

More than 85 rigorous academic research studies conducted over 30 years of research proves that kids do better when parents are involved. Grades are higher, Test scores improve, and Attendance increases.

Local PTAs are self-funding. By inviting the entire school’s parent community to join, they generate membership fees to pay for programs. Local PTA fundraisers support school programs, building improvements, and educational events.
News From Scott Barton Cont’d

To the UC Community:

We write today to the entire University of California community – students and their families, faculty, staff, alumni, and friends – to express our relief and gratitude that the voters of California have approved Proposition 30. We are especially grateful for the Academic Senate Memorial on UC funding, and to Chair Sherry Lansing and the UC Regents for publicly endorsing this proposition. The Regents’ endorsement, along with those of other public higher education sectors, gave the proposition much-needed visibility and momentum statewide.

The passage of Governor Brown’s budget initiative has created an opportunity to bring stability to the funding of public higher education in California. The task ahead of us now is to do everything possible to strengthen the capacity of the University to serve people in every part of the state through academic excellence and public service.

Many of you worked hard to spread the word about Proposition 30. This is particularly true of students, who both registered tens of thousands of new voters and lobbied broadly on behalf of Proposition 30. As a public institution, we weren’t allowed by law to advocate for how people should vote, but together we shared why Proposition 30 was of paramount importance to the University of California. It is clear that our message resonated.

While there is much more work ahead of us, we are confident that this success will pave the way to a more stable future for the University of California, and to a brighter future for the state of California.

President Mark G. Yudof
University of California

Chancellor Robert J. Birgeneau
University of California, Berkeley

Chancellor Gene Block
University of California, Los Angeles

Chancellor George R. Blumenthal
University of California, Santa Cruz

Chancellor Michael Drake
University of California, Irvine

Chancellor Susan Desmond-Hellmann
University of California, San Francisco

Chancellor Linda Katehi
University of California, Davis

Chancellor Pradeep Khosla
University of California, San Diego

Chancellor Dorothy L. Foley
University of California, Merced

Chancellor Timothy P. White
University of California, Riverside

Chancellor Henry T. Yang
University of California, Santa Barbara

November 7, 2012
PTA organizes hard-working and dedicated volunteers. Regular meetings allow PTAs to share information with members.
PTA addresses issues that are important to parents and public school administrators. So far this year the Preuss School UCSD PTA has 153 Paid Members. We sell PTA memberships at every PTA meeting. You can also put the below information in an envelope with $10.00 and send it to the front office of the school.

**FLAPJACK FUNDRAISER**

**Sunday, December 9, 2012- 8:00 a.m. to 10:00 am**
**7510 Hazard Center Drive**
**San Diego, CA 92108**
**619-296-6020**

The Preuss PTA invites you to participate in a Flapjack Fundraiser for the Senior Class of 2013. Flapjack Fundraisers are a fun and easy way to raise money for our school. Each ticket cost $10.00 per person. The Flapjack Fundraiser is scheduled for Sunday, December 9, 2012 from 8:00 a.m. to 10:00 a.m. at 7510 Hazard Center Drive. The breakfast includes pancakes, syrup, butter, scrambled eggs, sausage, milk, juice and coffee. For questions or to place an order please contact the 12th Grade Representatives: María Reid at 858-926-9148 or Connie Perez @ 619-990-4839.
September 30th through October 6th was Banned Books Week. The library joined forces with the English department to have the students create an informational flyer describing what groups were responsible for banning books and why. Students submitted their flyers to be voted on by the student body. Our winners were Tina Duong (12th grade), Anh Du (6th grade) and Kandice Bradshaw (7th grade).

We hosted our annual fall Scholastic book fair from November 5th through November 10th. It was a great success. Thank you to the following parents for volunteering their time and helping out: Otila Lopez, Maria Pisabaj, Sarah Elmi, Erika Dominguez, Micaela Gomez, Mei Peng Hen, Julio Cole, Rosa Cole, and Yesenia Garcia.

In January we will host our annual bookmark contest. The students will submit their designs for a bookmark and the Preuss student body will vote for their top three. Mr. Puente generously prints up the winners as real bookmarks to be handed out to any and all students. Guidelines as well as the theme will be announced when we come back from winter break.

A few things to remember: Library notices are distributed every month. If a student has a fine over $2.00 or any late textbooks, the student is not allowed to participate in any extra curricular activities until they make a payment or return the textbook/s. Extra curricular activities include dances, athletics and after school clubs.

If you have any questions or concerns please contact us in the library: 858-658-7425.

Ms. Nance and Ms. Gonzalez

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**Attention SENIORS and PARENTS:**

**Financial Aid Workshop**

*(también en español)*

**Saturday, January 12, 2013**

The Preuss School Walton Center from 9:00am-11:30pm

Special guests and presenters: UCSD Financial Aid Counselors!

- How to complete the FAFSA & CA Dream Application
- Understanding the Student Aid Report (SAR)
- The Components of a University Financial Aid Offer
- Have questions answered by experts
- Families will actually complete and submit the FAFSA/CA Dream Application during this workshop!

*This event is mandatory for 12th grade students and parents.*

Free parking will be available in the School Lot and across the street.

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**Tip**

**Stay Motivated**

Boredom happens. But staying motivated means you can take on challenges and reach your goals sooner

Here are four ways to stay on the right track:

1. Focus on activities that have the most immediate impact on course work and grades.
2. Create new challenges to overcome repetitive assignments.
3. Break big projects into smaller chunks.
4. Reach out to your support network for some cheerleading.
We are well into the school year and as you know there have been some changes not only to our staff but also to the way that we do things, such as the new sign-in for meetings and volunteer hours. When your students applied to The Preuss School you agreed that you would fulfill a required amount of volunteer hours and some of you may be wondering how you can complete this requirement. I want to let you know that there are many volunteer opportunities throughout the year; some examples of volunteer opportunities include helping in the classrooms, office, library, becoming a PTA member and attending the Saturday parent general meetings just to name a few.

We want you to participate and attend as many school activities, dances, or informational meetings possible. Attending parent meetings, being involved in the PTA or participating as a chaperone in school dances, field trips, or simply helping in the classrooms or the library provides you with valuable and important information about what is going on in school. In addition to being informed about what is happening at school you also show your student your support and how important it is to you that they attend Preuss.

It is understandable that many of you work during our school hours or during the Saturday general parent meeting. There are opportunities to participate in afterschool activities such as chaperone a dance or help the custodians. In addition you may also donate non-perishable food items and drinks to the school that count as volunteer hours. Enclosed in this letter you will find a list of the most commonly donated items and the value in hours of each item. On special events such as the 6th grade camp we will request for food items and I will send you a letter with a list of items will be needed as well as the value in volunteer hours of the those items.

### Donations Value of Donated Items

<table>
<thead>
<tr>
<th>15 minutes/15 minutes</th>
<th>1 hour/1 hora</th>
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<tbody>
<tr>
<td>1 box of plastic utensils (48-99 pack)</td>
<td>1 case of bottled water (35-48 pack)</td>
</tr>
<tr>
<td>1 pack of napkins (160-200 ply pack)</td>
<td>1 Box of granola/fruit snacks (36-48 pack)</td>
</tr>
<tr>
<td>1 case of Capri-sun (10 pack)</td>
<td>1 case of sodas (24 pack)</td>
</tr>
<tr>
<td>1 box of granola (10 pack)</td>
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<tr>
<td>1 box of fruit snacks (20-24 pack)</td>
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</tr>
<tr>
<td>1 bottle of Soda (2 liter)</td>
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<tr>
<th>30 minutes/30 minutos</th>
<th>2 hours/2 horas</th>
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<tr>
<td>1 case of soda (12 pack)</td>
<td>PTA Membership fees paid (Pago de Membrecía del PTA)</td>
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<tr>
<td>1 box of plastic utensils (100-200 pack)</td>
<td></td>
</tr>
<tr>
<td>1 pack of napkins (300-600 ply pack)</td>
<td></td>
</tr>
<tr>
<td>1 box of granola (18 pack)</td>
<td></td>
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<tr>
<td>1 box of fruit snacks (90-120 pack)</td>
<td></td>
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<tr>
<td>1 case of bottled water (24-32 pack)</td>
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<th>2.5 hours or more/2.5 horas o más</th>
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<tr>
<td>For those that cook a meal to donate during special events depending on difficulty of dish and amount of food cooked. (para quienes cocinen una platillo para un evento dependiendo de la dificultad del platillo y cantidad de comida que cocine)</td>
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By Sandra Gutierrez, Volunteer Coordinator, (858) 658-7473 or email preussvolunteer@ucsd.edu
The Century Club of San Diego and Farmers Insurance has selected The Preuss School as one of only eight San Diego County non-profit organizations to participate in the first annual Birdies for Charity (B4C) event to be held in conjunction with and leading up to The Farmers Insurance Open at the end of January 2013. We could not be more excited about this opportunity! We hope to receive significant donations, gain great exposure for Preuss during the tournament, and start a great relationship with new funding partners Farmers Insurance and The Century Club!

Preuss will benefit in two ways from this event: First, from direct donations and pledges; and, second, with a percentage matching gift provided by The Century Club and Farmers Insurance. A pool of $125,000 is already in place. The percentage Preuss contributes to the total amount raised by all eight participants will equate to the percentage of the pool we will receive. In other words, if donations to The Preuss School total 20% of total B4C donations made, we will receive 20% of the pool—$25,000 as it stand now.

Everyone can support The Preuss School by participating in B4C! Literally, every penny counts and we hope you will “Pledge a Penny for Preuss!” Our families, friends, neighbors, along with Preuss alumni, volunteers and all our community supporters can be involved. Simply log on to the website and make a one-time donation ($10 minimum) or a pledge for birdies shot during the tournament. The birdie count from last year was about 1,700, which translates to:

- .01 = $17
- .05 = $85
- .25 = $425
- .50 = $850
- $1 = $1,700

When you get others involved, pennies become nickels, nickels become dimes, dimes become quarters and quarters become dollars! We can really make a difference!


Please don’t hesitate to ask any questions. Thank you again for your continued support and let’s have a great turnout for our school!

Kim

Kim Wenrick
The Preuss School UCSD | UC San Diego Development
T: (858) 534-4132 | F: (858) 534-0905
#1 Charter School in California
#1 Transformative High School in the Nation
Winter 2012 School Notes From Your School Nurse’s Office

A big “thank you” to our parents for being involved in your child’s health and school. Your support is very important in your child’s present and future success. Teenagers and young adults still need parental guidance and support even though they are becoming more mature and closer to becoming adults. Children learn a great deal from their parents so it’s extra important to be good examples to our developing children. Be a good cheerleader for healthy habits, note that children follow what the adults around them do and that includes activities at parties and celebrations.

HEALTHY HAPPY HOLIDAYS

The following are some ideas on ways to enjoy festive occasions in a more healthy way. It’s important to make our celebrations be a fun yet healthy time to spend with friends and family. Incorporating healthy activity as part of our celebrations is a good idea. Being physically active makes everyone feel good, planning activities such as dancing, playing active games or taking a walk after a meal are all fun yet, healthy options for the holidays. Festive meals can become more attractive and healthy by making a few changes. Some examples may be to decorate foods with nuts and seeds and adding color to meal platters with colorful, healthy, fresh vegetables and fruits instead of sugary frostings and concentrated sweets. A good website; Choosemyplate.gov is a good resource for nutritional information and gives great ideas on how to incorporate important food groups at parties and in our daily life. Party foods can be healthier by using whole grains such as whole grain crackers and making healthy salads which include whole grains and vegetables. A fun idea party idea may be to make your own fruit kabobs with yogurt dips instead of chocolate or a healthy taco bar using reduced fat toppings such as sour cream and cheeses and lots of colorful vegetable toppings. Beverages can be more healthy by making ice cubes made from 100% fruit juice or adding fruit such as limes or lemons to water instead of serving sodas. Trying out new recipes that are made with reduced sugar, salt and fat can be an exciting new adventure in cooking. Include the whole family in planning, cooking and most important: clean up. It’s possible to be thrifty minded yet healthy by buying fruits and vegetables that are in season and planning in advance by buying foods that are on sale whenever possible.

JUST FOR PLAY:

Hopefully there will be time left over during our winter breaks to spend time outdoors. Studies show that kids who exercise and spend time outdoors are more psychologically, healthy, more mentally alert and in the end more physically fit. According to some studies kids who are indoors more have a tendency to be more overweight and have a higher incidence of psychological problems. Living in the city has it’s own barriers to spending time outdoors so we must be creative. Some activity ideas can include taking a short vacation to a natural place where you can hike, rock climb, fish, or visit a nature center or museum. Such a places can be found in the city of San Diego for example; Torrey Pine Reserve, one of our beautiful beaches or perhaps Mission Trails Park. Having a family and friends litter cleanup activity can make kids and adults feel good about improving our environment and getting exercise at the same time. Simple unstructured play activities are also great, kids can make a game of just about anything.

SOME HEALTHY REMINDERS:

Please keep in mind that during time off from school is a good time to make that yearly physical appointment and to update immunizations and yearly flu shots. For the next school year 2012-2013 all incoming 7th graders are required to have a Tdap booster for starting school. If your 6th grader has not gotten his or her Tdap booster please take care of getting the immunization during the winter breaks. If you would like to get a Tdap booster at school please contact the school nurse, ph.: 858-658-7422. Always provide the school nurse with a copy of any updated immunizations.

Flu and cold prevention is another concern as families gather. Keep in mind some preventive actions: prepare food safely, careful hand washing with soap and water, especially after coughing or sneezing. Cover your mouth with a tissue when you cough or sneeze or cough or sneeze into your shoulder or elbow. Stay home if you or your child is sick for at least 24 hours after there is no longer a fever. Get your whole family vaccinated for the seasonal flu. Let’s all stay healthy!

Thank you- Christine Richter RN, School Nurse at Preuss
YEARBOOK ADS & BOOK SALES
Dedications for sale!

A dedication is a page in the yearbook that you can dedicate to your student. For example, you can explain how proud you are of them and surprise them. You can design the dedication page to yourself or with the help of the yearbook staff.

Una dedicación es una página en el anuario que usted puede dedicar a un estudiante. Por ejemplo, puede explicar que orgulloso está de ellos y puede sorprenderlos. Usted puede diseñar la página a su manera o con ayuda de nuestra administración.

Please contact Mr. Ensberg at pensberg@ucsd.edu or (858) 658-7247 if you would like to know more about buying ads.

YEARBOOKS NOW ON SALE

The NEXT Pre-Sale: November 26-30, 2012
Orders will be taken in front of the Walton Center during Middle and High School Lunch
Price: $50
No checks, money orders, or bills over $20.
Yearbook will also be accepting down payments of $20.
BUY ADS FOR YOUR STUDENT AS WELL!!!
Full Page: $250
1/2 Page: $150
1/4 Page: $100
1/8 Page: $ 60

Note: Please contact Mr. Ensberg at pensberg@ucsd.edu or (858) 658-7247 if you would like to know more about buying ads.

IMPORrTANT SCHOOL DATES

11/29/12 & 11/30/12: 2nd Semester Progress Report Distributed
12/15/12: Saturday Enrichment Academy– 9:00 A.M - 11:00 A.M
12/15/12: General Parent Meeting – School Auditorium – 9:30 A.M-11:00 A.M
12/24/12 thru 1/4/13: Winter Break
1/7/13: School resuming classes
1/12/13: Financial Aid Workshop for Seniors and Parents– 9:00 A.M–11:30 A.M
1/12/13: Saturday Enrichment Academy– 9:00 A.M - 11:00 A.M
1/21/13: Martin Luther King Jr. Day (No School)
1/22/13-1/25/13: 1st Semester Final Exams
1/25/13: 1st Semester Ends
1/26/13: General Parent Meeting– 9:30-11:00 A.M.
2/1/13: 1st Semester Report Cards Mailed Home

SATURDAY PARENT MEETING DATES

December 15
January 26
February 23
(Potluck/Annual Family Event)
March 23
April 20
(Parent Dinner & Dance Fundraiser)
May 18
June 8

The Preuss School UCSD Insight Newsletter is made possible thanks to:

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