Dear Parents,

As we approach the end of the second mid-semester on November 14, Preuss students are motivated and focused on learning. Progress reports will be distributed through Advisory classes November 18 & 19. November 8th, the Robotics club will be hosting the FLL tournament here on campus. They will host teams from all over San Diego County and families and friends are encouraged to observe the tournament. It is a fun event that showcases our students’ robotic talents.

Saturdays are often busy here at The Preuss School, and Saturday, November 15 is no exception. Saturday Enrichment Academy (SEA) will be held, the Gardening Club will be hosting a plant sale, there will be a PTA General Meeting, Science Day in Spanish will be held, and there will be a Kuni Scholar Parent Meeting for selected students. We look forward to seeing parents here.

WINTER BREAK
December 22, 2014 thru January 2, 2015
Classes will resume on Monday, January 5, 2015

A Message from our School Principal-Director
Scott Barton

PTA General Meeting
Thank you to the 243 families who attended our October 18th, 2014 meeting. Our next meeting will be November 15th, 2014.

Memberships
The PTA has now sold 165 memberships. Our goal this year is 220 memberships. That is 21 more than last year. Please remember that your membership due help pay for many of your students activities. Memberships are only $10.
Computers for students at a low cost

Computers 2 San Diego Kids (C2SDK) is partnering with The Preuss School again this year. This year eighty-six parents have purchased refurbished computers at a discounted price right here at school. The computers will be picked up by parents on Saturday, November 15, after the PTA meeting. A computer in the home is so important to a student’s learning. Internet through Cox Cable is also available at a reduced rate. Thank you C2SDK, and to Board Member, Mr. Matt Weil, for inviting them to The Preuss School. After pre-orders are fulfilled computers will be available for purchase on Saturday, November 15. Parents may purchase the desktop computers with CRT monitor for $50.00 or a desktop computer with LCD Monitor for $80.00. Purchases are cash only.

Admissions Applications

It is time again for Admissions application to be distributed. At this time 1,300 applications have been distributed to families and 241 have been sent to schools throughout the county. The Admissions open house was Saturday, November 1, and invites were sent to all San Diego Unified School 5th grade teachers. The Admissions application deadline will be December 19, 2014 at 4:00pm. If you would like to participate in an outreach presentation in your community please contact Hazel Claros at 858-658-7215.

Student Attendance

Attendance is critical to a student’s educational success. Parents play a vital role in their student’s academic success by helping them develop the habit of consistent attendance. To help better monitor student’s attendance we have begun using the automated system EDULINK. The notification system will send a phone message to families’ primary phone number. The new system will keep parents informed about their student’s attendance. If a parent needs to discuss their student’s attendance we ask they call Mrs. Villanueva at 858-658-7412.

Homecoming Celebration

Homecoming will be Thursday, December 18, 2014. Preuss Alumni will be on campus for lunch. After lunch Alumni will visit Advisory classes to share their Preuss and College experiences.

After school the Girls Soccer team will play at 3:30pm, and the Boys Soccer team will play at 5:30pm. Both games will be held at Warren Field on the UC San Diego campus.

There will be ASB events beginning at 5:00pm. We are looking forward to a day of inspiration for the current Preuss students. There will be late buses to transport High School students’ home at 7:15pm. Middle School students may not stay after school and must take the 4pm bus home. High School students who do not attend the homecoming activities must also take the 4pm bus. There will not be a 5:30pm late bus.

Birdies for Charity Fundraiser

We are again participating in The Century Club’s Birdies for Charity event. This fundraiser is based on The Farmers Insurance Open held this year on February 5-8, 2015, and the number of birdies the golfers make. Donations are from 1 cent to 25 cents per birdie, and golfers usually make 1,700 birdies so a 1 cent donation is usually $17.00. Earnings from this event will aid The Preuss School with the longer learning school year. We are looking forward to another successful fundraiser this year.

Upcoming School Breaks

The months of November and December are full of vacation days away from school. I want to take a moment to remind students and parents that while we will have breaks these next two months, learning is still our first priority. Students must stay focused in the midst of all of the excitement of the coming breaks. School will not be in session November 24-28, 2014, and December 22- January 2, 2015. Please do not extend your vacations as students are expected to be in school when Preuss is in session. Enjoy your time off.

Sincerely,
Scott Barton
This year our PTA has accomplished the following:

- 2013-2014 Year-End Audit
- 2014-2015 Budget
- Attorney General's Registry of Charitable Trusts Form RRF-1
- 2014-2015 Calendar Year Budget Copies sent to Council and District
- Membership Dues to Council paid
- PTA annual Insurance paid
- Workers Comp paperwork completed

PTA has to complete the above duties to remain in good standing, we are off on a great start, let's keep it up!

**IMPORTANT NOTE FOR PARENTS AND STUDENTS**

Computers 2SD Kids distribution for this Saturday, November 15 has been cancelled. There will be no computer distribution this Saturday. As soon as a new date has been scheduled, families will be notified. If you have any questions, please contact Volunteer Coordinator, Sandra Gutierrez at 858-658-7473.

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**A FAMILY HEALTHY EATING WORKSHOP**

Greetings,

We are undergraduates from UCSD’s Bachelor of Science in Public Health (BSPH) Program. We are proud to announce the start of the Public Health Practicum at The Preuss School!

Through this practicum, we will be working under the supervision of Ms. Hawk, Chair of the Exercise and Health Sciences Department, and UCSD School of Medicine professors to help develop health promotion programs for you on topics such as nutrition and physical activity. But more importantly, we are excited to learn from you so we can shape this experience together. As this is a new experience for both of us, we value and encourage any thoughts, ideas, and feedback that you may have throughout this journey together.

For our first health promotion event, we invite you to join our Family Healthy Eating Workshop after the PTA general meeting on Saturday, December 13th 11:15am to 12:30pm. This will be an interactive session to learn more about ways to eat healthier, bust some myths about nutrition, and more! Pre-register on November 15th or contact Sandra Gutierrez at (858) 658-7473 or preussvolunteer@ucsd.edu.

This school year, we are happy to have the opportunity to collaborate and actively contribute towards a healthier future with your family.

Kim Tran and Huy Tran
Seniors in the UCSD BSPH Program
WHISPERS FROM THE COPLEYS MEDIA CENTER (Library)

We featured Banned Books Week (September 22 – September 26, 2013) with a mini-book jacket contest. The mini-book jacket had to represent a banned book, why it was banned and an author section. Our winners were 10th grader Natalie Ruybal, 6th grader Robel Lemma and 6th grader Keelyn McDermott. They each earned a $10.00 gift certificate to Barnes and Noble or a choice of a book.

Our Scholastic Book Fair was held October 27th through October 31st. We took in just about $2000. The proceeds will be used to purchase new books for our library and for the Senior Awards at the end of the school year. Thanks to our Scholastic Crew and parents who helped run our fair. We couldn’t have done it without you.

A Few Reminders

1. Students have access to online eBooks. On the library page of the Preuss School website your student can click Overdrive to access these eBooks. The site will walk you through downloading the correct app for your device. All the student needs is their student ID # on their planner or picture ID card.

2. The library has a great resource for researching online. Please visit the DCP on the library webpage of the Preuss School website. All materials that have been reviewed by experts in their field and is reliable information. You can use this resource for every subject matter. There are even eBooks, online magazines, and tutoring sites for homework.

3. Please remember that we send out library notices at the beginning of each month through advisory classes. If your child has late textbooks or fines over $2.00 they are not allowed to participate in any extra-curricular activities. This includes athletics, after school clubs and school sponsored social events. Please encourage your student to bring in any late textbooks or to begin paying off their account a little bit at a time.

Happy Reading!

Ms. Nance and Ms. Gonzalez

The Preuss School UCSD hosted the Admissions Open House on Saturday, November 1st 2014. This event was an opportunity for parents to learn more about the admissions process, tour the school, meet the teachers and pick up a copy of the application. Parents also had an opportunity to learn more about the Preuss experience through the parent and student panel.

For families interested in enrolling a student at Preuss, applications are still available in the main office and on the Preuss website: https://preuss.ucsd.edu/admissions

Students who meet the admissions requirements will be placed into a lottery at the end of March 2015, where they will be selected at random for admission.

Fall 2015 Admissions Applications are Due December 19th, 2014 by 4:00pm.

If you have any questions about the admissions process or applications, please contact me by phone or e-mail.

Thank you!

Hazel Claros
Admissions Coordinator
858-685-7215
preussadmission@ucsd.edu
During the 1980s the word “diet” changed its definition. At one point it simply meant what a person ate on a regular basis. Different regions of the world and the United States had unique diets. Unfortunately, the word “diet” now refers to some sort of eating plan that focuses on losing weight. In this article I hope to bring the definition back to its original meaning, what we eat.

If the goal is to lose weight, let’s look at how modern diets are usually set up. We eat three main things every day; carbohydrate, protein, and fat. These three things are called macronutrients. Modern diets typically reduce or eliminate one or more macronutrients from our daily food intake in hopes of stimulating weight loss. For example, the Atkins Diet allows for high quantities of protein and fat, but no carbohydrate. Because of this flawed formula modern diets tend to produce weight loss initially, but lead to weight gain over the long term and here is why.

Macronutrients work with each other and having a balance of all three is critical to maintaining a healthy weight. Simply reducing or eliminating one macronutrient will force the body to adjust and initial weight loss occurs. Unfortunately, these type of diets do not take into consideration that our bodies need all three macronutrients and we will eventually eat the carbohydrate, protein or fat that has been missing. When the reduced or eliminated macronutrient is reintroduced into the daily food intake our bodies want it badly and we over eat and gain weight.

How do we break the cycle of modern diets and lose weight in a healthy way? Let’s go back to what a diet used to be defined as: what we eat on a regular basis. Instead of drastically changing what we regularly intake in hopes of losing weight, make simple modifications to what we already eat. Here are three ways to start.

1. **Replace a processed carbohydrate with a single-ingredient carbohydrate.**
   Example: replace bread with potatoes. Potatoes, especially sweet potatoes, are an incredible carbohydrate for sustained energy.

2. **Add raw vegetables to lunch and dinner.** Raw vegetables do not have to be eaten in large quantities. In fact, most have good amounts of healthy fiber that make us feel full. Add a cup of carrots or cucumber to a meal you already eat. Here’s the trick. Eat the vegetables first. You will feel full faster and not over eat other things.

3. **Have nuts and seeds to snack on every day.** Nuts and seeds contain healthy fats and provide a decent amount of protein. Healthy forms of fats and proteins eaten together will make us feel full. A bag is easy to carry around and most nuts and seeds are inexpensive.

Let’s get back to what the word “diet” really means, what we eat on a regular basis. If the goal is to lose weight, start by slowly replacing or adding certain foods into your diet. Eating and feeling healthy should be easy. Let’s not make it complicated.
Happy Fall Preuss Families!

Fall can be a stressful time for many of us, and especially our Seniors who are applying to college! Student support Services is working hard with Advisory teachers to make sure we educate students about stress management techniques and ways to stay on top of all the things we need to manage in our lives. Please take a look below at some of our favorite Stress Management techniques and remind your students to take a moment to de-stress if needed.

As always, we really appreciate all of your efforts and support, and we are available to support students and families with any stressful situations you may have. Please don’t hesitate to contact us at the email or number below.

Thank you!

Ms. Nieto—School Counselor Grades 9-12
jnieta@ucsd.edu (858) 658-7216

Ms. Patrick—School Counselor Grades 6-8
empatrick@ucsd.edu (858) 658-7408

Ms. Resendez—College Advisor
jresendez@ucsd.edu (858) 658-7478

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Healthy Stress Management Techniques

- Deep breathing
- Exercise
- Journaling
- Listening to relaxing music
- Plan or set goals
- Talk to a trusted family member, friend or School Counselor

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MS. RESENDEZ INVITED HIGH SCHOOL STUDENTS TO TAKE THE CHALLENGE TO ATTEND AT LEAST ONE COLLEGE REP. VISIT

This Fall, Ms. Resendez gave the high school students a challenge- Who can attend at least one college rep visit a week! The students who attend the most college rep visits a month received a prize. Pictured are the winners for October: 9th grader J Ventura-Sixto, 10th grader C. Le, 11th grader J. Carrillo Avila & J. Hernandez-Santacruz, and 12th grader Y. Salah. Congratulations Students!
Healthy Ideas From Your School Nurse, Chris Richter

Healthy role modeling for children

Thank you for taking time to read our newsletter, and “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. 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.

Many important holidays are coming up. It’s important to make our celebrations be fun and yet a 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.

HEALTHY HAPPY HOLIDAYS:

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 toppings with less fat BY ADDING fat free colorful vegetable toppings and less sour cream and cheese which can be high in fat. Beverages can be a source of concentrated sugars and calories, one way to reduce the consumption of sodas is 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.

FAMILY TIME:

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 its own barriers to spending time outdoors so we must be creative. Some activity ideas can include taking a short vacation to a local, natural place where you can hike, rock climb, fish, or visit a nature center or museum. Some examples of such places locally are: the 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 HEALTH 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. 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 at 858-658-7422. Always provide the school nurse with a copy of any updated immunizations.

Flu, cold and disease 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! For information on infectious diseases please contact the nurse or check local resources such as the www.cdc.gov website

Thank you,
Christine Richter RN, school nurse at Preuss
**YEARBOOK ADS & BOOK SALES!!!**

Dedication pages for sale! Buy your student a page, or part of a page, in the yearbook to show how proud you are of the accomplishments of your student during their years at Preuss. Dedication pages can include some words of encouragement, pictures of them, and messages from different family members. You can design your own dedication page or have the yearbook staff design it for you. For more information, feel free to contact the yearbook class at pensberg@ucsd.edu.

¿Quieres demostrarle a su hijo que orgulloso está de sus logros durante sus años en Preuss? Compra una página, o una sección de una página. Tu dedicación será incluida en el anuario. En esta dedicación usted puede incluir fotografías de su hijo/a, escribirle un mensaje de motivación, y decirles que orgullosos están de sus logros. Usted también puede diseñar su propia página o recibir ayuda de la facultad en la clase del anuario. Para más información, contacte la clase del Anuario a pensberg@ucsd.edu.

**Yearbook Price:** $50
**Down Payment:** $20

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*Cash ONLY: No bills greater than $20.*

*Yearbook will be sold November 4 and 6th in front of Walton Center!*

These are examples of dedication pages from last year. You can buy a whole page, or a part of the page and write something meaningful. The yearbook staff can design it, or you can talk to the staff to get the perfect dedication for your student.

**IMPORTANT SCHOOL DATES**

- 11/18/14 & 11/19/14: UC Application Submission Days for Seniors
- 11/19/14 & 11/20/14: 2nd Mid-Semester Progress Report Distributed
- 11/24/14-11/28/14: Thanksgiving Holiday- School Closed
- 11/15/14 & 12/13/2014: Saturday Enrichment Academy- 9:00 A.M - 11:00 A.M
- 12/13/14: General Parent Meeting- School Auditorium- 9:30 A.M-11:00 A.M
- 12/22/14 thru 1/2/15: Winter Break
- 1/5/15: School Resuming Classes
- 1/10/15: Financial Aid Workshop for Seniors and Parents- 9:30 A.M-12:30 P.M
- 1/10/15 & 1/31/15: Saturday Enrichment Academy- 9:00 A.M - 11:00 A.M
- 1/19/15: Martin Luther King Jr. Day (No School)
- 1/20/15 - 1/23/15: 1st Semester Final Exams
- 1/23/15: 1st Semester Ends
- 1/31/15: General Parent Meeting- 9:30-11:00 A.M.

**NEXT SATURDAY PARENT MEETINGS**

SATURDAY, NOVEMBER 15, 2014
SATURDAY, DECEMBER 13, 2014
The Preuss School Auditorium
9:30 AM - 11:00 AM

We gratefully acknowledge our newsletter sponsors.

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

- Michael P. O’Neill, Director of Manufacturing
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- Jose Garcia, Preuss Former Parent - Class of 2004
  CareFusion Corporation
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