Dear Parents,

School is in full swing and Preuss students are motivated and focused on learning. The Robotics club is busy preparing for the upcoming FLL tournament on Saturday, November 9, 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.

This year we have had the good fortune to begin a partnership with Computer 2 San Diego Kids (C2SDK). This program enabled one hundred parents to purchase refurbished computers at a discounted price right here at school. The computers were picked up by parents on Saturday, October 19, after the PTA meeting. If you were not able to participate during the first computer event please be on the lookout for our next event on Saturday, December 14. Ms. Gutierrez our Volunteer Coordinator will be sending out information to parents in the near future. A computer in the home is so important to a students learning.

THANKSGIVING
HOLIDAY BREAK
November 25-29, 2013
No School

WINTER BREAK
December 23, 2013 thru January 3, 2014
Classes will resume on Monday, January 6, 2013

Notes from the Vice-Principal
Mr. Pete Selleck

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. The handbook also has a list of all grade reporting dates. Progress reports and Report cards are important communication tools to keep parents informed of their children’s growth at school.

Homework

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

It is time again for Admissions application to be distributed. At this time 1,410 applications have been distributed to families and 172 have been sent to schools throughout the county. The Admissions open house was Saturday, November 2, and evites were sent to all San Diego Unified School 5th grade teachers. The Admissions application deadline will be December 20, 2013 at 4:00pm. If you would like to participate in an outreach presentation in your community please contact Hazel Claros at 858-658-7215.

Homecoming will be Thursday, December 19, 2013. 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 Basketball team will play at 3:30pm, and Boys basketball’s game will begin at 5:30pm. Both games will be held at the Main Gym on the UC San Diego campus. There will be ASB events before the games and during half time of the games. We are looking forward to a day of inspiration for the current Preuss students.

Once again we will be participating in The Century Club’s Birdies for Charity event. This fundraiser is based on The Farmers Insurance Open, 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. Last year this event earned over $20,000.00 for The Preuss School to aid with the longer learning school year. We are looking forward to another successful fundraiser this year.

Fundraising events like Birdies for Charities help provide additional funding for our school; unfortunately it is not enough to supply all the needs to run our extended school year. Transportation is so important, it is how our students arrive at The Preuss School to learn. Yet, transportation is a huge concern every year because it is such a large expense. Without the help of the parents there is a very real risk transportation could be discontinued. The $200 parent contribution to transportation helps to keep the buses running and helps keep our students in school. Please remember to make your contribution to transportation if you have not already done so.

The months of November and December are full of 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 25-29, 2013, and December 23- January 3, 2014. 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
A Note from Pete Selleck, School Vice-Principal Continued

**Attendance**

Our students do not benefit from the outstanding lessons of our teachers if they are not here. It has been said that missing a day at Preuss is like missing a week at many 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, and get the students here as soon as possible in the morning. If your child is absent, call the Attendance Office at (858)658-7412. 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.

**School Uniforms**

School uniforms have been identified as a key factor in promoting safety, and an academic focus in schools. Uniform clothes should only be purchased from our supplier, True Grits to ensure consistency. [http://www.truegrits.com](http://www.truegrits.com). Hooded sweatshirts can be purchased from The Preuss School PTA, and all proceeds go back to our school to fund important programs. In addition, the uniforms for Physical Education classes can be purchased from the PTA.

**Calling the Office**

Parents please plan ahead and make arrangements about what students should be doing after school. We are getting far too many phone calls in the office during the last hour of school, and we do not have enough staff members to deliver all the messages.

Thank you,
Pete Selleck, Vice-Principal
WHISPERS FROM THE COPLEY MEDIA CENTER

We featured Banned Books Week (September 24 – September 28, 2013) with a banned books flyer contest. The flyer had to represent groups who ban books and why? Our winner was 11th grader Daisy Ramirez. She earned a $10.00 gift card to Barnes & Noble.

We celebrated Teen Read Week (October 13th – October 19th, 2013) for the first time. Students created a flyer advertising the theme, Seek the Unknown. Students then voted for their favorite. Our winners were 1st place Nancy Luu, 2nd place Kathy Salazar, and 3rd place Laura Castro. Each winner was awarded a book of their choice or a $10 gift card to Barnes & Noble.

Our Scholastic Book Fair was held October 28th through November 2nd. We took in just over $2000 and earned just over $700 towards books for our library. Thanks to our Scholastic Crew and parents who helped run our fair. We couldn’t have done it without you.

Science fair is in full swing and all most all students are in their research phase of the process. The library has a new source for great online information. Please visit the DCP on the library webpage of the Preuss School website.

Students now have access to online e-books. On the library page of the Preuss School website your student can click Overdrive to access these e-books. 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.

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

Notes from the PTA President Continued

Calendar of Events

November 16-Covered California
December 14-National Conflict Resolution Center
January 25-Parenting your Teen
February 22 - Multicultural speaker

The PTA has approved the purchase of 25 translation devices for $2376 to be used at our meetings.

Next PTA Executive Board Meeting is
Tuesday November 5, 2013
Next PTA General Meeting is Saturday,
November 16th, 2013

Lots of Beneficial Information
Come and get informed!

The Preuss School UCSD Board of Directors would like to hear your suggestions.

Find us on Facebook
PARENT INFORMATION

THANK YOU PARENTS
We had a wonderful turnout at the October 19th PTA general Meeting. Thank you to the 318 parents that attended and a great thank you to our PTA board and parent volunteers that help at all the tables.

Attendance at these meetings is important because you are able to receive information from the PTA President, our Principal Mr. Barton, and we showcase different school clubs. At the October 19th meeting, parents were able to meet and receive information from Advisory teachers about what Preuss students are learning.

Lastly, thank you to the non-profit organization Computers 2SD Kids that was here to distribute computers to 100 Preuss families.

By Sandra Gutierrez, Volunteer Programs Coordinator

COMPUTERS 2SD KIDS
Computers 2 SD Kids is a non-profit organization created with the goal of assisting qualified children and their families to obtain computers, software, training and support in order to help them become computer literate as well as increase their access to educational, occupational and financial resources and the related skills to effectively use that technology. Learn more at www.c2sdk.org.

How to Apply?
Please pick up an application at the front office with Ms. Gutierrez, Volunteer Coordinator. Once completed turn in the application to Ms. Gutierrez. Must complete application before December 1, 2013.

Q: When will the computers be distributed?
A: Distribution will take place at The Preuss School Amphitheater on December 14 at 11:00am after our PTA general meeting.

Q: Can I pay with check or credit card?
A: Payments must be done in cash only, please no checks or credit cards.

Q: When do I pay for the computer?
A: Payment is due at the time you receive your computer.

Upcoming PTA General Meeting on Saturday, November 16th, Josefina Prado will be covering the topic of Covered California.

Upcoming Parent volunteer Opportunities
Listed are just a few of the upcoming events in which we are looking for parent volunteers to participate. Remember you may come into the office to volunteer Monday-Friday between the hours of 9:00am-4:30pm.

Schoolastic Bookfair October 28th-November 1st from 9am-4pm taking place in the Preuss Library. November 2nd in the Amphitheater from 10:00am-12:30pm

Open House November 2nd 10am-12:30pm in the Walton Center

Robotics FLL Competition November 9th 8:00am-5:00pm at the Preuss School. Parents needed to supervise, help at the snack bar, and help clean up. Donations requested include; bottled water/juice, non-perishible items (i.e granola bars), Ice, and Utensils (i.e. plastic forks, spoons, cups, napkins, etc.)

Old Globe Theater Field Trip November 13th 9:00am-1:00pm. Chaperone students and watch the play "Much Ado About Nothing".

If you would like to sign up for any volunteer opportunities please contact Ms. Gutierrez at 858-658-7473 or preussvolunteer@ucsd.edu

318 parents in attendance at the PTA General Meeting, Oct. 19th, 2013. Photo by Diane Villalvazo
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
jjnieto@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

Class of 2014 College Application Process Update:

November and December are busy months for our college application process. Our seniors are currently submitting their CSU applications and completing their UC Application. Our UC Submission Days are Tuesday, November 19th and Wednesday, November 20th, where seniors will have an individual appointment with their advisory teacher to submit their application online before the Thanksgiving Holiday. Seniors have the opportunity to sign-up to stay after school on Wednesdays, Thursdays and Fridays from 4pm-5:20pm to work on college and scholarship applications with Ms. Resendez. Once UC and CSU applications are submitted, students will be working on private school applications (Common App). Seniors are required to request all counselor and teacher recommendations for private school applications no later than Friday, November 22nd.

Many seniors will be taking the SAT or SAT Subject Tests on Saturday, December 7th and should have already registered for these exams. The last day to take the ACT Test for college admission is Saturday, December 14th. Students are still expected to submit three scholarship applications per month as an Advisory assignment. Seniors have many college related deadlines to meet within the upcoming months, in addition to keeping up with their regular classes and homework. The best way to reduce anxiety and stress levels is to be organized, prioritize your workload, and take it one step at a time.

Students and Parents: Please save the date for our Financial Aid Workshop which is scheduled for Saturday, January 11th from 9am-11:30am. It is important to begin gathering all required documents and file your 2013 Income Tax Return early in order to submit all required financial aid applications in a timely matter. Remember, the sooner you submit your required financial aid application(s) and documents, the more priority you will be given in the amount of aid awarded.

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
Healthy Ideas From Your School Nurse, Chris Richter

Healthy role modeling for children

Thanks for your involvement in your child’s education. Your continued support is very important to your child’s present and future success. Even though your child is growing and maturing more each day your guidance and support is more important than ever. Children learn a great deal from their parents so it’s extra important to live each day demonstrating a good example to our developing children. Here are some tips on ways to be a healthy role model as it relates to healthy eating and activity (tips provided by the nutrition education series from the USDA center for nutrition):

1) Show by example by eating vegetables, fruits and whole grains at meals and as snacks.

2) Go food shopping with your children. Have a discussion about where vegetables, fruits, grains, dairy and protein foods come from. Let your children make healthy choices. Choose healthy holiday dishes.

3) Get creative in the kitchen, encourage your child to create healthy new snacks and home recipes. Make your own trail mixes from dry whole grain and low sugar cereal and dried fruit.

4) Offer the same foods for everyone, stop being a “short order cook”.

5) Reward with attention not food, do not offer sweets as rewards. Show your love with hugs, kisses. Comfort your children with talks and hugs.

6) Focus on each other at the dinner table, turn off the TV, silence the phone. Make meal time enjoyable and “stress free”.

7) Listen to your child. If the child is hungry and it’s not time for a scheduled meal, offer a small healthy snack. At dinner offer choices of vegetables ie do you want broccoli or cauliflower for dinner instead of do you want broccoli.

8) Limit screen time to less than 2 hr/day (TV&computer games) No “screen time” under the age of 2.

9) Encourage fun physical activity for the whole family. Walk/run with your child instead of just watching. Set as an example by being physically active and using safety gear such as bicycle helmets.

10) Be a good food role model. Try new ways of healthy cooking, new foods. Offer one new food at a time. Serve a family favorite along with a new food. Offer new foods at the beginning of a meal when everyone is hungry.

Prevention of illness:

The cool weather, changing seasons and upcoming holidays also signal the beginning of the cold and flu season. By staying healthy we don’t lose time from work and from school, thereby making everyone more successful. Every day preventive actions can help fight germs and prevent catching colds and the dreaded flu.

According to the CDC, the following are some ways to prevent the spread of germs:

1. Good hand hygiene by hand washing with soap and water after coughing and sneezing.
2. Covering your mouth and nose with a tissue when you cough or sneeze
3. Avoiding touching your eyes, nose and mouth whenever possible. Germs spread this way.
4. Stay home if you or your child is sick with a fever for at least 24 hours after there is no longer signs of a fever.
5. When sick limit contact with others to prevent the spread of illness.
6. Try to avoid close contact with sick people
7. Get immunized each year for seasonal flu.

Holiday breaks a good time for doctor appointments:

Get your child’s physical completed, update suggested and required vaccines. A reminder for our 6th graders, a Tdap booster is required for 7th grade entry. If you haven’t done so already have your child get his or her Tdap booster. If you would like the booster done at school please contact the school nurse @858658-7422.

Check out the website www.shotsforschool.org for more information on suggested and required immunizations. For information on free children’s physicals call CHDP @ 1-800-675-2229.
**YEARBOOK ADS & BOOK SALES**

**ALL COLOR YEARBOOK**

Yearbook prices: 6th - 12th: $50.00 *Contact the Yearbook for online sales*

**Dedications for sale!**

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

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 puedes dedicar a un estudiante. Por ejemplo, puedes explicar que orgullosos estás de ellos y puedes sorprenderlos. Puedes diseñar la página a tu manera o con ayuda de la facultad en la clase del anuario.

Please contact the yearbook class at yearbook.preuss@gmail.com for more information.

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**IMPORTANT SCHOOL DATES**

12/4/13 & 12/05/13: 2nd Semester Progress Report Distributed
12/14/13: Saturday Enrichment Academy - 9:00 A.M - 11:00 A.M
12/14/13: General Parent Meeting - School Auditorium - 9:30 A.M - 11:00 A.M
12/23/13 thru 1/3/14: Winter Break
1/6/14: School resuming classes
1/11/14 & 1/25/14: Saturday Enrichment Academy - 9:00 A.M - 11:00 A.M
1/20/14: Martin Luther King Jr. Day (No School)
1/21/14 - 1/24/14: 1st. Semester Final Exams
1/24/14: 1st Semester Ends
1/25/14: General Parent Meeting - 9:30-11:00 A.M.
1/31/14: 1st Semester Report Cards Mailed Home

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**NEXT SATURDAY PARENT MEETINGS**

**SATURDAY, NOVEMBER 16, 2013**

**SATURDAY, DECEMBER 14, 2013**

The Preuss School Auditorium
9:30 AM - 11:00 AM

We gratefully acknowledge our newsletter sponsors.

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