



The Preuss School UCSD Insight Newsletter

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

March/April 2011

SPRING BREAK APRIL 4 - 8

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

A Message from the Principal-Director Scott Barton

Dear Parents:

January and February have been very busy months at The Preuss School. Our annual Financial Aid Workshop for seniors was held on January 8. Ms. Resendez did a fantastic job of facilitating the workshop. In addition to the wealth of information provided, there was also a presentation by UCSD Senior Counselors from the Financial Aid Office. They provided information on filling out the FAFSA and what financial aid might look like. I would also like to thank all of our 12th grade University Prep teachers, Mr. Flesock, Ms. Milloy, Mr. Romer and Mr. Rupert

for working with their students to complete their college applications. These University Prep teachers have spent many hours writing letters of recommendation and helping students to edit their college essays. All of our 12th grade teachers, including Mrs. Artz, Mr. Flesock, Ms. Gabay, Ms. Kovacic, Dr. Lederman, Ms. Milloy, Mr. Ramos, Mr. Solomon, and Dr. Weber have also been instrumental in assisting our seniors. As you can tell, our seniors are in good hands! Now that the college application process has wound down, our seniors are busy searching for and completing scholarship applications.

On Saturday, February 5 we sponsored a College Kick-off for juniors and their parents to begin the college search process. Ms. Resendez and the junior University Prep teachers introduced the college admissions process and college financial aid. I would like to thank Ms. Resendez and our 11th grade University Prep teachers: Ms. Agliam, Ms. Biersbach and Ms. Garcia.

Thanks to efforts by Ms. Mendoza and our PTA Board of Directors, we have had record turnouts for our Saturday Parent Meetings. Last month we had over 300 parents attend the meeting.

Continued on page 2

Inside this issue:

News from the School Principal	1-3
News from the PTA President	1-2
Health News	4
News from the Student Services	5-6
News from the English Depart.	7
From the Fine Arts Depart.	7
School Events	8

News from the PTA President, Maria Reid

Dear Preuss Parents: Thank you for your continued help and support. We are about 170 members strong and still growing thanks to parents, staff, and teachers. The key to the success of your student is parent involvement. Please

continue to show your support by attending the monthly Saturday Parent General Meetings. I encourage all of you to get involved and join the PTA. Buying your membership makes you a voting member when decisions are made in

the PTA and members are encouraged to attend our monthly executive board meetings held the first Tuesday of the month.

There are still many ways to volunteer and to get involved.

See page 2

News from Mr. Barton Continued

**The WASC
Committee will be
visiting the Preuss
School UCSD
Sunday,
March 27, 2011
3:00pm
*Please, mark your
calendars!**

On February 28, we held a Jazz concert for students on the Principal's Honor Roll. These students had an academic GPA of 3.5 or higher on the 1st semester report card. 42% of our students are on the Principal's Honor roll and more than 300 students enjoyed the concert. In addition, 74% of our middle school and 65% of our high school students have a cumulative GPA of 3.0 or higher. It is important that students maintain a high GPA so that they are competitively eligible for college admission and financial aid packages.

Please be sure to read the rest of this Newsletter as there is valuable information about standardized testing dates, college admittance, counseling and PTA activities.

I would like to recognize Karen Nance, our Librarian, for her outstanding work in organizing "Read Across America Day", on March 2. Mentors, donors,

community members and Preuss staff read an excerpt from their favorite book to University Prep classes. Guests then discussed the importance of being a lifelong reader.

The Preuss School will be going through our WASC accreditation process later this month. The Visiting Committee will arrive on Sunday, March 27, 2011, to introduce themselves, and primarily to meet with Preuss parents. Please mark your calendars for this important meeting. I hope to see you on March 27, at 3:00 p.m. From Monday, March 28, 2011, through Wednesday, March 30, 2011, the Visiting Committee will be on campus everyday to look over our data and to talk with various Preuss groups, including our students. They will provide us with a written report of their findings and report these to the WASC Commission that, later, will determine the term (or length of

time) of our accreditation. I will share information about their report in future newsletters.

Testing is right around the corner. AP Exams, for high school students only, will be held from May 2 through May 13. Star Testing, for all students except 12th grade, will be held from May 19 through May 26. Please be sure students attend school on these dates. It is important that students get a good night's sleep and that they eat a healthy breakfast.

Spring Break is April 4 – 8. Family trips, vacations, college trips, etc. should be scheduled when school is not in session. Please do not schedule vacations when school is in session. The school loses money and our students miss out on valuable class time.

Sincerely,

Scott Barton
Principal/Director

Upcoming important dates:

- 03/19/11 Parent General Meeting, 12th Grade Art Auction
- 03/26/11 Middle School Soccer Festival
- 03/27/11 WASC Parent Meeting
- 04/12/11 PTA Executive Board Meeting
- 04/30/11 Parent Dinner Dance
- 05/03/11 PTA Executive Board Meeting
- 05/21/11 Parent General Meeting, PTA Elections

On behalf of our 2010-2011 PTA Executive Board, we thank you and look forward to continue working with you this year.

Sincerely,
Maria Reid, Preuss PTA
President

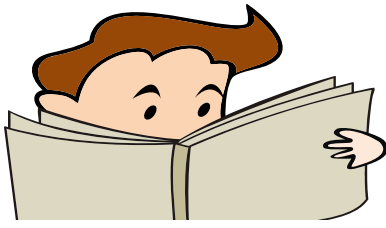
News from the PTA President continued

The upcoming months are the busiest time of year and the PTA is always in need of your help and support, so we can give back to our students. We are currently accepting donations for the 12th Grade Art Auction. We are still in need of donations and volunteers for the Middle School Soccer Festival. On Sunday,

March 27th, we need all parents to attend the WASC Parent Meeting from 3-5 pm. We want to fill the Walton Center to show our support of the school and to meet with the WASC representatives.

Please continue to turn in your Box Tops, sign up for eScrip at www.escrip.com with group id #6554660,

support our merchandise sales, and buy your Blue Ribbon School pin for \$5.00. We are now selling tickets for the Parent Dinner Dance event for \$20.00 per person, \$35.00 per couple, and all proceeds are donated to school transportation.



Student Support Services The Preuss School UCSD

COLLEGE & CAREER CORNER

AP TESTING IS AROUND THE CORNER

DEAR PREUSS SCHOOL FAMILIES,

I'm happy to report some exciting news for this year. Due to changes in the AP Fee Reimbursement Program, all Preuss students qualify for the AP Fee Reduction and no income verification will be required. Students will only have to pay \$5.00 per AP Test they take. The deadline to pay for AP Tests is Friday, March 18th. Students must pay with exact CASH for the total amount. **WE WILL NOT ACCEPT BILLS GREATER THAN \$20. WE WILL NOT BE ACCEPTING PERSONAL CHECKS.** Students must bring their payment and order form to the front office, where The Preuss School UCSD Financial Assistant will collect the order form and payment.

Students will be receiving a letter in April with more detailed information on AP Testing. All testing will take place at The Preuss School UCSD. Please review the testing schedule below:

3/15- Yale University College Rep Meeting 1pm

3/18- UCSD Healthcare Partnership Program Info Meeting during HS Lunch (11th grade students only)

3/22- SDSU 11th grade outreach visit 1pm

3/24- HS STAR Summer Internship Info Meeting during HS Lunch (11th grade students only)

3/24- San Diego National College Fair 6-8:30pm San Diego Convention Center

4/13- Sanford/Burnham Medical Research Institute Summer Internship Info Meeting during HS Lunch (10th grade students only)

4/14- SDSU Admit Presentation 1pm (seniors only)

4/30- Comienza con un Sueño College Preparation Conference @ UCSD 8am-12pm (all 9-12 grade students and parents welcome to attend this free conference)

IMPORTANT DATES AND DEADLINES

- March 18 Deadline to pay AP Test Fees Deadline to turn in "Intent to Return" Form to Advisory Teacher
- March 19 SEA, Parent PTA Meeting, AirBand
- March 23, 24 Progress Reports Distributed in Advisory Class
- April 1st 10th grade trip: SDSU,USD, Balboa Park (Students depart from Preuss 8:15am)
- April 4-8 Spring Break
- April 9 ACT for 11th grade students (Preuss is not a testing site)
- April 13, 14 Pink Progress Reports for At Risk Students Distributed in Advisory Class
- April 16 SEA, ASB Sports Day
- April 20 Preuss Shakespeare Festival

AP TEST DATE	MORNING	AFTERNOON
MON. MAY 2	CHEMISTRY ENVIRO. SCI	
TUES. MAY 3	SPANISH LANG	ART HISTORY
WED. MAY 4		
THURS. MAY 5	ENG. LIT. 12TH	
FRI. MAY 6	US HISTORY	EURO HISTORY
MON. MAY 9	BIOLOGY	
TUES. MAY 10	US GOVT	
WED. MAY 11	ENG. LANG- 11TH	STATISTICS
THURS. MAY 12		
FRI. MAY 13	SPANISH LIT.	

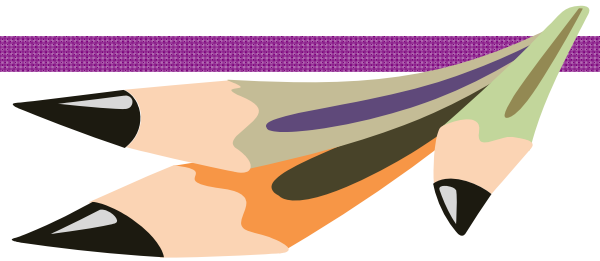
STAR TESTING NEWS

The 7th grade STAR Writing Exam on March 1st marked the start of the California Standards Testing (CSTs) for 2011. Thank you to staff, students and families for assuring we had 100% attendance on that day! Hopefully we can keep that tradition up for the rest of STAR testing this year.

During the 3rd week of March, all 11th grade students will be taking the Early Assessment Program (EAP) Writing Exam during their English class. This writing exam and an additional 30 multiple-choice questions on their STAR Test in May, provides all 11th grade students the opportunity to show their readiness for college-level English and mathematics. Students who pass the EAP test will become exempt from taking math and English placement tests during their senior year, required if they choose to attend a California State University campus.



The 3rd week of May all students except Seniors will be taking the multiple-choice CST (STAR) exams in various subjects based on grade level. CSTs test students in English Language Arts, Math, Social Studies and Science. The addition of CST testing to already busy schedules can provide further stress for some students. There is no extra time required for studying for the CSTs, so please remind students not to be stressed or worry about the exams. Some nervousness and anxiety relating to taking a test can be a common experience for many students and it is usually not serious. Please let someone in Student Services know if you believe your student is experiencing more extreme unease surrounding testing such as: insomnia, decrease in appetite, increased inability to concentrate, mental blocks, panic, or nausea. This could be a sign of what is known as Test Anxiety which can prevent a student from doing their best work on an exam. Test anxiety can usually be managed effectively by trying various behavior management techniques to deal with reoccurring thoughts and feelings.



Tips to Reduce Test Anxiety

- ◆ If you believe that your student may be experiencing test anxiety, please encourage them to try out one or more of the following updated techniques:
 - ◆ Visualize Positive Outcomes: Imagine yourself being successful
 - ◆ Focus: Concentrate your attention on one thing at a time
 - ◆ Visualize Stop: When your mind is racing or cluttered with anxieties, mentally say stop to yourself and/or visualize a stop sign in your mind
 - ◆ Practice Positive Self-talk: Tell yourself you already did well on the test
 - ◆ Describe the Stressor: If you focus on and identify and describe the physical sensation it will often disappear
 - ◆ Tense and Relax: If you are aware of body tension, focus on the affected region then tense and relax that muscle several times
 - ◆ Guided Imagery: Relax by finding a happy place in your mind
 - ◆ Breathe: Concentrate on breathing steady-

Student Services Contact Information

Jennifer Nieto, High School Counselor
858-658-7216

Erin Patrick, Middle School Counselor
858-658-7408

Jessica Resendez, College Advisor

Healthy ideas from your school nurse Spring 2011

Make time for health

Spring and our spring break is coming up, this is a good time to make well visit appointments for your child with their doctor. Well visits play an important role in keeping your child healthy and can help prevent certain diseases and conditions such as diabetes, obesity and

other preventable diseases. Keep track of your child's height, weight, vision and hearing as they are assessed during the well visit. The doctor can do tests and examination for possible abnormalities, potential health concerns and health problems at an early stage. The doctor can also recommend and provide appropriate treatment and make referrals (such as nutritional counseling, vision

and dental exams) to keep your child well. The well visit is an opportunity to update your child's immunizations. We need immunizations to protect our children, our families and the health of others in the community from diseases that can cause death and disability.

Get a Whooping Cough Booster

For the 2011-2012 school year a new law requires that **all** incoming 7-12th graders get a whooping cough booster shot called Tdap before entering school. Students who have not received this booster shot prior to the beginning of the school year will not be allowed to

start school. We encourage you to contact your doctor or the public health clinic to schedule an immunization. If you are notified that your child is missing the booster please do the following: please get your child immunized as soon as possible and bring in proof of the Tdap

booster to the school nurse. If your child has had the booster please provide proof of the vaccine to the nurse. The immunization requirement means: "NO SHOTS NO SCHOOL". For any questions, concerns or further assistance please contact your school nurse.

***"The
Immunization
requirement
means:
"NO SHOTS
NO SCHOOL"***

Spring is a good time to start healthy habits

Spring is also a good time for a "good start" to healthy habits. A daily family walk is a good way to get you and your child moving. Figure a good time to schedule walks and you'll be spending special time together as well as getting everyone to be healthier. Look at your family's diet and see if it could use some improvement. Reading food labels will help you to pick foods with

the most nutrients and which ones have lots of fat and calories. Serve more fresh fruit, vegetables, whole grains and salads, avoid heavy dressings and sauces. Try eating non fat- milk, yogurt and other low-fat dairy products. Avoid sodas and energy drinks which contain mostly "empty calories". Most children and adults are not getting enough calcium and vitamin D in their diet-milk is a good dietary

source for both. Did you know milk can prevent cavities? Parents can prepare their children to be healthy by being good examples themselves. Calling 211 is a great resource. 211 can provide links to programs and information on nutrition, physical activity, healthy weight, diabetes prevention and much more. Or visit www.211sandiego.org. For more information see your school nurse!

Mensaje del Director de la Escuela Preuss- Scott Barton

Enero y febrero han sido meses muy ocupados en la Escuela Preuss. Nuestro Taller Anual de Ayuda Financiera para estudiantes del grado 12 se celebró el 8 de enero. La Sra. Resendez hizo un trabajo fantástico de facilitar el taller.

Además de la riqueza de información proporcionada, también hubo una presentación de Consejeros de la Oficina de Ayuda Financiera de UCSD. Se proporcionó información sobre cómo llenar la FAFSA y qué ayuda financiera podría ser similar. También me gustaría dar las gracias a todos nuestros maestros de Preparación a la Universidad del grado 12, el Sr. Flesock, la Sra. Milloy, el Sr. Romer y el Sr. Rupert por ayudarles a sus estudiantes a completar sus solicitudes para la universidad. Estos profesores han pasado muchas horas escribiendo cartas de recomendación y ayudando a los estudiantes a modificar sus ensayos para la universidad. Todos nuestros maestros del grado 12, incluyendo a la Sra. Artz, Sr. Flesock, Sra. Gabay, Srta. Kovacic, Dr. Lederman, Sra. Milloy, Sr. Ramos, Sr. Salomón, y el Dr. Weber también han sido instrumental en ayudar a nuestros estudiantes del grado 12. Como usted puede decirlo, nuestros estudiantes están en buenas manos! Ahora que el proceso de solicitud a la universidad se ha atenuado, nuestros estudiantes están muy ocupados buscando y llenando las solicitudes de beca.

El Sábado, 5 de febrero nosotros patrocinamos un evento especial para los jóvenes del grado 11 y sus padres para dar inicio al proceso de búsqueda de la universidad. La Srta. Resendez y los profesores de la clase de Preparación a la Universidad presentaron información sobre el proceso de admisión y ayuda financiera para la universidad. Me gustaría agradecer a la Srta. Resendez y nuestros profesores de Preparación a la Universidad del grado 11: Srta. Agliam, Srta. Biersbach, y Sra. García.

Gracias a los esfuerzos de la Srta. Mendoza y el Consejo Ejecutivo de PTA, nosotros hemos tenido récord en la concurrencia a nuestras Juntas de Padres del Sábado. El mes pasado más de 300 padres asistieron a la reunión.

El 28 de febrero, se celebró un concierto de Jazz para los estudiantes de la Lista de Honor del Director. Estos estudiantes tenían un promedio académico de 3.5 o más alto en el reporte de calificaciones del primer semestre. 42% de nuestros estudiantes están en la lista de Honor del Director y más de 300 estudiantes disfrutaron del concierto. Además, el 74% de nuestra escuela secundaria y 65% de nuestros estudiantes de preparatoria tienen un promedio académico acumulativo de 3.0 o superior. Es importante que los estudiantes mantengan un alto promedio académico de manera que sean competitivamente elegibles para admisión a la universidad y paquetes de ayuda financiera.

Por favor, asegúrese de leer el resto de este boletín ya que contiene información valiosa acerca de las fechas de los exámenes estandarizados, admisión universitaria, orientación psicopedagógica, y actividades de PTA.

Me gustaría reconocer Karen Nance, nuestra bibliotecaria, por su destacada labor en la organización de "Read Across America Day", el 2 de marzo. Los mentores, donantes, miembros de la comunidad y el personal de Preuss leyeron un extracto de su libro favorito a los estudiantes en las clases de Preparación a la Universidad. Los invitados les hablaron de la importancia de ser un lector de por vida.

La Escuela Preuss estará pasando por el proceso de nuestra acreditación WASC a finales de este mes. El Comité que nos visita llegará el Domingo, 27 de marzo 2011 para presentarse, y primordialmente para reunirse con los padres de Preuss. Por favor marque su calendario para esta importante reunión. **Espero verlos el domingo, 27 de marzo, a las 3:00 pm.** Del Lunes, 28 de marzo 2011 al Miércoles, 30 de marzo 2011, el Comité de Visitante estará en la escuela todos los días para revisar nuestros datos y hablar con varios grupos de Preuss, incluyendo a nuestros estudiantes. Ellos nos proporcionarán un informe escrito de sus conclusiones y esto lo reportaran a la Comisión WASC que, posteriormente, determinará el plazo (o el periodo de duración) de nuestra acreditación. Yo les voy a compartir información acerca del informe en los próximos boletines.

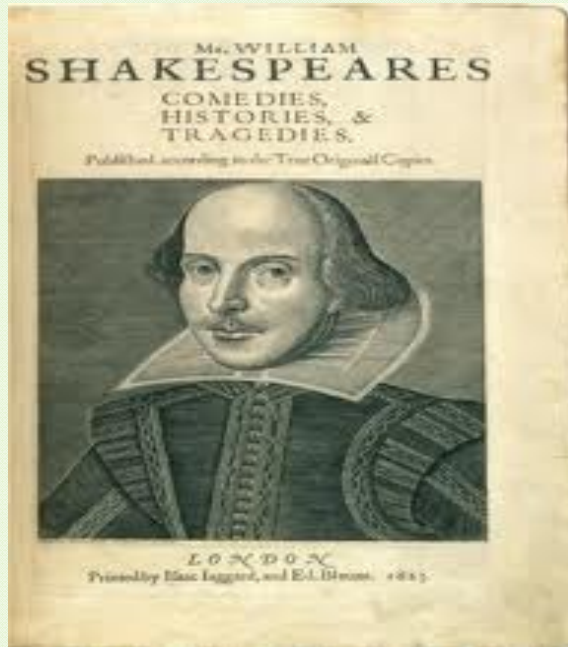
Los exámenes están ya a la vuelta de la esquina. Los Exámenes AP para estudiantes de preparatoria solamente, se llevarán a cabo del 2 de mayo al 13 de mayo. Las pruebas "Star", para todos los estudiantes, excepto los del grado 12, se llevarán a cabo del 19 de mayo al 26 de mayo. Por favor, asegúrese que los estudiantes asistan a la escuela en estas fechas. Es importante que los estudiantes duerman bien por la noche y que comen un desayuno saludable.

Las Vacaciones de Primavera son del 4 al 8 de abril. Viajes familiares, vacaciones, viajes a la universidad, etc. deben ser programados cuando la escuela no está en sesión. Por favor, no programe vacaciones cuando la escuela está en sesión. La escuela pierde dinero y nuestros estudiantes pierden tiempo valioso de clase.

Atentamente,

Scott Barton
Director

6th Annual Preuss School Shakespeare Festival



Please come and support our students. Paid parking is available right across the street from our school in lot P702. Purchase pass and display in dash of car. \$1.00 for 45 minutes.

You are invited to the 6th
Annual Preuss
School Shakespeare Festival
Wednesday, April 20, 2011
from 2:30 -4:00pm.
School Amphitheatre

The Fine Arts and English departments present our annual tradition, a festival of Shakespeare's work with drama/comedy scenes, music, dance, and pageantry on our glorious amphitheatre stage. Over 100 student performers will participate and entertain you with their interpretations of Shakespeare's work. The festival is free, and open to parents, and community members. Hope to see you there!

For more information call Mrs. Ippolito at
858-658-7236

PREUSS STUDENTS PARTICIPATE IN ONLINE ART

Dancing figures holding hands cut out of newspapers symbolizing the fragility of the news and the community that a school newspaper creates among students of diverse backgrounds. A collage and painting about the right of gays in the military in light of the recent Supreme Court decision allowing demonstrators to picket at military funerals.

How spell check turns into "SPEL CHEK" affecting teens' ability to write well, shown by contrasting a grammatically correct newspaper piece with students' creative spelling that needs correction.

This month, 30 high school students at The Preuss School UCSD in San Diego -- a model school on the University of California San Diego campus that serves inner city, low-income, and first generation college bound students-- are taking part in *365 days of print*, an online blog, along with well-known photographers, artists, designers, painters and art professors across the country.

The Preuss students are the only "non-professionals" and the youngest artists contributing art.

What that means is that the students' pieces of art, some of which described above -- collages, photographs, installations, mixed media -- will be posted on 365 days of print website nearly every day in March.

"This is an engaging project for my students," says art teacher Barak Smith, who arranged for his students to participate after an invitation from the blog's launcher, New York artist Maya Joseph-Goteiner.

"They instinctively understand the interplay between media and audience," Smith added "They display curiosity and an awareness that the newspaper may well be a dinosaur, an object of the past."

The goal of the blog, says Joseph-Goteiner who met the young artists Wednesday, is to remix the newspaper, engage and create a dialogue about news, literacy and the art of reading a newspaper using art as a vehicle.

"The Preuss artists bring excitement and freshness," says Joseph-Goteiner. "They were raised texting, tweeting and face booking, but they read, touch, and use the text from the newspaper seamlessly to create vivid pieces." Joseph-Goteiner is looking to expand the residency to focus on youth. She sees great potential in using the blog to encourage media literacy.

<http://www.365daysofprint.com/> twitter@365daysofprint.com / [email: 365daysofprint@gmail.com](mailto:365daysofprint@gmail.com)
Contacts: Maya Joseph-Goteiner: 646-279-1164 or David Joseph-Goteiner: 510-917-0305

Barak Smith
Fine Arts Department Chair



© Jocelynn Nobouphasavanh

We're on the web
www.preuss.ucsd.edu

MARCH/APRIL SCHOOL EVENTS

**3/23-3/24 Progress
Reports Distributed in
Advisory Classes**

**3/23-3/27 Grater San
Diego Science &
Engineering Fair**

3/25 Admissions Lottery

**3/26 "What the World
Needs Now" Festival-
8:00am-6:00pm**

**3/27 WASC Visiting
Committee Parent
Meeting: 3:00pm-
5:00pm**

**Mon-Fri 4/4-4/8 Spring
Break**

***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
(858) 617-4389


**The Preuss School
UCSD**



SOCCER FESTIVAL

Saturday, March 26, 2011
from 9:00-2:00 P.M. in the Manchester Field.

We will have food, music and soccer games.
If parents would like to donate or volunteer they may e-mail Connie
Perez at cj.perez@cox.net.

Donations can be brought in to the front office with
Ms. Mendoza.

We invite ALL parents to attend!

Parent Dinner Dance Fundraiser
Help us keep the wheels of the school bus rolling!

April 30 2011 Parent Dinner Dance

Fundraiser

Parents are invited to join us for a
delicious dinner and fun dance with
the proceeds all going to the
school's transportation fund.
Tickets are now on sale and you
will get a flyer from your student.
You will also receive 3 hours per
family for participating.

30 de Abril, 2011 Cena baile de Padres para

Recabar Fondos.

*Se invita a los padres de familia de
Preuss a que nos acompañen a una
cena deliciosa y un divertido baile a fin
de recabar fondos para la transporta-
ción de la escuela. Los boletos ya
están a la venta y usted recibirá una
invitación por medio de su hijola.
También recibirá 3 horas por familia
por participar.*



The Preuss School UCSD PTA

Invites You to Join Us for a
Night of Fun, Food and Dancing

Parent Dinner Dance
Saturday April 30, 2011
6:00 P.M. - 9:00 P.M.
Walton Center

Get to know fellow parents, school staff,
and community members as we raise
funds to support our students.

Ticket Prices: \$20.00 Person
\$35.00 Couple

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

This is an ADULT ONLY EVENT. NO STUDENTS

Tickets can be purchased in the front office with
Patty Mendoza (858) 658-7473 pmendoza@ucsd.edu