

*The Preuss School UCSD
Daily Bulletin "A" Day
Monday, March 25, 2013*

This Week Activities:

Monday– Thursday, 3/25-28, Sixth Grade Camp on Campus

March 25, Ruben H. Fleet Science Center Field Trip

March 26 & 27, Each day students will either visit the Birch Aquarium or Safari Park

March 27, Sleepover on campus

March 28, Petco Park Tour

****Tuesday, 3/26, Get Magic Engineering Group**

Students will be presenting and sharing their work on: Engineering Projects, Research, Field Trips they attended, Ideas and lessons learned through the Get Magic (Get More Active Girls In Computing) Mentorship, C101, 4:15pm-5:30pm

Tues day, 3/26, Sanford Burnham Summer Internship Information Meeting

Internship Information meeting open to all

10th grade Students. Room E201, 12:15 p.m.

Thursday, 3/28, Norton Simon/Getty Field Trip

AP Art History Students will travel by bus to Los Angeles to tour the Norton Simon and Getty Museums. 8:00 a.m. – 5:00 p.m.

Thursday, 3/28, LPL Financial Tour

Tour of LPL corporate offices to learn about different careers and attend a workshop. 11:00 a.m. – 2:00 p.m.

Thursday, 3/28, Middle School Dance

Walton Center, 1:30 p.m. – 4:00 p.m.

Friday – Friday, 3/29-4/5, Spring Break,

Spring Break begins on Friday, March 29, and ends on April 5th.

Students return to school April 8.

REMINDER ITEMS:

Prevent Meningococcal Disease and Detect It Early

Since January of this year, there have been an unusually large number of cases of meningococcal disease (caused by the "meningococcus" bacteria) in Tijuana, Mexico. Most cases have been in children and young adults. Meningococcal disease can result in death if not detected and treated early.

Here is what you can do to prevent meningococcal disease and to detect it early:

- a. Know the symptoms: fever, intense headache, lethargy, stiff neck, and/or a pinpoint rash that does not blanch under pressure.
- b. Contact your doctor when these symptoms are present.

- c. Get the meningococcal vaccine. The vaccine (known to doctors as MCV4) is recommended for all children between the ages of 11 and 18 years. The first dose should be given at age 11 or 12 years. A booster dose can be given at age 16 years. The vaccine is recommended for some adults: those who travel to certain areas where there are very high rates of meningococcal disease (mainly Sub-Saharan Africa), military recruits, college-age students living in dormitories, and adults with certain health conditions.
- d. Use good hygiene. Frequent hand washing is important. Bacteria can be spread through coughing and sneezing. When a tissue is not available, cough or sneeze into your own elbow or sleeve (NOT into your hand).
- e. Saliva can spread the infection. Do not share food or beverages. Do not share water bottles, eating utensils, lipstick or lip balm. Adults must not share cigarettes or pipes.
- f. Travelers. If you are traveling to Tijuana, be aware of the recent reports of meningococcal disease. Promptly seek care for suggestive symptoms.

For reliable information on meningococcal disease, go to the following website:

www.cdc.gov/meningococcal/

Prevención de la Enfermedad Meningocócica y la Detección Temprana

Desde enero de este año, ha surgido una cantidad sorprendentemente de casos de la enfermedad meningocócica (causada por la bacteria "meningocócica) en Tijuana, México. La mayoría de los casos han sido niños y jóvenes. La enfermedad meningocócica puede ocasionar la muerte si no es detectada o diagnosticada y tratada oportunamente.

Para prevenir la enfermedad meningocócica y detectarla temprano, se puede:

- a. Reconocer los síntomas: fiebre, dolor de cabeza severo, letargo, rigidez de nuca y/o un sarpullido localizado que no se vuelve blanco al presionarlo o con la presión.
- b. Contacte a su médico si presenta éstos síntomas.
- c. Recibir la vacuna antimeningocócica conjugada. Se recomienda la vacuna (conocido por los médicos como MCV4) para todos los niños entre las edades de 11 a 18 años. La primera dosis se administra a los 11 o 12 años de edad. Se puede administrar una vacuna de refuerzo a los 16 años. Se recomienda la vacuna a algunos adultos: aquellos que viajan a ciertos lugares donde hay índices muy altos de meningitis (mayormente en África subsahariana), gente alistada al ejército, estudiantes de la universidad que viven en residencias y adultos con ciertas condiciones de salud.
- d. Usar buenas prácticas de higiene. Es importante lavarse las manos frecuentemente. La bacteria puede ser diseminada al toser y estornudar. Cuando no se tiene disponible un pañuelo, cúbrase la nariz y la boca con su brazo. (NO con la mano).
- e. La saliva puede diseminar la infección. No comparta comida ni bebidas. No comparta botellas de agua, utensilios de comer, lápiz ni protector labial. Los adultos no deben compartir cigarrillos ni pipas.
- f. Viajeros. Si viaja a Tijuana, infórmese con los reportajes recientes de meningitis. Si tiene los síntomas sospechadas, visite al médico inmediatamente.

Para información confiable acerca de meningitis y la enfermedad meningocócica, visite el sitio de internet <http://www.cdc.gov/spanish/especialesCDC/Meningitis/>

REMINDER ITEMS:

IT'S YOUR MOVE.....Middle School Lunch Activities at Preuss.....

- **Music** Mon-Fri, Hwong T102
- **PS2 Sports Games** Tues & Thurs, Meka, B102
- **Card Games** Wednesdays (1st & 3rd), Borgo, A101

- **Origami** Wednesdays (2nd & 4th), Harward, A101
- **Tutoring** Mon & Wed, Ensberg, Library
- **6th Grade Tutoring** Tuesdays, Borgo, A101
- **6th Grade Tutoring** Thursdays, Hinchman, A203
- **Puzzle Club** Mondays (1st & 3rd), Valdez, A103
- **7th Grade Science Tutoring** B-days, Baird, C101

Lunchtime Tutoring:

World Language, D203

Math, A101

Guitar Class, T101

Singing Class, T102

STARS Program, Room A101 and Library

Club:

Botball Club, D102

Science Olympiad Club, B103

Sports Schedules:

Girls Lacrosse Schedule

Date	School	Site	Time
Tues. Mar 26 th	Granite Hills (V)	Home	3:00 pm
Tues. Mar 26 th	Granite Hills (JV)	Home	4:15 pm
Thurs. Mar 28 th	Olympian HS	Away	6:00 pm
Thurs. April 11	TBA	Home	4:00pm
Tues. Apr 16 th	Point Loma	Home	4:00 pm

Boys Lacrosse Schedule

Date	School	Site	Time
Tues. Mar 26 th	Pacific Ridge HS	Away (JV)	3:30 pm
Thurs. Mar 28 th	Montgomery	Home	3:30 pm
Tues. Apr 9 th	SDHS	Home	4:00 pm
Fri. Apr 12 th	Bonita Vista	Home	3:30 pm
Tues. Apr 16 th	Foothills Christian	Away	5:00 pm
Thurs. Apr 18 th	Olympian High	Home	3:30 pm
Thurs. Apr 25 th	La Jolla Country Day	Home	3:30 pm