

*The Preuss School UCSD
Daily Bulletin "B" Day
Thursday, March 28, 2013*

This Week Activities:

Thursday, 3/28, Sixth Grade Camp on Campus

March 28, Petco Park Tour

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:

ASB Class Application: Any student in grades 8-11 who are interested in being part of the ASB class next year, stop by B103 and pick up an application. Students can run for an elected office or apply by interview to be part of the class. Applications require parent and UP teacher signatures. **(4/12 Mrs. Artz)**

Origami Contest: Coming to the Preuss School Library, April 8th-April 26th. The theme this year is **The Zoo**. Practice your folding skills over spring break. Look for details posted in the library and your classroom. **(3/28 Ms. Nance/Ms. Gonzalez)**

Congratulations to eighth grader Franklin Hang for winning the National Rifle Association's National Essay Contest! Franklin earned first place in the Junior Awards category with his essay on the importance of the 2nd Amendment, competing against students in grades 9 and below nationwide. We are very proud of you! **(3/28 Mr. Ensberg)**

Interact Club: Will be hosting the Jersey Mike's Subs Fundraiser during Spring Break (April 1st-April 6th). Come support the Interact Club in their fundraiser to help the Sister School in Afghanistan! 15% of the proceeds will go to supporting our International Project in helping our Sister School!

When: Monday-Friday (April 1st-6th, 2013)

Time: 10 am- 9 pm

Where: 3975 5th Ave., San Diego, CA, 92103

You can come any day of the week! Go during Spring Break, buy great sandwiches, and support a great cause. **(4/6 Ms. Mascovich)**

Robotics News: Congratulations to Team 812, the Midnight Mechanics for winning the prestigious "Engineering Inspiration" award at the Salt Lake City regional robotics competition! This award is for the community education efforts related to STEM (Science, Technology, Engineering, Mathematics) that the mechanics do all year long. Don't Panic, be a Midnight Mechanic!

(3/28 Mr. Rupert/ Mr. Solomon/ Ms. Valdez)

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
- d. 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.
- e. 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).
- f. 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.

- g. 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/>

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:

Math Tutoring - High School Lunch

Monday thru Friday, D102

World Languages Tutoring - Middle School Lunch, B102; Monday thru Friday

World Languages Tutoring - Senior Lunch, B202, D201, D203; Monday thru Friday

After School Tutoring:

World Languages, B202

Get Magic Mentor Meeting, C101

Club:

Running Club, UCSD Campus and Preuss Campus

Sports Schedules:

Girls Lacrosse Schedule

Boys Lacrosse Schedule

Date	School	Site	Time
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

Date	School	Site	Time
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