Dear Parents/Guardians:

We would like to welcome our new counselors Brittany Oka, who started at Preuss on Monday, March 11, and Ruthie Carrillo, will begin on April 1. We are excited about our two new members of The Preuss School staff and the strengths they will bring to Preuss.

The school year is moving quickly and Spring Break is right around the corner (March 25-29) ALL students must return to school on Monday, April 1.

The first academic semester was completed with approximately 53% of our students on the Honor Roll. There were 231 students on the Fall Principal’s Honor Roll (3.5-3.99 GPA) which includes 114 middle school students and 117 high school students. There were 206 students on the Fall Principal’s High Honor Roll (4.0 and above) which includes 65 middle school students and 141 high school students. Student attendance has a direct impact on why there is such a large percentage of Honor Roll Students. We celebrated Perfect Attendance for the first semester with an awards ceremony and ice cream celebration. 354 Students had Perfect Attendance during the first semester, which includes 174 middle school students and 180 high school students.

All seniors from the class of 2019 have applied to UC and CSU schools and have submitted the FAFSA or California Dream application and Cal Grant applications. 23 colleges have accepted at least one Preuss senior as of the beginning of March. 51 out of 103 seniors have been admitted to a CSU or private university. Seniors were encouraged to submit the San Diego Foundation Common Scholarship Application and applications to the various scholarships for Preuss students. College admission results will continue to be received through May 1, 2019.
The Admissions Lottery was held February 13, at 4:30pm in the Walton Center. 171 families attended the lottery. Admissions were offered to 124 sixth graders, the balance of the sixth graders are on the waiting list. There are 72 students in grade 7, 45 students in grade 8, and 107 students in grade 9 on waiting lists. We will not know how many students from grades 7,8, and 9 will be admitted from the waiting lists until late May or June. Congratulations to those 124 sixth graders who will be joining Preuss next school year.

6th Grade camp (Camp on Campus) will begin Tuesday, March 19, and end Friday, March 22. Camp is held on and off campus, with one overnight stay taking place on Thursday, March 21. The 6th graders will participate in educational field trips to the Birch Aquarium, San Diego Zoo, Canyonview Pool, Muir Field Day Activities and a visit to the Qualcomm Institute in Atkinson Hall on the UC San Diego Campus. The week will end with a middle school social/dance on Friday, March 22, from 1:45 p.m. to 4:00 p.m. 6th grade students may be picked up from school following normal procedures or students may ride the bus home. Keep in mind that students will have a sleeping bag and change of clothes to bring home after camp.

On Wednesday, January 23, over 200 middle school students enjoyed a lively competition among our best spellers from grades 7-8. Each English class (8 total) in grades 7-8 had a class spelling bee to choose the best spellers. Spellers did a wonderful job, with no students missing any words in the first three rounds. Eventual winner and runner up, both 7th graders, competed through nearly 20 rounds. The runner up, Jennifer Serna, missed on the word "sagacity". The winner, Anthony Mendias, won by spelling the words "lustrous" and "relinquish" to claim the title of Preuss Schoolwide Spelling Bee Champion. This is part of the nationwide National Spelling Bee Program; our winner will continue to the county competition. If he wins at the county, he will be give an all-expense paid trip to Washington DC to compete at the national level. We are very proud of our wonderful spellers in middle school, and we wish Anthony the best of luck at the county competition on March 14, which will be broadcast live on 10news.com/Spelling Bee. The competition will begin at 9:00am and ends 12:30pm.

Our 8th Annual Preuss Science Festival was held on Saturday, February 2, and was presented by the Preuss science department. Approximately 1400 families attended the Science Festival. 20 seniors volunteered to act as judges and three students from the Senior Internship led STEAM Art Projects specifically designed for younger children. Students in grades 6-11 presented in the Walton Center and in classrooms throughout the campus. Guest presenters included Birch Aquarium, SeaWorld Hubbs Research Institute, Cabrillo National Monument Education Outreach, UCSD Virtual Reality Club, and UCSD Student Engineer Club. This year there was a STEM ART component. Senior volunteers helped younger children with STEM-related craft projects - it was very successful. Seniors volunteered for several teachers, helping to set up, monitor projects for safety, and clean up afterwards. Thank you to the PTA for selling food during the event.

Preuss Robotics team The Midnight Mechanics participated in the Orange County regional competition held February 28- March 2, 2019. 32 members of the team participated. The Midnight Mechanics won the Judges Award celebrating their outreach efforts in the community. Ms. Bandypadhyay was awarded the Woodie Flowers Award, which is the most prestigious award one can receive as a mentor/advisor.

The Robotics team then participated in the 13th Annual FIRST Robotics Regional Competition in San Diego, March 7-9, 2019 at the Del Mar Fairgrounds. The team finished in 2nd place at the end of qualification matches and lost in the tiebreaker semifinals match. The Preuss School had 21 students who participated Thursday and Friday with the entire team of 30 students attending the competition on Saturday. We are so proud of our Midnight Mechanics!

On Friday, February 22, students were able to view the SFJAZZ School Day Concert in the Walton Center via Skype. Marcus Shelby’s band featuring poet Paul Flores performed, celebrating the 70th anniversary of the universal declaration of human rights.
The performance highlighted songs that played a part in the struggle for human rights and civil rights. Students learned how music has been a force for change and a tool for achieving civil rights and human rights through the history of the United States and the world.

Saturday, February 23, the PTA General meeting was held with the Multicultural Festival happening at the end of the regular meeting. We were honored to have Mica Pollock, the Director of CREATE (Center for Research on Educational Equity, Assessment, and Teaching Excellence) Professor, Department of Education Studies and Preuss Board Member as our guest. She spoke to families about SchoolTalk and equity. The Multicultural Festival featured cultural food, music and dance. It was a wonderful day at Preuss.

February was Black History Month. On Tuesday, February 26, Preuss Students attended the Annual Black Student Union High School Conference (College Day). They spent the day on the UC San Diego campus participating in discussions regarding community, identity, culture, and how they intersect to create the unique experiences of people of color in higher education. In addition, thank you to Guest Speaker James B. Manson, MSGt, USAF, (Ret) who spoke to several classes. He is a retired JROTC instructor from Mira Mesa High School who grew up in Virginia in the 1960s and experienced segregation first hand. After leaving Virginia to go to college, he returned and became active in the civil rights movement.

The Global Leadership Conference, which brings together student leaders, colleges and adult community leaders, was held on Wednesday, February 27, 2019. Students participated in a scholarship competition and submitted an application, a resume, and an essay; they were interviewed on Saturday, March 2, 2019 for the competition. Winners were announced Sunday, March 3, 2019. 19 Preuss students participated and four students received $100 Ambassador Scholarships. The students are Alex Vo, Yadhira Villegas, Ngoc Vo, and Khanh Nguyen. Congratulations to the winners and great job to all of the students who participated.

National History Day was Sunday, March 3, 2019. 8th grader, Alex Tep, participated and won an award for the 2019 San Diego National History Day competition. His essay on the Treaty of Versailles won in the Historical Papers category at the junior level. Alex is a first time participant. As a local winner, Alex has the opportunity to compete at the state level. The state competition is May 10-12 in Rocklin, CA. Congratulations Alex!

February was also Youth Art Month and Preuss Art Students participated in the San Diego Area Youth Art Month (YAM) competition. The winners were Natalia Robles and Isabel Gallegos. Isabel won 2nd place overall and her work is now hanging at the Riverside Art Museum. Preuss has competed in YAM for the last 4 years and we have always placed. Two years ago, Phuong Nguyen won first place! We have amazing students!

Boys Soccer competed at the Division II level in the Summit League and were named League Champions, going undefeated in league play. Four Preuss student-athletes were named to the First Team All League Team. They are Juan Munoz, Eloge Iradukunda, Brian Chavez, Brandon Sosa. For the second year running, a Preuss Boy's Soccer Player has been named to the All-CIF team for the San Diego section. Juan Munoz was named to the Second Team All-CIF. Only 24 players are selected for this award out of roughly 1900 players in the San Diego section. Juan was also selected as Frontier League Player-of-the-Year for the 2018-19 season. Congratulations to the Boys Soccer team and to all of the Preuss Winter Season teams, Girls’ soccer, Boys’ Basketball, and Girls’ Basketball for their determination and spirit.

San Diego Unified School (SDUSD) transportation continues to require students to use their Z-Pass to enter and exit the bus. Students are asked to carry them with at all times. If a student loses their Z-pass, we ask that the student contact Ms. Villanueva in the front office to request a new Z-pass from SDUSD. Bus drivers will be asking students for the Z-passes.

We would like to thank all of those parents who have contributed to this year’s transportation costs. Your help with busing costs is very important to the continued use of buses to transport your students to school. See Page 4.

We have amazing students!

Phuong Nguyen won first place! YAM for the last 4 years and we have always placed. Two years ago, Phuong Nguyen won first place! We have amazing students!
If you have not yet contributed your donations, you may do so by making installments during the year or in one full payment. If you have any questions please feel free to contact anyone in the front office for assistance.

We are well into our second semester of our school year; this is an important time for all students here at The Preuss School. It is a time for students to stay focused and continue to put their education first. We are fortunate to have a great group of motivated students and look forward to the final months of this school year.

Finally, I would like to share some personal news. I have decided that it is time for me to retire, and I will do so at the end of this academic school year (July 1, 2019).

I am excited to move into the next phase of my life, but I am sad that I will no longer be the principal of this amazing school. I have been a teacher and administrator for 38 years, and The Preuss School has been my second home for the last 20 years.

I am honored to be a founding faculty member and pleased with the sustained accomplishments and the tremendous successes of our students. I am most proud that the decisions we have made have been based upon what is best for our students, and our results reflect this. I deeply believe in the mission of Preuss and I will always support the work being done here.

I want to thank all of you for the support you have given to Preuss while I have been principal. Your child’s success at Preuss begins with outstanding teachers and continues because you believe in our mission and you trust our teachers and our programs. It is the students, parents, teachers and staff that make Preuss a great school. Continue to believe in The Preuss School UC San Diego!

Sincerely,

Scott Barton
Principal/Director

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**A Note from the Department of Music**

By Mercy Hwong

**The San Diego Youth Symphony**

Congratulations to the members of the San Diego Youth Symphony Overture Strings: Alexix Pena (violin), Elizabeth Carrillo (violin), and Lilian Huynh (violin) and San Diego Youth Symphony Concert Wind: Elizabeth Carrillo (Alto Saxophone) for a most successful concert on Sunday, March 10, 2019 at the Poway Center for the Performance Arts.

The Preuss School UCSD music depart has collaborated with the San Diego Youth Symphony since 2005. Every year in the month of June, students from the 8th grade orchestra audition to join the SDYS. The SDYS has provided music scholarships for the Preuss students who passed the audition. In addition, the Preuss School Music Department will loan an instrument for the student without charging an instrumental rental fee as long as the student enrolls in the San Diego Youth Symphony.
Dear Parents,

Are you planning a family trip for the Spring or Summer Break? As you think about your arrangements, we want to stress the importance of sending your child to school every day possible. Every year, absences spike in the weeks before and after the school break as families squeeze in a few more vacation days. It’s time to break that cycle. We know that just a few missed days here and there, even if they’re excused absences, can add up to too much lost learning time and put your child behind in school. This is as true in kindergarten as it is in high school. Put simply, too many absences at any age can affect a student’s chances for academic success and eventually for graduation.

We recognize that school breaks are an important time for reconnecting with families. The costs of plane tickets often influence when you want to travel. But keep in mind the costs to your children’s education if they miss too much school— and the message you will be sending about the importance of attendance. Even if you’ve got a homework packet from the teacher, it doesn’t make up for the interaction and learning that happens in the classroom. Our teachers will be teaching, and our students will be learning, right up until vacation starts and the first day back. You can help us convey that message. This spring season, help your children develop the habit of attendance.

Families play a key role in making sure students get to school safely every day and understand why attendance is so important for success in their school and on the job. Please, plan your vacations in accordance to our school calendar.

Sincerely,

Patricia Villanueva
Attendance /Transportation Coordinator
(858) 822-0311
Whispers from the Library

Congratulations to our bookmark contest winners:

High School winners:

1st place 10th grader Isabel Gallegos
2nd place 7th grader Anthony Mendias
3rd place 9th grader Marcella Dixon
4th place 11th grader Kevin Nguyen

Thomas Puente, a former Preuss parent, will graciously print multiple copies of all our winners’ bookmarks for the school to enjoy. Thank you Mr. Puente!

Friday, March 2nd we celebrated Read Across America and Dr. Seuss’ birthday by inviting community members to The Preuss School UCSD to read their favorite Dr. Seuss book to a middle school advisory class. Thank you to Marguerite Dill Jackson, Brian Luscomb, Laure Rivard, Pete Selleck, Eric Romer, Leah Anderson, Danielle Agliam, Jorge Arana, Ryan Crawford, Gaynor Pates, Paula McGraime, and Tamika Franklin for donating their time and enthusiasm. All our ambassadors did a wonderful job of greeting the volunteers, making them feel welcome and introducing them to their class. Thank you Susan Juarez, Diego Cordova, Sylvia Rodriguez, Muhamed Mohamed, Thu Pham, Anthony Sapp Guadarrama, Amayrani Calderon, Camila Puente Contreras, Cindy Kieu, John Ta, Jasmine Matthews, Angelina Solis, Viviana Rojas, Luam Woldeyesus, Vianeth Montano Lepe, Andy Pham, Chantal Velasquez Viveros, Miguel Bahena, Jenesha Semexant, Sabrina Haji and Darian Juarez for representing The Preuss School UCSD so well.

 Eighth Graders will not be able to participate in “A Celebration of Learning” and Seniors will not be able to receive their diploma unless their account is completely cleared. Notices regarding clearing accounts to participate in the end of the year ceremony will be sent home to all 8th grade parents in the spring, but do not wait. Now is the time to take care of any outstanding fines or lost books. Monthly notices of your student’s account are sent to your student/s email at the beginning of each month. Ask your student for this notice or call the library to check on your student’s library account. We can also consider volunteering time to cover fines. If you need to replace lost textbooks, please call to discuss. Our phone number is 858-822-2150.

Sincerely,

Karen Nance and Maria Gonzalez
The Preuss School UCSD Librarians
Eat well with some of these suggestions:

- Lean Protein - choose lean meats, poultry, fish, beans, eggs and nuts.
- Satisfy late night cravings with fruit.
- Increase your whole foods intake - more nutrients, better health benefits.
- Meal plan - prepare for the week ahead.
- Aim for 7 servings of fruit & veggies daily.
- Eat the rainbow! Eat a variety of fruits and vegetables for optimal health.
- Focus on eating throughout the day to avoid uncontrolled eating.

Mental Health, Physical Health & Nutrition

There is a clear relationship between mental health and school performance.

Poor mental health affects school function, social relationships, bullying and absenteeism.

Better Diet = Better Mental Health.

Nutritious food can change your mind & body.

Making food changes can be hard. However, food is a foundation to better health.

Other factors, including exercise, sunlight, meditation, sleep and reduced screen time also play an important role in health and wellness.

Spring starts soon, so does Allergy Season

- Symptoms: frequent sneezing, nasal congestion, itchy throat or runny nose, itchy, watery eyes.
- Spring cleaning can help your nasal passageways.
- Take preventative allergy medication daily.
- Use cold compresses to soothe irritated eyes.
- Pure, raw, local honey may help rebuild natural antibodies to pollen.
- Avoid being outdoors on windy days with high pollen counts, or wear a mask.
- After returning from outdoors, shower, wash your hair and change your clothing.
- Wash sheets in hot water every 1-2 weeks.
- Temperature, humidity, atmospheric pressure changes may cause an increase in headaches.
- Warmer temperatures are coming, remember to drink more water.

FOODS THAT PACK A FIGHT

Many common foods have anti-inflammatory and antihistamine properties that soothe allergy symptoms. Fight the flare-up with these foods:

- **Apples**: contain flavonoids that fend off inflammation.
- **Red grapes**: boast antioxidants and resveratrol; both fight inflammation.
- **Citrus fruits**: their dose of vitamin C does wonders for cold and allergy symptoms.
- **Collard greens**: rich in carotenoids which reduce allergic reactions.
- **Fish and nuts**: both have properties that boost immunity and fight inflammation.
The Preuss School Mentor Program

Dear Parents and Students,

I want to tell you a few words about the Preuss Mentor Program and to encourage students to participate by filling out the Mentee Online application (see below for steps to follow).

What is the Mentor Program?
The Mentor Program consists of one-on-one meetings between a Preuss student and a caring adult. Both make a one-year minimum commitment to meet weekly for 30 to 45 minutes on the school campus. Mentors and mentees are paired by shared career interest, activities, and hobbies.

Who are Mentors?
Mentors are caring adults who have a willingness to listen, encourage, guide, and inspire. They are committed to developing a supportive relationship to help Preuss students with personal and academic goals. Mentors serve as a role model for mentees.

A Mentor is,
- A trusted guide and friend
- Someone who will listen to you
- Someone who will help you explore opportunities
- Someone who will have good ideas about how to deal with difficult situations

Students who are interested in participating in the Mentor Program, please fill out the online Mentee application by following these steps:

How to Access the Mentee Application:

Go to The Preuss School website: https://preuss.ucsd.edu/
Go to the “About Preuss” tab on the left hand side of the web page
Then to the “Volunteering Opportunities” Tab
Then click on the “Mentees” tab
The last step would be to click on and fill out the “Mentee Application”

** Don’t forget, students must stop by the office and see the Volunteer Coordinator, Dr. Jacqueline Azize-Brewer, for a quick interview and to pick up a permission slip for the parent to sign in order for student to be considered for the program.

Questions? Please contact Jacqueline Azize-Brewer at 858-822-0020 or send an e-mail to preussvolunteer@ucsd.edu
Exam Season

Exam season is right around the corner. In order to decrease stress it can be helpful for students to be prepared before exam day. Check out the infographic on the left side of this page for a list of tips for managing exam stress from ReachOut.com.

Report Cards

The next 3 week progress report will be completed for students to bring home on April 3rd and 4th. Then, on May 1st and 2nd, 2nd mid-semester progress report cards will be distributed to students. Parents: It is important to remember that just “getting by” with C’s will not necessarily earn a student a spot in a four-year university. Earning a D or F in a core subject may not only require repeating the course, but it may make the student credit-deficient for earning a diploma from the Preuss School. Please encourage your student(s) to take advantage of tutoring, SEA, stay organized by using the Preuss Planner, and do homework the night it is assigned rather than the night before it is due. All students who need a Cal Grant for financial aid to pay for college must maintain a minimum, unweighted GPA of 3.0 in grades 10 and 11. The time to be proactive is now; thank you for your support!

Course Selection

In the next couple of weeks students will be reviewing and requesting courses for next school year. Please take a look at the Course Description and Educational Planning booklet with your student to obtain information on the courses available. Current achievement will determine whether or not your student progresses onto the next course, or even on to the next grade. Thank you for helping your student with this important process.
STEM Happenings at Preuss

February was a busy month in science classes for both middle and high school students. Students in Mrs. Artz’s Marine Science were recipients of a Target Field Trip grant allowing them to visit the Birch Aquarium where they participated in a fish dissection lab. Upon returning to Preuss, they dissected a shark and made comparisons between the fish and shark characteristics.

Students in Ms. Bandy and Ms. Ackerman’s middle school science class received a week of biotechnology instruction from the Salk Institute Traveling Lab program. Instructors and volunteers from the Salk Institute taught lessons on the genetics of fruit flies, isolating DNA from wheat germ, and how to separate materials using gel electrophoresis, a common technique used in labs around the world.

On Saturday, February 23rd, four juniors joined Ms. Petraglia for the Salk Institute High School Science Day, visiting labs and hearing from scientists doing health-related research. They enjoyed lunch there and were able to network with other high school students from around San Diego.

All of this was in addition to the annual Science Festival, held on campus for all students grades six through eleven. An estimated 1500 students and parents attended. Besides viewing student projects, community guests were present to share about local science activities. These included the Birch Aquarium, Sea World’s Sea Bass in the Classroom, Cabrillo National Monument Education Outreach, and several UCSD organizations. A new participant that generated lots of interest was the UCSD Virtual Reality Club, who followed up their Science Festival activities with a presentation in Mr. Lan’s class.
News from the Arts Department: Ms. Tamima Noorzay, Mercy Hwong, Matthew Rocca

Art of Elan has collaborated with the entire Art department to bring us a beautiful concert at Preuss. The string quartet included speakers with insights into the professional and classical musical world that were highly educational for beginning guitar and piano students. The Baroque-styled music is being interwoven into the Drama department’s Shakespeare Festival, while 6th grade Art Wheel gained new inspiration for their Fresca painting of Baroque instruments. Preuss also participated for the third consecutive year in San Francisco Jazz Festival telecast. Musicians shared about the history of jazz, spoken words, and using music as a platform for human rights. Students were invited to participate in Q&A.

The 2019 Festival of the Arts was the biggest show we have ever held at Preuss! In addition to the Studio I and Studio II showcase, we had a special exhibit of #USvsHate stencil portraits of young female activists, the Kim MacConnel–UCSD Arts and Humanities collaboration and our upper division Honors and AP Studio Artists showing multiple works. There was a sneak peek at the upcoming Shakespeare Festival with a dynamic trailer shown in a theater tent. Our outstanding student performers offered everything from classical to pop, alt to rock. Kuddos to our classical musicians, Adrian-piano, Elizabeth-violin, Andrea-cello and Heaven-violin, whose outstanding interpretations and virtuosity left the crowd wanting more.

Debuting both as a club and as performers was the Multicultural Empowerment Club. Members, led by Maria Alcantar, danced three cultural dances with from Asia, Africa and Mexico. Fashion Club produced a runway show of original creations, Shakespeare Festival costumes and cultural attire culminating in a special lip-synch performance by David Lopez.

In continuing collaboration with community partners, Art and Drama students were invited to attend the debut performance of “Everybody Black” at La Jolla Playhouse. In addition to the hilarious performances and social commentary on Black History Month, students were also treated to a pre-show Q&A with the director and writer.

The Drama Department is in full-production for Shakespeare Festival, rehearsing daily and collaborating with Art Department students on decorations and props! After the trailer hit Preuss campus, word traveled fast: Shakespeare Fest is molding the plotlines, characters, and themes of classic Shakespeare with a 1970s aesthetic and soundtrack. And on the note of soundtrack...the Music Department will be performing live 70s music as transitions between vignettes! The Festival will be April 10th during 4th block, so please email Mr. Rocca if you would like your class to be part of the captive audience.
School Calendar

3/13-3/14: Progress Reports Distributed in Advisory Classes
3/16: Saturday Enrichment Academy
  9:00 am – 11:00 am
3/18-3/22: 6th Grade Camp on Campus
3/22: Middle School Social-Dance: Walton Center, 1:30 pm - 4:00 pm

  Spring Break: March 25 thru March 29 —
  Students will return to school April 1, 2019

4/3-4/4: Progress Report to Parents for At Risk Students
4/6: Saturday Enrichment Academy -
  9:00 am – 11:00 am
4/6: GIRLS Academy- Walton Center and classrooms, 8:00 am to 9:00 pm.
4/10: Shakespeare Festival – 2:15pm—4:00pm
  School Amphitheater.
4/19: Air Band/Talent Show— Walton Center–
  6:30pm-8:30 pm
4/27: Saturday Enrichment Academy—
  9:00 – 11:00 am
4/27: Spring Nights Parent Dinner Dance–
  5:00 pm—10:00 pm
5/1-5/2: Progress Report Distributed in Advisory Classes
5/4 & 5/18: Saturday Enrichment Academy–
  9:00 – 11:00 am
5/6-5/17: AP Exams.
May 10 & May 17  –Not a late start Friday. Classes begin at 8:55 am.

PARENT DINNER DANCE
Sponsored by The Preuss School PTA

Saturday, April 27, 2019
from 5:00pm-10:00pm in the Walton Center.

Tickets are $15 and are on sale now! We will have raffles and silent auction baskets.
There will be a DJ and great food!
Money earned from this event goes to your students!

The Preuss School UCSD gratefully acknowledges our newsletter sponsors

Michael P. O’Neill, Director of Manufacturing CareFusion Corporation
Chip Mutza, Site Manager from Ikon Office Solutions
Philip Battle, Production Specialist
Jose Garcia, Preuss Former Parent Class of 2004

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