

THE PREUSS SCHOOL

UC SAN DIEGO

Happy Thursday, Scholars!
Remember the Preuss Way is
Kindness, Respect, and
Excellence. Have a great day!

SAT WORD: Eschew
*Avoid and stay away
from deliberately*

QUOTE OF THE DAY:

“Absorb what is useful, Discard what is not , add
what is uniquely your own.” ~Bruce Lee

- **Students that do not come in dress code will now be asked to turn in their phones for the day in exchange for a loaner shirt or bottoms!!** Please plan accordingly so as to maintain the school dress code.
- Airpods and headphones must be put away before entering campus.
- EARLY BIRDS- Students who arrive to campus earlier than 8:25, please remain in the amphitheater area away from Arc clubs and classrooms

MTS TROLLEY RIDER INSIDER INFO

Please take a moment to learn about the MTS “See Something, Say Something” information. Click the MTS icon to read! If you need assistance when riding the trolley, you can text 619-318-1338 or call MTS dispatch at 619-595-4960. Put these important numbers in your phone so you have them available anytime you ride the trolley.



REMEMBER TO ALWAYS HAVE RESPECT FOR OTHERS PASSENGERS WHILE RIDING THE TROLLEY!

Feeding San Diego Food Distribution Schedule

2023-2024 Feeding San Diego Distribution Calendar - The Preuss School



Last Updated January 5, 2024
Cadence: 2nd and 4th Fridays

July / julio	August / agosto	September / septiembre
S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31
October / octubre	November / noviembre	December / diciembre
S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31
January / enero	February / febrero	March / marzo
S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29	S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31
April / abril	May / mayo	June / junio
S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30

 Delivery Scheduled
 Start and End Days
 FSD Holiday
 School Holiday

NOTE: Distributions may be rescheduled due to holidays or operational needs.

SCHOOL COUNSELORS WANT YOU TO

Fill YOUR CUP

During Spring Break

TAKE CARE OF
YOURSELF

ACCEPT
PRODUCTIVE
LAZINESS

CATCH UP ON
MISSING
WORK

GO FOR
A WALK

SLEEP IN

GET SOME
FRESH AIR

DO SOMETHING
THAT BRINGS YOU
JOY

If you are struggling with your mental health, please tell a trusted adult we are here to help you. Please do not struggle in silence or alone.

High School Students

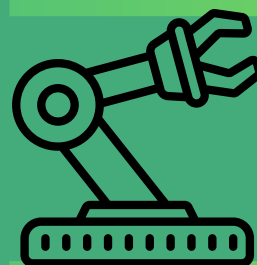
YALL WEST BOOK FESTIVAL

[CLICK HERE FOR THE LINK !!!](#)

meeting this
Wednesday, 12:30
pm Glass Classroom.

Here is the link to one of the robotics matches from this weekend, we are team 812, red bumpers, in the upper right corner of the screen most of the time. Seniors Leo G. and David P. are controlling the robot. Thanks to the staff who came and cheered after SEA! We will wrap up our season at Orange County this weekend.

Robotics Match!



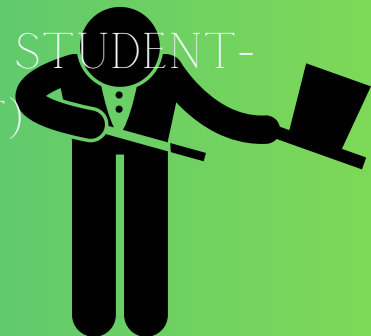
AIRBAND 2024!

**MARCH
29!!!!**



Audition Requirements:

- THE EMAIL SHOULD INCLUDE NAME & GRADE OF EVERYONE IN THE ACT
- VIDEO MUST HAVE CLEAR VISUAL AND AUDIO QUALITY
- ANY MUSIC USED DURING ACT MUST BE SENT AS A YOUTUBE LINK
- VIDEO MUST INCLUDE THE OUTFITS YOU INTEND ON WEARING THE DAY OF
- STUDENTS CAN ONLY PARTICIPATE IN ONE STUDENT-LED ACT (CLASS PERFORMANCES DON'T COUNT)
- ACTS CANNOT EXCEED 4 MINUTES



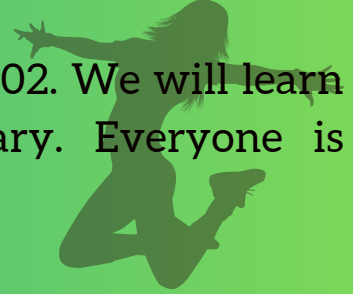
CLUB ANNOUNCEMENTS

Dreamers Club

Meets every 1st and 3rd Monday of the Month during Highschool Lunch E202

Dance Club

Join us every Monday and Thursday afterschool in Room T102. We will learn different styles spanning from Hip Hop to Contemporary. Everyone is welcome!



Film Club

We have decided that our next movie is 'Mamma Mia!' We are also still open to recruiting people to be part of our cast in our student-lead short



film!

Follow us on instagram to stay updated with us at @preussfilmclub on our next meetings. See you all in E203, Wednesdays during HS lunch!!

Volleyball Club

Meets every Friday from 4-5 in front of B103! Meet us there!



Tsunami Club

Meets every Tuesday, after school (4-5pm) in Ms. V's room, A201

Multicultural Club

Multicultural Empowerment Club meets on Thursdays during HS lunch in D203

MUN Club:

Attention all high school students: Please join Preuss MUN every **1st and 3rd Thursday of the month** during high school lunch. Please pick up your lunch, and head on over! Tell any of your friends who are not in the google classroom to come join us! See you then!

Black Student Union

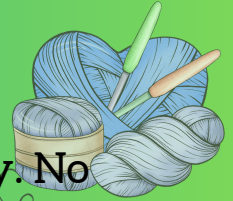
Black Student Union (BSU) invites you to join us every Thursday during high school lunch in E101 for fun games, spirited debates, and a safe place to navigate life!

Interact Club

Are you looking for community service hours and ways to give back to your community? Look no further because we can help you with that. Meet us during LUNCH every TUESDAY in Room D201 to get involved!

Crochet Club

Meets in Ms. Garcia's room, E102, from 4:00 to 5:00 every Thursday. No experience needed! Join our community of crochets' for a nice relaxing hour of creativity and conversation



Book Club

The Preuss Book Club is a community where students can enrich their knowledge and create a passion for books. We meet on Mondays at lunch in E101 and all high school students are welcome!



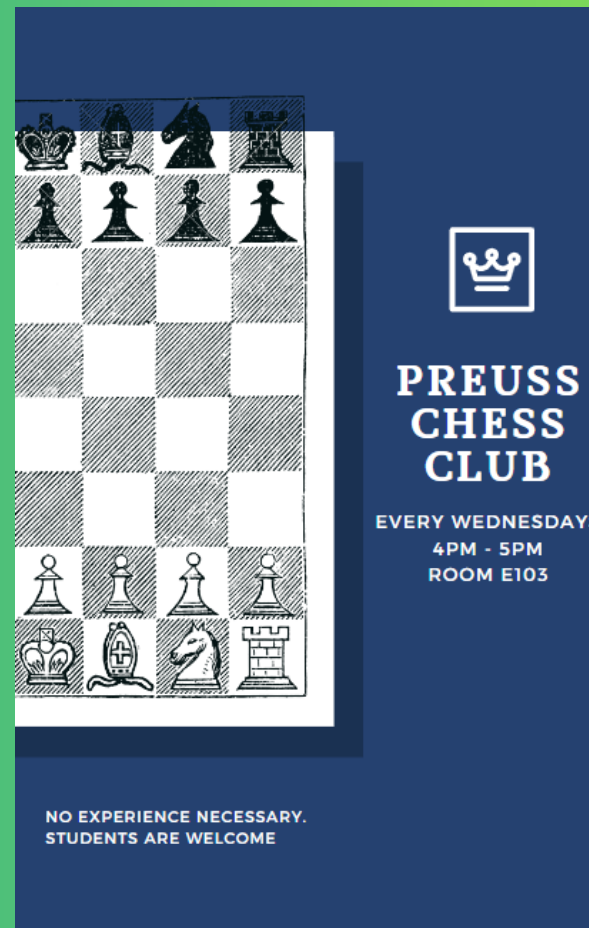
@PREUSSSCIOLY

JOIN SCIENCE OLYMPIAD!

QUESTIONS?
MR. FOZI
C202

BUILD TOWERS AND ROCKET LAUNCHERS, DECRYPT SECRET MESSAGES, SOLVE CRIMES WITH SCIENCE EXPERIMENTS, AND MORE! WE COMPETE IN EVENTS RELATED TO A VARIETY OF STEM FIELDS! COME JOIN THE TEAM! WE MEET WEDNESDAYS @ 4:15PM IN C202.

The poster features two photographs at the bottom showing students working on projects in a classroom setting.



PREUSS CHESS CLUB

EVERY WEDNESDAY
4PM - 5PM
ROOM E103

NO EXPERIENCE NECESSARY.
STUDENTS ARE WELCOME

The poster features a large chessboard graphic with various chess pieces on it and a crown icon in a square box.

Finance Club

FINANCE CLUB

Tuesdays & Wednesdays | 4-5 pm | C201

Join us to learn about the financial literacy topic of the month:

Taxes



Come find us after school on Wednesday's for our snack sales!



Ambassador's Club

<p>APPLICATION</p> 	<p><i>Info on:</i></p> <p>AMBASSADOR'S PROGRAM</p> <p>Application open until March 22</p>
<p>MORE INFO</p>	
<p>This is an update on the previous Preuss Ambassador's club! We have now turned into a school function that takes students out for events and activities that require people to meet with guests, donors, and other visitors that come to Preuss. For more information and requirements scan the QR code and open the application.</p>	
<p>CONTACT</p> <ul style="list-style-type: none">• If you have any question please contact Ruth Kibrom and Yenatfanta Hailemariam.• ythailemariam@preuss.ucsd.edu• rkibrom@preuss.ucsd.edu	<p>REQUIRMENTS</p> <ul style="list-style-type: none">GPA 3.5Personal StatementBeen here since 6th gradeTeacher Recommendation



Ramadan

K A R E E M



Are you a middle schooler observing
Ramadan? Would you like a peaceful place
to hang out?

Come check out Rm. A203 during middle
school lunchtime from March 10th until
April 9th during the month of Ramadan.

No food or drink allowed.





Pictures needed

Hello everyone we are in need of pictures for our holiday and student life pages. Please send us any pictures that you have through our Yearbook Snap App, or send them to our Instagram;

INSTA: @PREUSSYEARBOOK

YEAR

BOOK

Yearbook applications open for 2024-2025!

Join us for yearbook next year by learning and improving your skills in photography, marketing, graphic design, writing, interviewing and understanding the Preuss community.

We would love to add you to our yearbook class so sign up for applications through our form!

Email Dr. Ensberg for any questions
Pensberg@ucsd.edu



THIS DAY IN HISTORY

RHO KAPPA

Clara Lemlich

On March 28, 1886, Clara Lemlich was born.

Lemlich would go on to incite and lead the Uprising of 20,000. Lemlich would play a crucial role in revolutionizing the culture of an industrial worker, especially for women.