

The Preuss School UC San Diego

**HAPPY THURSDAY, SCHOLARS!
REMEMBER THE PREUSS WAY IS
KINDNESS, RESPECT, AND
EXCELLENCE. HAVE A GREAT DAY!**

Quote of the Day

"We need Joy as we need air. We need Love as we need water. We need each other as we need the earth we share."

-Maya Angelou

SAT Word

respite(n): a pause from doing something

IMPORTANT REMINDERS

- **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**

HOMECOMING WEEK!!!

HOCO Spirit Week

December 11 - 15

Monday: Creative Hair Day!

Students can do creative things with their hair such as hair colors, styles, and accessories (including bows, hair gel glitter, and temporary hair color).

UNIFORMS REQUIRED!

Wednesday: Jersey Day

Students will be allowed to not wear the Preuss polo in order to wear any sports jersey from their favorite sports or school team

PREUSS BOTTOMS REQUIRED!

Friday: Triton Pride Day:

Students can wear navy blue, yellow/gold, and white tops and bottoms to represent our mascot the Triton!

Jeans are OK. School bottoms are OK. Other colored bottoms are NOT OK.

High School only Spirit Week!

Follow @preussasb on instagram



Tuesday: Fuzzy Sock Day

Students are encouraged to wear decorative fuzzy socks

NO CROCS!

UNIFORMS REQUIRED!

Thursday: Hoco Colors Day

Students participating in HOCO colors day can wear their grades colors:

Seniors: Purple/Green

Juniors: Red/ Gold

Sophomores: Blue/Orange

Freshman: Pink/Brown

Bottoms can be any color or jeans as long as the majority of your outfit is your grades color

Students NOT participating MUST wear uniform

Attention All High Schoolers! As this year's Disney Duos homecoming is approaching, high school ASB would like to present Spirit Week and the scheduled boys' and girls' basketball game times!

Game Schedule:

Girls Basketball Team: @ 4:00 PM

Boys Basketball Team: @ 6:00 PM

Homecoming will take place at the Liontree Arena, make sure to follow our Instagram @preussasb to stay updated on the directions to the facility! See you all at HOCO!

*****THIS IS A REMINDER THAT YOU DID NOT HAVE TO RSVP IN ORDER TO GO TO HOMECOMING. THE RSVP WAS FOR STUDENTS WHO WERE INTERESTED IN HAVING PROVIDED FOOD AT HOCO AT NO COST. IF YOU DID NOT RSVP, YOU CAN GO TO HOMECOMING BUT WILL NOT BE PROVIDED WITH FOOD.**

SPIRIT WEEK (DEC.11-15):

WE WILL BEGIN SPIRIT WEEK NEXT MONDAY, DECEMBER 11TH! TO PARTICIPATE IN SPIRIT WEEK, CHECK THE SPIRIT WEEK POSTER ON OUR INSTAGRAM @PREUSSASB FOR THE REQUIREMENTS! MAKE SURE TO FOLLOW THE REQUIREMENTS ACCORDINGLY.

MONDAY: CREATIVE HAIR DAY

TUESDAY: FUZZY SOCK DAY

WEDNESDAY: JERSEY DAY

THURSDAY: HOCO COLORS DAY

FRIDAY: TRITON'S PRIDE DAY

**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.



EFFECTIVE DECEMBER 5, ANYONE APPLYING FOR A NEW REDUCED FARE PRONTO CARD/ACCOUNT MUST PROVIDE PROOF OF ELIGIBILITY. A NEW ONLINE APPLICATION ALLOWS STUDENTS TO UPLOAD THEIR ELIGIBILITY DOCUMENTS ONLINE FOR APPROVAL. (STUDENTS CAN GO IN-PERSON TO THE MTS TRANSIT SORE OR NCTD CUSTOMER SERVICE LOCATION)

[Click here for more info!](#)

**PRONTO CARD
ACTIVATION**

THE PREUSS INSIDER

A newspaper made by students,
for students of the Preuss School UC San Diego



Preuss Spirit Expressed In A Week



Preuss Presents its 2023 Fall Formal



Preuss Welcomes New Vice Principal, Ms. Brown



AP Biology Ventures Into San Diego Safari Park



Preuss Marine Biologists Explore Birch Aquarium



New Period Product Dispensers Installed In All Girl Bathrooms

PREUSSINSIDER.COM

PODCASTS, NEWS, ENTERTAINMENT, & MORE
MAKE SURE TO CHECK OUT YOUR PEERS ARTICLES!

@preussinsider



••••• ● 4:00-5:00 P.M. MON - THU •••••

PASS

Peer Academic School Support

23
-
24

Starting Dec. 05

D101

PASS is a learning center that supports the needs of students who want to study together or individually on any subjects. Come study with your friends and receive support from fellow peers!



FEEDING SAN DIEGO

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

Last Updated November 14, 2023

Cadence: 2nd and 4th Fridays



July / julio

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August / agosto

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September / septiembre

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October / octubre

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November / noviembre

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December / diciembre

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February / febrero

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March / marzo

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May / mayo

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June / junio

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■ Delivery Scheduled
 ■ Start and End Days
 ■ FSD Holiday
 ■ School Holiday

The Pride of Preuss

PRIDE OF PREUSS



"The Pride of Preuss" is an extraordinary initiative that spotlights the exceptional achievements of eight senior scholars. These scholars have served as remarkable ambassadors, not only for their school but also as advocates for higher education and the values of a substance-free lifestyle.

These eight scholars have ventured beyond their school, visiting multiple elementary's to share their inspiring stories representing Preuss pride. Through their compelling narratives and accomplishments, they serve as living examples of the transformative power of education at Preuss.

"The Pride of Preuss" program, in its dedication to showcasing these scholars, plays a pivotal role in influencing future students. They demonstrate that through hard work, dedication, and the pursuit of knowledge, one can achieve remarkable success while staying true to a healthy and responsible way of life.



Vistan To
Assistant Tennis Representative
Tennis



Younsul Gebeyehu Mekonnen
Basketball



Anyeli Gomez Hernandez
Cheerleader



Eden Fente
Cheerleader



Edo Rahn
Basketball



Anali Centeno
Volleyball



Anthony Mendias
Assistant Tennis Representative
Tennis



Nova Solis
Cheerleader

FOR MORE INFO FOLLOW
@PREUSSYEARBOOK OR VISIT OUR
WEBSITE AT :
YEARBOOKFOREVER.COM

YEARBOOK UPDATES: NAME STAMPS

YEARBOOK IS NOW OFFERING NAME STAMPS,
THIS PURCHASE CAN ONLY BE MADE THROUGH
ONLINE PURCHASES, AND GIVES YOU THE
ABILITY TO CUSTOMIZE YOUR BOOK.

WE WILL BE SELLING FROM NOW UNTIL
JANUARY 27, 2024

**yearbook pre-sale
december 14&15**

**last chance to get the yearbook
for \$35 next month price will
be raised to \$40**

**During High school and Middle school
lunch in front of the Walton center**

**price:
full payment: \$35
downpayment: \$10**

cash only and no bills bigger than \$20

**For online purchases go to
yearbookforever.com**



HAPPY Holidays

AND HAPPY NEW YEAR
YEARBOOK ANOUNCMENT

HAVE ANY PLANS FOR THE HOLIDAYS? THEN WE
ENCOURAGE YOU TO SEND YOUR PHOTOS THROUGH
THE YEARBOOK SNAP APP! WITH OUR PAGE(S)
DEDICATED TO STUDENT LIFE, WE LIKE TO
HIGHLIGHT A GLIMPSE OF ACTIVITIES BEYOND THE
CLASSROOM!

SCAN HERE TO ACCESS YEARBOOK SNAP APP!

ACCESS CODE: PREUSSYEARBOOK

ANDROID:

IPHONE:



Clothing Donation



DUE Jan 5th

Donate your unwanted clothes!

All donated clothes must be in good and clean condition

Unwearable and dirty conditions are unacceptable

1 piece of clothing = 15 minutes community service



@preussinteract

Drop off at D201

PREUSS Book Club

Announcement

DEAR PREUSS COMMUNITY

Do you have books you don't read anymore? The Preuss Book Club is so excited to announce our first annual book drive from December 4-December 15! Please bring in any books you'd like to donate, and you'll be entered into a raffle for a \$25 gift card! We will be donating the books to local area hospitals to help patients and visitors have access to books. We need books for all reading levels and from all genres. Books can be brought to Mrs. Majors' room E101 before school and at lunch.

FOR MORE INFO:

email: tmajors@preuss.ucsd.edu

Or

follow us on instagram: [@preussbookclub](https://www.instagram.com/preussbookclub)

EHS STUDENTS OF THE MONTH

Congrats to the following students who made Students/Athletes of the Month for November!

Liliana Guadiana
Tam Nguyen
Aniylecia Lopez
Brook Gebeyehu
Arya Josue
Axel Hernandez
Ashley Morales
Aian Eoin Najarila

JV Soccer
Carlos Pulido
Ethan Castillo

Club Announcements

RHO KAPPA NATIONAL HONORS SOCIETY PRESENTS

"THIS DAY IN HISTORY"

On December 14, 1911, Roald Amundsen (one of the greatest figure in history of polar exploration) was the first person to reach the South Pole.

VOLLEYBALL CLUB

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

APIA CLUB

Are you interested in hosting events, dancing, or learning about Asian Pacific Islander culture? If so, come join us every WEDNESDAY during LUNCH in Room D203. Everyone is welcome!

PREUSS 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!

FINANCE CLUB

Tuesdays & Wednesdays | 4-5 pm | C201

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



@PREUSSCIOLY

QUESTIONS?
MR. FOZI
C202

JOIN SCIENCE OLYMPIAD!

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.



Club Announcements

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!

MULTICULTURAL CLUB

Multicultural Empowerment Club will be meeting on Thursdays for the last week of November and all month in December during HS lunch in room D203.

ROCKS AND MINERALS CLUB

"Rocks & Minerals club meeting and elections Friday December 15th. This is our second meeting. We will be listening to presentations from those running for office. If you participated in our first meeting or would like to join, please get your lunch and meet in A103, during middle school lunch this Friday!"

DANCE CLUB

Are you interested in learning how to dance? Join us every Monday and Thursday afterschool in Room T102. We will learn different styles spanning from Hip Hop to Contemporary. Everyone is welcome!

APIA CLUB

Are you interested in hosting events, dancing, or learning about Asian Pacific Islander culture? If so, come join us every WEDNESDAY during LUNCH in Room D203. Everyone is welcome!

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!