

THE PREUSS SCHOOL
UC SAN DIEGO

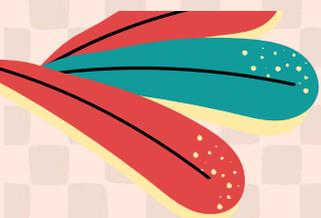
Happy Tuesday, Scholars!
Remember the Preuss Way is
Kindness, Respect, and Excellence.
Have a great day!

QUOTE OF THE DAY:

Before you act, listen. Before you react, think. Before you spend, earn. Before you criticize, wait. Before you pray, forgive. Before you quit, try. - Ernest Hemingway, author

SAT Word: Incumbent
Currently holding an office

- 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



Middle School Lunch Tutoring



What subject?

ENGLISH

When?

During lunch starting 5/14

6th Grade Tues./ 7th & 8th Grade Thurs.

Where?

Glass Classroom in the LIBRARY

With Who?

Ms. Conception

Who qualifies to go?

Students who are severely underperforming/ failing English or simply needs help with an assignment.

Parents will be notified of the mandatory English tutoring until either grade or performances improve

List of students who need to attend will be posted weekly on Google Classroom by every Friday

SATURDAY ENRICHMENT ACADEMY IS THIS SATURDAY! (05/18)

9 AM -11 AM

BUSSES AVAILABLE

COME FOR SUPPORT ON ASSIGNMENTS OR A QUIET PLACE TO WORK.

THIS IS THE LAST S.E.A. BEFORE THE SPRING LEARNING SHOWCASE! GET SUPPORT WITH YOUR ESSAY, SPEECH AND/OR TRIFOLD.

The illustration shows a woman with dark hair, wearing a green shirt, holding a white megaphone to her mouth. She is standing next to a large white board that displays a line graph. The background is green with white floral patterns and a white speech bubble containing the event information.

All 11th grade students interested in being a part of The Pride of Preuss next school year, please don't forget to fill out an application. The submission deadline is Friday, May 17th.

Scan QR code to receive an application

SCAN ME



**YEARBOOK
2024-25 ROSTER**



The official roster for next school year has been confirmed! To check the list make sure to stop by Dr. Ensberg's classroom (E203). It will be posted on his door. Further questions? Contact us @preussyearbook



TO ALL CURRENT 8TH TO 11TH GRADERS

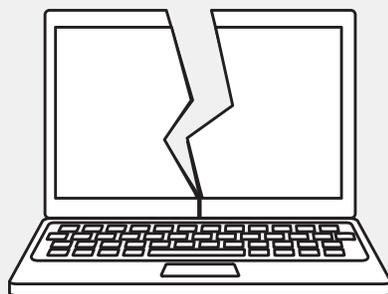
**VOTE FOR YOUR ASB EXECUTIVE BOARD FOR
NEXT SCHOOL YEAR (2024-25)**

Voting will be open from 9 am until 4 pm using

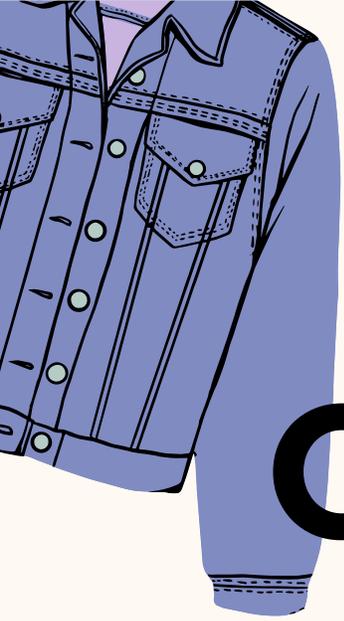
[THIS FORM](#)



To see the candidates' campaigns, go to @preussasb on Instagram. Class officer elections will occur under the same format next Friday, May 10th."



Please report any broke/missing keys on keyboards or broken screens immediately to the IT department. If you do not and you are the last one to login in you will be charged the damage. We have had way too many broken keyboards and screens to the laptops in the classrooms. This notice will serve as your warning. Keys may cost up to \$5.00 a key, Entire keyboard is \$25, screen replacement up to \$90



Clothing

Donations

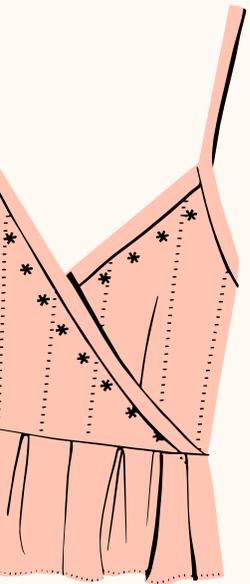
Saturday May 4th - Friday May 17th

Clothes such as: Shirts, sweaters, pants, shorts, skirts

Drop off Zones!

- The front office to Ms.Vanessa on May 4th
- Mr.Arias's Room E103 (during school hours)

We appreciate your donations!





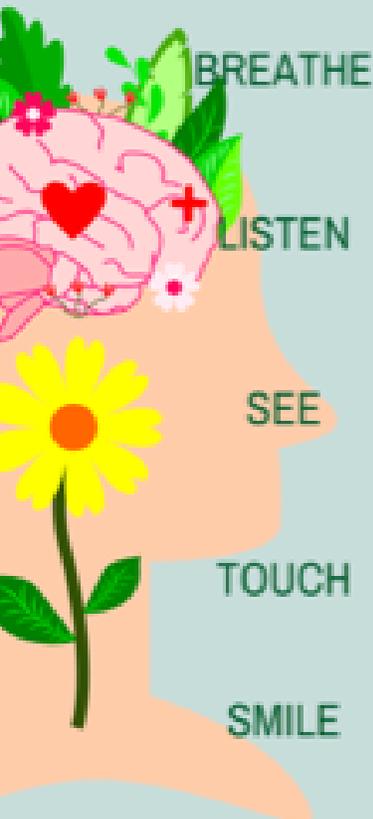
MAY IS...

MENTAL HEALTH AWARENESS MONTH

Spend this month taking care of yourself because YOU ARE NUMBER 1!!!!!!

Keep an eye out for our TSUNAMI representative in the front office (make sure to read his sign and learn new things!) and for lunchtime activities :)

MINDFUL MINUTE



CLOSE YOUR EYES, SIT QUIETLY, AND...

TAKE DEEP BREATHS AND LET THEM OUT SLOWLY. THINK ABOUT HOW THE AIR GOES IN AND OUT OF YOUR LUNGS.

LISTEN TO THE SOUNDS AROUND YOU, AND THINK ABOUT HOW MANY SOUNDS YOU CAN NAME.

USE YOUR FINGERTIPS TO FEEL AN ITEM OR THE AREA AROUND YOU. THINK ABOUT HOW IT FEELS AND THE WORDS YOU WOULD USE TO DESCRIBE IT.

LOOK AT ONE ITEM AROUND YOU; AND THINK ABOUT ITS SHAPE, COLOR, TEXTURE, AND HOW IT'S MADE.

OPEN YOUR EYES AND ENJOY THE WORLD AROUND YOU.

MAY IS MENTAL HEALTH AWARENESS MONTH



YOUR SCHOOL COUNSELORS WANT TO MAKE SURE YOU ARE TAKING CARE OF YOUR MENTAL HEALTH

PRACTICAL TIPS FOR EVERYDAY WELL-BEING

MENTAL HEALTH IS JUST AS IMPORTANT AS PHYSICAL HEALTH. IT AFFECTS HOW WE THINK, FEEL, AND ACT. TAKING CARE OF OUR MENTAL HEALTH IS ESSENTIAL FOR OVERALL WELL-BEING. HERE ARE SOME PRACTICAL TIPS TO HELP YOU MAINTAIN GOOD MENTAL HEALTH.

PRACTICE SELF-CARE. TAKE TIME TO DO THINGS THAT YOU ENJOY, SUCH AS READING A BOOK, TAKING A WALK, OR SPENDING QUALITY TIME WITH FRIENDS. PRIORITIZING SELF-CARE CAN HELP REDUCE STRESS AND IMPROVE MOOD.

CONNECT WITH OTHERS. HAVING A SUPPORT SYSTEM IS CRUCIAL FOR GOOD MENTAL HEALTH. REACH OUT TO FRIENDS, FAMILY, ADVISORY TEACHER, SCHOOL COUNSELOR, FSS OR TRUSTED ADULT IF YOU NEED TO TALK OR RECEIVE GUIDANCE.



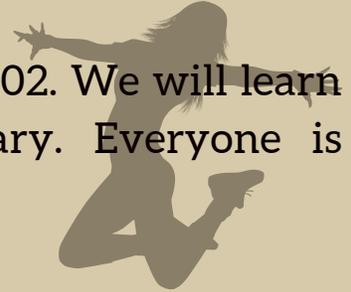
CLUB ANNOUNCEMENTS

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!



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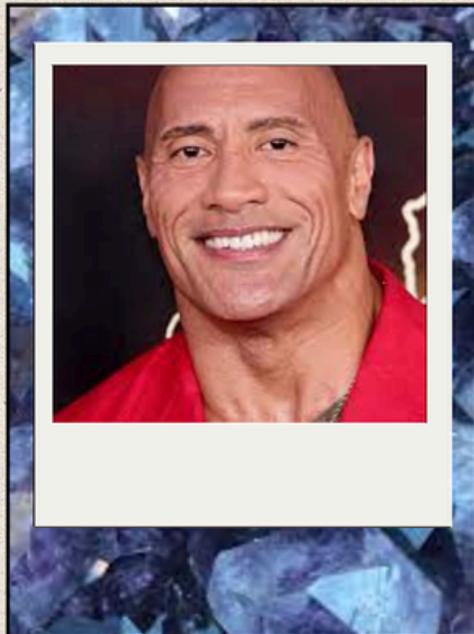
Come find us
after school
on
Wednesday's
for our snack
sales!

You rock!



BREAKING NEWS

Come join us in A103 (Mrs. Petraglia's room) every **ADAY** Friday. Feel free to bring rocks and minerals to showcase. Ask any questions on your mind to Andrew wang (6th grade) about the club or rocks and minerals.



SPECIAL EDITION

FINANCE CLUB

Tuesdays & Wednesdays | 4-5 pm | C201

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

Buffett Munger Value Investing

OPEN TO MIDDLE SCHOOL STUDENTS



OTTER POPS



Wednesdays Afterschool!

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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.

PREUSS CHESS CLUB

EVERY WEDNESDAY
4PM - 5PM
ROOM E103

NO EXPERIENCE NECESSARY.
STUDENTS ARE WELCOME

Celebrating Asian-American Pacific Islander Heritage Month!



Welcome to Asian Pacific Islander Heritage Month and today on May 14th, we are celebrating Japan . This is a fact for the Geological science lovers, but DID YOU KNOW that Japan has 110 active volcanoes ?

Celebrating Asian-American Pacific Islander Heritage Month



GUESS THE STAFF MEMBER!



This little bobble head was born in the same year The Godfather Part II won an Oscar for Best Picture and a 14-year old, Tosteson Garcia of Puerto Rico, won the Scripps National Spelling Bee by correctly spelled the word "incisor". She has one younger sister and grew up with a loving grandparents.