

7TH

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:

“What we fear of doing  
most is usually what we  
most need to do”

~Ralph Waldo

SAT Word: Disrepute  
The state of being held  
in low esteem

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

Delivery Scheduled

Start and End Days

FSD Holiday

School Holiday

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



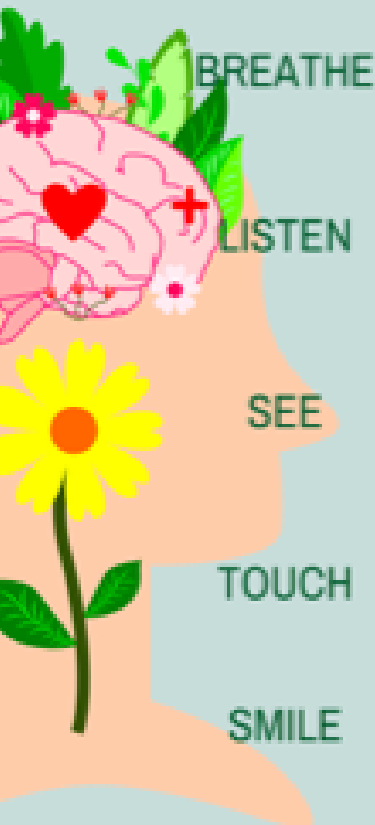
MAY IS...

# 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.



**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

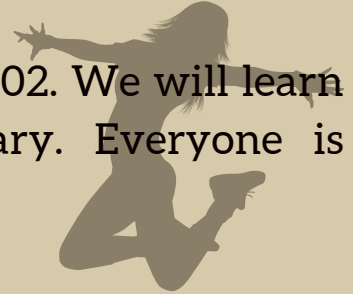
# CLUB ANNOUNCEMENTS

## 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!



**\$1**

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

## FINANCE CLUB

Tuesdays & Wednesdays | 4-5 pm | C201

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

**Raffert Munger Value Investing**

OPEN TO MIDDLE SCHOOL STUDENTS



COME JOIN US ON  
"A" DAY FRIDAYS  
DURING MIDDLE  
SCHOOL LUNCH.

# OTTER POPS



**Wednesdays Afterschool!**

**2/\$1**

## Black Student Union

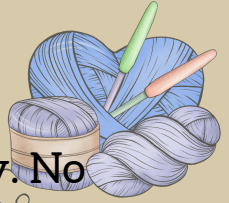
Black Student Union (BSU) invites you to join us every Thursday during high school lunch in E101 for fun games, spirited debates, and a safe place to navigate life!

## 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 a blue and white background with a gear-like pattern. At the bottom, there are two photographs showing students working together at tables in a classroom setting, some using laptops.

**PREUSS CHESS CLUB**

EVERY WEDNESDAY  
4PM - 5PM  
ROOM E103

NO EXPERIENCE NECESSARY.  
STUDENTS ARE WELCOME

The poster has a dark blue background. On the left, there is a large graphic of a chessboard with various chess pieces (king, queen, knight, rook, pawn) arranged on it. On the right, there is a white square containing a crown icon. At the bottom, there is a white box with the text 'NO EXPERIENCE NECESSARY. STUDENTS ARE WELCOME'.

# Celebrating Asian-American Pacific Islander Heritage Month!



A graphic with a green background. At the top center is a circular emblem of the Pakistani flag (green with a white crescent and star). Below it, the word "Pakistan" is written in a serif font, followed by the date "5.07.24.". To the right, a hand is shown holding a small Pakistani flag. At the bottom, a white text box contains the following text:

Welcome to Asian Pacific Islander Heritage Month and today on May 7th, we are celebrating Pakistan. This is a fact for those interested in the early age of humanity, but DID YOU KNOW that Pakistan is home to the Indus Valley Civilization?

## Celebrating Asian-American Pacific Islander Heritage Month



### GUESS THE STAFF MEMBER!



This staff member graduated from San Diego State University and is soon to be a grad student at UCSD. She loves to try new food from different cuisines. She also loves cats very much!