

# The Preuss School UC San Diego



Happy Monday, Scholars!

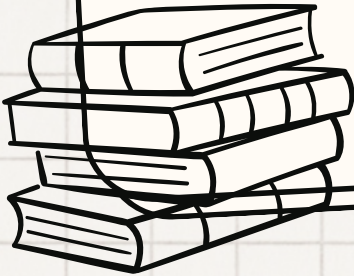
## SAT WORD:

myriad(n): a large indefinite number

## QUOTE OF THE DAY:

"Never cease to act because you fear you may fail."

— Queen Liliuokalani



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

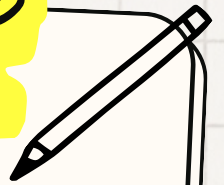
## IMPORTANT REMINDERS

- Please remember to pick up your trash before leaving the lunch tables after eating
- Personal athletic equipment are no longer allowed on campus.
  - First offense: items will be taken away and not returned until the end of the school day.
  - Second offense: Items will be taken and not returned. All students must come to school in dress code.
- Preuss polo must be worn. No jeans or sweats may be worn.
- AirPods and headphones should be put away and removed before entering campus until after school. They may not be worn on campus during the school day.

Students: Starting after Thanksgiving break, we will be asking you to trade your cell phone for a loaner polo should you come to campus out of uniform. Please plan accordingly to meet the school's expectations and your needs.



# 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.

## Feeding San Diego

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

Last Updated October 23, 2023

Cadence: 2nd and 4th Fridays



\*Distributions dates in orange

July / julio						
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					

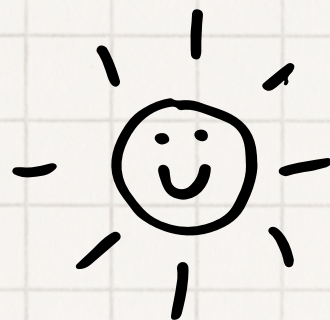
August / agosto						
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12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

September / septiembre						
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23	24	25	26	27	28	29
30	31					

October / octubre						
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15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

November / noviembre						
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		

December / diciembre						
S	M	T	W	T	F	S
						1
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9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					



# Mental Health Workshop

We have a guest speaker from UCSD coming to talk with students about managing school stress and how to help a friend. She will be doing interactive activities and discussion in small groups. We will host a Middle School group on Tuesday, November 28 from 11:45a - 12:30p and High School group from 12:30-1:15pm in the Large Conference Room

## Learning Objectives:

- To gain a better understanding of your own sources of stress and how to manage them.
- To learn different ways to cope with stress.
- To increase awareness of the difficulties that others might be facing.
- To know how to help a friend when they are going through a difficult situation

You must SIGN UP using the QR codes below by Tuesday 11/14/23. (Click the QR code to go to the survey):

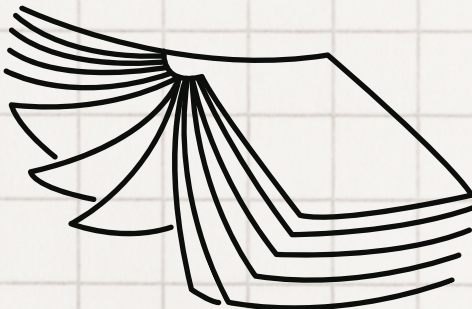
## MS SIGN UP



## HS SIGN UP



The Preuss Insider-  
Read all about it!



## 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



Parents, is it challenging to have difficult conversations with your teen? Teens, do you feel that your parents don't understand you or don't listen to you?

Join us



All Middle & High School Aged Youth and/or their Families are Invited to Attend  
**WHAT I WISH MY PARENTS KNEW**  
TUESDAY, DECEMBER 5TH | 5:30PM-7PM  
At Canyon Hills High School

Connect with other parents and teens!

Learn from each other!

Express yourself!

One of the best ways to understand someone's perspective is through building a relationship with that person. Join us for an evening of perspective and relationship building between parents and teens!

Participants will engage in small group discussions coming together at the end for reflection and connecting!

Light dinner provided!

REGISTER TODAY!



QUESTIONS OR FOR MORE INFORMATION CONTACT:  
Stacy Chiles:  
schiles@sagsandiego.org

Follow San Diego Military Family Collaborative on:



# Resources for Students

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

# PASS

Peer Academic School Support

23  
-  
24

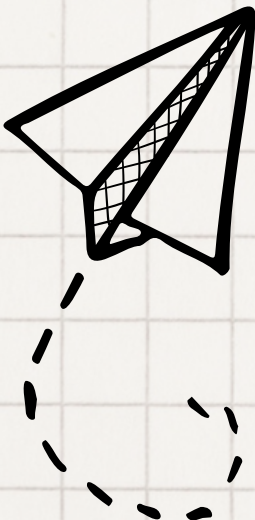
Starting Nov. 13

D102

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!



Any questions email 2027-dtho@preuss.ucsd.edu





# Club Announcements!

## TSU-NAMI

TSU-NAMI meets every Tuesday, after school (4-5 pm) in Ms. V's room A201!



## 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!

## FILM CLUB

The movie for the month of November/December will be The Princess Bride based on William Goldman's novel, "The Princess Bride." Directed by Rob Reiner and released in 1987, The Princess Bride is a fairy tale adventure following a young woman and her one true love. This film combines elements of comedy, romance, adventure, drama, and fantasy in one piece. So if you're a "sucker for a happy ending," come join Film Club in E203 during HS lunch on Wednesdays!

# ROBOTICS



## 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!

# VOLLEYBALL CLUB

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

# MULTICULTURAL CLUB

MultiCultural Empowerment Club meetings are on Mondays during lunch in room D203. See you then!

# SCIENCE OLYMPIAD

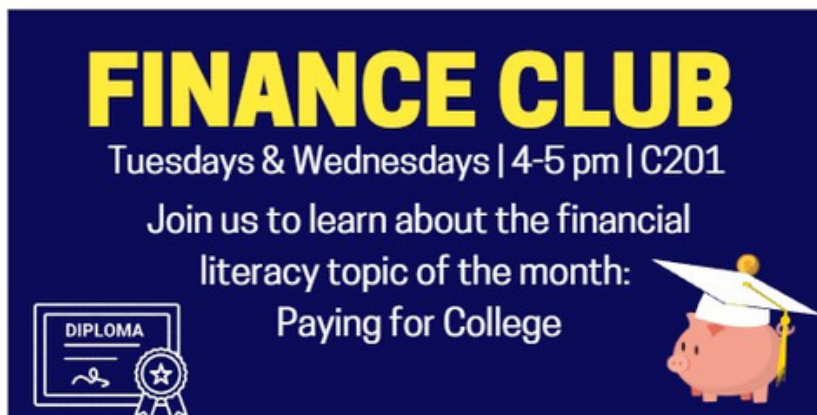


A poster for the Science Olympiad. At the top left is the handle '@PREUSSSCIOLY'. The main text reads 'JOIN SCIENCE OLYMPIAD!' in large, bold letters. Below this, it says 'QUESTIONS? MR. FOZI C202'. A larger text block describes the activities: 'BUILD TOWERS AND ROCKET LAUNCHERS, DECRYPT SECRET MESSAGES, 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 bottom half of the poster features two photographs of students working at tables with laptops and papers.

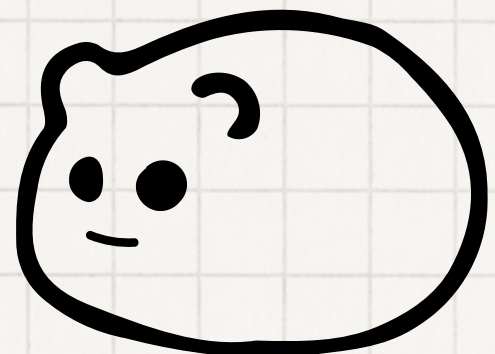
# JMUN

Attention all high school students: Preuss MUN is so excited to start a new year of debating and attending MUN Conferences! Our next meeting will be on Thursday November 16th, during high school lunch in B203. 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!

# FINANCE CLUB



A poster for Finance Club with a dark blue background and yellow text. The title 'FINANCE CLUB' is in large, bold letters. Below it, the schedule is listed as 'Tuesdays & Wednesdays | 4-5 pm | C201'. The text continues: 'Join us to learn about the financial literacy topic of the month: Paying for College'. On the left is an icon of a diploma with a star, and on the right is an icon of a piggy bank wearing a graduation cap.



# CELEBRATING NATIVE AMERICAN HERITAGE MONTH

## Fact of the Day:

Queen Liliuokalani was the first and only reigning Hawaiian queen and the last Hawaiian sovereign to govern the islands, which were annexed by the United States in 1898. Reared in the missionary tradition deemed appropriate for Hawaiian princesses, she received a thoroughly modern education, which was augmented by a tour of the Western world. In 1874 her brother David Kalakaua was chosen king, and in 1877, on the death of a second brother, W.P. Leleiohoku, who was heir apparent, she was named heir presumptive. She was known from that time by her royal name, Liliuokalani. Over the next 14 years she established herself firmly in that role. She served as regent during King Kalakaua's world tour in 1881, and she was active in organizing schools for Hawaiian youth. On the death of King Kalakaua in January 1891, Liliuokalani ascended the throne, becoming the first woman ever to occupy it. Liliuokalani regretted the loss of power the monarchy had suffered under Kalakaua and tried to restore something of the traditional autocracy to the Hawaiian throne. She had earlier made her position clear by opposing the renewed Reciprocity Treaty of 1887, signed by Kalakaua, granting privileged commercial concessions to the United States and ceding to them the port of Pearl Harbor. This attitude forever alienated her from Hawaii's haole—foreign businessmen—who, after her accession, tried to abrogate her authority. Led by Sanford Dole, the Missionary Party asked for her abdication in January 1893 and, declaring the queen deposed, announced the establishment of a provisional government pending annexation by the United States. To avoid bloodshed, Liliuokalani surrendered, but she appealed to President Cleveland to reinstate her. Cleveland ordered the queen restored and rejected the treaty of annexation sent to Congress by his predecessor, Pres. Benjamin Harrison. Dole, however, defied the order, claiming that Cleveland did not have the authority to interfere. In 1895 an insurrection in the queen's name, led by royalist Robert Wilcox, was suppressed by Dole's group, and Liliuokalani was kept under house arrest on charges of treason. On January 24, 1895, to win pardons for her supporters who had been jailed following the revolt, she agreed to sign a formal abdication. Liliuokalani fought bitterly against annexation of the islands by the United States. Annexation nonetheless occurred in July 1898. In that year she published Hawaii's Story by Hawaii's Queen and composed "Aloha Oe," a song ever afterward beloved in the islands.