

The Preuss School UC San Diego



Happy Friday, Scholars!

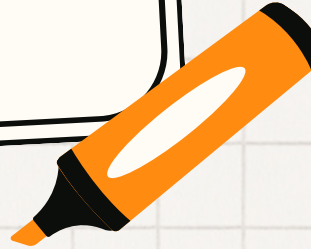
Remember the Preuss Way is Kindness, Respect, and Excellence. Have a great day!

SAT WORD:

ostracism(n): the act of excluding someone from society by general consent

QUOTE OF THE DAY:

"Humankind has not woven the web of life. We are but one thread within it. Whatever we do to the web, we do to ourselves. All things are bound together. All things connect."
- Chief Seattle



IMPORTANT REMINDERS

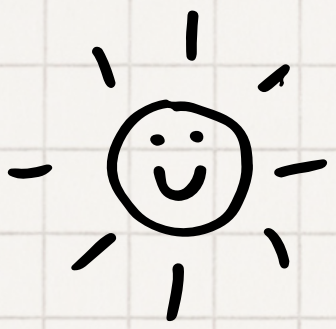
- Please remember to pick up your trash before leaving the lunch tables after eating
- Personal athletic equipment are no longer allowed on campus.
 - First offense: items will be taken away and not returned until the end of the school day.
 - Second offense: Items will be taken and not returned. All 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.

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.

Snack Sales!



PTA Snack Sales!
 Every Friday, starting November 17
 @ 4 pm in Rebecca Lytle Grove
 >> CASH ONLY <<

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	August / agosto	September / septiembre	January / enero	February / febrero	March / marzo
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 Delivery Scheduled
 Start and End Days
 FSD Holiday
 School Holiday

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.



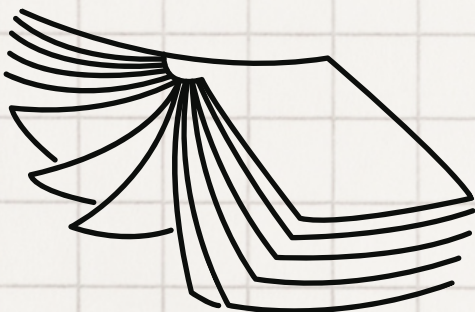
Mental Health Workshop

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

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

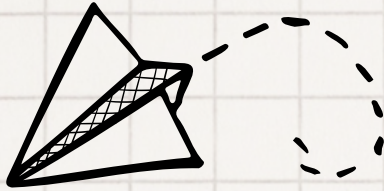
Preuss Marine Biologists Explore Birch Aquarium

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

Elleem San Diego Military Family Collaborative.org @sdmifam

North Central Teen Recovery Center

TURN

SDMFC

SDMFC

NorthCity

SAY San Diego Social Advocates Network

NEW ANNOUNCEMENT

Yearbook SNAPP

Have any plans for Thanksgiving? 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!

ANDROID: 

IPHONE: 



Congratulations to the 8th-grade classes for winning the Attendance Challenge for the month of October 2023!

They won the Attendance Challenge with an amazing attendance of 97.54%. All the 8th grade students are treated to ice cream on Wednesday, November 29 during Block 4 (Sponsored by Preuss PTA).

The event will be held in the amphitheater from 2:30 -3:30 pm.

Our next winner of the November Attendance Challenge will be announced at the end of the month. Get ready; you may be the next winner!

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.

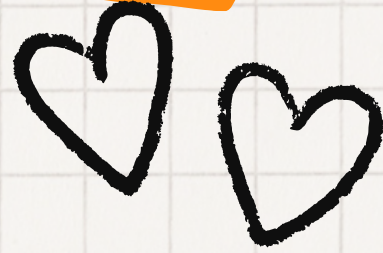




Club Announcements!

TSU-NAMI

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



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!

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!

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!

SCIENCE OLYMPIAD



@PREUSSSCIOLY

JOIN SCIENCE OLYMPIAD!

QUESTIONS?
MR. FOZI
C202

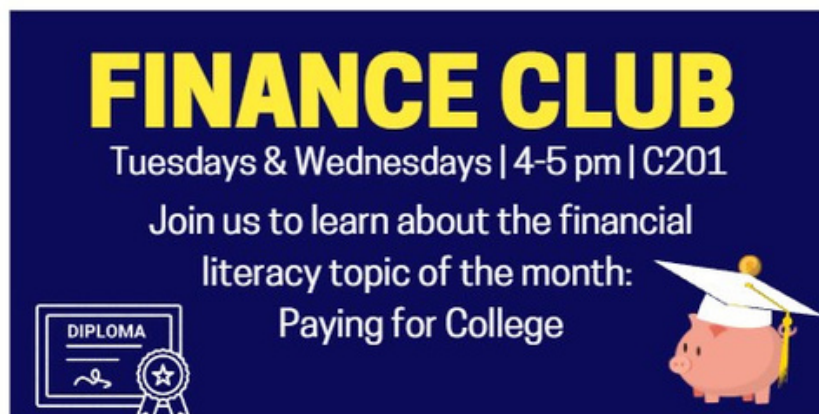
BUILD TOWERS AND ROCKET LAUNCHERS, DECRYPT SECRET MESSAGES, SOLVE CRIMES WITH SCIENCE EXPERIMENTS, AND MORE! WE COMPETE IN EVENTS RELATED TO A VARIETY OF STEM FIELDS! COME JOIN THE TEAM! WE MEET WEDNESDAYS @ 4:15PM IN C202.

The graphic features a blue and white background with a gear and a lightbulb icon. Below the text is a photograph of students working at tables in a classroom setting.

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!

FINANCE CLUB



FINANCE CLUB

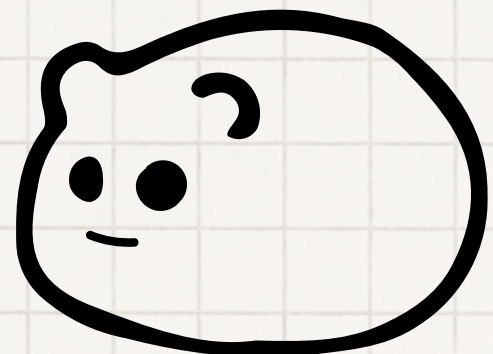
Tuesdays & Wednesdays | 4-5 pm | C201

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

Paying for College

DIPLOMA

The graphic has a dark blue background with yellow and white text. It includes icons for a diploma, a piggy bank, and a graduation cap.



CELEBRATING NATIVE AMERICAN HERITAGE MONTH

Fact of the Day:

When it comes to the history of Thanksgiving, generations of Americans have been taught a one-sided history in homes and schools. It's important to know that for many Native Americans, Thanksgiving is a day of mourning and protest since it commemorates the arrival of settlers in North America and the centuries of oppression and genocide that followed. Organized by the United American Indians of New England in 1970, the fourth Thursday in November (Thanksgiving) is recognized as the National Day of Mourning for Native Americans and their allies.

Many people gather at Cole's Hill in Plymouth for an organized rally and day of mourning on Thanksgiving. Here's what they have to say about this choice to mourn: "Thanksgiving day is a reminder of the genocide of millions of Native people, the theft of Native lands, and the relentless assault on Native culture. Participants in National Day of Mourning honor Native ancestors and the struggles of Native peoples to survive today. It is a day of remembrance and spiritual connection as well as a protest of the racism and oppression which Native Americans continue to experience." While some Native Americans have chosen to reject the Thanksgiving holiday entirely, many embrace the positive messages of the day and choose to put aside thoughts about its complex history. This is because the idea of giving thanks is central to Native heritage and culture. In this way, Thanksgiving is a chance to appreciate the good things in life, like family, community, and the riches of the land. Long before settlers arrived, Native tribes celebrated the autumn harvest and the gift of Earth's abundance. Native American spirituality, traditionally and today, emphasizes gratitude for creation, care for the environment, and recognition of the human need for communion with nature and others. Thanksgiving as a holiday originates from the Native American philosophy of giving without expecting anything in return. In the first celebration of this holiday, the Wampanoag tribe provided not only the food for the feast but also the teachings of agriculture and hunting (corn, beans, wild rice, and turkey are some specific examples of foods introduced by Native Americans). Thanksgiving and Native American Heritage Day allow us to reflect on our collective history and celebrate the beauty, strength, and resilience of the Native tribes of North America.