

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:

“All acts of kindness are lights in the war for justice.”
— Joy Harjo

SAT WORD:

mores(n): the conventions embodying the fundamental values of a group

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

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.



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



The Preuss Insider

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

Last Updated October 23, 2023

Cadence: 2nd and 4th Fridays



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

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	

September / septiembre

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						

October / octubre

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8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

November / noviembre

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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
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					

*Distribution dates in orange

FEEDING SD

College Rep Visits

High schoolers! Our last college rep visit is Thursday, November 9th from 12-1pm! Sign up with Ms. Bandy to hear from a Cal Poly SLO rep!

EHS Student of the Month

Congratulations to our EHS Students of the month!

- Sofia Najera
- Caleb Salas
- Sofia Flannery
- Kristjan McPherson
- Jolie Lam
- Andre Yeargin
- Christine Agoh
- Mohamed Yusuf
- Christopher Santiago
- Rodrigo Hernandez

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.

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.

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 Admin 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 so to the survey):

**Middle School:
Tuesday, Nov 28th
11:45am - 12:30pm**
Bring your lunch to Admin Large Conference Room



**High School:
Tuesday, Nov 28th
12:30pm-1:15pm**
Bring your lunch to Admin Large Conference room

CLUB ANNOUNCEMENTS

Tsu-NAMI

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

Hello everyone! TSU-NAMI will be leading a stress ball-making activity during high school and middle school lunch on Thursday, November 9th! You can take these stress balls and use them during moments of anxiety or to relax. It will be fun!

GSA Club

GSA stands for Gender and Sexualities Alliance and aims to create a safe space for LGBTQ+ students and their allies to share and learn ways to be more inclusive and open minded. Come and learn about a potential new GSA Club for middle school students this Thursday, 11/9/23 in A101 during Middle School Lunch.

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!

JMUN

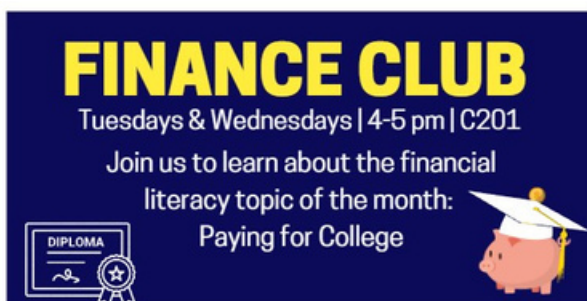
Attention all high school students: Preuss MUN is so excited to start a new year of debating and attending MUN Conferences! Our next meeting will be on Thursday November 16th, during high school lunch in B203. Please pick up your lunch, and head on over! Tell any of your friends who are not in the google classroom to come join us! See you then!

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!

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!



FINANCE CLUB
Tuesdays & Wednesdays | 4-5 pm | C201
Join us to learn about the financial literacy topic of the month:
Paying for College

The graphic features a dark blue background with yellow text. On the left, there is an icon of a diploma with a star and a ribbon. On the right, there is an icon of a pink piggy bank wearing a white graduation cap with a gold tassel.

Celebrating

NATIVE AMERICAN HERITAGE MONTH

Fact of the day:

Joy Harjo was born in Tulsa, Oklahoma, and is a member of the Muscogee (Creek) Nation. She earned her BA from the University of New Mexico and MFA from the Iowa Writers' Workshop. Harjo draws on First Nation storytelling and histories, as well as feminist and social justice poetic traditions, and frequently incorporates indigenous myths, symbols, and values into her writing. Her poetry inhabits landscapes—the Southwest, Southeast, but also Alaska and Hawaii—and centers around the need for remembrance and transcendence. She once commented, “I feel strongly that I have a responsibility to all the sources that I am: to all past and future ancestors, to my home country, to all places that I touch down on and that are myself, to all voices, all women, all of my tribe, all people, all earth, and beyond that to all beginnings and endings. In a strange kind of sense [writing] frees me to believe in myself, to be able to speak, to have voice, because I have to; it is my survival.” Her work is often autobiographical, informed by the natural world, and above all preoccupied with survival and the limitations of language. She was named U.S. poet laureate in June 2019. A critically-acclaimed poet, Harjo’s many honors include the Lifetime Achievement Award from the Native Writers Circle of the Americas, the Josephine Miles Poetry Award, the Wallace Stevens Award from the Academy of American Poets, the William Carlos Williams Award from the Poetry Society of America, and the American Indian Distinguished Achievement in the Arts Award. She has received fellowships from the Arizona Commission on the Arts, the National Endowment for the Arts, the Rasmuson Foundation, and the Witter Bynner Foundation. In 2017 she was awarded the Ruth Lilly Prize in Poetry.