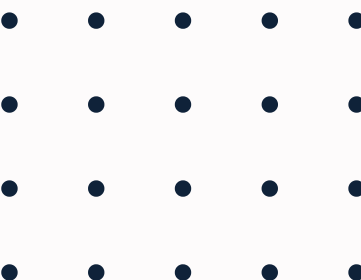




PTA GENERAL MEETING

February 3, 2024



PTA ANNOUNCEMENTS



PTA BOARD & COMMITTEES

Executive Board

President - Ana Gonzalez

Vice President - Blanca Angel

Treasurer - Lizbeth Garcia

Secretary - Darlynnne Nebril Butcher

Committees

Memberships - Andrea Briones

Historian - Lourdes Garcia Chepe

Hospitality - Maria Isabel Yañez

Auditor - Naeema Hagar

2024-2025 PTA EXECUTIVE BOARD NOMINATIONS

SCAN



- **Nominations will be accepted from February 3 - February 27**
- **Anyone can nominate a parent, but the parent who is nominated **MUST** have a PTA membership**
- **Those who are nominated by someone else will be contacted before the elections to make sure they would like to be considered for the position**

POSITION DETAILS: PRESIDENT



- Presides at PTA board and general meetings
- Serves as the official contact, communicator, and representative of the PTA
- Designated as an authorized signer for PTA checks, contracts, and authorizations for payment
- Serves as ex-officio member of all committees except the nominating committee
- Works with other PTA leaders to connect families, the school, and community members to support student success

POSITION DETAILS: TREASURER



- Maintains permanent records to track unit funds and financial transactions
- Prepares annual budget
- Pays PTA bills as authorized by board or association
- Prepares reports for every board and association meeting and an annual financial report
- Ensures taxes and reports required by PTA bylaws, insurance or federal and state governments are completed and submitted by the due dates

POSITION DETAILS: SECRETARY



- Takes minutes at board and association meetings
- Co-signs formal papers with president: authorizations for payment, resolutions, and formal letters
- Handles correspondence as directed by the president
- Maintains and preserves PTA records and important documents to pass on at the end of the term

POSITION DETAILS: VICE PRESIDENT



- Works as the primary aide to the president
- Helps lead a PTA towards specific goals consistent with PTA purposes and policies
- Performs president's duties in their absence
- Carries out other duties outlined in unit bylaws and standing rules or as assigned

POSITION DETAILS: AUDITOR



- Chairs a committee to audit the books and financial records semi-annually to determine their accuracy
- Presents written reports on audits to the board for review and the association for adoption
- Forwards copies of adopted audits to council/district PTA as indicated in unit bylaws

POSITION DETAILS: HISTORIAN



- Captures, assembles, and preserves record of activities and achievements of the PTA
- Collects volunteer hours for PTA meetings and events
- Completes and submits the PTA Unit-Annual Historian Report to council/district PTA
- Displays or presents brief overview of PTA year at meeting near the end of the school year

GRADE LEVEL REPRESENTATIVES

- Serve as chair representative in committees
- Organize parents volunteers, volunteer positions, and assists in tracking parent volunteers
- Organizes and informs parents of upcoming fundraisers or volunteer opportunities



PTA FRIDAY SNACK SALES

**Every Friday after school
4:00pm - 5:00pm**

**Help with set up, selling snacks,
handling cash, and clean up**

**Isabel Yañez (Hospitality Committee)
isabelyanez1398@gmail.com**





**PARENT WORKSHOP: COPING WITH
STUDENTS PRESENTING SYMPTOMS
OF DEPRESSION & ANXIETY**



WHAT BRINGS US TOGETHER

On a notecard, please write the following:

- a. One word or challenge that comes to mind when working with your child(ren) this school year
- b. What are you hoping to learn from today's workshop?



WHAT STUDENTS SAY ABOUT DEPRESSION AND ANXIETY...

“I feel like a burden. I don’t want to bother someone else with my problems.”

“It feels like no one cares about me. I know they do, but it’s hard to believe.”

“I wish I could make it all stop. I don’t want to do this anymore.”

“I’m afraid to tell my mom/dad because I don’t want to make her/him sad or anxious... then I would feel worse.”

“It’s like I have to think of everything that could go wrong so that I’m not caught off guard if it does.”

ADOLESCENT ANXIETY AND DEPRESSION



- Irritability and crankiness
- Academic changes (although not always)
- Intense sensitivity to criticism
- Social withdrawal
- Persistent stomach aches or headaches
- Trouble concentrating
- Challenging sleep patterns

WHEN SHOULD PARENTS/GUARDIANS BE CONCERNED?



- When symptoms persist or worsen overtime
- When symptoms affect how your child is feeling, thinking or acting
- When symptoms interfere with regular activities and daily functioning

RECOGNIZING OUR OWN FEELINGS

It can be really challenging to witness your child experience anxiety and/or depression. Some reminders:

1. Self-compassion (you don't have to wear every hat)
2. The importance of listening



MODELING SELF CARE

Music & Mindfulness



Create a list of songs that bring you joy, take time to listen without judgement

Create Boundaries



Saying “let me get back to you” or allowing yourself to say no

Get Rested



Sleeping, developing a sleep/nighttime routine

Get Active



Taking a walk, going on a hike, exploring the city. Listening to your body and taking breaks.

Prioritizing a Schedule



Journaling, eating regularly, finding something that brings you joy and prioritizing that

HOW CAN YOU HELP?

Provide a Supportive Environment

- Listen without giving advice
- Notice your own feelings
- Avoid blaming or shaming

Encourage Healthy Coping Skills

Physical, Mental, Emotional, Relational

Connect with your Teen

- Make time for regular check-ins
- Listen to reflect not to react
- Engage in activities together that they enjoy
- Model healthy behaviors
- Positive self-talk



PARENT VOLUNTEER OPPORTUNITIES



ASIAN PACIFIC ISLANDER ASSOCIATION - LUNAR NEW YEAR

**Friday, February 9
4:00 pm - 5:00 pm**

**3 parent volunteers to sell and distribute
food at this event**



SOCIEDAD HONORARIA HISPÁNICA- INDUCTION CEREMONY

Friday, March 1

1:00 pm - 5:00 pm

2 parent volunteers to help with set up

Ms. Zamora - vzamora@ucsd.edu



**EHS STUDENTS OF THE
MONTH - JANUARY**



The Preuss School Exercise and Health Sciences Department

STUDENTS OF THE MONTH

proudly presented to those
who consistently exhibit the PREUSS Principles:

Participate at 100%

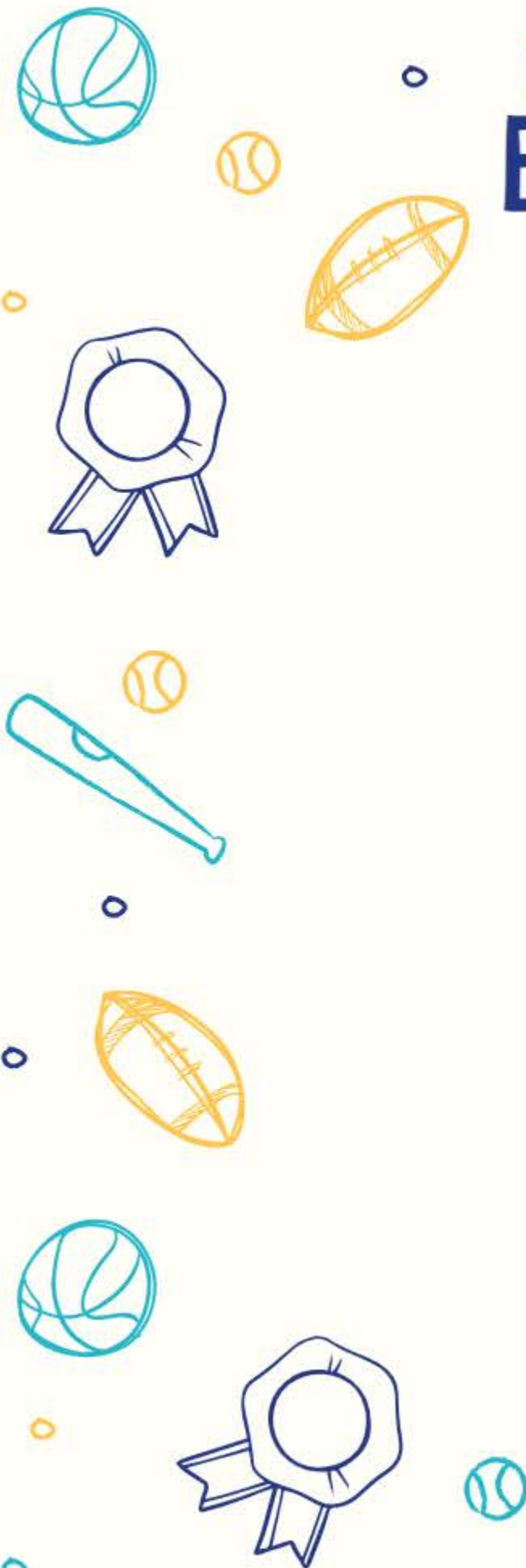
Respect others

Ears and Eyes kept open for learning

Upworthy to others

Safe

Smiling



BLOCK 1

January

CONGRATULATIONS TO:

Karen



Hernan

BLOCK 2

January

CONGRATULATIONS TO:

Leslie



Yabsira



BLOCK 5

January

CONGRATULATIONS TO:

Kayla



Leo

BLOCK 6

January

CONGRATULATIONS TO:

Amy



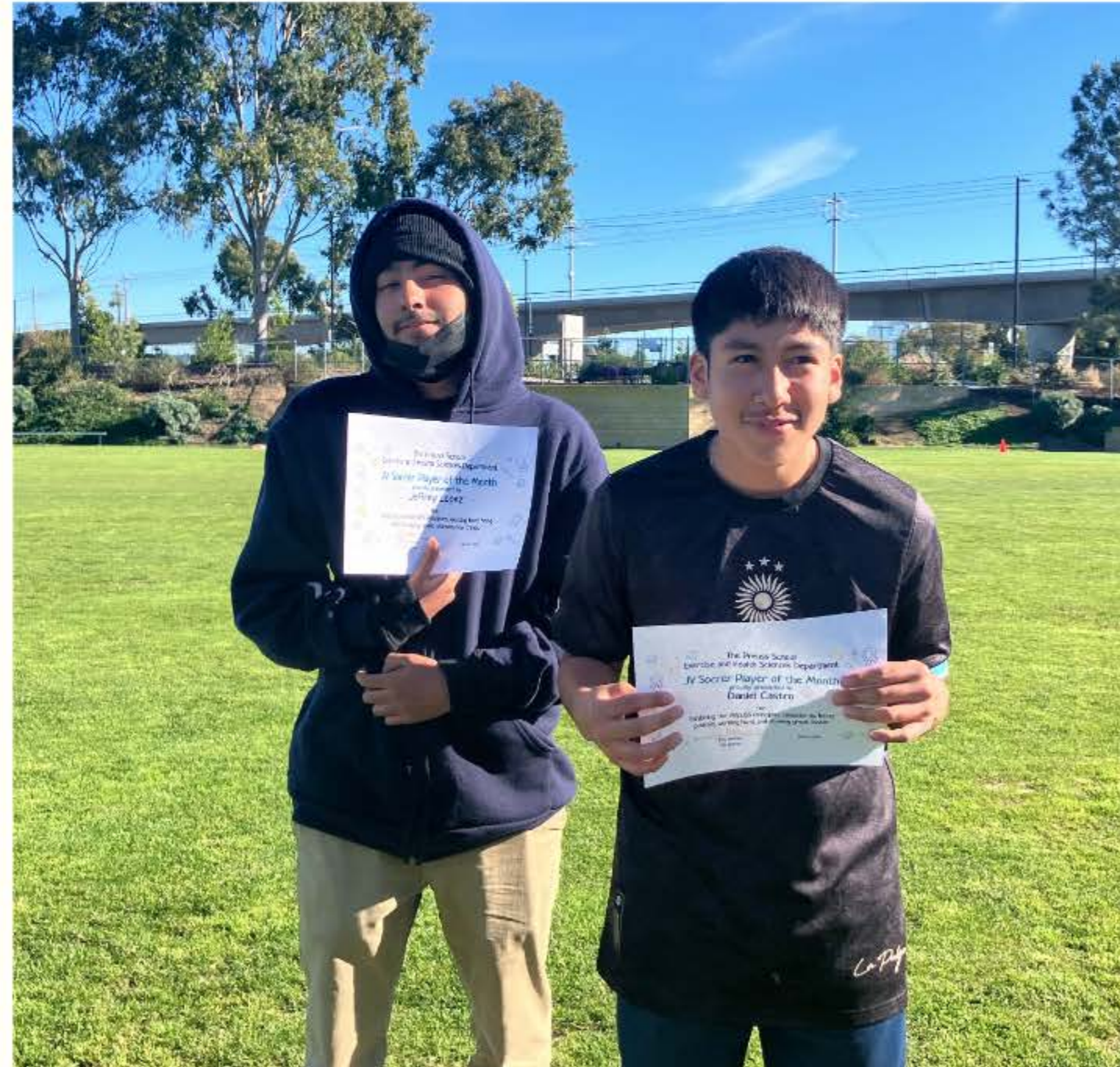
Sawah

BLOCK 4 JV SOCCER

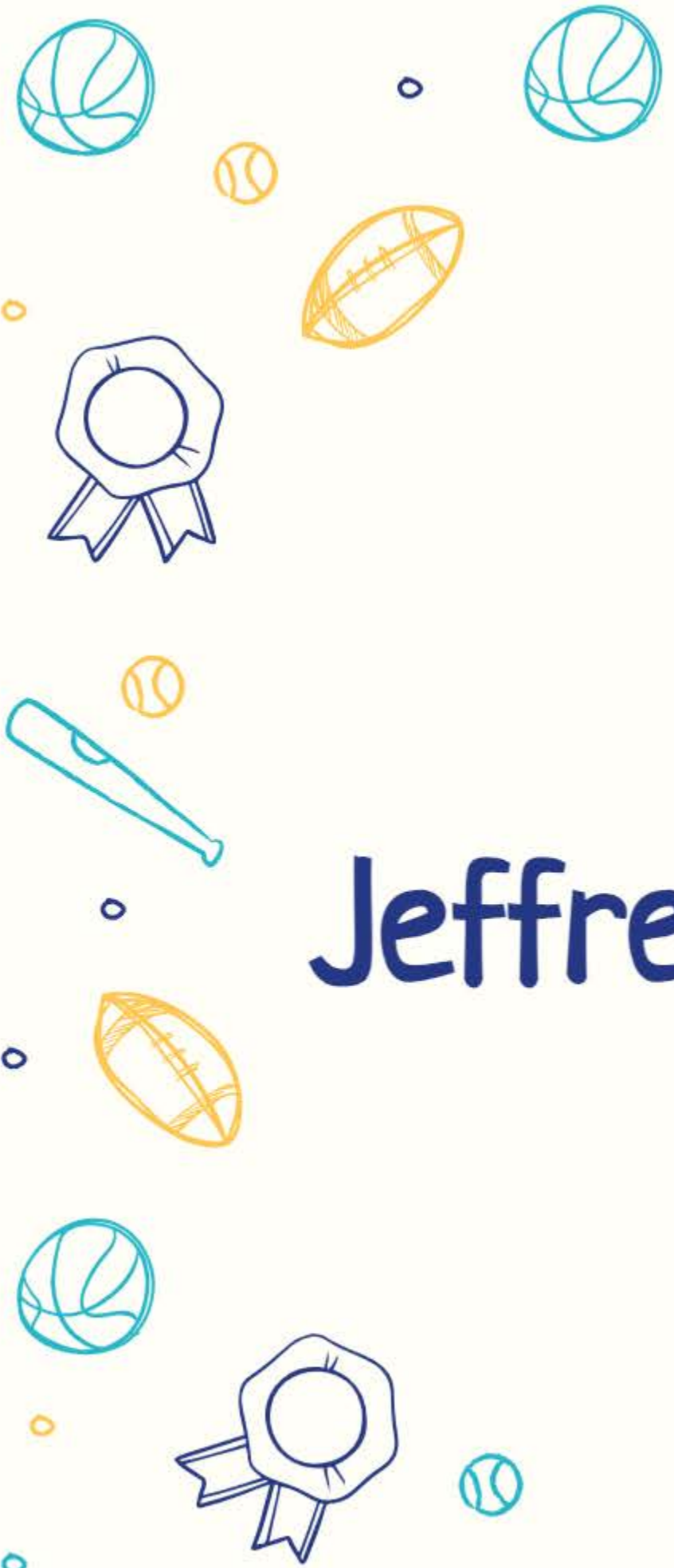
January

CONGRATULATIONS TO:

Jeffrey



Daniel





6th Grade Camp

Student/Parent Meeting - December 13, 2023

YMCA Camp Marston

- **Who:** All 6th Grade Students at Preuss/Todos los estudiantes del 6to grado
- **What:** San Diego's oldest and best-known overnight camp/El campamento nocturno más antiguo y conocido de San Diego
- **Where:** On over two hundred acres of pristine mountain land next to Lake Jessop in Julian, CA/En más de doscientos acres de prístina tierra montañosa junto al Lago Jessop en Julian, CA
- **When:** April 22 - April 26, 2023
- **Why:** Unite 6th grade students in powerful, educational, and historic outdoor learning opportunity/Unir a los estudiantes de 6to grado en una poderosa, educativa e histórica oportunidad de aprendizaje al aire libre



Thank you to the Pincus Family Foundation for their generous donation to make this experience FREE for all Preuss 6th graders!

About Camp Marston

- Hands-on experiential outdoor **science classes aligned with several educational standards.**
 - High energy activities in group dynamics, personal challenge and evening programs.
 - Strong Character Development program woven through the experience.
-
- Clases prácticas y experienciales de **ciencias al aire libre alineadas con varios estándares educativos.**
 - Actividades de alta energía en dinámicas de grupo, desafío personal y programas nocturnos.
 - Fuerte programa de desarrollo del carácter a través de la experiencia.



About Camp Marston

- Serves over 6,000 students and 95 schools each year September through June.
- High-quality staff provide instruction and supervision.
- Delicious and nutritious food served family style to promote conversation and community.
- Atiende a más de 6000 estudiantes y 95 escuelas cada año, de septiembre a junio.
- Personal de alta calidad que da instrucción y supervisión.
- Comida deliciosa y nutritiva servida al estilo familiar para promover la conversación y la comunidad.



Facilities

- YMCA Camps Marston is located in the mountains of historic Julian.
 - Property is home to diverse species of flora and fauna.
 - Facilities: **athletic field, meeting lodge, dining hall, basketball court, and more.**
 - Lodges hold two cabin sized groups and are modern with indoor bathroom facilities and living rooms. Camp Marston has a total capacity of 250.
-
- YMCA Camps Marston está ubicado en las montañas del histórico Julian.
 - La propiedad alberga diversas especies de flora y fauna.
 - Instalaciones: **cancha deportiva, salón de reuniones, comedor, cancha de baloncesto y más.**
 - Los alojamientos tienen capacidad para dos grupos del tamaño de una cabaña y son modernos y cuentan con salas y baños interiores. Camp Marston tiene una capacidad total de 250 personas.





Curriculum

- **Core values:** Caring, Honesty, Respect and Responsibility.
- Based on the **Common Core State Standards, Next Generation Science Standards and California's Education and the Environment Initiative.**
- Activities are designed to build an understanding of **ecological principles** and the relationship between each student and the natural world
- **Valores fundamentales:** cariño, honestidad, respeto y responsabilidad.
- Basado en los **Estándares Estatales Básicos Comunes, los Estándares Científicos de Próxima Generación y la Iniciativa de Educación y Medio Ambiente de California.**
- Las actividades están diseñadas para desarrollar una comprensión de los **principios ecológicos** y la relación entre cada estudiante y el mundo natural.



Curriculum



- Students encouraged to work together and appreciate their individual talents by creating **positive social interaction among peers.**
- Introduce traditional camp adventures in a personal challenge such as boating, archery, and a 42-foot climbing tower.
- Se anima a los estudiantes a trabajar juntos y apreciar sus talentos individuales creando una **interacción social positiva entre compañeros.**
- Presente las aventuras tradicionales del campamento en un desafío personal, como paseos en bote, tiro con arco y una torre para escalar de 42 pies.





Staff

- Our Outdoor Education Instructors are **adults with an educational or recreational background** who show a strong commitment to working with children.
- All staff undergo **extensive screening, including reference checks and interviews** before they are eligible for hire.
- Staff are trained to **help children realize their fullest potential** in a positive, supportive, and fun environment. ✓
- Nuestros instructores de educación al aire libre son **adultos con experiencia educativa o recreativa** que muestran un fuerte compromiso para trabajar con niños.
- Todo el personal se somete a una **evaluación exhaustiva, que incluye verificaciones de referencias y entrevistas**, antes de ser elegible para ser contratado.
- El personal está capacitado para **ayudar a los niños a alcanzar su máximo potencial** en un ambiente positivo, de apoyo y divertido.

Packing List/Lista de Embalaje

Equipment List

Please be sure to mark your child's name clearly on all items. The camp is not responsible for any lost or misplaced items or clothing. The following list will help your child to be prepared so that she/he can have the best experience possible! Please remember temperatures in Julian can be many degrees cooler than coastal and inland areas.

What You Must Bring to Camp:

- | | |
|---|---|
| <input type="checkbox"/> Chap Stick | <input type="checkbox"/> *Raingear (plastic ponchos work well) |
| <input type="checkbox"/> *Sleeping bag or blankets & sheets | <input type="checkbox"/> 2 pairs of athletic shoes or boots that can get very dirty |
| <input type="checkbox"/> Pillow | <input type="checkbox"/> *Warm jacket or coat |
| <input type="checkbox"/> Towels | <input type="checkbox"/> *2 sweatshirts or sweaters |
| <input type="checkbox"/> Soap and shampoo | <input type="checkbox"/> Warm shirts or turtlenecks |
| <input type="checkbox"/> Toothbrush and toothpaste | <input type="checkbox"/> Long pants (3 or 4 pair) |
| <input type="checkbox"/> Brush or comb | <input type="checkbox"/> Pajamas or something to sleep in |
| <input type="checkbox"/> Deodorant | <input type="checkbox"/> Short sleeved shirts or T-shirts |
| <input type="checkbox"/> Hat with a brim or visor | <input type="checkbox"/> Underclothing |
| <input type="checkbox"/> Sunscreen | <input type="checkbox"/> *6 pairs of socks |
| <input type="checkbox"/> Bag for dirty clothes | <input type="checkbox"/> Water bottle |

IMPORTANT: Being prepared for wet weather can make a tremendous difference in your child's experience at camp.

Optional Equipment:

Inexpensive camera, gloves, mittens, scarves, water bottle/canteen (may be purchased at camp), day pack, stationary, stamps, envelopes, and school appropriate reading materials.

PLEASE DO NOT BRING

Cell phones, Radio, iPod, MP3 player, video games, food, candy, gum, knives/razors or anything that might be considered a weapon, scented hair spray/gel/mousse, fragrant lotion, perfume, make-up, or any item of great personal or monetary value

POR FAVOR NO TRAER

Teléfonos móviles, radio, iPod, reproductor de MP3, videojuegos, comida, dulces, chicle, cuchillos/navajas o cualquier cosa que pueda considerarse un arma, spray/gel/mousse para el cabello perfumado, loción aromática, perfume, maquillaje o cualquier artículo de gran valor personal o monetario



Questions?/¿Preguntas?

Email sixthgradecamp@preuss.ucsd.edu for all communication regarding 6th grade camp.

Envíe un correo electrónico a sixgradecamp@preuss.ucsd.edu para todas las comunicaciones relacionadas con el campamento de sexto grado.







Swim Program



WHO will be involved?

B Day 6th Graders

-  6th Graders in B5 and B6 (You will have HS Lunch during this time)
-  UCSD Swim Instructors and Lifeguards



WHEN will this happen?



Tuesdays and Thursdays starting April 16th to May 23rd.



We will take attendance then head over together. Be on time!

WHAT will you Learn?

Swimming is a very important life skill.

Preventing yourself and others from drowning is part of it

Learning to love the water and to feel comfortable in pools, lakes, rivers, or the ocean makes life better.

Depending on your comfort and skill level, you will learn or improve the following:






Basic water safety skills

- Stepping/jumping into the water overhead
- Floating, treading, for a minute
- Finding an exit to a pool
- Swimming 25 yards
- Exiting a pool without a ladder

Basic water smarts to include:

- Learning your limitation
- Swimming with others where lifeguards are on duty
- Wearing a life vest (PFD)
- How to call for help
- Understanding ocean currents, dangers in shallow water, hazards in the ocean, etc.

What to do before then?

-  Get yourself a bathing suit that is appropriate for swim lessons
-  Get a towel you can use after swimming and showering
-  Find some type of bag to bring to carry your towel and suit both going to and coming back from the pool. We have some bags for kids who don't have one.
-  A letter will be sent home for parents to sign.
-  **PARENT VOLUNTEERS ARE APPRECIATED!**



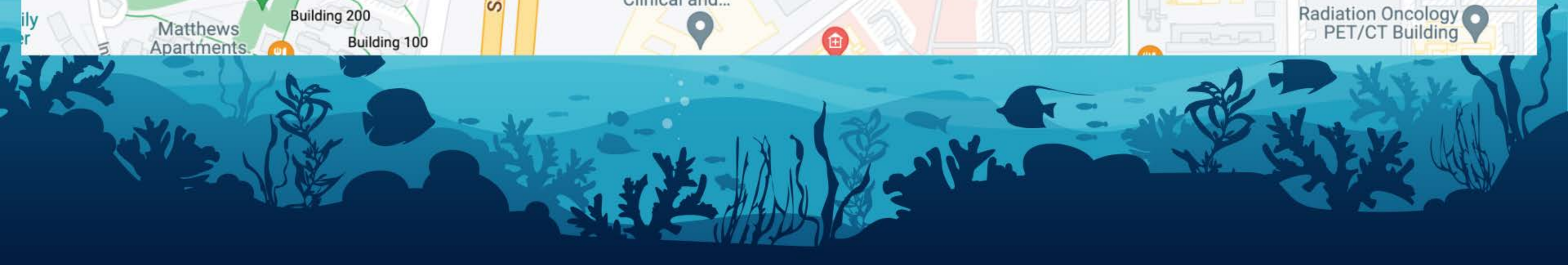
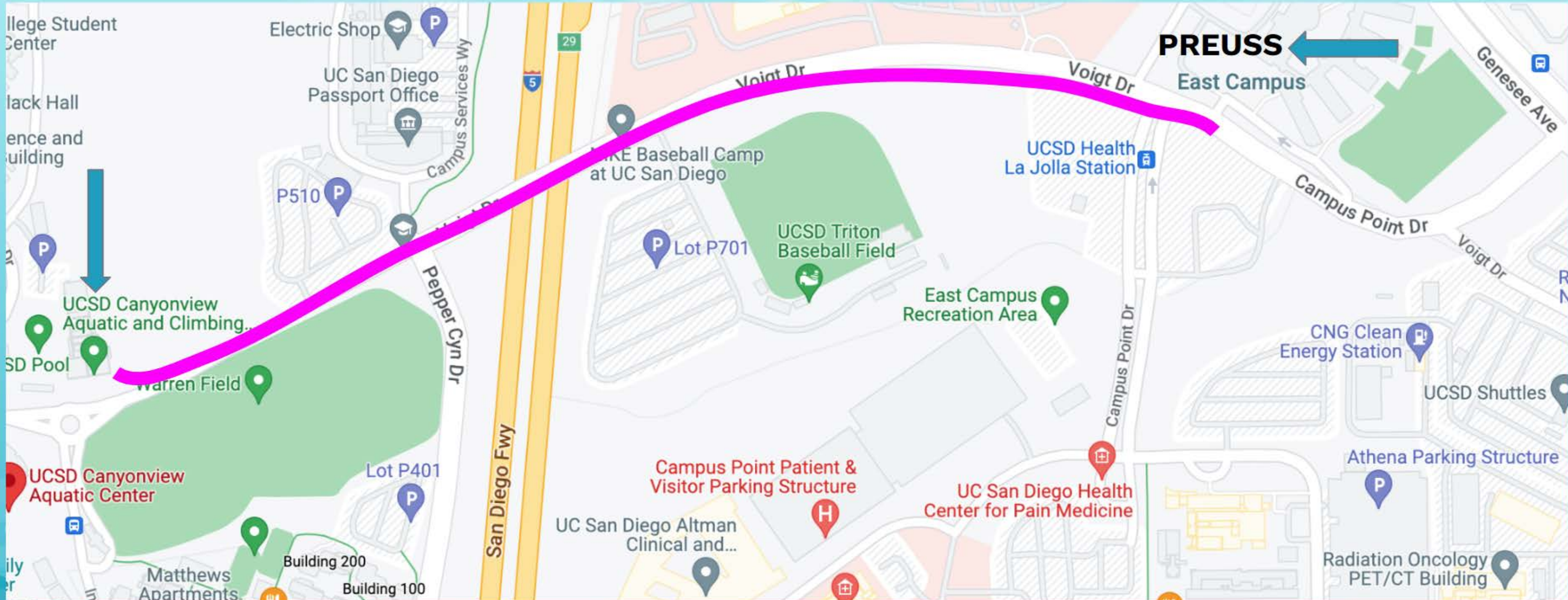
WHERE will this be?















Canyon View Aquatic Center

We will go to La Jolla Shores on Friday May 24th when all classes have finished the program.










Expectations and Routines

-  **Swimming is a life skill. This program is REQUIRED of all 6th Graders.**
-  **BE ON TIME**
-  **Lock your backpack HERE at school in your PE Locker**
-  **Meet outside locker room with what you need for swim (swim suit, towel)**
-  **Walk to the Pool (12 minute walk) together. No crossing streets without the group. Sometimes we will catch the shuttle.**
-  **Get dressed in locker room to be ready to swim as quickly as you can. Use locker to put your clothes in.**
-  **Meet on pool deck**
-  **During instruction, PREUSS principles are in effect**
-  **You will earn 10 points daily. No swim, no points.**
-  **Get re-dressed in your school uniform as quickly as you can.**
-  **Spin your own bathing suit in the spinner to “dry” it best you can.**
-  **Walk back to school and go to either your B6 or to Lunch (B6 will be eating with HS lunch for these weeks)**

**For all who participated in the swim program, on Friday, May 24th we will go to La Jolla Shores from 10:15-2:30
Parent Volunteers are encouraged to come!**



Before April 16th:

-  Get your bathing suit ready (find, try it on, lay it out for Monday)
-  If you have goggles, put them with the suit
-  Get a towel you can use and put it in the pile
-  Get a bag to carry it all (not your backpack)
-  **WE WILL BE BUYING GOGGLES, SO IF YOU DON'T HAVE ANY OR DON'T WANT TO BUY YOUR OWN, WE CAN BUY THEM.**



THANK YOU FOR COMING!



Next PTA General Meeting: March 9, 2024 @ 9:30 am

Next PTA Executive Board Meeting: February 6, 2024 @ 5:00 pm