



# THE PREUSS SCHOOL UCSD INSIGHT NEWSLETTER

NOVEMBER/DECEMBER 2016 9500 Gilman Drive, La Jolla, CA 92093-0536 Main Phone Line (858) 822-3000

## HAPPY FALL



**THANKSGIVING  
HOLIDAY BREAK**  
**November 21-25  
2016**



**WINTER BREAK**  
**December 19, 2016**  
**thru**  
**January 2, 2017**  
Classes will resume on  
Tuesday, January 3, 2017

### Inside this issue:

News from our Principal	1-
WASC Self-Study	2
News from the PTA President	4
Whispers from the Library	4
Resources for Families	5
World Language Department News	6
Student Services /Healthy News	7- 8
UCSD PH Program/Announcements	10

## A Message from our School Principal-Director Scott Barton

Dear Parents,

This year the Union Tribune has Awarded Jessica Resendez-Orozco, our college advisor, the Latino Champion Teacher Award. The award honors those who have taken an active role in the community through their involvement. We are proud of Jessica for receiving the Latino Champion Teacher Award, and for the work she does daily for the students of Preuss. Congratulations Jessica! She is our Latina Champion!

The Model United Nations students participated in the Triton Model UN Fall 2016 conference on Saturday, November 29<sup>th</sup>. For all but two students this was their first MUN conference. Student Jose Munoz received a verbal commendation for his work representing the former Czechoslovakia in a committee about Palestine. Joey Uy, a Preuss and MUN alum, chaired one of the committees during the competition. The following students participated in the conference:

9th graders: Gicel, Isabella, Kevin, Quang, Jackie, and Kevin  
10th graders: Arturo and Roger  
11th graders: Adelia, Angela, Felipe, Jose, and Arianna

On October 22, 2016 The Preuss School field was the site for the Mid-Coast Trolley Groundbreaking & Community Celebration. The community was invited to learn about the Light Rail Train (Trolley) that will be coming to UC San Diego in 2021. In fact, there will be a trolley stop directly across the street from The Preuss School. We anticipate that the trolley will provide efficient and less expensive transportation to Preuss. I would like to extend a big thank you to all parents and staff who volunteered to make this event a huge success. Two Preuss teams participated in the bridge building competition during the event, the teams finished in 1<sup>st</sup> and 2<sup>nd</sup> place. Congratulations to our six students!

Due to the building of the Trolley, there will be construction activity and traffic delays in the vicinity around Preuss. In addition, the parking lot directly across the street from Preuss (lot 702) will be closed indefinitely. Parking will be available east of Campus Point, in parking lot 703. Please plan to spend a little more time parking, then walking to Preuss. I would suggest arriving earlier for appointments or school activities, and remember that there is a parking fee in UC San Diego lots on Mondays-Fridays.

SEE PAGE 2

## News From Scott Barton Cont'd

There is no charge for parking on Saturdays and Sundays. You may also park in The Preuss School parking lot after 4pm and on Saturdays and Sundays. I apologize for the inconvenience, but we will all be better off when the trolley extension arrives to UC San Diego and The Preuss School.

Preuss students are motivated and focused on learning as we approach the end of the second mid-semester on November 11. Progress reports will be distributed through Advisory classes on November 16 & 17.

The Preuss School students, parents and teachers are always busy, and Saturdays are no exception. A perfect example of a busy Saturday was November 5<sup>th</sup>. The day began with Saturday Enrichment Academy (SEA), and then the E-mail 101 Parenting Class. The Admissions Open House was held for families interested in enrolling at Preuss. It was a full and rewarding day for all who attended.

This year the Robotics club will be hosting the FLL tournament here on campus, November 12<sup>th</sup>. They will host teams from all over San Diego County and families and friends are encouraged to observe the tournament. It is a fun event that showcases our students' robotics talents.

The Admissions application for the 2017-2018 school year is now available in the front office and online. We are encouraging families to complete their applications on SchoolMint which is accessible on the Preuss website under the Admissions Tab. Applications and the online instructions have been distributed to families and schools throughout the county. The Admissions application deadline is Friday, December 16, 2016 at 4:00pm and the lottery date will be in February.

Attendance is critical to a student's educational success. Parents play a vital role in their students' academic success by helping them develop the habit of consistent attendance. To help better monitor students' attendance, we are using the automated communication system ParentSquare. The notification system sends a phone message to families' primary phone number, cell phone, and/or a text message. The system keeps parents informed about their student's attendance. Please, phone the school by 9:00am if your child will be absent. If a parent needs to discuss their student's attendance, we ask they call Mrs. Villanueva at 858-822-3011.

This is our fourth year partnering with Computers 2 San Diego Kids (C2SDK). We want to begin by thanking C2SDK for such a beneficial partnership for Preuss families, and Board Member Matt Weil for inviting C2SDK to Preuss. Families have an opportunity to purchase refurbished computers at a discounted price right here at school. The computers will be picked up by parents on Saturday, December 10, at 10:30am. A computer in the home is so important to a student's learning. Internet through Cox Cable is also available at a reduced rate. The deadline to place orders is November 28, 2016. Computers will also be available for purchase on Saturday, December 10. Parents may purchase the desktop computers with CRT monitor for \$50.00, or a desktop computer with an LCD Monitor for \$80.00, or a Netbook for \$100.00. Purchases are cash, money order, or if using a charge card there will be a \$2.00-\$4.00 processing fee. No personal checks will be accepted.

The months of November and December are full of vacation days away from school. I want to take a moment to remind students and parents that while we will have breaks these next two months, learning is still our first priority. Students must stay focused in the midst of all of the excitement of the coming breaks. School will not be in session November 11, November 21-25, 2016, and December 19, 2016 - January 2, 2017. Please do not extend your vacations as students are expected to be in school when Preuss is in session. Enjoy your time off.

I encourage all of our students and families to enjoy their time off by resting and spending time to get together with family and friends. Sincerely, Scott Barton



# THE PREUSS SCHOOL ACCREDITATION PROCESS

By Jan Gabay

The Preuss School UCSD is preparing for a visit in Spring 2017, by the Accrediting Commission for Schools, Western Association of Schools and Colleges (ACS WASC). ACS WASC is one of six regional accrediting associations in the United States. The ACS WASC extends its services to over 4,500 public, independent, charter and other proprietary pre-K-12 and adult schools, and works with 16 associations in joint accreditation processes. ACS WASC also collaborates with the California Department of Education (CDE).

The WASC visit will take place **Sunday, March 12 through Wednesday, March 15, 2017**. The WASC Visiting Committee will meet with parents and community members on **Sunday, March 12, 2017**, in the afternoon at a specified time and location on The Preuss School campus.

The ACS WASC accreditation process fosters excellence in secondary education by encouraging school improvement. WASC accreditation recognizes schools that meet an acceptable level of quality, in accordance with established, research-based WASC criteria. As part of the process, the Preuss faculty and staff is completing a written report titled "ACS WASC/CDE Focus on Learning Self-Study" for The Preuss School.

The Self-Study provides data and information on school programs in five categories: 1) ORGANIZATION, with an examination of Vision, Leadership, Staff, and Resources, 2) Standards-based Student Learning in CURRICULUM, 3) Standards-based Student Learning in INSTRUCTION, 4) Standards-based Student Learning in ACCOUNTABILITY AND ASSESSMENT, and 5) SCHOOL CULTURE AND SUPPORT FOR STUDENT PERSONAL AND ACADEMIC GROWTH. Input from all stakeholders including teachers and administrators, classified staff, UC Board members, students, and parents is important and required, not only for the Self-Study Report, but also for the Spring 2017 visit.

Why Does Preuss Go Through Accreditation? Accreditation is an important process that:

- Certifies to the public that the school is a trustworthy institution of learning
- Validates the integrity of our school's programs and student transcripts
- Fosters improvement of the school's programs and operations to support student learning
- Assures a school community that the school's purposes are appropriate and being accomplished through a viable educational program
- Provides a way to manage change through regular assessment, planning, implementing, monitoring and reassessment
- Assists a school in establishing its priority areas for improvement as a result of the perpetual accreditation cycle that includes:
  1. School self-assessment of the current educational program for students
  2. Insight and perspective from the Visiting Committee
  3. Regular school staff assessment of progress through the intervening years between full self-studies.

This is the third full Accreditation process in The Preuss School's eighteen-year history, with Preuss first receiving approval for WASC affiliation in 2002, and with full ACS WASC Focus on Learning accreditations in 2005 and 2011, and now for 2017. In both 2005 and 2011, Preuss was lauded for its excellence by receiving full six-year accreditation terms. The full Self-Study report will be available to all Preuss stakeholders in Spring 2017, once it has been submitted to the WASC Visiting Committee Chair and the Visiting Committee team which consists of 4-6 members.

By Jan Gabay, WASC Self-Study Coordinator and Preuss Teacher

## Whispers from the Copley Media Center (Library)

We featured Banned Books Week (September 25 - October 1, 2016) with a mini-book jacket contest. The mini-book jacket had to represent a banned book, why it was banned and an about the author section. Our winners were 12<sup>th</sup> grader Phuong Nguyen, 7<sup>th</sup> grader Jenny Giang and 7<sup>th</sup> grader Meliya Russom. They each earned a \$10.00 gift certificate to Barnes and Noble or a choice of a book.

Our Scholastic Book Fair will be held November 7<sup>th</sup> through November 12<sup>th</sup>. There will be great new books for sale and the proceeds will be used to purchase new books for our library and for the Senior Awards at the end of the school year. Our Scholastic Crew and any parent volunteer will make the fair a great success. Please contact Ms. Gutierrez about volunteering for the book fair.

A few reminders:

1. Students have access to online eBooks. On the library page of the Preuss School website your student can click **Overdrive** to access these eBooks. The site will walk you through downloading the correct app for your device. All your student needs, is their student ID # on their planner or picture ID card.
2. The library has a great resource for researching online. Please visit the **DCP** on the library webpage of the Preuss School website. All materials have been reviewed by experts in their field and provide reliable information. You can use this resource for every subject matter. There are even eBooks, online magazines, and tutoring sites for homework.



Please, remember that we send out library notices at the beginning of each month through advisory classes. If your child has late textbooks or fines over \$5.00 they are not allowed to participate in any extra-curricular activities. This includes athletics, after school clubs, and school sponsored social events. Please, encourage your student to bring in any late textbooks or to begin paying off their account a little bit at a time. We can also discuss volunteering time to cover fines.

Happy Reading!

Ms. Nance and Ms. Gonzalez

## Notes from the PTA President– Yecenia Valdelamar

November 12<sup>th</sup> F.L.L. at the Preuss School, 8am- 5pm- Robotics team seeking PTA volunteers.

November 16<sup>th</sup> PTA Local Control and Continuous Improvement Workshop.

- ◇ Statewide workshop, held in various places including San Diego
- ◇ Learn how to interpret, understand, and use the LCFF Evaluation Rubrics:
- ◇ Register (English): <https://www.eventbrite.com/e/local-control-and-continuous-improvement-workshop-san-diego-registration-27622540763>
- ◇ Register (Spanish): <https://www.eventbrite.es/e/entradas-taller-de-control-local-y-mejora-continua-san-diego-27785787037>

**No Saturday General Parent Meeting in November**

The PTA is looking for a Secretary.

Job description:

- ◇ Keeps an accurate record of the proceedings of all the meetings of the association and the executive board
- ◇ Prepares and refers to minutes of previous meetings
- ◇ Prepares a list of unfinished business for the president
- ◇ Keeps a current copy of the paid members of the association
- ◇ Performs such other duties as may be delegated to the secretary
- ◇ Computer skills

Remember to collect Box Tops

‘Like’ our Facebook page “The Preuss School PTA” We encourage parents to read the following article available online: What does the ESSA mean for my child? [http://s3.amazonaws.com/rdcms-pta/files/production/public/Advocacy/2016TakeAction-ESSA\\_FINAL.pdf](http://s3.amazonaws.com/rdcms-pta/files/production/public/Advocacy/2016TakeAction-ESSA_FINAL.pdf)



# RESOURCES FOR PREUSS FAMILIES

I am so glad to see so many parents attending the Parenting Workshop! I hope those who have attended have noticed an improvement in the parent-child relationship. There are still four more Parenting Workshops scheduled for this year, so if you have not attended, it would be wonderful to have you at our next workshops. See flyer for dates and topics.

November and December can be stressful months with the holidays creating some financial strain for families. Please remember to utilize 211 by calling 211 or visiting [www.211sandiego.org](http://www.211sandiego.org) should you need any holiday assistance such as Thanksgiving meals, Thanksgiving baskets, Christmas toys/ clothes, etc. I would like to inform families of the Toys for Joy opportunity; they will be hosting their event at four different locations: Lincoln High School, El Cajon Valley High School, San Marcos High School, and Southwest High School. Gates open at 9am-2pm on December 10<sup>th</sup>. This is wonderful opportunity to get a free toy for children 0-11, receive free lunch, entertainment, kid's activities, giveaways, and free groceries while supplies last. Please see Ms. Esquivel if you need any assistance with this or have any questions.

Please remember I am here to assist Preuss families with any resources in the community that may be needed such as food, shelter, mental health services, insurance, clothing, etc. Do not hesitate to contact me at [a6esquivel@ucsd.edu](mailto:a6esquivel@ucsd.edu) or 858-822-1484. Thank you and I look forward to working with you.

**Amanda Esquivel, MFT 88617**  
**Family Support Specialist**



## PARENTING WORKSHOP

Being a parent is not easy...

The world presents many challenges for parents. This workshop is meant to be a fun, educational environment for parents to learn from one another and develop parenting skills that will help strengthen your parent & child relationship.



- SEPTEMBER 17  
PARENTING STYLES

---

- OCTOBER 22  
COMMUNICATION/  
PROBLEM SOLVING

---

- DECEMBER 10  
POSITIVE  
PARENTING

---

- JANUARY 21  
SAFE CHILDREN

---

- MARCH 18  
STRESS BUSTERS

---

- MAY 20  
FAMILY FUN/SELF-  
ESTEEM

**PROVIDED BY:**  
 Amanda Esquivel  
 Family Support Specialist  
 MFT 88617  
 858-822-1484  
[a6esquivel@ucsd.edu](mailto:a6esquivel@ucsd.edu)  
 Location: Preuss library  
 Time: 11-12:30 (after  
 monthly PTA meeting)

## WORLD LANGUAGE DEPARTMENT UPDATE BY MARIA ALCANTAR W.



### Día de los muertos celebration

Our world language classes had the opportunity to emerge themselves in the cultural celebration of Day of the Dead. Students learned the diversity of the cultural events that happen on the day of the dead not only in our communities but also in different Spanish-speaking countries and cities through the world. They also learned about the history of the celebration and learned that it can be traced back to the Aztecs. For a week students participated in the creation of altars. Students were able to bring pictures of those who are no longer with us but still live in our hearts. Students additionally, learned to make decorations for the altars such as making paper flowers, papel picado, and sugar skulls. Students attended these workshops during their free time and learned the beauty of creating artifacts for the celebration. For many of our students, this is the first time they got emerged in the celebration of such an enriched tradition. We look forward to providing our Preuss students with similar opportunities in the near future.

### Promoting Literacy through reading

Our Preuss students had a great opportunity to share their bilingual skills with their peers. Our World Language Department has made reading a priority. Each Preuss student who is in a Spanish class in average reads a book for 20 - 30 minutes. As a department, we recognize the importance of reading in the lives of our students and the vocabulary enrichment that it promotes. The Spanish II and Spanish III teachers created an enrichment opportunity for their students. They created "Story Time", a 30-minute mini section where Spanish III students read books in Spanish to Level I and Level II students. The idea sounded good, but when both teachers had their first session they became aware of the great monster that they had created. Students took their roles professionally and respectfully. During the reading session, we became aware that each group was teaching students new vocabulary and teaching cognates for better understanding. We gave opportunity to our students and we recognized we open a window of opportunity for our students to teach their peers and create meaningful moments along the way. We will continue cultivating the minds of our young learners as we move forward. Spanish II classes will be creating "Story Time" for Level I next semester.



## THE GIFT OF LIFE

Every year, The Preuss School UCSD World Language Department Spanish classes collaborate with Heifer International, a non-profit organization whose mission is to combat world hunger and poverty, to raise enough money to buy a llama for a South American Family. The "Love a Llama" fundraiser once again will be held beginning November 14th and ending December 16th. The Spanish classes will have various llama themed objects for sale during both middle and high school lunches during the last two weeks before the winter recess. Some might ask, Why a llama?

Llama and Alpaca wool is priced around the world for being warm and more dense than sheep wool. Families living high in the Andes mountains can earn a steady living by either selling the wool or making the clothes and blankets that can be sold for additional income. Llamas can also be used to transport crops to be sold at market and their feet are perfect to protect crops because they do not trample over the crops with hooves like cows and horses. They are one of the few animals that can withstand the harsh conditions of the Andes, serve as great guard animals, and make great companions. Giving the gift of a llama literally can send a student to school who otherwise would not have the money to buy books to go to school. This winter, the Spanish Classes along with the entire rest of the student and staff body are invited to the Llama table to give the gift that changes lives!



### A world of thanks!

Viviana Zamora Luna  
Teacher, World Language Dept.  
The Preuss School UCSD  
9500 Gilman Drive #0536  
La Jolla, CA 92093-0536  
Office: (858) 822-2365

# STUDENT SERVICES

Preuss families- On Wednesday October 19<sup>th</sup> students in grades 8-11 took the PSAT/NMSQT. Your child will receive their scores online and on paper in December. By taking the PSAT/NMSQT and meeting other requirements, your child may have the opportunity to compete for recognition and scholarships through the National Merit Scholarship Program as well as other scholarship partners. Also, taking the PSAT/NMSQT is great practice for the SAT and for college. Get familiar with the test format and access free, personalized SAT practice from Khan Academy. Along with your child's PSAT scores, the score report will show AP courses that are a great match for your child. AP can give your child an edge in the admission process, and an opportunity to earn college credit while in high school. To learn more about the tests, visit [www.collegeboard.org](http://www.collegeboard.org)

## *Happy Fall Preuss Families!*

Fall can be a stressful time for many of us, and especially our Seniors who are applying to college! Student support Services is working hard with Advisory teachers to make sure we educate students about stress management techniques and ways to stay on top of all the things we need to manage in our lives. Please take a look below at some tips for managing holiday stress. As always, we really appreciate all of your efforts and support, and we are available to support students and families with any stressful situations you may have. Please don't hesitate to contact us at our email or number.

**Set expectations** - Talk to your kids about expectations for gifts and holiday activities. Be open with them if money is an issue. Depending on a child's age, parents can use this as an opportunity to teach their kids about the value of money and responsible spending. And be realistic. Take small concrete steps to deal with holiday tasks instead of overwhelming yourself with goals that are too far-reaching for a busy time.

**Keep things in perspective** - Try to consider stressful situations in a broader context and keep a long-term perspective. Avoid blowing events out of proportion and teach your kids how to keep things in perspective, including what type and the number of gifts they receive.

**Make connections** - Good relationships with family and friends are important. So, view the holidays as a time to reconnect with people. Additionally, accepting help and support from those who care about you can help alleviate stress. Even volunteering at a local charity with your kids is a good way to connect with others, assist someone in need and teach your kids about the value of helping others.

**Take care of yourself** - Pay attention to your own needs and feelings during the holiday season. Engage in activities that you and your family enjoy and find relaxing. Taking care of yourself helps keep your mind and body healthy and primed to deal with stressful situations. Consider cutting back television viewing for kids and instead, get the family out together for a winter walk. It promotes activity and takes kids away from sedentary time and possible influence from advertisements.

[Ms. Nieto](#)—School Counselor  
Grades 9-12

[jjnieto@ucsd.edu](mailto:jjnieto@ucsd.edu)  
(858) 822-0409

[Ms. Patrick](#)—School Counselor  
Grades 6-8

[empatrick@ucsd.edu](mailto:empatrick@ucsd.edu)  
(858) 822-0996

[Ms. Resendez](#)—College Advisor

[jresendez@ucsd.edu](mailto:jresendez@ucsd.edu)  
(858) 822-2002

[Ms. Esquivel](#)- Family Support  
Specialist

[esquivel@ucsd.edu](mailto:esquivel@ucsd.edu)  
(858) 822-1484

[Yazmin Ghonaim](#)—School  
Psychologist

[yghonaim@ucsd.edu](mailto:yghonaim@ucsd.edu)  
(858) 822-1485







# Healthy News

## Healthy role modeling for children

Thanks for your involvement in your child's education. Your continued support is very important to your child's present and future success. Even though your child is growing and maturing more each day your guidance and support is more important than ever. Children learn a great deal from their parents so it's extra important to live each day demonstrating a good example to our developing children. Here are some tips on ways to be a healthy role model as it relates to healthy eating and activity (tips provided by the nutrition education series from the USDA center for nutrition):

- Be an example by eating vegetables, fruits and whole grains at meals and as snacks.
- Go food shopping with your children. Have a discussion about where vegetables, fruits, grains, dairy and protein foods come from. Let your children make healthy choices. Choose **healthy** holiday dishes with an emphasis on vegetables and fruit.
- Get creative in the kitchen; encourage your child to create healthy new snacks and home recipes. Make your own trail mixes from dry whole grain and low sugar cereal and dried fruit.
- Offer the same foods for everyone; stop being a "short order cook".
- Reward with attention, not food; do not offer sweets as rewards. Show your love and comfort your children with hugs, kisses.

dinner table, turn off the TV, silence the phone. Make meal time enjoyable and "stress free".

- Listen to your child. If the child is hungry and it's not time for a scheduled meal, offer a small healthy snack, such as fruit. At dinner offer choices of vegetables i.e. "do you want broccoli or cauliflower for dinner" instead of "do you want broccoli."
- Limit screen time to less than 2 hrs./day (includes TV, phone & computer games) No "screen time" under the age of 2.
- Encourage fun physical activity for the whole family. Make physical activity a regular part of the day. Walk/run with your child instead of just watching. Set an example by being physically active and using safety gear such as bicycle helmets. During holidays go for a family walk after a holiday meal or play active games.
- Be a good food role model. Try new ways of healthy cooking, new foods. Offer one new food at a time. Serve a family favorite along with a new food. Offer new foods at the **beginning of a meal** when everyone is hungry. Avoid lecturing or forcing your child to eat.
- Cook healthy home-made meals for holiday get together, avoid heavy sauces and over use of cheese, incorporate more fruits and vegetables into holiday menus.

## Holiday breaks are a good time for doctor appointments:

Get your child's physical completed, update suggested and required vaccines. A reminder for our 6th graders, a Tdap booster is required for 7<sup>th</sup> grade entry.

If you haven't done so already have your child get the Tdap booster. If you would like the booster done at school, please contact the school nurse @858-822-2291. Check out the Website [www.shotsforschool.org](http://www.shotsforschool.org) for more information on suggested and required immunizations. For information on free children's physicals call CHDP @ 1-800-675-2229.

## Prevention of illness:

The changing seasons also signal the beginning of the cold and flu season. Holiday gatherings also mean sharing of germs which can spread the flu, colds, and other illnesses. It is a time to be more careful in prevention of illness. By staying healthy we don't lose time from work and from school, thereby making everyone more successful. Everyday preventive actions can help fight germs and prevent catching colds and the dreaded flu. According to the CDC, the following are some ways to prevent the spread of germs:

- Good hand hygiene by hand washing with soap and water after coughing and sneezing.
- Covering your mouth and nose with a tissue when you cough or sneeze
- Avoiding touching your eyes, nose and mouth whenever possible. Germs spread this way.
- Stay home if you or your child is sick with a fever for at least 24 hours after there is no longer signs of a fever.
- When sick, limit contact with others to prevent the spread of illness.
- Try to avoid close contact with sick people
- Get immunized each year for seasonal flu.



# Parent News

By Sandra Gutierrez, Volunteer Coordinator

## The Preuss School is now strengthening family engagement through a system of instantaneous communication: Parent Square

### What is ParentSquare?

A two-way communication tool for parents and the school to share important information.

### What information is found on ParentSquare?

You will be able to view important information being posted by teachers and staff regarding school activities, events, upcoming test, field trips, sports activities, PTA meetings, request for volunteers, and request for donations. You can also track your volunteer hours on ParentSquare!

### How does it work?

You will receive text and email post. Please make sure your contact information is up to date. Contact the registrar at 858-822-2525 to update your phone number or email address.

What if you don't have an email or cell number? You can still receive information by going online at [parentsquare.com](http://parentsquare.com), click log in, and read the post, sign up for events, etc.

### What if I'm not computer savvy?

The Preuss School is hosting computer classes this school year on emails (Oct. 22<sup>nd</sup>), Aeries Parent Portal (Nov. 5<sup>th</sup>), and ParentSquare (Dec. 10<sup>th</sup>).

### How do I sign up?

At the beginning of the school year you received a text or email inviting you to join ParentSquare. It's easy to sign up! Simply click on the invitation and create a password, and don't forget to agree to terms and conditions. Once you create a password you can sign in from any computer or right on your phone.

Please take a moment to sign up!

If you need a new invitation to join, please contact the Volunteer Programs Coordinator by calling 858-822-0020 or by email at [preussvolunteer@ucsd.edu](mailto:preussvolunteer@ucsd.edu).

## Saturday PTA General Meetings

### November 2016

8<sup>th</sup> - PTA Executive Board Meeting, 5:30-7:00pm

5<sup>th</sup> - NO General Meeting

5<sup>th</sup> - Open House – Applying to Preuss

5<sup>th</sup> – Computer Class: Aeries Parent Portal, Front Office Community Room, 10:00am-11:00am.

### December 2016

6<sup>th</sup> - PTA Executive Board Meeting, 5:30-7:00pm

10<sup>th</sup> - General Meeting, Walton Center, 9:30-11:00am

*Special performance by the Preuss School Choir*

10<sup>th</sup> - Parenting Workshop: "Positive Parenting" at the Preuss Library from 11:00am-12:30pm.

10<sup>th</sup> – Computer Class: ParentSquare, Computer Lab, Preuss Library, 11:15am-12:15pm

### January 2017

3<sup>th</sup> - PTA Executive Board Meeting, 5:30-7:00pm

21<sup>st</sup> - General Meeting, Walton Center, 9:30-11:00am

*Topic: pending*

21<sup>st</sup> - Parenting Workshop: "Safe Children" at the Preuss Library from 11:00am-12:30pm.

### February 2017

7<sup>th</sup> - PTA Executive Board Meeting, 5:30-7:00pm

25<sup>th</sup> - General Meeting, Walton Center, 9:30-11:00am

*Topic: pending.*

*25<sup>th</sup> -Multicultural Family Potluck, 11:00-1:00pm*

### March 2017

7<sup>th</sup> - PTA Executive Board Meeting, 5:30-7:00pm

18<sup>th</sup> - General Meeting, Walton Center, 9:30-11:00am

*PTA Elections*

*Topic: pending*

18<sup>th</sup> - Parenting Workshop: "Stress Busters" at the Preuss Library from 11:00am-12:30pm.

### April 2017

4<sup>th</sup> - PTA Executive Board Meeting, 5:30-7:00pm

22<sup>nd</sup> - Dinner and Dance sponsored by the PTA, Walton Center, 5:00pm-10:00pm

No general meeting

### May 2017

2<sup>nd</sup> - PTA Executive Board Meeting, 5:30-7:00pm

20<sup>th</sup> - General Meeting, Walton Center, 9:30-11:00am

*Topic: pending*

20<sup>th</sup> - Parenting Workshop: "Family Fun/Self-Esteem" at the Preuss Library from 11:00am-12:30pm.

### June 2017

6<sup>th</sup> - PTA Executive Board Dinner, 5:30-7:00pm

10<sup>th</sup> - Parent Appreciation Event, 9:30-11:00am -No general meeting

23<sup>rd</sup> - Last day of school, Minimum Day

23<sup>rd</sup> - High School Graduation starts at 4:00pm

## UCSD BACHELOR OF SCIENCE IN PUBLIC HEALTH AND THE PREUSS SCHOOL PRACTICUM

Hello Preuss Families,



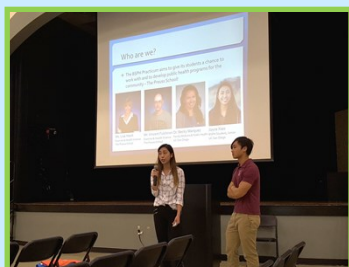
I am an undergraduate from UC San Diego's Bachelor of Science in Public Health Program. I will be continuing the Public Health Practicum at The Preuss School for this year! I will be working with Ms. Lisa Hawk and Mr. Vincent Fulchiron, from the Exercise and Health Sciences Department at The Preuss School, and Dr. Becky Marquez, from the Department of Family Medicine & Public Health at UCSD. We aim to provide learning opportunities that benefit the health of students and their families.

In collaboration with students from the Healthy Path group at the Preuss School, I will be promoting healthy eating habits. Join us at the PTA meeting on **December 10<sup>th</sup>** to learn about recommendations on improving consumption of fruits and vegetables.

I am happy and thankful to be a part of The Preuss School and look forward to working with Preuss School families as we step towards a healthier future. I am pleased and eager to hear any feedback from parents and students throughout this journey.



Presentation at the PTA meeting on October



Joyce Xiao, UCSD Junior Bachelor of Science in Public Health Program

### IMPORTANT SCHOOL DATES

- 11/11/16: Veterans Day Holiday- No School
- 11/12/16: Robotics Lego League- School Auditorium, 8:00am to 5pm
- 11/15/16 & 11/16/16: UC Application Submission Days for Seniors
- 11/30/16: UC and CSU College Application Deadline
- 11/16/16 & 11/17/16: 2nd Mid-Semester Progress Report Distributed
- 11/21/16-11/25/16: Thanksgiving Holiday- School Closed
- 12/10/2016: Saturday Enrichment Academy- 9:00 A.M - 11:00 A.M
- 12/10/16: General Parent Meeting- School Auditorium- 9:30A.M-11:00A.M
- 12/19/16 thru 1/2/17: Winter Break
- 1/7/17 & 1/21/17: Saturday Enrichment Academy- 9:00 A.M - 11:00 A.M
- 1/16/17: Martin Luther King Jr. Day (No School)
- 1/17/17 - 1/20/17: 1st Semester Final Exams
- 1/20/17: 1st Semester Ends
- 1/25/2017: 1st Semester Final Report Cards Mailed

### NEXT SATURDAY PARENT MEETING

**SATURDAY, DECEMBER 10, 2016**

**The Preuss School Auditorium  
9:30 AM - 11:00 AM**

#### Special Thanks to the Insight Newsletter Contributors:

- Michael P. O'Neill  
Director of Manufacturing CareFusion Corporation
- Chip Mutza  
Site Manager from Ikon Office Solutions
- Philip Battle  
Production Specialist
- Jose Garcia  
Preuss Former Parent Class of 2004

CareFusion Corporation  
10020 Pacific Mesa Blvd. San Diego, CA 92121