

6TH

THE PREUSS SCHOOL
UC SAN DIEGO

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

QUOTE OF THE DAY:

"The key is not to
prioritize what's on the
schedule, but to schedule
your priorities." ~ Tony
Morgan

SAT Word: Disavow
spread out; not
concentrated in one
place

- STUDENTS THAT DO NOT COME IN DRESS CODE WILL NOW BE ASKED TO TURN IN THEIR PHONES FOR THE DAY IN EXCHANGE FOR A LOANER SHIRT OR BOTTOMS!! PLEASE PLAN ACCORDINGLY SO AS TO MAINTAIN THE SCHOOL DRESS CODE.
- AIRPODS AND HEADPHONES MUST BE PUT AWAY BEFORE ENTERING CAMPUS.
- EARLY BIRDS- STUDENTS WHO ARRIVE TO CAMPUS EARLIER THAN 8:25, PLEASE REMAIN IN THE AMPHITHEATER AREA AWAY FROM ARC CLUBS AND CLASSROOMS

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.

REMEMBER TO ALWAYS HAVE RESPECT FOR OTHERS PASSENGERS WHILE RIDING THE TROLLEY!

Feeding San Diego Food Distribution Schedule

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

Last Updated January 5, 2024
Cadence: 2nd and 4th Fridays

July / julio

S	M	T	W	T	F	S
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9	10	11	12	13	14	15
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23	24	25	26	27	28	29
30	31					

August / agosto

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16	17	18	19	20	21	22
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30	31					

September / septiembre

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

October / octubre

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30	31					

November / noviembre

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30	31					

December / diciembre

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30	31					

January / enero

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30	31					

February / febrero

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30	31					

March / marzo

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30	31					

April / abril

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23	24	25	26	27	28	29
30	31					

May / mayo

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23	24	25	26	27	28	29
30	31					

June / junio

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

■ Delivery Scheduled
 ■ Start and End Days
 ■ FSD Holiday
 ■ School Holiday

NOTE: Distributions may be rescheduled due to holidays or operational needs.



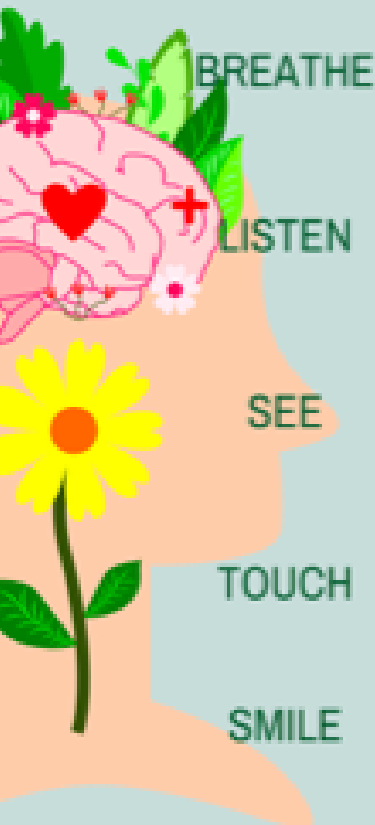
MAY IS...

MENTAL HEALTH AWARENESS MONTH

Spend this month taking care of yourself because YOU ARE NUMBER 1!!!!!!

Keep an eye out for our TSUNAMI representative in the front office (make sure to read his sign and learn new things!) and for lunchtime activities :)

MINDFUL MINUTE



CLOSE YOUR EYES, SIT QUIETLY, AND...

TAKE DEEP BREATHS AND LET THEM OUT SLOWLY. THINK ABOUT HOW THE AIR GOES IN AND OUT OF YOUR LUNGS.

LISTEN TO THE SOUNDS AROUND YOU, AND THINK ABOUT HOW MANY SOUNDS YOU CAN NAME.

USE YOUR FINGERTIPS TO FEEL AN ITEM OR THE AREA AROUND YOU. THINK ABOUT HOW IT FEELS AND THE WORDS YOU WOULD USE TO DESCRIBE IT.

LOOK AT ONE ITEM AROUND YOU; AND THINK ABOUT ITS SHAPE, COLOR, TEXTURE, AND HOW IT'S MADE.

OPEN YOUR EYES AND ENJOY THE WORLD AROUND YOU.

MAY IS MENTAL HEALTH AWARENESS MONTH



YOUR SCHOOL COUNSELORS WANT TO MAKE SURE YOU ARE TAKING CARE OF YOUR MENTAL HEALTH

PRACTICAL TIPS FOR EVERYDAY WELL-BEING

MENTAL HEALTH IS JUST AS IMPORTANT AS PHYSICAL HEALTH. IT AFFECTS HOW WE THINK, FEEL, AND ACT. TAKING CARE OF OUR MENTAL HEALTH IS ESSENTIAL FOR OVERALL WELL-BEING. HERE ARE SOME PRACTICAL TIPS TO HELP YOU MAINTAIN GOOD MENTAL HEALTH.

PRACTICE SELF-CARE. TAKE TIME TO DO THINGS THAT YOU ENJOY, SUCH AS READING A BOOK, TAKING A WALK, OR SPENDING QUALITY TIME WITH FRIENDS. PRIORITIZING SELF-CARE CAN HELP REDUCE STRESS AND IMPROVE MOOD.

CONNECT WITH OTHERS. HAVING A SUPPORT SYSTEM IS CRUCIAL FOR GOOD MENTAL HEALTH. REACH OUT TO FRIENDS, FAMILY, ADVISORY TEACHER, SCHOOL COUNSELOR, FSS OR TRUSTED ADULT IF YOU NEED TO TALK OR RECEIVE GUIDANCE.



TO ALL CURRENT 8TH TO 11TH GRADERS

**VOTE FOR YOUR ASB EXECUTIVE BOARD FOR
NEXT SCHOOL YEAR (2024-25)**

Voting will be open from 9 am until 4 pm using

[THIS FORM](#)



To see the candidates' campaigns, go to @preussasb on Instagram. Class officer elections will occur under the same format next Friday, May 10th."



Please report any broke/missing keys on keyboards or broken screens immediately to the IT department. If you do not and you are the last one to login in you will be charged the damage. We have had way too many broken keyboards and screens to the laptops in the classrooms. This notice will serve as your warning. Keys may cost up to \$5.00 a key, Entire keyboard is \$25, screen replacement up to \$90

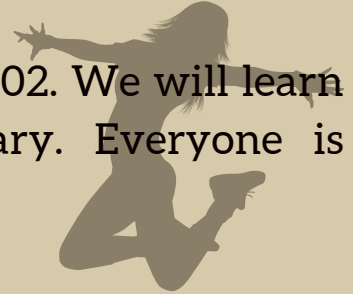
CLUB ANNOUNCEMENTS

Dreamers Club

Meets every 1st and 3rd Monday of the Month during Highschool Lunch E202

Dance Club

Join us every Monday and Thursday afterschool in Room T102. We will learn different styles spanning from Hip Hop to Contemporary. Everyone is welcome!



Film Club

We have decided that our next movie is 'Mamma Mia!' We are also still open to recruiting people to be part of our cast in our student-lead short film!



Follow us on instagram to stay updated with us at @preussfilmclub on our next meetings. See you all in E203, Wednesdays during HS lunch!!

Volleyball Club

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



Tsunami Club

Meets every Tuesday, after school (4-5pm) in Ms. V's room, A201

Multicultural Club

Multicultural Empowerment Club meets on Thursdays during HS lunch in D203

MUN Club:

Attention all high school students: Please join Preuss MUN every 1st and 3rd Thursday of the month during high school lunch. 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!



\$1

Come find us
after school
on
Wednesday's
for our snack
sales!

You rock!



BREAKING NEWS

Come join us in A103(Mrs.Petraglia's room) every **ADAY** friday during middle school lunch. Feel free to bring rocks and minerals to showcase. Ask any questions on your mind to Andrew Wang(6th grade)or Mrs. Petraglia about the club or rocks and minerals. You don't have to sign up, you just show up.



SPECIAL EDITION

FINANCE CLUB

Tuesdays & Wednesdays | 4-5 pm | C201

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

Buffett Munger Value Investing

OPEN TO MIDDLE SCHOOL STUDENTS



OTTER POPS



Wednesdays Afterschool!

2/\$1

Black Student Union

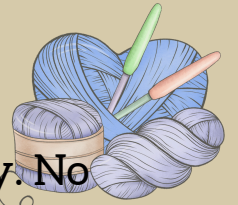
Black Student Union (BSU) invites you to join us every Thursday during high school lunch in E101 for fun games, spirited debates, and a safe place to navigate life!

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!

Crochet Club

Meets in Ms. Garcia's room, E102, from 4:00 to 5:00 every Thursday. No experience needed! Join our community of crochets' for a nice relaxing hour of creativity and conversation



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!



@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.

PREUSS CHESS CLUB

EVERY WEDNESDAY
4PM - 5PM
ROOM E103

NO EXPERIENCE NECESSARY.
STUDENTS ARE WELCOME

Celebrating Asian-American Pacific Islander Heritage Month!

Yemen

05.06.24.

Welcome to Asian Pacific Islander Heritage Month and today on May 6th, we are celebrating Yemen. This is a fact that makes Yemen a unique and ethereal place, but DID YOU KNOW that due to having one of the largest deserts, Yemen's aridness does not allow for rivers?.



Celebrating Asian-American Pacific Islander Heritage Month

GUESS THE STAFF MEMBER- ANSWERS!



Ms. De la Rosa
Family Support Specialist



Ms. Eid
Math Department



Ms. Allie
Attendance and Transportation