

The Preuss School UC San Diego Insight Newsletter

NOVEMBER/DECEMBER 2020 9500 Gilman Drive, La Jolla, CA 92093-0536 Main Phone Line (858) 822-3000



**THANKSGIVING
HOLIDAY BREAK**
November 23-27, 2020
**No School*



WINTER BREAK
December 21, 2020
Through
January 1, 2021
Classes will resume on
Monday, January 4, 2021

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A Note from our Executive Director

Dr. Helen V. Griffith

Nelika-Fai Watson Appointed as Vice Principal, The Preuss School UC San Diego

Nelika-Fai Watson began her career in education as a middle school teacher in Baltimore County, Maryland after earning a Bachelor of Science degree in English and Secondary Education from Bowie State University. She later taught first grade in Washington, DC as well as serving as Academic Coordinator for a local non-profit organization.



In 2005, Watson joined Girl Scouts of Central Maryland where she developed and implemented programs and curricula and contributed to the nationwide implementation of The New Leadership Experience. She returned to a traditional teaching position in 2008 as a founding faculty member of a 6th-12th grade turnaround school in Baltimore City. There, she and her colleagues were instrumental in restoring the relationship between the school and the community at large and elevating student achievement. Ms. Watson has served in many teacher-leader roles, including department chair, team lead, and mentor teacher. Appointed the Senior Coordinator for the inaugural graduating class, she was chosen as the First Annual Laureate Faculty Excellence Awardee in 2012.

After earning the Master's degree in Leadership in Teaching from Notre Dame of Maryland University, Ms. Watson was selected as an Education Pioneers' Fellow and subsequently served as Assistant Principal in Baltimore City and later as Director of School Strategy and Logistics in Washington, DC.

Most recently, Watson was the Director of Independent Study for two public, K-12 charter schools in San Diego County. Ms. Watson's commitment to ensuring that students receive a quality education is unwavering. She holds equity at the center of her work and believes that providing learners with high quality options are integral to ensuring that all students receive the best education possible.

Ms. Watson joined The Preuss Team on Monday, November 9. Please join us in welcoming her to our phenomenal Learning Community!

A message from the School Principal

Dr. Matthew Steitz



Reaching and Teaching During These Times

We all have been through significant challenges during this pandemic. While we feel like our challenges are great, it only takes thinking about others to realize that we should be grateful. As the Principal serving the Preuss School UC San Diego I have several things to be grateful for.

I am grateful to be part of a school community that is focused on such a meaningful and inspiring vision: The vision of the Preuss School UC San Diego is to transform the lives of students who are from low-income families and who are traditionally underrepresented in college, with the goal of qualifying them for university admission as the first generation in their families to attend a four-year college or universities. This vision inspires me to do my best to support the faculty and staff that provide the highest quality educational experience possible to the benefit of our scholars.

I am grateful for the opportunity to work with our faculty and staff to create a safe, in-person on campus experience that will add to our current remote instruction model to help continue our scholars on their pathway to achieve the vision. At this time our County is facing an increase in COVID cases that have forced our County to be placed under more restrictive regulations. However, we must prepare for the opportunity so that when it becomes available we will be ready with a safe and meaningful experience that we can bring our scholars on campus for.

I am grateful for the scholars at The Preuss School UC San Diego. I have been in and out of many Zoom classrooms and I have shared breakout rooms with several scholars. All of the scholars that I have interacted with have been so kind and respectful. I have a tremendous amount of appreciation for the effort our scholars are putting forth during these times. Additionally, I do need to take this opportunity to ask us to finish the term with even more effort, determination and grit than you started. There are scholars that are currently earning marks that are lower than our expectations. Now is the time to turn this around. There is plenty of time and there are more than enough supporting teachers willing to help you make this happen.

I have been in education for over twenty years and I have never been in a more challenging time. I have also never seen an entire school switch from an in-person instruction model to a remote instruction model overnight. It is with 100% confidence that I can say that all of our scholars have experienced an on-line course. The pandemic has undoubtedly been difficult, but it has also provided us with opportunities to share our gratitude. The late Supreme Court Justice Ruth Bader Ginsburg so eloquently stated: "So often in life things that you regard as an impediment turn out to be great good fortune."

With gratitude,
Matthew Steitz Ed.D.



A NOTE FROM THE ATTENDANCE OFFICE

Dear Families,

We are thankful!

As we prepare to take a break from school for Thanksgiving, we want to express our gratitude for everyone who makes it possible for as many students as possible to attend school every day, on time, ready to learn. We thank:



Our students and families for making daily attendance a priority since they know the habit of attendance will help them do well in the classroom and eventually in a job.

Our wonderful teachers who pour their energy into making each classroom an exciting place for exploration and knowledge so children do not want to miss out on learning.

Our support staff and community volunteers who provide the extra hands and attention our students need.

We appreciate each one of you so much. We look forward to seeing you after the Thanksgiving holiday. We also hope you will keep in mind that school is closed on Monday, November 23, 2020 thru Friday, November 27, 2020 and reopens Monday, November 30, 2020.

We especially appreciate everyone's efforts to avoid taking extra days off before or following the Thanksgiving Holiday and Winter Break. Just a few missed days here and there, even if they're excused absences, can add up to too much lost learning time and leave your child behind in school. This is as true in kindergarten as it is in high school. Please feel free to contact me if you have any questions about attendance.

Sincerely,

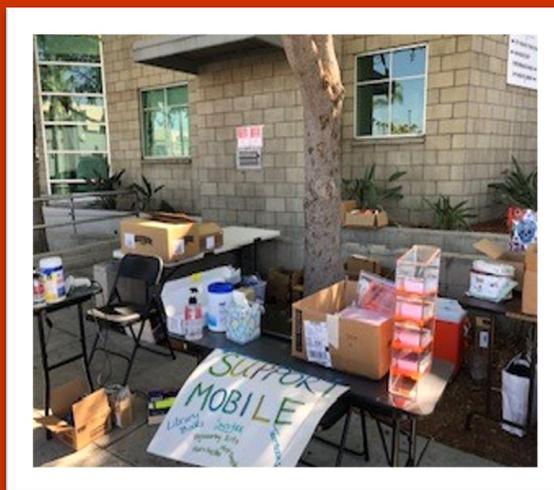
Patricia Villanueva
(858) 822-0311
pavillanueva@ucsd.edu



Advancing Student Success By Reducing Chronic Absence

WHISPERS FROM THE COPLEY MEDIA CENTER

We hosted our second Preuss School Support Mobile (the Bookmobile) the week of October 26th through October 29th! We had about 200 families come meet the van at one of four San Diego Public Libraries to pick up library books, textbooks, new student ID cards, snacks and a variety of supplies for clubs and classes. It was great to see some of our students' faces. Our library is so quiet without our students present. We will be out in November and December. All information is posted on the library page of the [Preuss School website](#) or [here](#).



Speaking of the [Preuss Library Webpage](#), there is lots of information available for all students — all our links to eBooks, databases for research, links to events happening at the San Diego Public Library, links to scholarship opportunities and even fun activities for everyone. For parents and guardians who would like some guidance on all things social media, Common Sense Media provides great articles in Spanish and English and reviews on all things screen wise.

Monthly library notices still being sent via students' Preuss email on a monthly basis. The notices will inform students if they have titles that need to be returned to the Bookmobile. Any fines your student may have can wait to be paid once we are back on campus. Or the student will be able to volunteer in the library to cover the fine. Please encourage your student/s to bring in any late textbooks or to begin paying off their account a little bit at a time.

We are on campus from 8-3:15 daily, if students need to come pick up required textbooks, trade-out devices with problems or return and late textbooks. Please drive around to the back of the Walton Center and call the number on the back door. We will come down and screen you for symptoms and then check out what is needed.

Happy Reading!

Ms. Nance and Ms. Gonzalez



The Preuss School Mentor Program

Dr. Jacqueline Azize-Brewer

Dear Parents and Scholars,

I want to tell you a few words about the **Preuss Mentor Program** and to encourage students to participate by filling out the Mentee Online application (see below for steps to follow).

What Is the Mentor Program?

The Mentor Program consists of one-on-one meetings between a Preuss Scholar and a caring adult. Both make a one-year minimum commitment to meet weekly for 30 to 45 minutes (currently meeting virtually). Mentors and mentees are paired by shared career interest, activities, and hobbies.

Who are Mentors?

Mentors are caring adults who have a willingness to listen, encourage, guide, and inspire. They are committed to developing a supportive relationship to help Preuss Scholars with personal and academic goals. Mentors serve as a role model for mentees.

A Mentor Is,

- A trusted guide and friend
- Someone who will listen to you
- Someone who will help you explore opportunities
- Someone who can help deal with difficult situations

Scholars who are interested in participating in the Mentor Program, please fill out the online Mentee application by following these steps:



How to Access the Mentee Application:

Go to The Preuss School website: <https://preuss.ucsd.edu/>

1. Go to the "About Preuss" tab on the left hand side of the web page
2. Then to the "Volunteering Opportunities" Tab
3. Then click on the "Mentees" tab

The last step would be to click on and fill out the "Mentee Application"

**** After the mentee application is received, parents/guardians will be contacted via e-mail to obtain the authorization for the Scholar to be considered for participation in the program. Once the permission slip is received, Dr. Jacqueline Azize-Brewer, Volunteer Coordinator, will contact the scholar to conduct a phone interview.**

Questions? Please leave a message at 858-822-0020 or send an e-mail to preussvolunteer@ucsd.edu

Student Services & Counseling Department

November & December 2020

DEAR PREUSS FAMILIES,

We are about half way through the semester! Please encourage your student to continue to work hard on their academics but to also incorporate self-care. Reach out to us if you have any questions or concerns.

Contact the Student Services Department

Ms. Erin Patrick

School Counselor, Grades 6 & 7, 12 Go-Pen
empatrick@ucsd.edu

Ms. Brittany Oka

School Counselor, Grades 8 & 9, 12 A-Gh
boka@ucsd.edu

Ms. Ruthie Hernandez

School Counselor, Grades 9 & 10, 12 Per-Z
ruthieh@ucsd.edu

Ms. Yazmin Ghonaim

School Psychologist
yghonaim@ucsd.edu

Ms. Amanda Torre

Family Support Specialist & Homeless Coordinator
atorre@ucsd.edu

Ms. Paty Macedo

Registrar
preussregistrar@ucsd.edu

Reminders - Upcoming Holidays & No School:

- **Wednesday, November 11 (Veteran's Day)**
- **Monday, November 23-Friday, November 27 (Thanksgiving Break)**

HIGH SCHOOL COUNSELING ANNOUNCEMENTS

9th -12th Grade | AP Testing

AP Exam orders will be submitted by November 13 for all AP courses. Please check in with Ms. Hernandez if you have not registered for any of your AP courses.

SENIORS: CLASS OF 2021 INFORMATION

College Application Workshops

The School Counselors will continue to hold after school workshops on November 3-6 from 3-4:30pm. Encourage your students to attend if they have questions about UC, CSU, Common Application, or Financial Aid. Zoom link here:
<https://ucsd.zoom.us/j/97804562098>

Financial Aid Follow Up

Please check in with your School Counselor if you were unable to attend the Financial Aid Workshop or if you have not submitted your FAFSA or California Dream Act Application.

Virtual College Rep Visits

Colleges and universities from across the country and around the world will be offering Rep Visits for Preuss students in a virtual format. Students can learn about which schools are presenting and can sign-up by logging into Naviance
<https://student.naviance.com/preuss>.

Mandatory Senior Events | SAVE THE DATE

UC Submit Days
Wed, Nov 18 - Thurs, November 19

Students will have an individual appointment with their Counselor & Advisory Teacher to submit their UC application.

Middle School Counseling Announcements

Check out the latest presentation by our school counselors - Social Media & Online Safety and Coping with Anxiety During COVID-19.

If you need additional support please contact the Middle School counselors directly:

News from The Student Services & Counseling Department, Continued

Student Community Groups - Starting November 2 @ lunch

Please see flyer on the right and share the Zoom link with your student if they are interested:

<https://ucsd.zoom.us/j/4376571822>

Progress Report Reminder

The second Fall semester progress report will be available to families online via Aeries on November 12. Please review your student's progress report grades and discuss what improvements can be made. School counselors will be working individually with students that receive multiple D/F grades.

Wellness Wednesday

The school counselors and Preuss staff realize that the mental and emotional wellness of students is of the highest importance. For this reason, each week of the school year we will post a Wellness Wednesday Newsletter for students. The newsletter will include a wellness quote, a wellness tip or resource, and a Kindness Challenge. Here are the latest issues of Wellness Wednesday! 10/25:

<https://www.smores.com/avz5q>, 10/21: <https://www.smores.com/9ks8m>, 10/28: <https://www.smores.com/0271n>

News from the Family Support Specialist

Running low on food at home? We have now added a small food distribution to the Bookmobile. Scholars can take home snacks by visiting the Bookmobile; check the Preuss website under the library section for the Bookmobile schedule. As a reminder, additional food is available through various San Diego Unified school sites and community distribution centers. Contact 211 by phone or online at www.211sandiego.org for locations. Contact Ms. Torre for additional support.

In response to some of the struggles scholars have been having adjusting to remote learning we have initiated weekly scholar Community Groups to promote community and cohesion outside of the classroom zoom setting. Community Groups are meant to decrease isolation and loneliness. Middle school girls meet Mondays, Middle School boys meet Tuesdays, High school girls meet Wednesdays, and High school boys meet Thursdays. All meetings are from 11:30-12:00pm via Zoom. Contact Ms. Torre for additional information.

During this holiday season please make sure to practice self care, as traditional routines that your family may have had may be affected by our current pandemic situation. Remember, there is holiday assistance available for Thanksgiving meals/baskets and Christmas toys and meals. You can find more information on the 211 website www.sandiego211.org or contact Ms. Torre. Wishing you all a wonderful holiday season!

Preuss Weekly Community Groups

Feeling a little isolated? Feeling a little lonely? Want a place to talk? You are not alone. Join us for some quality time. All meetings on zoom. Meeting ID: **4376571822**
For questions contact Ms. Torre a1torre@ucsd.edu

All groups start the first week of November	<p style="text-align: center; margin: 0;">Middle School Girls Mondays 11:30-12:00pm (Lunch)</p>
	<p style="text-align: center; margin: 0;">Middle School Boys Tuesdays 11:30-12:00pm (Lunch)</p>
	<p style="text-align: center; margin: 0;">High School Girls Wednesdays 11:30-12:00 (Lunch)</p>
	<p style="text-align: center; margin: 0;">High School Boys Thursdays 11:30-12:00 (Lunch)</p>



Triton Serenity Day

By TJ Carr and Ted Kim

The Preuss School UC San Diego hosted its very first Triton Serenity Day on Friday, October 30th, where students, faculty, and staff were invited to enjoy a series of courses focusing around mental health and individual passions.

The idea stemmed from conversations revolving around creating a space and time for students to be able to focus on their mental health while also being able to share their passions and talents outside of the traditional academic setting. Community is such a large part of the culture of The Preuss School, and we as the Associated Student Body (ASB) felt there was a growing need for community-building during difficult times where a lot of social aspects of school were being overlooked for maintaining the same academic rigor students were accustomed to.

Students, faculty, and staff submitted requests to teach courses on different areas of expertise and later signed up to attend other courses throughout the day. The day consisted of three sessions with different focuses. The first session focused around mental health and teachers held mindfulness sessions, UCSD instructors led yoga, and the Chelsea's Light Peers led restorative circles within each grade level. The second session featured student-led courses including Baking Flan, Makeup 101, How to Ollie on a Skateboard, Crochet, Debate 101, Calligraphy, and so much more. These student-led courses were paired with teachers to facilitate questions and allowed for students to follow along various activities. Lastly, we ended the day with some recreational activities/games as well as teacher-led courses on Crossfit, Soccer Skills, Anime, and Manga/Graphic Novel Storyboarding.

With some courses having as many as 300 attendees, the Triton Serenity Day was a huge success for the student leadership's first virtual event of the year. Various students shared that it was something they hoped to experience in the future and we were so glad to be able to create the first of many Serenity Days to come."

Studio Static: What's new in the studio?

By Tamima M Noorzay

Preuss artists lead the way in our virtual studio space by participating in artist in residence workshops, remote field trips and welcoming guest speakers! Studio I and II artists in Block 2 are working with Baltimore artist Jay Wolf Schlossberg Cohen in a series of workshops which will culminate in an on campus mural second semester. The mural will be designed by Mr Schlossberg Cohen using all the different images created by the students! We are appreciative that he is working with our community again this year. Last year our students were given the opportunity to work on the Mahall Mural project along side UCSD students, culminating in a 900+SF mural on their campus. This year we look forward to transforming the face of our campus with art and art installation to immerse our students in the visual narratives of our combined experiences!

Upper division studio students have an upcoming remote field trip to the Walter Munk Foundation to study climate change and the effects on our local and global ecosystem. The Foundation has continued the legacy of Walter Munk by continuing research, educational outreach and the La Jolla underwater Park and Ecological Reserve. The Map is a lithomosaic that shows the marine life and the grand canyons off of the La Jolla Shores. Students will be creating artworks inspired by the workshop. In addition we would like to design and install our own mosaic on campus eventually. Additionally, students will be able to learn about career opportunities that intersect with the work at the Foundation, from artists to scientists to educators. Preuss scholars will be able to ask Walter Munk research staff who just left for Alaska about their ongoing research in real time! Our field trip is being funded by our community partners at ArtsbusXpress who have shifted in these pandemic times from providing our bus to coordinating and underwriting the event itself! We appreciate their time and generosity in providing our artist-scholars this opportunity!

We have more great opportunities to look forward to from workshops about climate change and social justice as well as our plein air painting adventures at Torrey Pines State Reserve, guest speakers etc!!! Stay tuned...

Here is a section of the Marshall Mural that includes work by our students



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Want to be featured in the yearbook?

- Send in any photos or selfies you may have!
- Show off your work spaces, family photos, mask selfies, pet selfies, or holiday pics!

Reminders: Make sure photos are not blurry and feature at least one Preuss student! Feel free to send in pictures outside these categories listed above.

Send in photos at preussyearbook21@gmail.com or DM us @preussyearbook on Instagram!

IMPORTANT SCHOOL DATES

11/11/20: Veterans Day Holiday — No School

11/12/20 — 11/13/20: 2nd Mid-Semester Progress Report available to view on Aeries.

11/14/20: General Parent Meeting Via Zoom Webinar, 9:30 A.M-11:00 A.M. The Zoom IDs will be sent via a post on ParentSquare.

11/18/20 — 11/20/20: UC Application Submission Days for Seniors, 8:55 A.M - 4:30 P.M

11/23/20 — 11/27/20: Thanksgiving Holiday— School Closed.

12/5/2020: Saturday Enrichment Academy from 9:00 A.M - 11:00 A.M. SEA Link: <https://ucsd.zoom.us/j/98567143458>

12/12/20: General Parent Meeting Via Zoom Webinar, 9:30 A.M. to 11:00 A.M. The Zoom IDs will be sent via a post on ParentSquare

12/21/20 — 1/1/21: School Winter Break

1/4/21: School Resumes Classes

1/9/21: Saturday Enrichment Academy from 9:00 A.M. - 11:00 A.M. SEA Link: <https://ucsd.zoom.us/j/98567143458>

1/11/21 - 1/14/21: 1st Semester Final Exams

SATURDAY PARENT MEETINGS

Via Zoom Webinar: PTA General Meeting from 9:30 – 11:00 am *

November 14, 2020

December 12, 2020

Via Zoom Meeting: PTA Executive Board Meetings from 5:30 – 7:00 pm *

November 10, 2020 (re-scheduled from November 3rd due to Election Day)

December 1, 2020

January 5, 2020

***The Zoom IDs will be sent via a post on ParentSquare before the meeting dates. Please look for that information in your communications from ParentSquare.**

