Chelsea’s Light Inspirational Quote of the Day:
Be an encourager: When you encourage others, you boost their self-esteem, enhance their self-confidence, make them work harder, lift their spirits and make them successful in their endeavors. Encouragement goes straight to the heart and is always available. Be an encourager. Always.
-Roy T. Bennett

**SAT WORDS:** diligent (adj.) showing care in doing one’s work

**New Items:**

**Attention All Students:**
Congratulations to Ms. Chovy and her advisory students for turning in their intent to return forms at 100% completion by the due date. Way to go Chovy’s Champions!!! (End Date: 2/14/20 Gomes)

**Attention All Students:**
DRUM ROLL PLEASE!!!!

Announcing our 2020 Bookmark Contest Winners:

Middle School Honorable Mentions:
  - Ariana Encarnacion Chiroy – 8th grade
  - Sylvia Rodriguez – 8th grade

Middle School 2nd Place Winner:
  - Hawaa Bahreldin – 8th grade

Middle School 1st Place Winner:
  - Fatima Bahreldin – 6th grade

High School Honorable Mentions:
  - Josblan Chavez Martinez – 12th grade
  - Katherine Phan – 10th grade

High School 2nd Place Winner:
  - Agnes Agoh – 9th grade

High School 1st place Winner:
  - Ignacio Vazquez – 12th grade

Winners will receive a new book of their choice (please stop by the library to give me your title choice), honorable mentions will choose a book from our prize cupboard (please stop by the library to choose). All bookmarks will be published for distribution. If you would like your entry back, please stop by the library this week. Congratulations to all entries, this was our most competitive year!! (End Date: 2/18 Nance)
Attention All High School Students:
Today’s fact for healthy relationship awareness: Violent behavior often begins between the ages of 12 and 18. Call the National Domestic Violence Hotline 1-800-799-7233 if you or someone you know is being affected by this. #1thing ----NAMI ON CAMPUS CLUB (End Date 2/10/20 Torre)

Attention All High School Students:
The research program at the Scripps Institute of Oceanography has been POSTPONED until May. New date to be announced in the spring. (End Date: 2/13/20 Artz)

Attention All Students:
Do you have a pet? Then The Preuss Insider wants your photos. Send a photo of your pet to thepreussinsider@gmail.com or through the QR codes located around campus. You might just see your pet on The Preuss Insider's February spread! Don't wait, send them in The deadline is February 18th!! (End Date: 2/18/20 Garcia)

Attention All High School Students:
The Preuss Insider is now taking applications for its 2020-21 staff. Journalism is looking for students interested not only in writing but also podcasting, taking pictures, fundraising, designing and laying out the paper. If you already selected Journalism during course selection, YOU MUST STILL APPLY TO JOURNALISM. And if you did not, you can still change your mind and apply for the class. Just pick up your application from Ms. Garcia in room E102 and return it by Wed, Feb 19th. Journalism is a student-led class with lots of opportunities for leadership positions. Apply today! (End Date: 2/19/20 Garcia)

Attention All High School Students:

Loving You, Loving Me
UCSD Women Speak
FEBRUARY 23 • 10:30 AM - 2 PM
JOIN WOMEN SPEAK UCSD FOR A DAY OF SELF LOVE AND HEALTHY RELATIONSHIP BUILDING
STUDENTS 9TH-12TH GRADE WELCOME
RED SHOE ROOM, PRICE CENTER 2ND FLOOR

(End Date: 2/23/20 Torre)
Attention 10th Grade Students: Looking for a summer internship? Come hear about the 2-week Introduction to Lab Science at the Sanford Burnham Prebys Research Institute. Selected students will attend the institute for 2 weeks, rotating through four different labs learning about best lab practices. There is a stipend paid at the conclusion of the 2-weeks. Information meeting: Tuesday, 2/25 in C101 at lunchtime. Bring your lunch and hear from students who participated last year as well as get details on the application process. (End Date: 2/25/20 Artz)

Attention All High School Students: The Health Occupation Partners (HOP) program will again be here to share about health-related careers. Interested students need to sign up outside C101. The session will be on Tuesday, 2/25 during advisory in the Admin conference room. (End Date: 2/25/20 Artz)

Reminders:

Attention All High School Students: Attention Boys & Girls interested in playing varsity lacrosse, both boys and girls teams will be holding "try-outs" after-school on February 18th at 4:10 pm to 5:20 pm on our Manchester Field. If you are interested in trying for a spot, please submit a medical physical signed by a medical professional to Mr. Brazelton on or before Feb 18th. Only those who have turned in physicals and are in good academic standing will be allowed to stay after-school and participate in try-outs. Bring a lacrosse stick, cleats and a willingness to work hard! (End Date: 2/18/20 Mr. Brazelton)

Attention All High School Students: Scripps Institute of Oceanography Grades 9-12: Interested in learning about the ocean AND the microbial life that live there? Scripps Institute of Oceanography is hosting a session at their facility for interested students to collect samples from the Scripps Pier and grow them in one of their labs. Scientists from SIO will teach students the latest techniques for growing and identifying marine bacteria.

- Prelab activity: Thursday Feb. 20 4:00 – 5:15 pm
- Hands-on lab work: Saturday, Feb. 22 9:30 am – 2:00 pm (transportation to/from SIO will be provided – students will have to get to/from Preuss on their own. SEA bus is available in the morning but NOT in the afternoon)
- Post lab activity (examining your bacterial plates): Thursday Feb. 27 4:00 – 5:15pm

Space is limited to 18 students. See Mrs. Artz for an application. (End Date: 2/20/20 Artz)

Attention 10th Grade Students: Sanford Burnham Prebys Introduction to Lab Science for current 10th graders with strong academics and an interest in learning about working in a research lab. There is a stipend awarded at the end of the 2-week program. The internship will run from July 6 – July 17. Information meeting: Wednesday, February 26 at lunchtime in C101. (End Date: 2/26/20 Artz)

Attention High School Students Grades 10-12: Saturday, February 29th 8:30 – 2:00 pm. Students will visit working labs and meet scientists and hear about their current areas of research. After lunch (provided to you), students will hear from a renowned scientist on the status of their research.
Students will have to provide their own transportation to/from The Salk Institute located on the west side of UCSD Campus.
Space is limited to 5 students. See Mrs. Artz for an application.
(End Date: 2/29/20 Artz)

Attention High School Students:
A few colleges’ visits will be happening at Preuss this spring. We encourage you to go on Naviance to learn about and sign up for College Rep Visits. Here are some visits scheduled for spring:
Wednesday, 3/11 @ 12:15 – University of Arizona - in the Library Glass Classroom
Monday, 4/20 @ 12:15 – Mills College - in the Library Glass Classroom
Wednesday, 4/22 @ 12:15 – UC Merced - in the Library Glass Classroom

College Rep Visits can be subject to change or fill up, so please sign up on Naviance to receive updated information. (End Date: 4/22/20 Ms. Patrick)

Attention All Students:
Perfect and Excellent Attendance for the First Semester.
We congratulate and salute our students with Perfect and Excellent Attendance. Thank you for making your presence at Preuss a priority. You have achieved this great attendance honor for this semester and we believe that you can strive and achieve excellent attendance for the whole school year. Students with Excellent Attendance will be honored with a certificate and their names will be displayed on our school bulletin.
Every day Counts! Keep up the good work as we look forward to being part of a big celebration in your honor as a result of your daily attendance at Preuss School UC San Diego. The End of the Year Attendance Social will be held in June. We hope to see you there! (End Date 6/12/20 Villanueva)

Attention All Students:
If you have not received a ZPASS and need to order a new one please come to the front office during lunch time or advisory class. The cost for a ZPASS replacement is $5.00. We will give you a temporary ZPASS for the duration of time it takes to receive your new ZPASS. The front office will notify you when your ZPASS arrives. Please do not come to the office before or after school to order a new ZPASS. Especially after school, we do not want any students to miss their bus.
(End date: 6/18/20 Front Office)

<table>
<thead>
<tr>
<th>Event</th>
<th>Day</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Class of 2021 UC Riverside Campus Tour; 8:55 a.m. to 5:15 p.m.</td>
<td>Wednesday</td>
<td>2/12</td>
</tr>
<tr>
<td>Location: UC Riverside</td>
<td></td>
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</tr>
<tr>
<td>Admissions Lottery for 2019-2020 School Year; 4:00 to 5:30 p.m.</td>
<td>Wednesday</td>
<td>2/12</td>
</tr>
<tr>
<td>Location: Walton Center</td>
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<td></td>
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<tr>
<td>Open to all applicants to attend</td>
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</tr>
<tr>
<td>Skate World Sophomore Fundraiser; 5:00 to 9:00 p.m.</td>
<td>Thursday</td>
<td>2/13</td>
</tr>
<tr>
<td>Location: Skate World on Linda Vista Rd.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lincoln Day Observation- No School</td>
<td>Friday</td>
<td>2/14</td>
</tr>
</tbody>
</table>
Senior Laser Tag Fundraiser; 8:00 – 9:30 p.m.
Location: Ultra Zone Sports Arena

**Washington Day Observation- No School**

**ELAC Meeting; 5:30 to 6:30 p.m.**
Location: Community Room

**UCSD Dream Conference; 8:30 a.m. to 3:00 p.m.**
Location: PC Ballroom East UC San Diego Campus

**Saturday Enrichment Academy; 9:00 to 11:00 a.m.**
Students sign up in Advisory class for tutoring by teachers and tutors.
Classrooms, 9:00 a.m. -11:00 a.m. Transportation is available to attend SEA.
-See the schedule below:
  7:35 - Keiler Middle School (Lisbon St. @ Woodrow Ave.)
  7:55 - Logan Elementary (2875 Ocean View Blvd)(North Side of School)
  8:05 - Amtrak -Downtown @ Kettner Blvd. (Westside Kettner at C St.)
  8:20 - El Cajon Blvd. @Marlborough Av. NW
  8:55 - Dropping at the Preuss School

11:00 – Bus leaves Preuss to same locations.

**PTA General Meeting; 9:30 to 11:00 am**
Location: Walton Center; All Parents Welcome

**Feeding San Diego Food Distribution; 11:00 a.m. to 11:30 a.m.**
Location: Amphitheater

**Multicultural Family Potluck; 11:00 a.m. to 1:00 p.m.**
Location: Amphitheater; All Families Invited

**ASB Ball; 7:00 to 10:00 p.m.**
Location: Catamaran Hotel

**8th grade vs. Staff Kickball; 4:15 to 5:10 p.m.**
Location: Manchester Field, Preuss UC San Diego

**Salk Institute High School Day; 8:30 a.m. to 2:00 p.m.**
Location: Salk Institute La Jolla Shores Dr.

**Scripps MUN Conference; 8:00 a.m. to 6:00 p.m.**
Location: Scripps Ranch High School

**STEAM; 9:00 a.m. to 12:00 p.m.**
Location: Fab Lab

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**Attention All Students: Math Tutoring Schedule 2019-2020**

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Teacher</th>
<th>Subject</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>High School Lunch</td>
<td>Ms. Chovy</td>
<td>Math</td>
<td>D101</td>
</tr>
<tr>
<td>Monday</td>
<td>High School Lunch</td>
<td>Dr. Weber</td>
<td>Math</td>
<td>D102</td>
</tr>
<tr>
<td>Monday</td>
<td>4:00 to 5:25 p.m.</td>
<td>Ms. Tan</td>
<td>Math</td>
<td>D103</td>
</tr>
<tr>
<td>Tuesday</td>
<td>High School Lunch</td>
<td>Ms. Chovy</td>
<td>Math</td>
<td>D101</td>
</tr>
<tr>
<td>Tuesday</td>
<td>High School Lunch</td>
<td>Dr. Weber</td>
<td>Math</td>
<td>D102</td>
</tr>
<tr>
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<td>4:00 to 5:25 p.m.</td>
<td>Ms. Chovy</td>
<td>Math</td>
<td>D101</td>
</tr>
<tr>
<td>Wednesday</td>
<td>High School Lunch</td>
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<td>Math</td>
<td>D102</td>
</tr>
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<td>Wednesday</td>
<td>4:00 to 5:25 p.m.</td>
<td>Mr. Arias</td>
<td>Math</td>
<td>D101</td>
</tr>
<tr>
<td>Wednesday</td>
<td>4:00 to 5:25 p.m.</td>
<td>Mr. Hua</td>
<td>Math</td>
<td>E103</td>
</tr>
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### Sports Schedules

#### Girls' Varsity Soccer 2019-20

<table>
<thead>
<tr>
<th>Date</th>
<th>Day</th>
<th>Time</th>
<th>Opponent</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>2/11</td>
<td>Tuesday</td>
<td>3:15</td>
<td>Liberty*</td>
<td>Liberty</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>^Scrimmage *Patriot League</td>
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</tbody>
</table>

#### Girls' Varsity Basketball 2019-20

<table>
<thead>
<tr>
<th>Date</th>
<th>Day</th>
<th>Time</th>
<th>Opponent</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>2/11</td>
<td>Tuesday</td>
<td>3:30</td>
<td>Bonsall*</td>
<td>UC San Diego Main Gym</td>
</tr>
<tr>
<td>2/13</td>
<td>Thursday</td>
<td>3:30</td>
<td>Ocean View Christian Academy*</td>
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</tbody>
</table>

^League

#### Boys' Varsity Soccer 2019-20

<table>
<thead>
<tr>
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<th>Time</th>
<th>Opponent</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>2/11</td>
<td>Tuesday</td>
<td>3:30</td>
<td>Health Sciences*</td>
<td>Preuss</td>
</tr>
<tr>
<td>2/13</td>
<td>Thursday</td>
<td>3:30</td>
<td>High Tech High North County*</td>
<td>Connor Park</td>
</tr>
</tbody>
</table>

^Parker Tournament *Summit League

#### Boys' Varsity Basketball 2019-20

<table>
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<th>Opponent</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>2/11</td>
<td>Tuesday</td>
<td>7:30</td>
<td>High Tech High North County*</td>
<td>Palomar YMCA</td>
</tr>
<tr>
<td>2/13</td>
<td>Thursday</td>
<td>4:00</td>
<td>O'Farrell*</td>
<td>UC San Diego Main Gym</td>
</tr>
</tbody>
</table>

^League