Chelsea’s Light Inspirational Quote of the Day in honor of October being LGBT History Month:
“All young people, regardless of sexual orientation or identity, deserve a safe supportive environment in which to achieve their full potential.”
-Harvey Milk – the first openly gay man to be an elected official in California

SAT WORDS: catalyze (v.) to charge, inspire

October is LGBT History Month, which is in observance of lesbian, gay, bisexual and transgender history, and the history of the gay rights and related civil rights movements. Today we will highlight an exceptional LGBT historical figure, Gilbert Baker. Baker was an American artist, gay rights activist, and designer of the rainbow flag, a worldwide symbol of LGBTQ pride. His flag became widely associated with LGBT rights causes, a symbol of gay pride.

To learn more about LGBT rights and historical figures, we invite you to join the Gender Sexuality Alliance Club during high school lunch in B102 for more information. This club is a safe space open for everyone!
(End Date: 10/18 Olsen)

New Items:
Attention all Students:

- Every student who rides a SDUSD bus must have a Z-Pass ID card. Drivers will begin enforcing the Z pass ID card to board and exit the bus.
- Only students who are new to transportation service are getting a new Z pass card at no cost.
- A Temporary Z Pass will be issued to new students who did not receive a card.
- Students who wish to request a new Z pass card must do so during office hours before school is over. Temporary passes will not be issue after school.
- We suggest that students secure the card in an interior pocket of their backpack to help protect the card from being lost, stolen, or damaged.
- There is a $5.00 fee for ordering a replacement of the transportation ID card.
(End Date: 10/31 Villanueva)

Reminders:
Attention All Students:
Elevator usage is for students who have been given a pass from the nurse only! Students who are seen using the elevator and are not authorized to do so will sent to Ms. Agliam. (End Date: 11/22 Front Office)

Attention High school students:
Are you thinking of pursuing a college major that leads to a career in the health industry? Medical School? Dental School? Pharmacy School? Have you considered becoming a vet? A nurse? Come hear a panel discussion of student’s currently in pre-health majors and learn what you can expect and what is required. Tuesday, Oct. 22nd Block 7 in the Community room of the Administration Building. Sign ups are required - see Mrs. Artz in C101. (End Date: 10/22 Artz)
**Attention All Students:**
Breakfast is an important part of a healthy and balanced diet. Students, please get breakfast when you first arrive to school. Breakfast will not be available after the bell rings unless you are on a late bus that arrives after the bell. Thank you for throwing your trash away and keeping our campus clean. (End Date: 10/31 Ms. Agliam)

**Attention All Students:**
Z-passes! Do you have yours? All students riding the bus are required to carry their z pass. 4pm and 5:30 drivers will be checking for them. Don’t want to wait in a long line? Have them out and ready to scan before boarding the bus. Need a replacement pass? See Mrs. Villanueva (End Date: 10/31 Agliam)

**Attention All Students**
Phones and electronic devices should not be seen or used during class time without teacher permission. Please keep your phones off and secured in your backpack during class time. (End Date: 10/31 Ms. Agliam)

**Attention All Students:**
Z Passes: Bus drivers are now reintroducing the use of z-passes. Z passes ensure that students are riding the correct bus route and exiting at the right bus stop. If you do not have a z pass or need to make any changes with your bus route, please see Mrs. Villanueva ASAP. There is a $5.00 fee for a replacement pass. (End Date: 10/31 Agliam)

**Attention All High School Students:**
Colleges from across the country and around the world are visiting Preuss this fall! We encourage you to go on Naviance to learn about and sign up for College Rep Visits. Here are some visits scheduled for October:

- Friday, 10/18 @ 12:55 – University of the Redlands- in the Library Glass Classroom
- Monday, 10/21 @ 12:15- Pitzer College- in the Library Glass Classroom
- Tuesday, 10/22 @ 12:15- Trinity College- in the Library Glass Classroom
- Wednesday, 10/23 @ 12:15- Northeastern College- in the Library Glass Classroom
- Thursday, 10/24 @ 12:15- Bard College- in the Library Glass Classroom
- Friday, 10/25 @ 12:55- Rice University - 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: 11/13 Ms. Patrick)

**Attention All Students:**
Elevator usage is for students who have been given a pass from the nurse only! Students who are seen using the elevator and are not authorized to do so will sent to Ms. Agliam. (End Date: 11/22 Front Office)

**Attention All Students:**
Students: Please remember that riding the bus is a privilege. Please be sure to always face forward and remain in your seats when the bus is in motion. It is also a California Vehicle Code that students wear seat belts, should your bus provide them. Any violation can result in a bus referral. Ms. Agliam would love to visit with you no terms other than bus referrals!! If you have any transportation, concerns please see Mrs. Villanueva.
Attention all Students:
Just a reminder... if you leave it, they will come. Throw your trash away so critters and birds do not invade our campus. Trash thrown away means birds won’t stay!! (End date: 12/20 Agliam)

Please keep our Campus Clean

Attention All Students:
It is unlawful for students to independently buy or sell merchandise, or food, on a public school campus. Students engaging in unlawful behavior may be subject to suspension or expulsion. (End Date: 12/20 Agliam)

Attention All Students:
Lost and found items can be found in the front office. Please remember to write your name on all of your belongings. We will be donating anything that is not claimed by winter break. (End Date: 12/20 Gomes)

Attention All Students:
If you have not received a ZPASS and need to order a new one please come to the front office before school, 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. (End date: 12/20 Front Office)

Attention all Students:
The sale of Preuss School uniforms is on Tuesdays and Thursdays before school. Please be sure to take note of this when you need to purchase any uniform items. (End Date: 6/18/20 Gomes)

Uniform Price List:
- Preuss Polo (Blue/ Maroon) - $15.00
- Hooded Sweater- $25.00
- Zipper Sweater- $30.00
- P.E. Shirt- $12.00
- P.E. Shorts- $10.00
- P.E. Sweatpants- $15.00
- P.E. set (Shirt & Shorts) - $20.00

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<thead>
<tr>
<th>EVENT:</th>
<th>DAY</th>
<th>DATE</th>
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<tbody>
<tr>
<td>Saturday Enrichment Academy (SEA), 9:00-11:00 a.m. See schedule above</td>
<td>Saturday</td>
<td>10/19</td>
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<tr>
<td>PTA General Meeting - 9:30-11:00 a.m. All Parents Invited, Walton Center</td>
<td>Saturday</td>
<td>10/19</td>
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<tr>
<td>Financial Aid Workshop; 11:00 a.m. – 2:30 p.m. Location: Walton Center, Small Conference Room, B101, B102, D101, D102, D103</td>
<td>Saturday</td>
<td>10/19</td>
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<tr>
<td>Spirit Week; 11:45 a.m. – 12:44 p.m. Location: Amphitheater</td>
<td>Mon-Fri</td>
<td>10/21-10/25</td>
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<tr>
<td>Trip to Torrey Pines State Reserve; 10:00 a.m. – 2:00 p.m. Art Students to attend</td>
<td>Wednesday</td>
<td>10/23</td>
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<tr>
<td>Access Youth Academy Competition; Depart from Preuss at 12:00 p.m. Location: 920 Lohman Lane South Pasadena, CA 91030</td>
<td>Friday</td>
<td>10/25</td>
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### Sports Schedules

#### Varsity Cross Country 2019-2020

<table>
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<tr>
<th>Date</th>
<th>Day</th>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>10/19</td>
<td>Saturday</td>
<td>TBD</td>
<td>Point Loma Invitational</td>
<td>NTC Park, Liberty Station</td>
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<tr>
<td>10/24</td>
<td>Thursday</td>
<td>3:30</td>
<td>*Cluster Meet #3</td>
<td>Guajome Park, Oceanside</td>
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<tr>
<td>11/7</td>
<td>Thursday</td>
<td>3:00</td>
<td>*Cluster Meet #4</td>
<td>NTC Park, Liberty Station</td>
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<td>11/14</td>
<td>Thursday</td>
<td>3:00</td>
<td>*Frontier League Finals</td>
<td>NTC Park, Liberty Station</td>
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<tr>
<td>11/23</td>
<td>Saturday</td>
<td>TBD</td>
<td>CIF Finals</td>
<td>Morley Field, San Diego</td>
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*Frontier League

#### Girls Varsity Volleyball 2019-20

<table>
<thead>
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<th>Time</th>
<th>Opponent</th>
<th>Location</th>
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<tbody>
<tr>
<td>10/24</td>
<td>Thursday</td>
<td>3:30</td>
<td>Bayfront*</td>
<td>UC San Diego Main Gym</td>
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<tr>
<td>10/25</td>
<td>Friday</td>
<td>4:30</td>
<td>Gompers* (Volleyball Night)</td>
<td>UC San Diego Main Gym</td>
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*Pioneer League