

*The Preuss School UCSD
Daily Bulletin "B" Day
Thursday, September 5, 2019*

Chelsea's Light Quote of the Day:
**All labor that uplifts humanity has dignity and importance and
should be undertaken with painstaking excellence.**
-Dr. Martin Luther King, Jr.

SAT WORDS: inevitable (adj.) certain to happen; unavoidable

New Items:

Nami on Campus:

Here is the True or False Question for Suicide Awareness month. True or False? Suicide is a preventable cause of death. TRUE! What makes this preventable? Knowing the signs and knowing what to do. Here are SOME common signs: suicidal threats, increased irritability, lack of interest in things they once enjoyed, prolonged sadness, hopelessness, apathy about everything, sudden increase/decrease in appetite, and final arrangements. Here is what you can do to help....refer them to one of the resources mentioned in the bulletin the past two days or this Crisis Textline: Text CONNECT to 741-741. (Torre 9/5)

Attention current 11th and 12th graders: Rho Kappa (National Social Studies Honor Society) welcomes current juniors and seniors to apply to Rho Kappa for the 2019-20 school year! Rho Kappa emphasizes the appreciation of history, civic engagement, and community. The applications are due by Friday, September 6th and can be found on <https://tinyurl.com/preussrkapp>. If you have any questions, please stop by Ms. Hood-Esparza's room (E202) for more information. (9/6)

Hello high school students! Club fair will be held on Friday, September 13th, during high school lunch. We welcome all clubs to participate. Club poster requests must be submitted to ASB by Tuesday, September 10th. If you would like to create your own poster let an ASB representative know. Also, Don't forget to pick up a club request form from B103. We look forward to seeing everyone representing old and new clubs at the club fair. - High School ASB (Carr 9/13)

Reminder Item:

10th and 11th Grade Students:

Are you interested in helping to support your peers as well as making a positive impact on our campus as a trained peer counselor? If so, you can apply to be a member of **Chelsea's Light Peer Corps** for the 2019-20 school year. Applications are available from Ms. Patrick, or at the Front Office desk, and they are due no later than Friday, September 6. **(9/4 Ms. Patrick & Mr. Carr)**

Attention all Students:

This Friday, September 6 is make up picture day. Makeup pictures will in the Walton Center from 9:30 a.m. to 4:00 p.m.
(9/6)

The Birds are squawking! Can you hear them? The birds are circling! Can you see them? Save your hoodies and hair!! Throw your trash and leftovers in the trash cans. And don't forget to stack your trays. (Ms. Agliam, 9/9)

Students: If you need to change your bus route or bus stop, please make that change with Mrs. Villanueva BEFORE 4pm and PRIOR to trying to get on another bus. (Ms. Agliam, 9/9)

**The Preuss School UCSD
(858) 822-3000**

Students-Lunch: Students must eat lunch every day at school. If you do not want to eat the cafeteria lunch, you must bring a lunch from home. In addition, all students must eat in the amphitheater, or at a designated table or bench. No food upstairs.-**Selleck**

Students-The Preuss School has a dress code to establish a neat appearance and avoid disruptions in the school environment. All students will dress according to the Dress Code. This is an important part of your commitment to your family and school community. The Dress Code identifies you as a student willing to work hard to achieve your dreams –**Selleck**

Students-Bus regulations: Students must obey the bus rules and instructions given by the bus driver. Failure to follow bus safety rules can lead to a loss of transportation privileges.-**Selleck**

<u>EVENT:</u>	<u>DAY</u>	<u>DATE</u>
Board of Directors Meeting; 4:15- 6:00 p.m. Location: Community Room	Thursday	9/5
Makeup Picture Day Location: Walton Center	Friday	9/6
JPL Field Trip; 6:30 a.m. – 4:00 p.m. Astronomy Class Field Trip Location: Cal Tech Pasadena	Friday	9/6
College Kick Off Class of 2020; 9:00 a.m. Location: Walton Center	Saturday	9/7

Sports Schedules

Varsity Cross Country
2019-20

Date	Day	Time	Event	Location
8/24	Saturday	8:00 AM	Vaquero Stampede	Lindo Lake Park, Lakeside
8/29	Thursday	3:30	Time Trial	NTC Park, Liberty Station
9/14	Saturday	9:00 AM	Preuss Invitational #1	Par Course, UC San Diego
9/18	Wednesday	4:00	*Cluster Meet #1	Lake Jennings, Lakeside
9/21	Saturday	TBD	Mt. Carmel/Asics Invite	Morley Field, San Diego
9/28	Saturday	TBD	Coach Downey Classic	Morley Field, San Diego
10/5	Saturday	9:00 AM	Preuss Invitational #2	Par Course, UC San Diego
10/10	Thursday	4:00	*Cluster Meet #2	NTC Park, Liberty Station
10/24	Thursday	4:00	*Cluster Meet #3	Guajome Park, Oceanside
11/7	Thursday	3:30	*Cluster Meet #4	NTC Park, Liberty Station
11/14	Thursday	3:30	*Frontier League Finals	NTC Park, Liberty Station
11/23	Saturday	TBD	CIF Finals	Morley Field, San Diego

*Frontier League

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**Girls Varsity Volleyball
2019-20**

Date	Day	Time	Opponent	Location
9/24	Tuesday	TBD	River Valley*	River Valley
10/1	Tuesday	3:30	Coastal Academy*	UC San Diego Main Gym
10/8	Tuesday	TBD	Bayfront Charter*	Bayfront
10/10	Thursday	3:30	River Valley*	UC San Diego Main Gym
10/15	Tuesday	TBD	Gompers*	Gompers
10/17	Thursday	6:00	Coastal Academy*	Army/ Navy
10/24	Thursday	3:30	Bayfront*	UC San Diego Main Gym
10/25	Friday	4:30	Gompers* (Volleyball Night)	UC San Diego Main Gym

*Pioneer League