Happy Tuesday, Scholars! Remember the Preuss way is kindness, respect, and excellence. Have a great day!

QUOTE OF THE DAY:
“Happiness is internal, not external; it does not depend on what we have, but on what we are.”
– Pablo Neruda

SAT WORD
Jettison(v): throw or drop for an airplane or ship

important reminders:

⭐ Hats and unapproved headwear are not part of the Preuss Dress code. Please keep all items at home or you may risk them getting confiscated at school. Please see the front office if you have any questions or need an exception.

⭐ Students that do not have their re-enrollment packets COMPLETE and turned in have been placed on the "no-activities" list until every part is submitted to the front desk.
On December 13, 1985, a 20-month-old child in Pennsylvania, Dwight Burk, died from AIDS. He was the first child from a hemophiliac dad who was diagnosed with AIDS. This made the National Hemophilia Foundation send out a caution to hemophilia patients to postpone having children until they figure out how to eliminate AIDS virus in the blood concentration.

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.

ATTENTION! The deadline to submit an application for the 2023-2024 school year is THIS FRIDAY December 16, 2022. Click the link below to apply today!

https://preuss.schoolmint.net/signin

MIDDLE SCHOOLERS! vote for teacher of the month by clicking the image below!

feeding san diego
Food distributions will be every 2nd and 4th Thursday of each month! Receive free and nutritious food for you and your family! A variety of prepackaged dry goods items and bulk produce is available to all families and community members. Please wear a mask when coming to receive food and practice safe social distancing.

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rho kappa social studies honor society presents:
"this day in history"
Hey Tritons!

Homecoming is just around the corner and you know that means SPIRIT WEEK!

Show your school spirit and participate all week long. Here are all the themes for each day:

- **Monday** (12th): Anything But a Backpack Day
- **Tuesday** (13th): World Cup Day
- **Wednesday** (14th): Cultural Day
- **Thursday** (15th): HOCO COLORS!
  - 6th grade: baby blue
  - 7th grade: pastel yellow
  - 8th grade: white
  - Freshman: Pink
  - Sophomore: Blue
  - Juniors: Red
  - Seniors: Purple
- **Friday** (16th): SideKick Day: bring a stuffed animal

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**Love a Llama Fundraiser**

No good deed is too small and anyone can make a difference this Winter Season! You can help give the gift that changes lives by giving a $1, $2 or $5 dollar donation for the Love a Llama/Alpaca fundraiser during middle school and high school lunches!

Why do we buy a llama? Together with Heifer International, whose mission is to help combat world hunger and poverty, the Spanish National Honor Society is taking donations to help a family in need.

Llamas/Alpacas can help struggling families in the Andes make a livelihood by:

- Being excellent home guardians—llamas and Alpacas scare off predatory animals that threaten to eat other farm animals.
- Providing warmth—llamas and Alpacas have prized wool that can be used to make clothing and blankets that can be sold at the local markets.
- Llamas aid families in the Andean Communities with transportation in severe climates and terrain and carrying crops to markets. Since they are soft-footed animals, they can help with the harvesting of the crops and do not trample on farmers' crops with their feet.

Giving a donation at the llama/alpaca table during lunch could be the difference between a child’s family having the money to be able to afford an education or books for school.

Everyone is invited to donate at the llama/alpaca table. We will have llama pins, socks and other llama/Alpaca themed goodies. This Winter Season no gift is too small and together we can give the gift that changes lives!
Attention all Preuss students, Faculty and Staff! Tuesday, December the 13th will be the first Gardening Club Plant Sale in two years. Come buy beautiful plants to take home or as a gift for this holiday season! We will be selling during the girls’ soccer game and after school by the field! Prices range from $5 to $20

The Undocumented Students and Allies Club meet every 2nd and 4th Monday of the month in E202 at lunchtime. Our next meeting is TODAY! All are welcome to join! Please contact Ms. Esparza at iesparza@ucsd.edu for more information.

Attn: all middle and high school students: WE HAVE MOVED SANTA! Visit preussinsider.com, read our newest stories, and when you see the graphic of SANTA, come to E201, Ms. Garcia’s room and let me know where you found him! The first FIVE students who find SANTA’s new spot on The Preuss Insider website will receive a prize. Arrive prepared to answer some questions about the article in which you found SANTA. Congratulations to Jashleen C, Lea R, Yeshua M, Ruach B, and Yared F, who were the first students to spot Santa! Round two has started!

Join us today after school from 4-5pm in A201 to talk about Mental Health Awareness on campus!

“You are not your illness. You have an individual story to tell. You have a name, a history, a personality. Staying yourself is part of battle.”

- Julian Seifter
In order to assist with early detection of COVID-19, our school has received a small shipment of Rapid At-Home Antigen Test Kits for immediate distribution. The test kit provided is Flowflex. Each student will receive 1 test kit. Each kit contains 2 tests. Tests will be distributed to students during advisory classes prior to Winter Break.

Each student will be issued one free Flowflex test kit, which contains 2 tests for use on: Monday, January 2nd and then 2 days after the return to campus on Wednesday, January 4th. Please allow approximately 30 mins to complete the test. For more detailed instructions, please view the following video: Flowflex test instructions

<table>
<thead>
<tr>
<th>Rapid test result is...</th>
<th>Next Action</th>
</tr>
</thead>
<tbody>
<tr>
<td>Negative, No symptoms</td>
<td>Return to campus</td>
</tr>
<tr>
<td>Negative, With symptoms</td>
<td>Stay home, notify school and your child’s primary care physician</td>
</tr>
<tr>
<td>Positive, With symptoms</td>
<td>Stay home, notify school and your child’s primary care physician</td>
</tr>
<tr>
<td>Positive, No symptoms</td>
<td>Stay home, notify school and your child’s primary care physician</td>
</tr>
<tr>
<td>Inconclusive, With symptoms</td>
<td>Stay home, notify school for instructions</td>
</tr>
<tr>
<td>Inconclusive, No symptoms</td>
<td>Return to campus. Student should report to the health office. Upon arrival, PCR testing will be prioritized</td>
</tr>
<tr>
<td>Rapid test is lost or damaged</td>
<td>Purchase another rapid test from a local store</td>
</tr>
</tbody>
</table>

**Masking Update**

Per UC San Diego, the masking mandate for instructional settings and Triton transportation will be suspended and masking will be optional in classrooms, labs and on Triton transportation beginning Dec. 16, 2022. UC San Diego public health experts still recommend wearing a mask in public settings, especially indoors, as masking provides substantial protection from infections caused by SARS-CoV-2, flu and other respiratory viruses. Masking will remain required in the Preuss Health Office.

We will continue to monitor viral activity during the Winter Quarter. Should public health conditions warrant, UC San Diego may re-enact a masking mandate at a later date.