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

QUOTE OF THE DAY:
To be nobody but yourself in a world which is doing its best, night and day, to make you everybody else – means to fight the hardest battle which any human being can fight; and never stop fighting.
E. E. Cummings

SAT WORD
Kismet(n): destiny

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 15, 1791, the US ratified the Bill of Rights to the US Constitution. This day is to celebrate the protection of our national rights and liberties as people of the United States.

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.

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.

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Hello Preuss! The senior class will be hosting a fundraiser at UTC Ice on Monday, December 19, 2022 from 10:30am to 1:00pm. Everyone is welcomed to attend after filling out the link provided on the "preussasb2023" Instagram account. Make sure to stay safe on the ice, have fun!

Yearbook pre-sales start during lunch today in front of the Walton Center!
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**

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!
PREUSS INSIDER

Attn. middle school students: The Preuss Insider has created some winter activities to partake in during the winter break. For both of the winter activities, the deadline is January 3rd, 2023.

**Holiday Coloring Page Contest:**
6th graders: show us your coloring skills by participating in this contest! Color as best as you can and win a prize! Obtain the coloring page from your advisory teacher and once done, return it to E102 by January 3rd for us to judge

**Holiday Scavenger Hunt:**
7th and 8th graders: On The Preuss Insider website, look for four holiday related items and then fill out the Google form provided on our home page. The first four students to find the four symbols will receive prizes!

All prizes will be given out by Amy Bustos on Wednesday, January 4th, 2023.

UNDOCUMENTED STUDENTS AND ALLIES CLUB

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

PREUSS ROBOTICS TEAM

Robotics team competition kickoff is Saturday January 7th at Kearny High! Come to team meeting January 5th or 6th for details!

TSU-NAMI

tsu-nami quote of the week:
"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
Rapid Antigen Test Distribution For Return From Winter Break

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.