HAPPY TUESDAY, SCHOLARS! REMEMBER THE PREUSS WAY IS KINDNESS, RESPECT, AND EXCELLENCE, HAVE A GREAT DAY!

QUOTE OF THE DAY
“LIFE IS NOT ABOUT WAITING FOR THE STORM TO PASS; IT IS ABOUT LEARNING TO DANCE IN THE RAIN.” ~ VIVIAN GREENE

SAT WORD
HACKNEYED(ADJ): REPEATED TOO OFTEN; OVERFAMILIAR THROUGH OVERUSE

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.
MTS TROLLEY RIDER INSIDER

INFORMATION

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.

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.

MESSAGE FROM MIDDLE SCHOOL ASB

MS ASB HAS BEEN HOLDING A MONTHLY VOTING EVENT OF TEACHER OF THE MONTH. ALL MIDDLE SCHOOL STUDENTS ARE ENCOURAGED TO TAKE PART IN VOTING. THE DECEMBER VOTING WILL BE HELD IN THIS LINK HERE: TOOM

PREUSS ADMISSIONS

ATTENTION! THE DEADLINE TO SUBMIT AN APPLICATION FOR THE 2023-2024 SCHOOL YEAR IS DECEMBER 16, 2022. CLICK THE LINK BELOW TO APPLY TODAY!

HTTPS://PREUSS.SCHOOLMINT.NET/SIGNIN
ATTN: ALL MIDDLE AND HIGH SCHOOL STUDENTS: SPOT SANTA STARTS TODAY! VISIT PREUSSINSIDER.COM, READ OUR NEWEST STORIES, AND WHEN YOU SEE A 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 ON THE PREUSS INSIDER WEBSITE WILL RECEIVE A PRIZE. ARRIVE PREPARED TO ANSWER SOME QUESTIONS ABOUT THE ARTICLE IN WHICH YOU FOUND SANTA.

SKATEBOARDING CLUB
JOIN US THIS WEDNESDAY IN C202 (MR FOZI’S ROOM) FOR THE SKATEBOARDING CLUB! WE WILL DISCUSS SKATEBOARDING AND ASPECTS LIKE ART, FASHION, MUSIC, VIDEOS AND MORE. THE CLUB IS OPEN TO PEOPLE OF ALL SKILL LEVELS, FROM EXPERIENCED TO THOSE WHO ARE JUST INTERESTED IN SKATEBOARDING.

UNDOCUMENTED STUDENTS AND ALLIES CLUB
THE UNDOCUMENTED STUDENTS AND ALLIES CLUB MEET EVERY 2ND AND 4TH MONDAY OF THE MONTH IN E202 AT LUNCHTIME. OUR NEXT MEETING IS DECEMBER 12TH! ALL ARE WELCOME TO JOIN! PLEASE CONTACT MS. ESPARZA AT IESPARZA@UCSD.EDU FOR MORE INFORMATION.

PREUSS INSIDER
ATTN: ALL MIDDLE AND HIGH SCHOOL STUDENTS: SPOT SANTA STARTS TODAY! VISIT PREUSSINSIDER.COM, READ OUR NEWEST STORIES, AND WHEN YOU SEE A 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 ON THE PREUSS INSIDER WEBSITE WILL RECEIVE A PRIZE. ARRIVE PREPARED TO ANSWER SOME QUESTIONS ABOUT THE ARTICLE IN WHICH YOU FOUND SANTA.

TSU-NAMI
TSUNAMI WILL HAVE MUSIC DURING HS LUNCH TODAY TO PROMOTE TIPS ON HOLIDAY MENTAL HEALTH AND THAT OUR CLUB HAS OPEN MEMBERSHIP SO STOP ON BY FROM 4-5PM FOR SOME TREATS AND GOOD COMPANY!

TSU-NAMI QUOTE OF THE WEEK:
"I THINK IT’S REALLY IMPORTANT TO TAKE THE STIGMA AWAY FROM MENTAL HEALTH... MY BRAIN AND MY HEART ARE REALLY IMPORTANT TO ME. I DON’T KNOW WHY I WOULDN’T SEEK HELP TO HAVE THOSE THINGS BE AS HEALTHY AS MY TEETH." —KERRY WASHINGTON

GARDENING CLUB
ATTENTION ALL PREUSS STUDENTS, FACULTY AND STAFF! TUESDAY, DECEMBER 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
**HEALTH OFFICE ANNOUNCEMENTS**

### 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.