

**QUOTE OF THE DAY**

“Failure will never overtake me if my determination to succeed is strong enough.” – Og Mandino

**SAT WORD**

*abandon*(v): give up completely

**HAPPY FRIDAY, SCHOLARS!**

REMEMBER THE PREUSS WAY IS KINDNESS, RESPECT, AND EXCELLENCE. HAVE A GREAT DAY!

**IMPORTANT NOTICE**

Students that do not have their re-enrollment packets COMPLETE and turned in will be placed on the "no-activities" list until every part is submitted to the front desk.
ATTENTION SCHOLARS! YOUR HELP IS NEEDED!
DUE TO THE RISE OF THE HOMELESS POPULATION AND MORE PEOPLE FACING ECONOMIC HARDSHIPS, WE WANT TO LEND A HELPING HAND BY DONATING CLOTHING ITEMS. WE NEED GENTLY USED CLOTHES, LIKE SHIRTS, PANTS, SOCKS, NEW UNDERGARMENTS, SHOES ETC. PLEASE MAKE AN EFFORT TO DONATE YOUR LEFT OVERS TO OUR DONATION BOXES SET IN FRONT OF THE OFFICE. ALL DONATIONS WILL GO TO FATHER JOES VILLAGE AND SHARIA’S CLOSET. ANY DONATION IS HIGHLY APPRECIATED!

THANK YOU SCHOLARS!

-REHOboth ABOye, KEVIN NGUYEN & AGNES AGOH
SENIOR SERVICE LEARNING PROJECT
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.

IMPORTANT SPORTS NOTICES

ANYONE INTERESTED IN GIRL’S BASKETBALL, OR BOY’S OR GIRL’S GOLF CAN EMAIL COACH HOOTNER AT PREUSSBASKETBALL@GMAIL.COM OR MHOOTNER@PREUSS.UCSD.EDU FOR MORE INFORMATION!

ALL HIGH SCHOOL STUDENTS: WINTER SPORTS TRYOUTS WINTER SPORTS, WHICH INCLUDE SOCCER AND BASKETBALL FOR BOYS AND GIRLS, WILL HAVE TRYOUTS THE WEEK OF NOVEMBER 7. ALL STUDENTS WISHING TO TRYOUT NEED TO HAVE A PHYSICAL COMPLETED BEFORE NOVEMBER 7. SPEAK WITH MR. FULCHIRON ABOUT ATHLETIC PHYSICAL PAPERWORK IF YOU NEED HELP.

ATTENTION: ANNOUNCING OUR PARTNERSHIP WITH PROJECT PRINCESS

CLICK HERE TO SEE HOW YOU CAN GET A FREE PROM DRESS!
¡HAGA CLIC AQUÍ PARA VER CÓMO PUEDE OBTENER UN VESTIDO DE PROM GRATIS!
CLUB ANNOUNCEMENTS

MULTICULTURAL CLUB
COME JOIN US IN ROOM D203 EVERY THURSDAY FROM 4-5 PM!

ECOLOGY CLUB NEEDS YOUR HELP!
STUDENTS AND FACULTY/STAFF, PLEASE REMEMBER TO PUT YOUR FOOD SCRAPS INTO THE WHITE COMPOSTING BUCKETS FOUND IN THE AMPHITHEATER. FOOD IN THE TRASH CANS ENDS UP IN THE LANDFILL WHERE IT PRODUCES GREENHOUSE GASES, WHICH CONTRIBUTES TO CLIMATE CHANGE. THANK YOU!

CROCHET CLUB
CROCHET CLUB MEETS ON THURSDAYS IN ROOM E102 FROM 4 TO 5:00. JOIN US FOR A RELAXING HOUR OF CROCHETING AND CHATTING. NO EXPERIENCE NEEDED. MS. GARCIA WILL TEACH YOU THE FUNDAMENTALS, AND YOU WILL BE MAKING ITEMS TO WEAR IN NO TIME!

GSA
ATTENTION HIGH SCHOOL STUDENTS: INTERESTED IN JOINING THE GENDERS AND SEXUALITIES ALLIANCE? JOIN US FOR OUR NEXT MEETING ON TUESDAY, OCTOBER 25TH, DURING HIGH SCHOOL LUNCH! WE WILL BE MEETING IN ROOM E102. IF YOU HAVE ANY QUESTIONS, PLEASE REACH OUT TO MS. ANDERSON OR MS. PATRICK. HOPE TO SEE YOU THERE! - MS. ANDERSON

TSU-NAMI

OCTOBER SUBSTANCE USE MONTH QUOTE OF THE DAY

“MENTAL HEALTH PROBLEMS DON’T DEFINE WHO YOU ARE. THEY ARE SOMETHING YOU EXPERIENCE. YOU WALK IN THE RAIN AND YOU FEEL THE RAIN, BUT, IMPORTANTLY, YOU ARE NOT THE RAIN.” — MATT HAIG
ATTENTION SENIORS
MAKE SURE TO SIGN UP FOR SENIOR PORTRAITS!
CLICK THE PICTURE RIGHT FOR MORE INFORMATION

ATTENTION ALL STUDENTS:
THE PREUSS INSIDER IS BACK! GET ALL YOUR OFFICIAL PREUSS NEWS BY GOING TO PREUSSINSIDER.COM OR, DOWNLOAD THE STUDENT NEWS SOURCE APP, SEARCH AND SELECT "PREUSS INSIDER," AND YOU WILL RECEIVE NOTIFICATIONS WHEN NEW STORIES DROP. THE PREUSS INSIDER IS THE OFFICIAL NEWSPAPER CREATED BY STUDENTS FOR STUDENTS. READ ALL ABOUT IT!

COVID-19/FLU VACCINE CLINIC 11/18
DATE: FRIDAY, NOVEMBER 18TH
TIME: 11AM- 3PM
LOCATION: PREUSS WALTON CENTER
*PLEASE BRING VACCINE CARD*
IF PARENTS ARE NOT ABLE TO ATTEND THE CLINIC, STUDENTS MUST HAVE A SIGNED CONSENT FORM. CONSENT FORMS ARE ON PARENT SQUARE OR FORMS ARE AVAILABLE IN THE FRONT OFFICE.

TIPS TO HELP YOU STAY SAFE THIS FLU SEASON
• GET A FLU VACCINE!
• COVER YOUR NOSE AND MOUTH WITH A TISSUE WHEN YOU COUGH OR SNEEZE. THROW THE TISSUE IN THE TRASH AFTER YOU USE IT AND WASH YOUR HANDS.
• WASH YOUR HANDS OFTEN WITH SOAP AND WATER FOR AT LEAST 20 SECONDS. IF SOAP AND WATER ARE NOT AVAILABLE, USE AN ALCOHOL-BASED HAND SANITIZER.
• AVOID TOUCHING YOUR EYES, NOSE, AND MOUTH WITH UNWASHED HANDS. GERMS SPREAD THIS WAY.
• CLEAN AND DISINFECT SURFACES AND OBJECTS THAT MAY BE CONTAMINATED WITH GERMS THAT CAN CAUSE RESPIRATORY ILLNESSES LIKE THE FLU.
• AVOID CLOSE CONTACT WITH PEOPLE WHO ARE SICK.
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<th>COLLEGE</th>
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<td>XAVIER UNIVERSITY</td>
<td>THURSDAY, OCTOBER 6</td>
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<td>US NAVY (ROTC)</td>
<td>FRIDAY, OCTOBER 7</td>
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<td>YALE UNIVERSITY</td>
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<td>UNIVERSITY OF SAN DIEGO</td>
<td>TUESDAY, OCTOBER 11</td>
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<td>UNIVERSITY OF SOUTHERN CALIFORNIA</td>
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<td>COLUMBIA UNIVERSITY</td>
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<td>ST. JOHN’S COLLEGE</td>
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<td>UNIVERSITY OF REDLANDS</td>
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COME DURING HS LUNCH TO THE FRONT OFFICE AND LEARN ABOUT EACH OF THESE COLLEGES! (GRAB YOUR LUNCH FIRST AND THEN HEAD ON OVER!) ASK MS. BANDY IF YOU HAVE ANY QUESTIONS!