Quote of the Day

“If you want to achieve excellence, you can get there today. As of this second, quit doing less-than-excellent work.”
– Thomas J. Watson

SAT Word

Abate (v): become less intense or widespread

IMPORTANT REMINDER

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.

Happy Monday, Scholars! Remember the Preuss Way is Kindness, Respect, and Excellence. Have great day!
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.

need uniforms?

Ordering Uniforms on Schoolbelles:
Please note that this is a new vendor, but Mario’s still carries some items. Current uniform pieces are still acceptable, and we have added some new options.
Click here for the Schoolbelles site link and ordering instructions!

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.

PROJECT PRINCESS ANNOUNCEMENTS

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!
Multicultural Club
Come join us in room D203 every Thursday from 4-5 pm!

Ecology Club
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!

TSU-NAMI
Join us tomorrow after school from 4-5 in A201 for TSU-NAMI club to talk about Mental Health Awareness on campus!

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

October Substance Use Month Quote
“At the root of this dilemma is the way we view mental health in this country. Whether an illness affects your heart, your leg or your brain, it’s still an illness, and there should be no distinction”. -Michelle Obama (week 12)
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!

ATTENTION SENIORS
MAKE SURE TO SIGN UP FOR SENIOR PORTRAITS! CLICK THE PICTURE RIGHT FOR MORE INFORMATION

covid-19/flu vaccine clinic on 11/18

Date: Friday, November 18th
Time: 11am-3pm
Location: Preuss Walton Center
*Please Bring Vaccine Card*

If Parents are not unable 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.
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!

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<thead>
<tr>
<th>COLLEGE</th>
<th>DATE</th>
<th>TIME</th>
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<tr>
<td>XAVIER UNIVERSITY</td>
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<td>US NAVY (ROTC)</td>
<td>FRIDAY OCTOBER 7</td>
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<td>UNIVERSITY OF REDLANDS</td>
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