Quote of the Day

“Develop success from failures. Discouragement and failure are two of the surest stepping stones to success.”
– Dale Carnegie

Sat Word

Berate(v) : scold or criticize

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 Wednesday, Scholars!

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

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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!

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!

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.
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
fact:
Teens who start drinking before age 15 years are 5 times more likely to develop alcohol dependence or abuse later in life than those who begin drinking at or after the legal age of 21.

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
Congratulations to all our contestants.

Winners, please stop by the library to let Ms. Nance know what new book you would like.

Congratulations to our Banned Book Mini-Book Jacket Contest Winners!!!

Honorable Mention: Ava Omar 7th grade *Hate U Give*
Honorable Mention: Fatima Avila Rangel 8th grade *1984*
Honorable Mention: Ishwaq Mohamed 8th grade *Catcher in the Rye*

1st Place: Stephanie Hernandez 7th grade *Bad Kitty*

2nd Place: Win Ka 7th grade *Danganronpa*

3rd Place: Cristina Sanchez 6th grade *Captain Underpants*

Congratulations to all our contestants. Winners, please stop by the library to let Ms. Nance know what new book you would like.

**SCHOLASTIC BOOK FAIR IS HERE!**

Stop by Monday, October 31st through Friday, November 4th before school or at lunch. Check out all the great titles and fun supplies for sale.

The new Diary of a Wimpy Kid Diaper *Overlode* will be for sale!

Checkout the [BOOK FAIR WEBSITE](#) for more information.

Raffle Ticket winner everyday!

**BANNED BOOK MINI-BOOK JACKET CONTEST**

**CLICK HERE TO WITNESS THE RETURN OF THE LORAX**
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!

Routine Asymptomatic COVID-19 Testing No Longer Required

Under the guidance of UC San Diego, students who are unvaccinated or not fully vaccinated are no longer required to complete twice weekly asymptomatic testing. If a student who is asymptomatic would like to test because they were exposed, they can sign up for asymptomatic testing using the Calendly sign up link. Students should sign up for testing by 10 am the day they would like to test.

Students who have symptoms, regardless of vaccination status, will be COVID-19 tested before sending home.
The Preuss Health Office will continue to follow the guidance of California Department of Public Health and UC San Diego and make changes as needed.

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.
## UPCOMING COLLEGE ADMISSIONS REPRESENTATIVE VISITS!

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!

<table>
<thead>
<tr>
<th>COLLEGE</th>
<th>DATE</th>
<th>TIME</th>
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<tbody>
<tr>
<td>Xavier University</td>
<td>Thursday, October 6</td>
<td>12:15PM</td>
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<tr>
<td>US Navy (ROTC)</td>
<td>Friday, October 7</td>
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<td>Yale University</td>
<td>Monday, October 10</td>
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<tr>
<td>University of San Diego</td>
<td>Tuesday, October 11</td>
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<tr>
<td>Lehigh University</td>
<td>Thursday, October 13</td>
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<tr>
<td>Tufts University</td>
<td>Friday, October 14</td>
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<tr>
<td>University of Southern California</td>
<td>Monday, October 17</td>
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<tr>
<td>Columbia University</td>
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<tr>
<td>University of California-Berkeley</td>
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<tr>
<td>University of Redlands</td>
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