

THE PREUSS SCHOOL UC SAN DIEGO

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

SAT WORD:

Forestall: to keep from happening or arising; to  
make impossible

QUOTE OF THE DAY:

“A pen in a scholar's pocket is greater than a sword in a  
warrior's hand.”

— Matshona Dhliwayo

- Students that do not come in dress code will now be asked to turn in their phones for the day in exchange for a loaner shirt or bottoms!! Please plan accordingly so as to maintain the school dress code.
- AirPods and headphones must be put away before entering campus.
- EARLY BIRDS- Students who arrive to campus earlier than 8:25, please remain in the amphitheater area away from Arc clubs and classrooms



# Earth Day!



**April 22, 2024, is Earth Day!**

The first Earth Day was celebrated in 1970 and began the environmental movement fostering a greater understanding of preservation and sustainability of diversity of life forms on the planet. The Preuss Lorax Gardening Club asks that you do something to help maintain our planet and keep it clean. We ask that you participate by recycling all unnecessary plastics. According to Planet vs. Plastics “95% of all plastics in the US won’t be recycled at all”. Our waterways, oceans, lands and all life forms are exhibiting deleterious anthropogenic effects. Plastics are an imminent environmental issue similar to that of climate change, with plastics growing to more than 380 million tons per year. So we ask you to please try and minimize single-use plastics as your pledge to help protect the Earth and its inhabitants.

Look at some staggering stats at Planet Vs. Plastics and what you can do to commit to a more sustainable future, 60x40 for the future! (reduce 60% plastics by 2040)

**[CLICK HERE](#)** for the Stats!

## **HOW TO REDUCE/AVOID MICROPLASTICS**

According to the Center for International Environmental Law, it’s like eating a credit card a week, two giraffes over a year, and an Eiffel Tower over a lifetime.

Here is a list to lessen intentionally adding microplastics to our diet:

- Drinking boiled tap water could help remove 80% of microplastics
- Drink out of a glass or stainless steel water bottle. Plastic bottled water contains 90% nanoplastics, all seven types of plastics; opening and closing a plastic cap can increase the number of plastics consumed.
- Using wooden chopping boards
- Avoid Teflon and Teflon-coated pans. Alternatives include cast iron, enameled cast iron, Wrought iron, Stainless steel, Carbon steel, Pure ceramic, and clay.
- Use sponges made from luffa aka loofa – you can grow it at home and they’re 100% biodegradable.
- Swap plastic bottled dish soap for glass or silicon bottle
- Choosing plastic-free dishwasher tablets over conventional pods wrapped in plastic. Such as BlueLand’s Dishwasher Tablet.
- Using reusable bags
- Join the [Global Plastic Treaty](#)



# High School Cheer Tryouts

All students currently in grades 9-11 who are interested in trying out for the **2024-25 Preuss School cheerleading team** should attend an informational meeting in Ms. Garcia's room, E102 on Monday, April 22nd during high school lunch. We will be distributing eligibility packets and giving general information about tryouts. If you cannot attend the meeting, please see Ms. Garcia on or before this date. **Go Tritons!**



## ASB FUNDRAISER!

Middle school ASB is selling shaved ice this week to raise funds for upcoming end-of-the-year events!

### Shaved Ice Schedule:

Tues.- middle/high school lunch & after school

Wed.- middle/high school lunch

Thurs.- middle/high school lunch & after school

Friday- middle/high school lunch



# National Poetry Month

## Stopping by Woods on a Snowy Evening

By Robert Frost

Whose woods these are I think I know.  
His house is in the village though;  
He will not see me stopping here  
To watch his woods fill up with snow.

My little horse must think it queer  
To stop without a farmhouse near  
Between the woods and frozen lake  
The darkest evening of the year.

He gives his harness bells a shake  
To ask if there is some mistake.  
The only other sound's the sweep  
Of easy wind and downy flake.

The woods are lovely, dark and deep,  
But I have promises to keep,  
And miles to go before I sleep,  
And miles to go before I sleep.



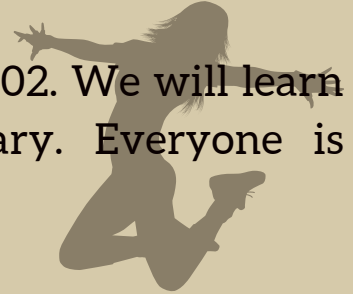
# CLUB ANNOUNCEMENTS

## Dreamers Club

Meets every 1st and 3rd Monday of the Month during Highschool Lunch E202

## Dance Club

Join us every Monday and Thursday afterschool in Room T102. We will learn different styles spanning from Hip Hop to Contemporary. Everyone is welcome!



## Film Club

We have decided that our next movie is 'Mamma Mia!' We are also still open to recruiting people to be part of our cast in our student-lead short film!



Follow us on instagram to stay updated with us at @preussfilmclub on our next meetings. See you all in E203, Wednesdays during HS lunch!!

## Volleyball Club

Meets every Friday from 4-5 in front of B103! Meet us there!



## Tsunami Club

Meets every Tuesday, after school (4-5pm) in Ms. V's room, A201

## Multicultural Club

Multicultural Empowerment Club meets on Thursdays during HS lunch in D203

## MUN Club:

Attention all high school students: Please join Preuss MUN every 1st and 3rd Thursday of the month during high school lunch. Please pick up your lunch, and head on over! Tell any of your friends who are not in the google classroom to come join us! See you then!



## Black Student Union

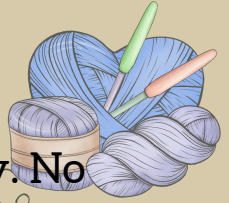
Black Student Union (BSU) invites you to join us every Thursday during high school lunch in E101 for fun games, spirited debates, and a safe place to navigate life!

## Interact Club

Are you looking for community service hours and ways to give back to your community? Look no further because we can help you with that. Meet us during LUNCH every TUESDAY in Room D201 to get involved!

## Crochet Club

Meets in Ms. Garcia's room, E102, from 4:00 to 5:00 every Thursday. No experience needed! Join our community of crochets' for a nice relaxing hour of creativity and conversation



## Book Club

The Preuss Book Club is a community where students can enrich their knowledge and create a passion for books. We meet on Mondays at lunch in E101 and all high school students are welcome!



@PREUSSSCIOLY

# JOIN SCIENCE OLYMPIAD!

QUESTIONS?  
MR. FOZI  
C202

BUILD TOWERS AND ROCKET LAUNCHERS, DECRYPT SECRET MESSAGES, SOLVE CRIMES WITH SCIENCE EXPERIMENTS, AND MORE! WE COMPETE IN EVENTS RELATED TO A VARIETY OF STEM FIELDS! COME JOIN THE TEAM! WE MEET WEDNESDAYS @ 4:15PM IN C202.

## PREUSS CHESS CLUB

EVERY WEDNESDAY  
4PM - 5PM  
ROOM E103

NO EXPERIENCE NECESSARY.  
STUDENTS ARE WELCOME

# Finance Club

## FINANCE CLUB

Tuesdays & Wednesdays | 4-5 pm | C201

Join us to learn about the financial literacy topic of the month:

**Buffett Munger Value Investing**

OPEN TO MIDDLE SCHOOL STUDENTS



Come find us after school on Wednesday's for our snack sales

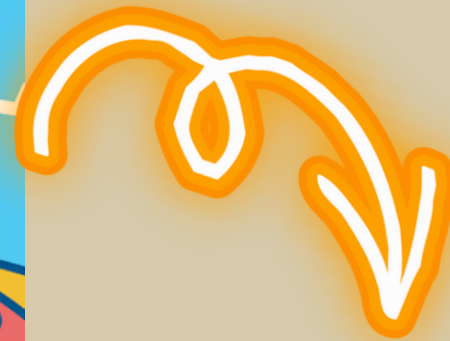


## CLUB GRANTS!

Want funding (\$\$\$) for your club?  
Open and complete our grant proposal form and get the funds you need for your club! Finance Club will be the donors :)

**DEADLINE FOR GRANT PROPOSALS IS 4/30.**

<https://rb.gy/boyvpi>



[Dont miss out!!! Click here](#)



# MTS TROLLEY RIDER INSIDER INFO

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.



**REMEMBER TO ALWAYS HAVE RESPECT FOR OTHERS PASSENGERS WHILE RIDING THE TROLLEY!**

## Feeding San Diego Food Distribution Schedule

### 2023-2024 Feeding San Diego Distribution Calendar - The Preuss School



Last Updated January 5, 2024  
Cadence: 2nd and 4th Fridays



NOTE: Distributions may be rescheduled due to holidays or operational needs.