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

Quote of the Day
"What you get by achieving your goals is not as important as what you become by achieving your goals."
—Zig Ziglar

SAT Word
assuage(v): to provide physical relief, as from pain

IMPORTANT REMINDERS
- Personal athletic equipment are no longer allowed on campus.
  - First offense: Items will be taken away and not returned until the end of the school day.
  - Second offense: Items will be taken and not returned.
- Dress Code:
  - Collared shirts only
  - No jeans or sweats may be worn
  - Airpods and headphones should be put away and removed before entering campus until after school. They may not be worn on campus during the school day.
- Please remember to pick up your trash before leaving the lunch tables after eating.
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.

Photo Makeup day!!!

We are happy to announce that there will be a yearbook picture and ID makeup day!!

On August 30th (Wednesday)
Location: Walton Center
Time: The whole day
Expect to get a pass from the office and also bring your old student ID.
MAKE SURE TO WEAR THE UNIFORM!!!

College Rep Visit Sign-ups!

High schoolers! Click here to sign up for a meeting with a college rep! Students that attend the most rep visits will be entered into a raffle!
Saturday Enrichment Academy!

We are having our first SEA of the year this Saturday, August 26th from 9am-11am. See the attached bus schedule here!

Club and Sports Announcements!

eSports Announcement

Interested in playing Super Smash Brothers Ultimate (SSBU) this year? Please join us in E202 on Monday 8/28/23 during High School Lunch to discuss the Fall and Spring Season. Please note that all players need a physical before September 22nd to participate. If you have any questions please get in touch with Coach Esparza at iesparza@ucsd.edu & Coach Greco at mgreco@ucsd.edu.

TSU-NAMI Weekly Affirmation

As the weekend is creeping up on us below is affirmation about hope! Even when you're feeling down and defeated, don't lose sight of hope.

“There is hope, even when your brain tells you there isn’t.” — John Green