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

SAT WORD: **Duplicity**
- the act of deceiving or acting in bad faith

**QUOTE OF THE DAY:**
A single act of kindness throws out roots in all directions, and the roots spring up and make new trees.” – Amelia Earhart

- 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
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
TYPES OF SELF-CARE

PHYSICAL
- Sleep
- Stretching
- Walking
- Exercise
- Healthy food
- Yoga
- Rest

EMOTIONAL
- Manage Stress
- Emotional maturity
- Forgiveness
- Compassion
- Kindness (to yourself)

SOCIAL
- Boundaries
- Support system
- Positive social media
- Communication
- Friend time
- Ask for help

SPIRITUAL
- Time alone
- Meditation
- Connection
- Nature
- Journaling
- Sacred space
- Music

PERSONAL
- Hobbies
- Creativity
- Finding your identity
- Goals
- Honoring your true self

SPACE
- Safety
- Healthy living environment
- Security and stability
- Organized & clean space

FINANCIAL
- Saving
- Budgeting
- Money management
- Paying bills
- Splurging

WORK
- Time management
- Boundaries
- Positive workplace
- More learning
- Breaks

BlessingManifesting
Congratulations to Jayden Huynh for competing in the 54th Annual San Diego County Scripps Regional Spelling Bee at the Jackie Robinson YMCA. He made it through three grueling rounds and was a perfect example of a Preuss Scholar! We are so proud of you Jayden!
SEA is this Saturday, March 23rd from 9am-11am! Come and get help with homework, make up hours from absences, and get ahead in your learning!

Are you a middle schooler observing Ramadan? Would you like a peaceful place to hang out? Come check out Rm. A203 during middle school lunchtime from March 10th until April 9th during the month of Ramadan. No food or drink allowed.
Penny Wars

Prize Schedules

Monday:
Steal 1,000 pts.
from advisory
class of your
choosing

Tuesday:
Revealed
3/18

Wednesday:
Revealed
3/19

Thursday:
Revealed
3/20

Friday:
Winner chooses
Airband 2025 act for
losing class AND
receives trophy
Audition Requirements:

- The email should include name & grade of everyone in the act
- Video must have clear visual and audio quality
- Any music used during act must be sent as a YouTube link
- Video must include the outfits you intend on wearing the day of
- Students can only participate in one student-led act (class performances don’t count)
- Acts cannot exceed 4 minutes
**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**
Film Club welcomes all High Schoolers to join our cast and help us work on our first student-lead short film! We need people with all sorts of interests, whether that'd be filming, acting, scriptwriting, wardrobe, editing, you name it. The movie we will be watching for the month is still to be determined, so come help us pick! We will be meeting in E203, Wednesdays during HS lunch. Hope to see you there!

**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 crocheters 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!
Finance Club

**FINANCE CLUB**
Tuesdays & Wednesdays | 4-5 pm | C201
Join us to learn about the financial literacy topic of the month:
- Taxes

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

Ambassador’s Club

**APPLICATION**

**INFO ON:**
AMBASSADOR’S PROGRAM
Application open until March 22

**MORE INFO**
This is an update on the previous Preuss Ambassador’s club! We have now turned into a school function that takes students out for events and activities that require people to meet with guests, donors, and other visitors that come to Preuss. For more information and requirements scan the QR code and open the application.

**CONTACT**
- If you have any question please contact Ruth Kibrom and Yenatfanta Hailemariam.
- ythailemariam@preuss.ucsd.edu
- rhibrom@preuss.ucsd.edu

**REQUIREMENTS**
- GPA 3.5
- Personal Statement
- Been here since 6th grade
- Teacher Recommendation
Pictures needed

Hello everyone we are in need of pictures for our holiday and student life pages. Please send us any pictures that you have through our Yearbook Snap App, or send them to our Instagram:

INSTA: @PREUSSYEARBOOK

Yearbook applications open for 2024-2025!

Join us for yearbook next year by learning and improving your skills in photography, marketing, graphic design, writing, interviewing and understanding the Preuss community.

We would love to add you to our yearbook class so sign up for applications through our form!

Email Dr. Ensberg for any questions
Pensberg@ucsd.edu