

# THE PREUSS SCHOOL

## UC SAN DIEGO

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

SAT WORD: Efficacious  
Giving the power to  
produce an intended  
result

### QUOTE OF THE DAY:

If your not making mistakes, then you're not doing anything. I' am positive that a doer makes mistakes.

~John Wooden (10x NCAA National Championship Coach)

- 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

### 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.

# 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!**



**Jayden Huynh**

**PREUSS SCHOOL UCSD**

# Saturday Enrichment Academy

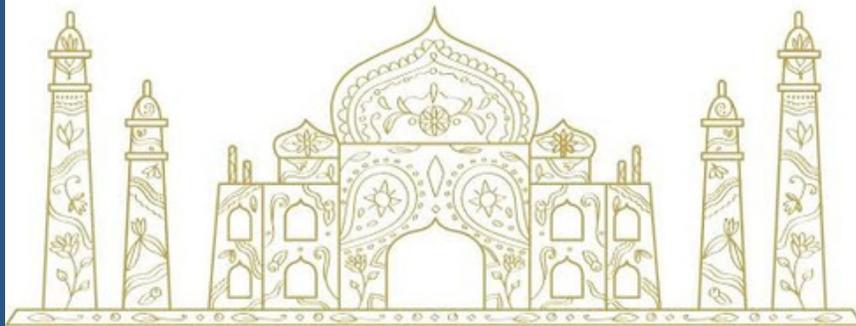
SEA is this Saturday, March 23rd from 9am-11am! Come and get help with homework, make up hours from absences, and get ahead in your learning!



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

# AIRBAND 2024!



## 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

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:  
Taxes



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



**OTTER POPS**  
Original  
Artificially Flavored

Wednesdays Afterschool!  
**2/\$1**



**Lays**  
**BAKED**  
85% LESS FAT THAN REGULAR POTATO CHIPS  
original

**\$1**

# Ambassador's Club

<p>APPLICATION</p> 	<p><i>Info on:</i> AMBASSADOR'S PROGRAM</p> <p>Application open until March 22</p>
<p><b>MORE INFO</b></p> <p>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.</p>	
<p>CONTACT</p> <ul style="list-style-type: none"><li>• If you have any question please contact Ruth Kibrom and Yenatfanta Hailemariam.</li><li>• <a href="mailto:ythailemariam@preuss.ucsd.edu">ythailemariam@preuss.ucsd.edu</a></li><li>• <a href="mailto:rkibrom@preuss.ucsd.edu">rkibrom@preuss.ucsd.edu</a></li></ul>	<p>REQUIRMENTS</p> <ul style="list-style-type: none"><li>GPA 3.5</li><li>Personal Statement</li><li>Been here since 6th grade</li><li>Teacher Recommendation</li></ul>



## 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

# YEAR

# BOOK

## 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](mailto:Pensberg@ucsd.edu)

