

16TH

THE PREUSS SCHOOL

UC SAN DIEGO

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

QUOTE OF THE DAY:

“Life isn’t perfect, any failures you have are actually learning moments. They teach us how to grow and evolve.”

-Phillipa Soo

SAT Word: inchoate
(adj.) unformed or
formless, in a beginning
stage

- 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

July / julio							August / agosto							September / septiembre									
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S			
						1							1	2									
2	3	4	5	6	7	8	6	7	8	9	10	11	12	3	4	5	6	7	8	9			
9	10	11	12	13	14	15	13	14	15	16	17	18	19	10	11	12	13	14	15	16			
16	17	18	19	20	21	22	20	21	22	23	24	25	26	17	18	19	20	21	22	23			
23	24	25	26	27	28	29	27	28	29	30	31			24	25	26	27	28	29	30			
30	31																						

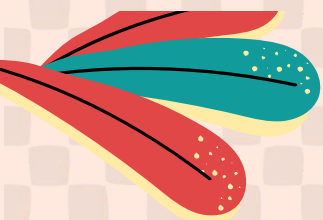
October / octubre							November / noviembre							December / diciembre									
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S			
1	2	3	4	5	6	7	1	2			3	4	1	2									
8	9	10	11	12	13	14	5	6	7	8	9	10	11	3	4	5	6	7	8	9			
15	16	17	18	19	20	21	12	13	14	15	16	17	18	10	11	12	13	14	15	16			
22	23	24	25	26	27	28	19	20	21	22	23	24	25	17	18	19	20	21	22	23			
29	30	31					26	27	28	29	30			24	25	26	27	28	29	30			

January / enero							February / febrero							March / marzo									
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S			
						1							1	2	3							1	2
7	8	9	10	11	12	13	4	5	6	7	8	9	10	3	4	5	6	7	8	9			
14	15	16	17	18	19	20	11	12	13	14	15	16	17	10	11	12	13	14	15	16			
21	22	23	24	25	26	27	18	19	20	21	22	23	24	17	18	19	20	21	22	23			
28	29	30	31				25	26	27	28	29			24	25	26	27	28	29	30			

April / abril							May / mayo							June / junio									
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S			
						1							1	2	3	4							1
7	8	9	10	11	12	13	5	6	7	8	9	10	11	2	3	4	5	6	7	8			
14	15	16	17	18	19	20	12	13	14	15	16	17	18	9	10	11	12	13	14	15			
21	22	23	24	25	26	27	19	20	21	22	23	24	25	16	17	18	19	20	21	22			
28	29	30					26	27	28	29	30	31		23	24	25	26	27	28	29			

■ Delivery Scheduled
 ■ Start and End Days
 ■ FSD Holiday
 ■ School Holiday

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



Middle School Lunch Tutoring



What subject?

ENGLISH

When?

During lunch starting 5/14 6th

Grade Tues./ 7th & 8th Grade Thurs.

Where?

Glass Classroom in the LIBRARY

With Who?

Ms. Conception

Who qualifies to go?

Students who are severely underperforming/ failing English or simply needs help with an assignment.

Parents will be notified of the mandatory

English

tutoring until either grade or performances improve

List of students who need to attend will be posted weekly on Google Classroom by every Friday

COME FOR SUPPORT ON ASSIGNMENTS OR A QUIET PLACE TO WORK.

SATURDAY ENRICHMENT ACADEMY IS THIS SATURDAY! (05/18)

9 AM -11 AM

BUSSES AVAILABLE

THIS IS THE LAST S.E.A. BEFORE THE SPRING LEARNING SHOWCASE! GET SUPPORT WITH YOUR ESSAY, SPEECH AND/OR TRIFOLD.



All 11th grade students interested in being a part of The Pride of Preuss next school year, please don't forget to fill out an application. The submission deadline is Friday, May 17th.

Scan QR code to receive an application

SCAN ME



YEARBOOK 2024-25 ROSTER



The official roster for next school year has been confirmed! To check the list make sure to stop by Dr. Ensberg's classroom (E203). It will be posted on his door. Further questions? Contact us @preussyearbook



PHS CLASS OF 2024 PRESENTS:

THE MET GALA

SATURDAY MAY 25 2024 6 PM

The Abbey on Fifth Avenue
ADDRESS: 2825 FIFTH AVE. SAN DIEGO, CA 92103

Ticket Sale Dates

LIMITED SPACE

MAY 10TH-16TH:
SENIOR PRIORITY
• ONLY seniors are allowed to purchase individual and guest tickets on these days.

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

MAY 17TH-22ND
OPEN TO ALL JUNIORS
• ALL preuss juniors are invited to purchase a ticket for \$65 from the 17th/20th. Junior tickets will raise to \$70 on the 21st/22nd.

MAY 21ST-22ND
• ALL tickets will be increased by \$5 so get your tickets ASAP! PHS seniors \$65 and guests/general juniors \$70

(JUNIORS CAN'T INV. NON-PREUSS GUESTS)

Ticket Purchase

You are required to pay off your library fines in order to purchase a prom ticket.

PHS SENIORS *GUESTS
\$60 \$65

Ticket prices will go up:
May 21st, & 22nd

PHS Seniors: \$65 GUESTS/General Junior Tickets : \$70

*Guest tickets include Preuss juniors (SENIOR INV. ONLY) as well as non-Preuss students.

Permission Slips

Permission slips are required for ALL attendees at prom upon purchasing a ticket.

Document links to print can be found on preussasb.com or linked on @triton2024's instagram bio!

The Preuss School of CA
MET GALA Prom
Preuss Prom
1100 5th Ave, San Diego, CA 92101
858 588-9919

I, the undersigned student agree to the following:
 • I will be responsible for my own safety and that of others.
 • I will not drink or use any illegal substances.
 • I will not use any alcohol or other substances.
 • I will not use any illegal substances.
 • I will not use any alcohol or other substances.
 • I will not use any illegal substances.
 • I will not use any alcohol or other substances.
 • I will not use any illegal substances.

Student Name: _____
 Student Signature: _____
 Student ID: _____

The Preuss School of CA
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 • I will not use any alcohol or other substances.
 • I will not use any illegal substances.

Student Name: _____
 Student Signature: _____
 Student ID: _____

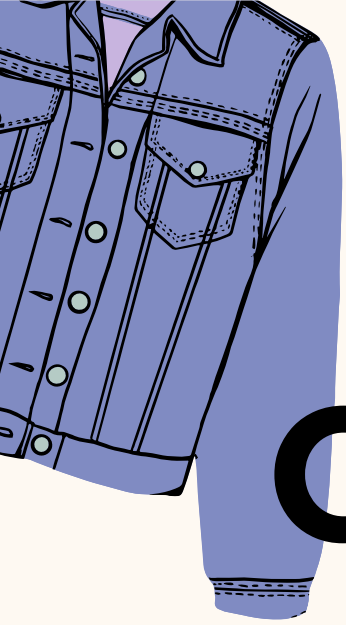
*If you are a Preuss senior or junior, you fill out the general slip. Non-Preuss students will be required to fill out a separate slip.

Attention All Juniors and Seniors!

Interested in attending this year's prom? The class of 2024 presents this year's Met Gala Prom next week on Saturday from 6:00 pm - 10 pm

Ticket sales have started this week up until May 22nd (next week on Wednesday). Seniors pay \$60 and guests pay \$65. Seniors will have priority in ticket purchases from May 10th-16th. After that, all juniors are invited to purchase a ticket to attend.

Make sure to buy your tickets soon because ticket prices will increase by \$5 on the 21st and 22nd! Preuss attendees will be \$65 and guests will be \$70."



Clothing

Donations

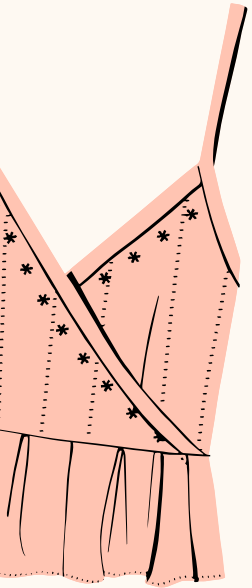
Saturday May 4th - Friday May 17th

Clothes such as: Shirts, sweaters, pants, shorts, skirts

Drop off Zones!

- The front office to Ms.Vanessa
- Mr.Arias's Room E103 (during school hours)

We appreciate your donations!



TO ALL CURRENT 8TH TO 11TH GRADERS

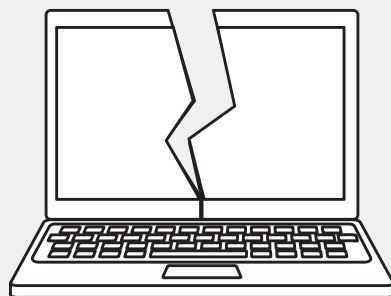
**VOTE FOR YOUR ASB EXECUTIVE BOARD FOR
NEXT SCHOOL YEAR (2024-25)**

Voting will be open from 9 am until 4 pm using

[THIS FORM](#)



To see the candidates' campaigns, go to @preussasb on Instagram. Class officer elections will occur under the same format next Friday, May 10th."



Please report any broke/missing keys on keyboards or broken screens immediately to the IT department. If you do not and you are the last one to login in you will be charged the damage. We have had way too many broken keyboards and screens to the laptops in the classrooms. This notice will serve as your warning. Keys may cost up to \$5.00 a key, Entire keyboard is \$25, screen replacement up to \$90



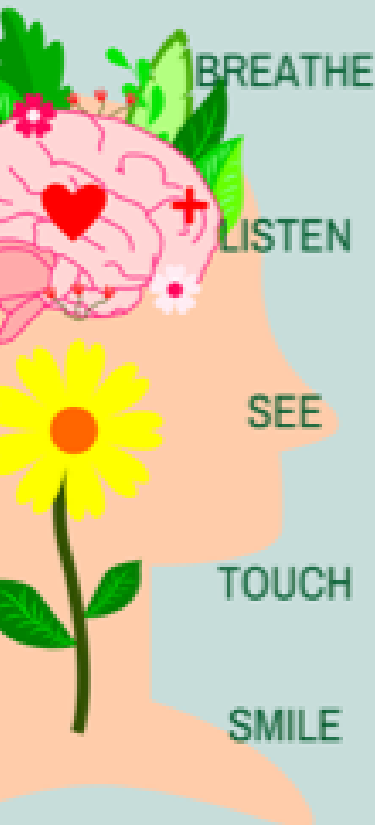
MAY IS...

MENTAL HEALTH AWARENESS MONTH

Spend this month taking care of yourself because YOU ARE NUMBER 1!!!!!!

Keep an eye out for our TSUNAMI representative in the front office (make sure to read his sign and learn new things!) and for lunchtime activities :)

MINDFUL MINUTE



BREATHE

LISTEN

SEE

TOUCH

SMILE

CLOSE YOUR EYES, SIT QUIETLY, AND...

TAKE DEEP BREATHS AND LET THEM OUT SLOWLY. THINK ABOUT HOW THE AIR GOES IN AND OUT OF YOUR LUNGS.

LISTEN TO THE SOUNDS AROUND YOU, AND THINK ABOUT HOW MANY SOUNDS YOU CAN NAME.

USE YOUR FINGERTIPS TO FEEL AN ITEM OR THE AREA AROUND YOU. THINK ABOUT HOW IT FEELS AND THE WORDS YOU WOULD USE TO DESCRIBE IT.

LOOK AT ONE ITEM AROUND YOU; AND THINK ABOUT ITS SHAPE, COLOR, TEXTURE, AND HOW IT'S MADE.

OPEN YOUR EYES AND ENJOY THE WORLD AROUND YOU.

MAY IS MENTAL HEALTH AWARENESS MONTH



YOUR SCHOOL COUNSELORS WANT TO MAKE SURE YOU ARE TAKING CARE OF YOUR MENTAL HEALTH

PRACTICAL TIPS FOR EVERYDAY WELL-BEING

MENTAL HEALTH IS JUST AS IMPORTANT AS PHYSICAL HEALTH. IT AFFECTS HOW WE THINK, FEEL, AND ACT. TAKING CARE OF OUR MENTAL HEALTH IS ESSENTIAL FOR OVERALL WELL-BEING. HERE ARE SOME PRACTICAL TIPS TO HELP YOU MAINTAIN GOOD MENTAL HEALTH.

PRACTICE SELF-CARE. TAKE TIME TO DO THINGS THAT YOU ENJOY, SUCH AS READING A BOOK, TAKING A WALK, OR SPENDING QUALITY TIME WITH FRIENDS. PRIORITIZING SELF-CARE CAN HELP REDUCE STRESS AND IMPROVE MOOD.

CONNECT WITH OTHERS. HAVING A SUPPORT SYSTEM IS CRUCIAL FOR GOOD MENTAL HEALTH. REACH OUT TO FRIENDS, FAMILY, ADVISORY TEACHER, SCHOOL COUNSELOR, FSS OR TRUSTED ADULT IF YOU NEED TO TALK OR RECEIVE GUIDANCE.



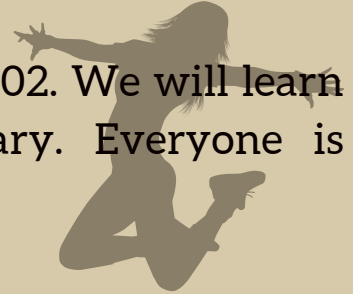
CLUB ANNOUNCEMENTS

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!



\$1

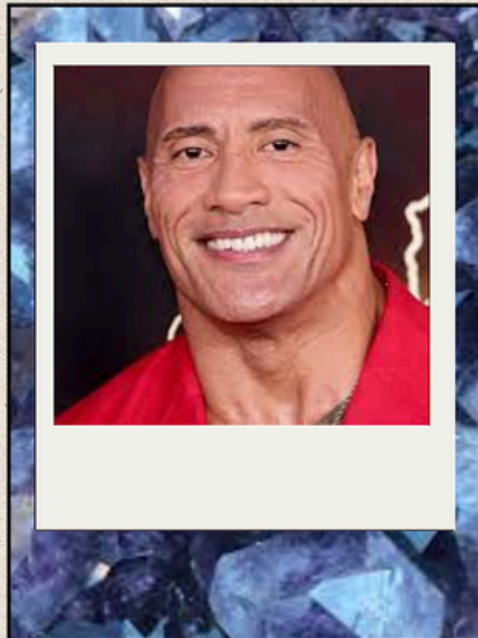
Come find us
after school
on
Wednesday's
for our snack
sales!

You rock!



BREAKING NEWS

Come join us in A103 (Mrs. Petraglia's room) every **ADAY** Friday. Feel free to bring rocks and minerals to showcase. Ask any questions on your mind to Andrew wang (6th grade) about the club or rocks and minerals.



SPECIAL EDITION

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



OTTER POPS



Wednesdays Afterschool!

2/\$1

Black Student Union

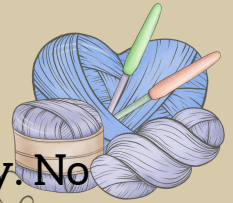
Black Student Union (BSU) invites you to join us every Thursday during high school lunch in E101 for fun games, spirited debates, and a safe place to navigate life!

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

Celebrating Asian-American Pacific Islander Heritage Month!

LAOS



Welcome to Asian Pacific Islander Heritage Month and today on May 16th, we are celebrating Laos. This is a fact for water lovers, but DID YOU KNOW that Laos has some of the best waterfalls?



Celebrating Asian-American Pacific Islander Heritage Month

GUESS THE STAFF MEMBER!



I arrived in the Convoy district of San Diego in March 1978 at nine months old. In high school, I was an editor for the literary magazine and won state and national awards for technical drawing and graphic design. In college, I worked in the 88-inch Cyclotron at the Lawrence Berkeley National Laboratory and the Marine Geochemistry department at the Scripps Institution of Oceanography. My hobbies are collecting records and books, growing my cactus garden, and playing Dungeons and Dragons.



JOIN US FOR

**DIVERSE
AUTHENTIC
FLAVORFUL
SAVORY**

AAPI MONTH CELEBRATION

Teacher Panels, Games, Food

Friday, May 24th 4:15 - 5:30 p.m.
Walton Center



APIA CLUB