

# THE PREUSS SCHOOL UC SAN DIEGO

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

## QUOTE OF THE DAY:

“Life is not what you alone make it. Life is the input of everyone who touched your life and every experience that entered it. We are all part of one another.”

— Yuri Kochiyama

## SAT Word:

Impinge (v): to infringe upon

- 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

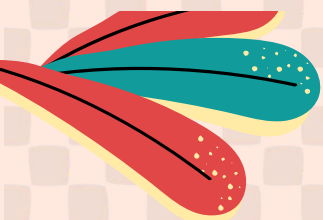
### 2023-2024 Feeding San Diego Distribution Calendar - The Preuss School

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						2	3											
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						3	4											
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?

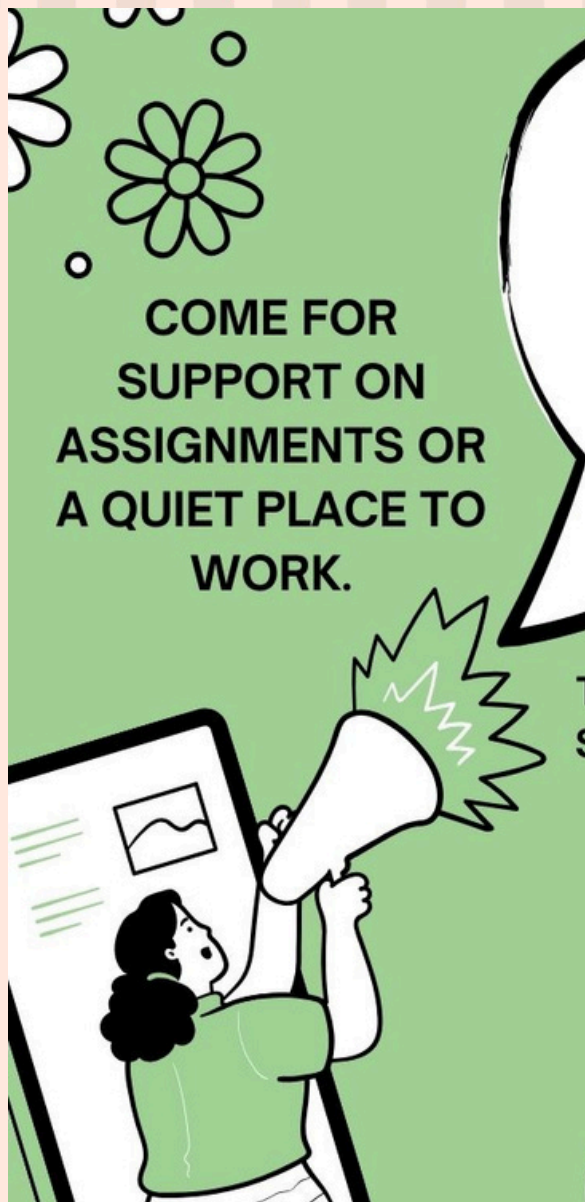
Students who are severely underperforming/ failing English or simply needs help with an assignment.

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

MAY

SATURDAY

25

6 PM

2024

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  
\$60

\*GUESTS  
\$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](http://preussasb.com) or linked on @triton2024's instagram bio!

THE PREUSS SCHOOL OF CALIFORNIA  
MET GALA  
Permission Slip  
Preuss Juniors  
1000 Camino del Rio North, San Diego, CA 92108  
438-2889 ext. 200

I, the undersigned student agree to the following:  
 1. I understand that I am not permitted to bring any weapons, alcohol, or illegal substances to the event.  
 2. I understand that I am not permitted to bring any outside food or drinks to the event.  
 3. I understand that I am not permitted to bring any outside items to the event.  
 4. I understand that I am not permitted to bring any outside items to the event.  
 5. I understand that I am not permitted to bring any outside items to the event.  
 6. I understand that I am not permitted to bring any outside items to the event.  
 7. I understand that I am not permitted to bring any outside items to the event.  
 8. I understand that I am not permitted to bring any outside items to the event.  
 9. I understand that I am not permitted to bring any outside items to the event.  
 10. I understand that I am not permitted to bring any outside items to the event.

Student Name: \_\_\_\_\_ Student Signature: \_\_\_\_\_  
 Parent Name: \_\_\_\_\_ Parent Signature: \_\_\_\_\_

THE PREUSS SCHOOL OF CALIFORNIA  
MET GALA  
Permission Slip  
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Student Name: \_\_\_\_\_ Student Signature: \_\_\_\_\_  
 Parent Name: \_\_\_\_\_ Parent Signature: \_\_\_\_\_

\*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!

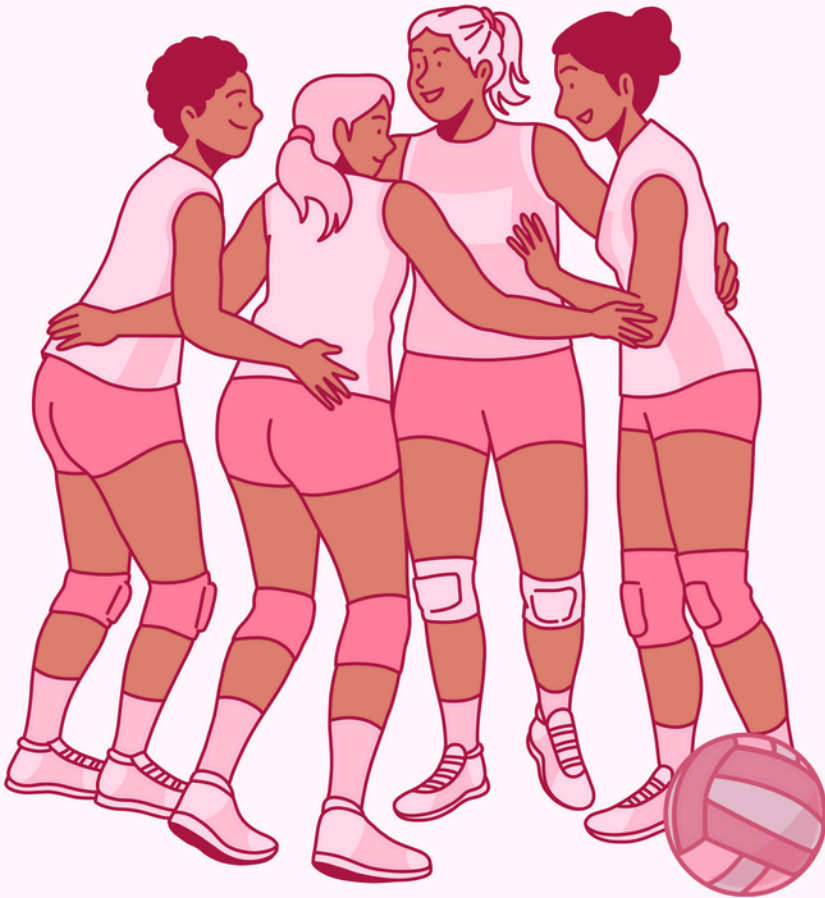
Interested in attending this year's prom? The class of 2024 presents this year's Met Gala Prom next week on Saturday from 6:00 pm - 10 pm

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."

The Preuss School Volleyball Program

# VOLLEYBALL TRYOUTS



**WEDNESDAY 22**

**4:15-6:15 PM**

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**THURSDAY 23**

**4:15-6:15 PM**

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**FRIDAY 24**

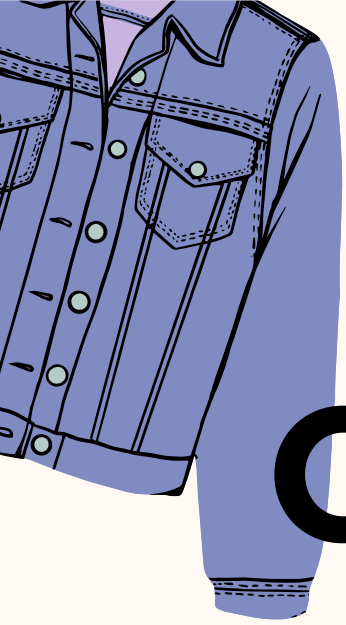
**4:15-5:15 PM**

all tryouts will be held at

## THE WALTON CENTER

- Tryouts are open to all skill levels. No previous volleyball experience required
- Attendance at all tryout sessions is mandatory
- Bring an old white tee shirt
- Open to all high school students interested in playing volleyball
- Please arrive as early as possible to check in and warm up

## MANAGERS NEEDED



# Clothing

# Donations

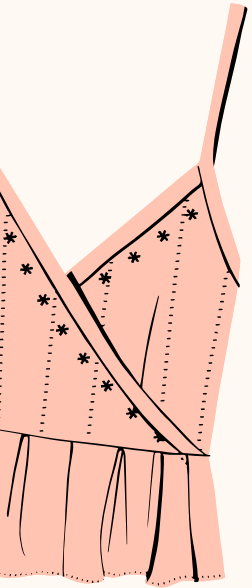
**Saturday May 4th - Friday May 17th**

**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**



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

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# Yearbook Pre-sale

LAST CHANCE TO BUY THE  
YEARBOOK

May 23&24

During High School and Middle  
School lunch in front of the  
Walton Center

Price:  
Full payment: \$40  
Down-payment: \$10  
Cash only and no bills bigger  
than \$20

For online purchases go to  
[yearbookforever.com](http://yearbookforever.com)







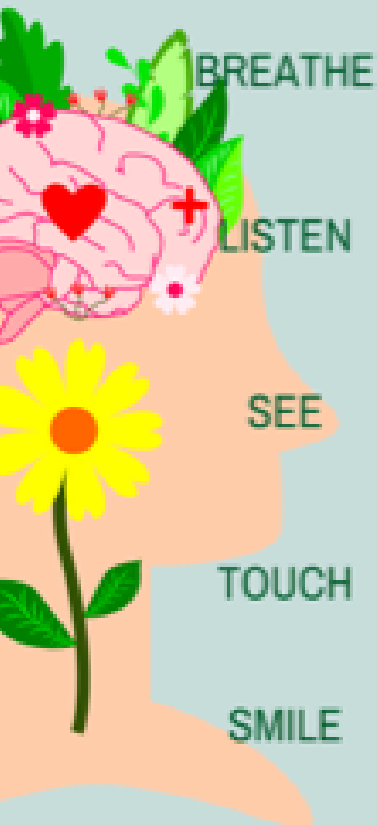
MAY IS...

# 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



## 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.



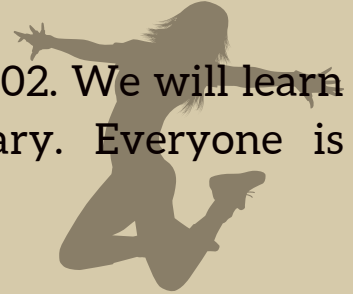
# CLUB ANNOUNCEMENTS

## 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!



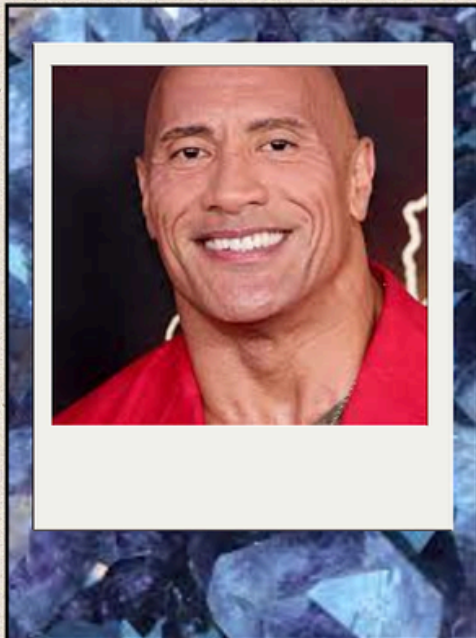
Come find us  
after school  
on  
Wednesday's  
for our snack  
sales!

*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

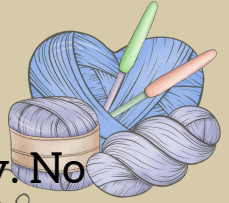
Black Student Union (BSU) invites you to join us every Thursday during high school lunch in E101 for fun games, spirited debates, and a safe place to navigate life!

## 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.

The poster features a blue background with a stylized gear and a sunburst. At the bottom, there are two photographs: one showing a student in a white shirt interacting with a group of students at a table, and another showing students working on laptops in a classroom setting.

**PREUSS CHESS CLUB**

EVERY WEDNESDAY  
4PM - 5PM  
ROOM E103

NO EXPERIENCE NECESSARY.  
STUDENTS ARE WELCOME

The poster features a dark blue background with a white chessboard graphic. The chessboard has various chess pieces (king, queen, knight, rook, pawn) arranged on it. To the right of the chessboard is a white square containing a crown icon. Below the chessboard, the text 'PREUSS CHESS CLUB' is written in white, followed by the meeting schedule 'EVERY WEDNESDAY 4PM - 5PM ROOM E103'. At the bottom, it says 'NO EXPERIENCE NECESSARY. STUDENTS ARE WELCOME'.

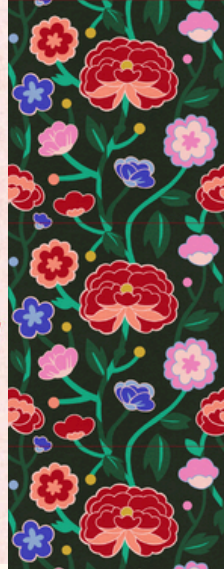
# Celebrating Asian-American Pacific Islander Heritage Month!

## INDONESIA

Welcome to Asian Pacific Islander Heritage Month and today on May 17th, we are celebrating Indonesia. This is a fact for island lovers, but DID YOU KNOW that Indonesia has the largest archipelago in the world?



## Celebrating Asian-American Pacific Islander Heritage Month



### GUESS THE STAFF MEMBER!



This teacher's school mascots are the Marauders, the Golden Bears, and the Cardinal. Her monstera is bigger than yours is, and she kids both make her day and drive her nuts!

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