

20TH

THE PREUSS SCHOOL

UC SAN DIEGO

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

QUOTE OF THE DAY:

"I always try to start out with some type of goal. Then I work backward and think of what I need to do to get there, and give myself smaller goals that are more immediate."

— Kristi Yamaguchi (Legendary Olympic ice skater)

SAT Word:

Innocuous(adj): not injurious to physical or mental health

- 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

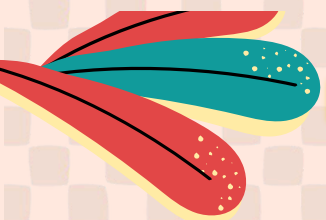
2023-2024 Feeding San Diego Distribution Calendar - The Preuss School

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 3 4 5	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
		31
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 4 5 6	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
		31
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 2 3 4 5 6	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
		30

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

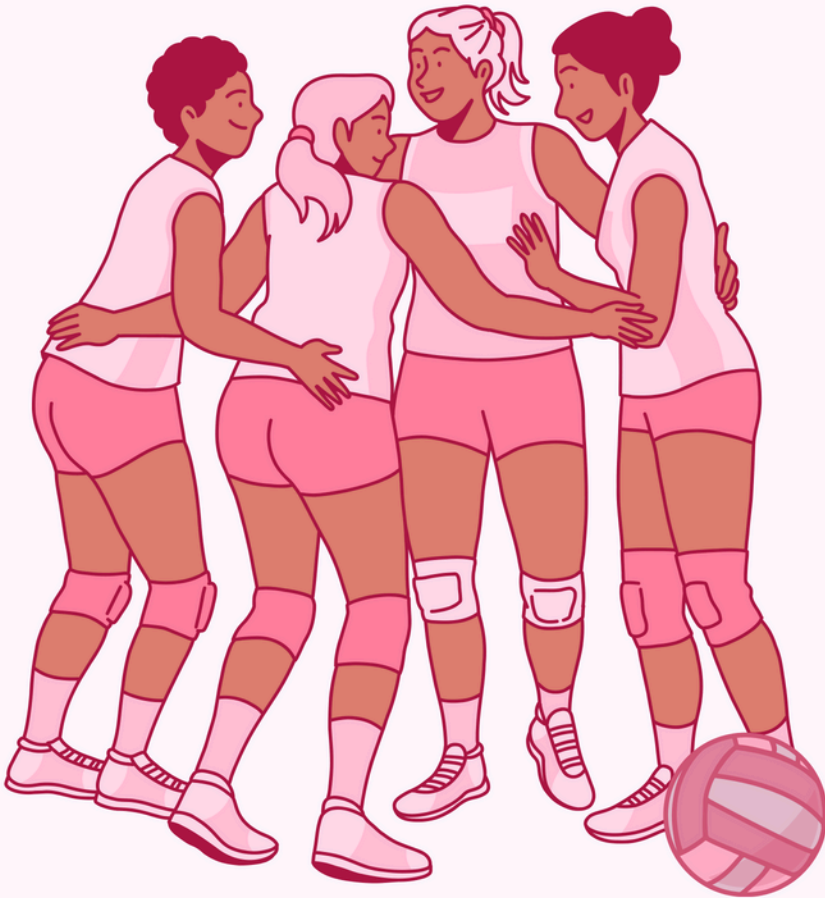
TO ALL CURRENT 8TH TO 11TH GRADERS



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

The Preuss School Volleyball Program

VOLLEYBALL TRYOUTS



WEDNESDAY 22

4:15-6:15 PM

THURSDAY 23

4:15-6:15 PM

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

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 or linked on @triton2024's instagram bio!

MET GALA
Preuss Juniors
1000 Camino del Rio South, San Diego, CA 92108
858 584-2222

I, the undersigned student agree to the following:
 • I understand that my ticket price, time, and location are final.
 • I will not transfer or sell my ticket to any other student. Tickets are non-refundable.
 • All tickets must be used for the intended event.
 • I understand that I must dress appropriately throughout the entire night. This includes getting an earlier type of attire.
 • I understand that I must dress appropriately at all times during the event. No dress code.
 • I understand that I must dress appropriately at all times during the event. No dress code.
 • I understand that I must dress appropriately at all times during the event. No dress code.

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

MET GALA
Preuss Seniors
1000 Camino del Rio South, San Diego, CA 92108
858 584-2222

I, the undersigned student agree to the following:
 • I understand that my ticket price, time, and location are final.
 • I will not transfer or sell my ticket to any other student. Tickets are non-refundable.
 • All tickets must be used for the intended event.
 • I understand that I must dress appropriately throughout the entire night. This includes getting an earlier type of attire.
 • I understand that I must dress appropriately at all times during the event. No dress code.
 • I understand that I must dress appropriately at all times during the event. No dress code.

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

*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."



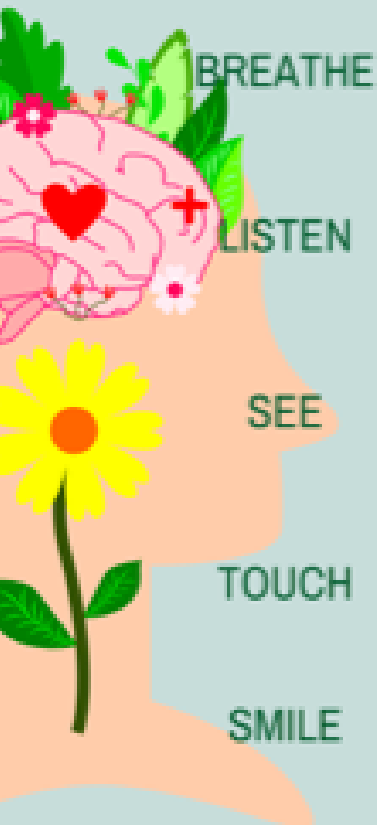
MAY IS...

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.



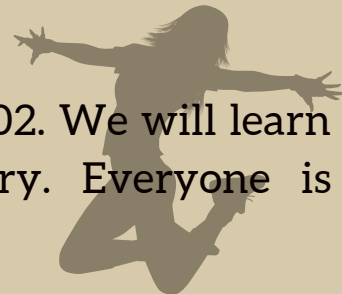
CLUB ANNOUNCEMENTS

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!

Black Student Union

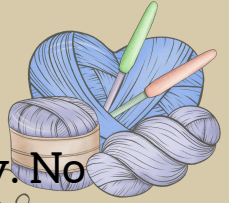
Black Student Union (BSU) invites you to join us every Thursday during high school lunch in E101 for fun games, spirited debates, and a safe place to navigate life!

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 and white background with a gear-like pattern. 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 together at a table with laptops.

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 on it, including a king, queen, knight, and rook. To the right of the chessboard is a white square containing a crown icon.

Finance Club

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



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

Rock and Minerals Club

You rock!



BREAKING NEWS

Come join us in A103 (Mrs. Petraglia's room) every **ADAY** Friday during middle school lunch. Feel free to bring rocks and minerals to showcase. Ask any questions on your mind to Andrew Wang (6th grade) or Mrs. Petraglia about the club or rocks and minerals. You don't have to sign up, you just show up.



SPECIAL EDITION

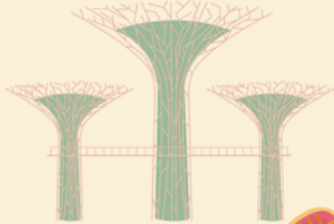
Celebrating Asian-American Pacific Islander Heritage Month!



SINGAPORE



Welcome to Asian Pacific Islander Heritage Month and today on May 20th, we are celebrating Singapore. This is a fact for plant lovers, DID YOU KNOW that Singapore is known as the "Garden City" because of its many parks and tree-lined streets?



Celebrating Asian-American Pacific Islander Heritage Month

GUESS THE STAFF MEMBER- ANSWERS!



Ms. Veendah
Human Resources



Mr. Hua
Math Department



Mr. Fozi
Science Department



Ms. Boquiren
Social Science Department



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