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

QUOTE OF THE DAY:
“A single seed can turn into a forest. A single heart can transform a nation.”
— Bryan Thao Worra

SAT Word:
Pervasive(adj): spreading or spread throughout

- 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.
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
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**
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...

BREATHE

LISTEN

SEE

TOUCH

SMILE

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 ITS MADE.

OPEN YOUR EYES AND ENJOY THE WORLD AROUND YOU.

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.

TAKE CARE OF YOURSELF

MENTAL HEALTH IS IMPORTANT
**Volleyball Club**
Meets every Friday from 4-5 in front of B103! Meet us there!

**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 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:
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

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!

Kazakhstan

Welcome to Asian Pacific Islander Heritage Month and today on May 21st, we are celebrating Kazakhstan. This is a fact for chemists, but DID YOU KNOW Kazakhstan is the world’s leading producer of uranium, producing 19,450 tons in 2011, which is 35% of the world’s production?

GUESS THE STAFF MEMBER!

This teacher is a graduate of UC Davis and studied abroad at University of Oxford, University of Sydney, and Tokyo University. They have also taught English in Japan and then studied translation and interpreting at Kanto University before coming to Preuss. In their free time, they like to go to hiking and running with their friends.

AAPI MONTH CELEBRATION

JOIN US FOR

DIVERSE AUTHENTIC FLAVORFUL SAVORY

Teacher Panels, Games, Food

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

APIA CLUB