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.
BUY SOME GOURMET POPCORN!

GOURMET POPCORN FUNDRAISER!

IT'S ONLINE! THE LINK IS UP STARTING MAY 26TH-MAY 30TH

Find the link and purchase online! No hassle! Buy for your friends and family, anyone can buy! Help the Class of 2026 raise money!

DON'T KNOW WHAT TO DO?

All you have to do is share the code to as many people as you know and encourage them to buy popcorn! From their purchase, the Class of 2026 will gain 50% of the profit. The more people know about it, the more we can raise! Please help us and contribute!

Raising Joy Double Good

The code opens on the 26th and closes 12am on the 30th

SHARE EVENT CODE: RAIDYM

HERE ARE SOME OF THE FLAVORS!! THEY’RE GOURMET & DELIVERED WHERE YOU WANT THEM!

SHARE THE LINK! THE MONEY COMES BACK TO YOUR COMMUNITY!

ENJOY THE DELICIOUS TREATS AND SUPPORT THE SOPHOMORE CLASS!
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**

---

**Boys and Girls Lacrosse Clinics**

Tuesday, May 28th from 4-5pm on the field

For students currently in grades 8-11 who are interested in participating in lacrosse next year. Lacrosse is the fastest growing sport in the nation. Come see what it is all about and try it out for yourself! Please bring athletic shoes and clothes and water. We will have equipment for you to use! Contact Mrs. Greco or Mr. Brazelton if you have any questions. We hope to see you there!
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.

Ticket Sale Dates

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

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)*

Permission Slips

Permission slips are required for ALL attendees at prom upon purchasing a ticket. Document links to print can be found on preussbash.com or linked on @triton2024’s instagram bio!

*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.
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 ;)

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 IT'S 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

MAY IS MENTAL HEALTH AWARENESS MONTH

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, FPS 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!
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!

**TAIWAN**

Welcome to Asian Pacific Islander Heritage Month and today on May 23rd, we are celebrating Taiwan. This is a fact for boba lovers, but DID YOU KNOW that the birthplace of bubble tea, which is made by mixing tapioca pearls with milky tea was in Taiwan?

---

**GUESS THE STAFF MEMBER!**

This teacher is a banana slug! She changed her major three times while at UC Santa Cruz but ended up graduating with a degree in Psychology. She has a cat named Norma and in her free time enjoys cooking, reading, gardening, and hiking.

---

**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