

May 2024

30TH

WEEK 39

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:

"Impossible is just an opinion." – Paulo Coelho

SAT Word: Repentant

Feeling or expressing remorse for misdeeds

- 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

Black Student Union Ice Cream Fundraiser

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 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	S M T W T F S 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	S M T W T F S 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 30 31
October / octubre	November / noviembre	December / diciembre
S M T W T F S 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	S M T W T F S 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	S M T W T F S 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
January / enero	February / febrero	March / marzo
S M T W T F S 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	S M T W T F S 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	S M T W T F S 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
April / abril	May / mayo	June / junio
S M T W T F S 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	S M T W T F S 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	S M T W T F S 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

 Delivery Scheduled
 Start and End Days
 FSD Holiday
 School Holiday

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

BSU ICE CREAM FUND RAISER

LOCATED: INFRONT OF THE SCHOOL

MAY 29

STARTS: 4:00 PM

ONLY 3 DOLLARS

FLAVORS
 ORANGE, ROOT BEER, COKE, SPRITE

Teachers and Students!

The class of 2028 would like to invite you to their Annual Teachers vs. 8th graders Kickball Game on Friday, May 31st from 4:05 - 5:10 pm.

PTA will be supporting our event by selling Tostilocos (\$5.00) Shaved Ice (\$3.00) and other snacks. Come and support the class of 2028 in their first Fundraiser!

CLASS OF 2028!



TO ALL CURRENT 8TH TO 11TH GRADERS



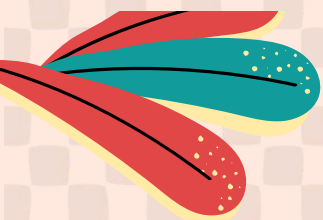
Please report any broke/missing keys on keyboards or broken screens immediately to the IT department. If you do not and you are the last one to login in you will be charged the damage. We have had way too many broken keyboards and screens to the laptops in the classrooms. This notice will serve as your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

ARE YOU INTERESTED
IN PLAYING GIRLS
SOCCER NEXT YEAR?



CLICK ON THE FLYER OR
SCAN THE QR CODE TO
FILL OUT THE GOOGLE
FORM

OPEN TO STUDENTS CURRENTLY IN 8TH
TO 11TH GRADE



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

**ME BECAUSE RE
ENROLLMENT
IS FROM
JULY 25TH-30TH**



BUY SOME GOURMET POPCORN!

GOURMET POPCORN FUNDRAISER!

IT'S ONLINE! THE LINK IS UP STARTING MAY 26TH-MAY30TH

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!



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!





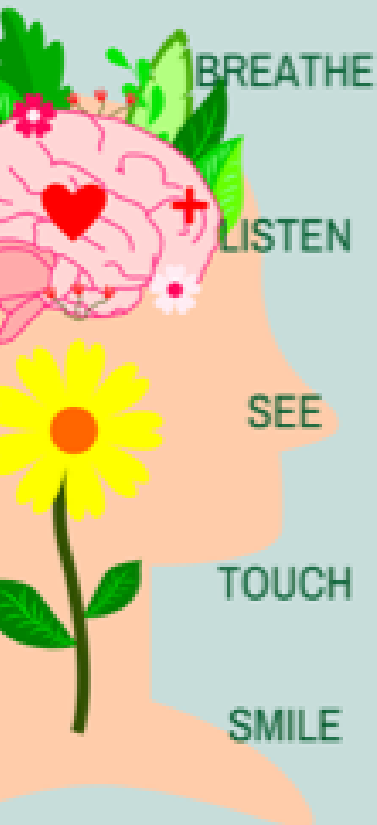
MAY IS...

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.



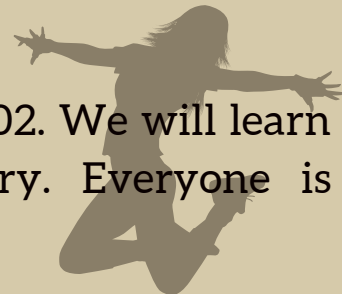
CLUB ANNOUNCEMENTS

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

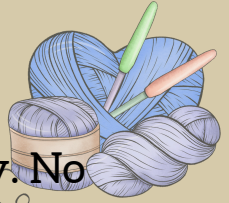
Black Student Union (BSU) invites you to join us every Thursday during high school lunch in E101 for fun games, spirited debates, and a safe place to navigate life!

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 showing students working together at tables in a classroom setting, some using laptops.

PREUSS CHESS CLUB

EVERY WEDNESDAY
4PM - 5PM
ROOM E103

NO EXPERIENCE NECESSARY.
STUDENTS ARE WELCOME

The poster has a dark blue background. On the left, there is a large graphic of a chessboard with chess pieces. On the right, there is a white square containing a crown icon. At the bottom, there is a white box with the text 'NO EXPERIENCE NECESSARY. 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:

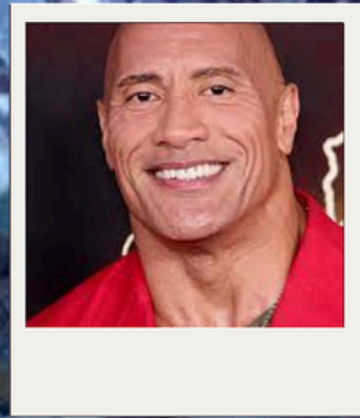
Buffett Munger Value Investing

OPEN TO MIDDLE SCHOOL STUDENTS



Rock and Minerals Club

THE ROCKS AND MINERALS CLUB!



COME JOIN US ON "A" DAY FRIDAYS AT A103



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

Join the Dreamers Club!

Are you interested in joining a club next year and want to get a preview?...And get free lunch? Join the Dreamers Club on June 3rd, 2024 in E202 to learn more about our Club

- We discuss how you can get involved in the community with immigrants
- We discuss CADA and DACA
- You have access to an immigration lawyer
- AND be part of a great community of students!

FREE LUNCH DREAMERS CLUB JUNE 3, 2024 Hope to see you there!

Celebrating Asian-American Pacific Islander Heritage Month!

PALESTINE

Welcome to Asian Pacific Islander Heritage Month and today on May 30th, we are celebrating Palestine. This is a fact for olive lovers, but DID YOU KNOW that Palestine is home to some of the oldest olive trees in the world, some dating back nearly 4,000 years? Palestine is home to some of the oldest olive trees in the world, some dating back nearly 4,000 years! Palestine is a region with a deep historical legacy and a rich cultural heritage. Despite facing numerous challenges, the Palestinian people continue to strive for peace, stability, and prosperity in their homeland.



Celebrating Asian-American Pacific Islander Heritage Month

GUESS THE STAFF MEMBER!



Dressed in her all-time fav fit, this Preuss community member spent her preschool years conducting operations on her dolls, started a perfume factory that specialized in Arabian rose scents, gardened tomatoes, potatoes and cilantro, and baked naan in her mini tandoor oven! Her favorite activity was with her grandmother passing out food to those traveling through the neighborhood on Friday evenings. She has founding teaching and providing opportunities for Preuss students to provide a similar satisfaction.

