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

QUOTE OF THE DAY:
“What we fear of doing most is usually what we most need to do”
~Ralph Waldo

SAT Word: Disrepute
The state of being held in low esteem

- 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 PAssENCHERS WHILE RIdING THE TROLLEY!

Feeding San Diego Food Distribution Schedule
MAY IS... MENTAL HEALTH AWARENESS MONTH

MAY IS MENTAL HEALTH AWARENESS MONTH

MINDFUL MINUTE

CLOSE YOUR EYES, SIT QUIETLY, AND...

BREATHE

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, PSS OR TRUSTED ADULT IF YOU NEED TO TALK OR RECEIVE GUIDANCE.

DISTRIBUTED TO YOU BY TSUNAMI
TO ALL CURRENT 8TH TO 11TH GRADERS

VOTE FOR YOUR ASB EXECUTIVE BOARD FOR NEXT SCHOOL YEAR (2024-25)

Voting will be open from 9 am until 4 pm using [THIS FORM](#).

To see the candidates' campaigns, go to @preussasb on Instagram. Class officer elections will occur under the same format next Friday, May 10th.

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
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!

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 JOIN US ON “A” DAY FRIDAYS DURING MIDDLE SCHOOL LUNCH.

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 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!
Welcome to Asian Pacific Islander Heritage Month and today on May 7th, we are celebrating Pakistan. This is a fact for those interested in the early age of humanity, but DID YOU KNOW that Pakistan is home to the Indus Valley Civilization?

GUESS THE STAFF MEMBER!

This staff member graduated from San Diego State University and is soon to be a grad student at UCSD. She loves to try new food from different cuisines. She also loves cats very much!