

8TH

THE PREUSS SCHOOL

UC SAN DIEGO

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

QUOTE OF THE DAY:

"Once you replace  
negative thoughts with  
positive ones, you'll start  
having positive results." —  
Willie Nelson

SAT Word: Divisive  
Causing or characterized  
by disagreement or  
disunity

- 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





Thank You  
TO OUR AMAZING  
**TEACHERS**



**TO ALL CURRENT 8TH TO 11TH GRADERS**

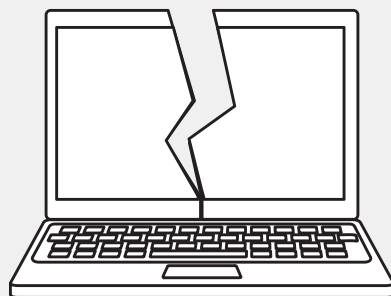
**VOTE FOR YOUR ASB EXECUTIVE BOARD FOR  
NEXT SCHOOL YEAR (2024-25)**

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



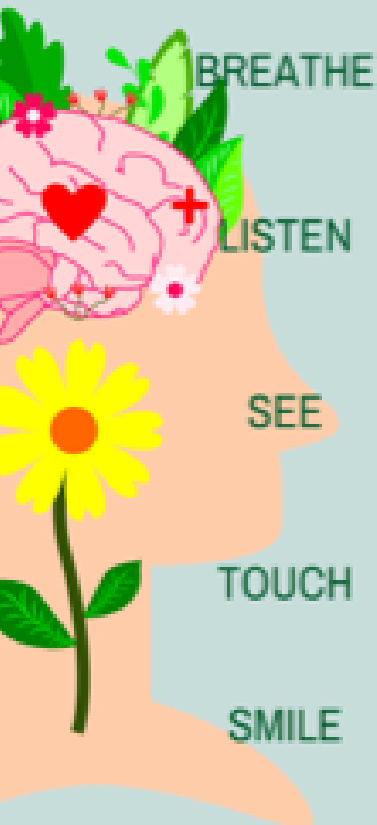
MAY IS...

# 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.



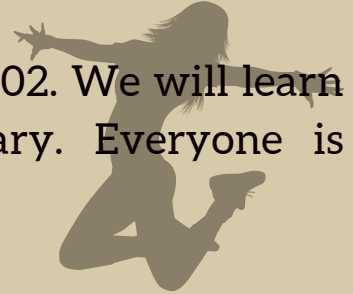
# CLUB ANNOUNCEMENTS

## 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!



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



Come join the Rocks and Minerals club on A-day Fridays during middle school lunch in A103.

Reminder: You do not have to sign up to be in the club, you just show up!



## 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



# OTTER POPS



Wednesdays Afterschool!

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## Black Student Union

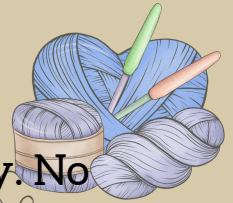
Black Student Union (BSU) invites you to join us every Thursday during high school lunch in E101 for fun games, spirited debates, and a safe place to navigate life!

## 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 various chess pieces (king, queen, knight, rook, pawn) arranged on it. On the right, there is a white square containing a crown icon. Below the chessboard, there is a white box with the text 'NO EXPERIENCE NECESSARY. STUDENTS ARE WELCOME'.



# Celebrating Asian-American Pacific Islander Heritage Month!

Welcome to Asian Pacific Islander Heritage Month and today on May 8th, we are celebrating Thailand. This is a fact for water lovers, but **DID YOU KNOW** that Thailand has the biggest water fight in the world called “Songkran”?



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## Celebrating Asian-American Pacific Islander Heritage Month

GUESS THE STAFF MEMBER!



This staff member graduated from UC Irvine (Zot, Zot!) with a BS in Public Health and from USD with a Masters in Education. She enjoys baking, hiking, yoga, traveling, reading, and spending time with her husband and baby boy.

