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

QUOTE OF THE DAY:
"Knowledge helps its enemies, but ignorance harms its friends."
- Matshona Dhliwayo.

SAT Word: Eschew Avoid and stay away from deliberately

- 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

![2023-2024 Feeding San Diego Distribution Calendar - The Preuss School](image)
All 11th grade students interested in being a part of The Pride of Preuss next school year, please don't forget to fill out an application. The submission deadline is Friday, May 17th.

Scan QR code to receive an application
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...
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.

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.
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 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!

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 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!
Welcome to Asian and Pacific Islander Heritage Month and today on May 9th, we celebrate Vietnam. This fact is for the explorers, DID YOU KNOW that Vietnam is home to the largest cave in the world?

GUESS THE STAFF MEMBER!

This staff member graduated from UCSD (Muir College) and got her Masters from the University of San Diego. In high school she participated in three varsity sports: basketball, tennis, and track, and played lacrosse in college. She loves to work out and crochet in her spare time. She is also a huge fan of Disney and Hello Kitty! This is her 10th year at Preuss!