


The Preuss School UC San Diego

Happy Thursday, Scholars!

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



SAT WORD:

onerous(adj): burdensome or difficult to endure

QUOTE OF THE DAY:

"Even a wounded world holds us, giving us moments of wonder and joy. I choose joy over despair. Not because I have my head in the sand, but because joy is what the earth gives me daily and I must return the gift."

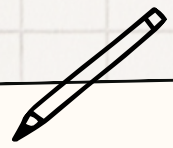
– Robin Wall Kimmerer



IMPORTANT REMINDERS

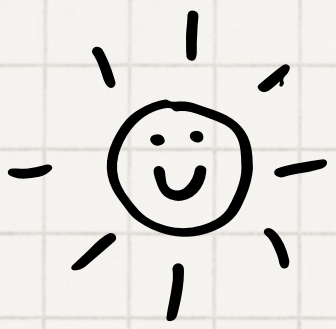
- Please remember to pick up your trash before leaving the lunch tables after eating
- Personal athletic equipment are no longer allowed on campus.
 - First offense: items will be taken away and not returned until the end of the school day.
 - Second offense: Items will be taken and not returned. All students must come to school in dress code.
- Preuss polo must be worn. No jeans or sweats may be worn.
- AirPods and headphones should be put away and removed before entering campus until after school. They may not be worn on campus during the school day.

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.

Snack Sales!



PTA Snack Sales!
 Every Friday, starting November 17
 @ 4 pm in Rebecca Lytle Grove
 >> CASH ONLY <<

Feeding San Diego

2023-2024 Feeding San Diego Distribution Calendar - The Preuss School

Last Updated October 23, 2023

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
October / octubre	November / noviembre	December / diciembre
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*Distributions dates in orange

January / enero	February / febrero	March / marzo
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April / abril	May / mayo	June / junio
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Delivery Scheduled Start and End Days FSD Holiday School Holiday

Students: Starting after Thanksgiving break, we will be asking you to trade your cell phone for a loaner polo should you come to campus out of uniform. Please plan accordingly to meet the school's expectations and your needs.



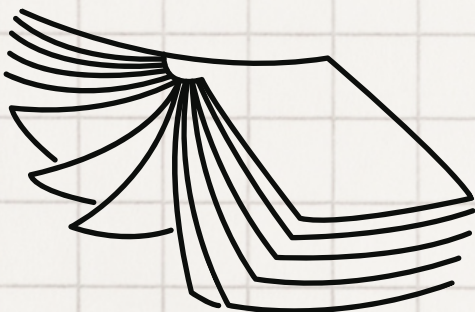
Mental Health Workshop

We have a guest speaker from UCSD coming to talk with students about managing school stress and how to help a friend. She will be doing interactive activities and discussion in small groups. We will host a Middle School group on Tuesday, November 28 from 11:45a - 12:30p and High School group from 12:30-1:15pm in the Large Conference Room

Learning Objectives:

- To gain a better understanding of your own sources of stress and how to manage them.
- To learn different ways to cope with stress.
- To increase awareness of the difficulties that others might be facing.
- To know how to help a friend when they are going through a difficult situation

The Preuss Insider -
Read all about it!



THE PREUSS INSIDER
A newspaper made by students,
for students of the Preuss School UC San Diego

Preuss Spirit Expressed In A Week

Preuss Presents its 2023 Fall Formal

Preuss Welcomes New Vice Principal, Ms. Brown

AP Biology Ventures Into San Diego Safari Park

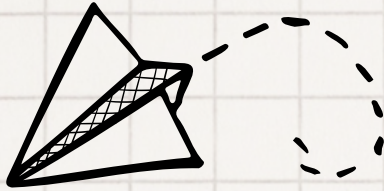
Preuss Marine Biologists Explore Birch Aquarium

New Period Product Dispensers Installed In All Girl Bathrooms

PREUSSINSIDER.COM

PODCASTS, NEWS, ENTERTAINMENT, & MORE
MAKE SURE TO CHECK OUT YOUR PEERS ARTICLES!

@preussinsider



Parents, is it challenging to have difficult conversations with your teen? Teens, do you feel that your parents don't understand you or don't listen to you?

Join us

All Middle & High School Aged Youth and/or their Families are Invited to Attend

WHAT I WISH MY PARENTS KNEW

TUESDAY, DECEMBER 5TH | 5:30PM-7PM
At Canyon Hills High School

- Connect with other parents and teens!
- Learn from each other!
- Express yourself!

One of the best ways to understand someone's perspective is through building a relationship with that person. Join us for an evening of perspective and relationship building between parents and teens!

Participants will engage in small group discussions coming together at the end for reflection and connecting!

Light dinner provided!

REGISTER TODAY!

QUESTIONS OR FOR MORE INFORMATION CONTACT:
Stacy Chiles: schiles@sagsandiego.org

Fellow San Diego Military Family Collaborative, Inc. @sdmifam

North Central Teen Recovery Center

TURN

SDMFC

NORTH CITY

SAY San Diego Social Advocates Network

NEW ANNOUNCEMENT

Yearbook SNAPP

Have any plans for Thanksgiving? Then we encourage you to send your photos through the Yearbook snap app! With our page(s) dedicated to student life, We like to highlight a glimpse of activities beyond the classroom!

Scan here to access Yearbook snap app!

ANDROID:

IPHONE:

Click the QR codes for the links!



Congratulations to the 8th-grade classes for winning the Attendance Challenge for the month of October 2023!

They won the Attendance Challenge with an amazing attendance of 97.54%. All the 8th grade students are treated to ice cream on Friday, December 1 during Block 4 (Sponsored by Preuss PTA).

The event will be held in the amphitheater from 3-3:45 pm.

Our next winner of the November Attendance Challenge will be announced at the end of the month. Get ready; you may be the next winner!

PRIDE OF PREUSS



"The Pride of Preuss" is an extraordinary initiative that spotlights the exceptional achievements of eight senior scholars. These scholars have served as remarkable ambassadors, not only for their school but also as advocates for higher education and the values of a substance-free lifestyle. These eight scholars have ventured beyond their school, visiting multiple elementary's to share their inspiring stories representing Preuss pride. Through their compelling narratives and accomplishments, they serve as living examples of the transformative power of education at Preuss.

"The Pride of Preuss" program, in its dedication to showcasing these scholars, plays a pivotal role in influencing future students. They demonstrate that through hard work, dedication, and the pursuit of knowledge, one can achieve remarkable success while staying true to a healthy and responsible way of life.

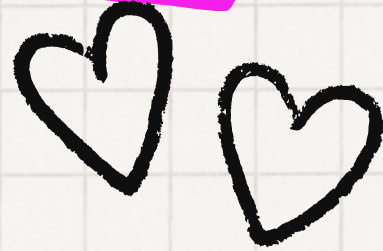




Club Announcements!

TSU-NAMI

TSU-NAMI meets every Tuesday, after school (4-5 pm) in Ms. V's room A201!



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!

FILM CLUB

The movie for the month of November/December will be The Princess Bride based on William Goldman's novel, "The Princess Bride." Directed by Rob Reiner and released in 1987, The Princess Bride is a fairy tale adventure following a young woman and her one true love. This film combines elements of comedy, romance, adventure, drama, and fantasy in one piece. So if you're a "sucker for a happy ending," come join Film Club in E203 during HS lunch on Wednesdays!

ROBOTICS



DANCE CLUB

Are you interested in learning how to dance? Join us every Monday and Thursday afterschool in Room T102. We will learn different styles spanning from Hip Hop to Contemporary. Everyone is welcome!

VOLLEYBALL CLUB

Volleyball Club Meets every Friday from 4-5 in front of B103! Meet us there!

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!

SCIENCE OLYMPIAD

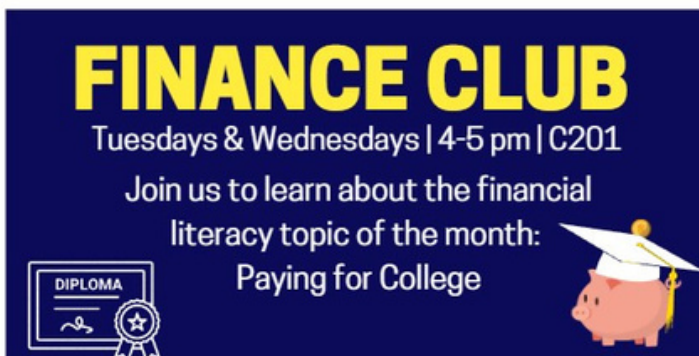


A promotional poster for the Science Olympiad. At the top left, it says '@PREUSSSCIOLY'. The main text reads 'JOIN SCIENCE OLYMPIAD!' in large, bold letters. Below this, it asks 'QUESTIONS? MR. FOZI C202'. A white box contains the text: 'BUILD TOWERS AND ROCKET LAUNCHERS, DECRYPT SECRET MESSAGES, SOLVE 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 bottom half of the poster features two photographs: one of a student in a white shirt talking to a group of students at a table, and another of students working at a table with laptops.

JMUN

Attention all high school students: Preuss MUN is so excited to start a new year of debating and attending MUN Conferences! Our next meeting will be on Thursday November 16th, during high school lunch in B203. 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!

FINANCE CLUB



A poster for the Finance Club. The title 'FINANCE CLUB' is in large, bold, yellow letters on a dark blue background. Below the title, it says 'Tuesdays & Wednesdays | 4-5 pm | C201'. The text continues: 'Join us to learn about the financial literacy topic of the month: Paying for College'. On the left, there is an icon of a diploma with a star. On the right, there is an icon of a pink piggy bank wearing a white graduation cap.

APIA CLUB

Are you interested in hosting events, dancing, or learning about Asian Pacific Islander culture? If so, come join us every WEDNESDAY during LUNCH in Room D203. Everyone is welcome!

CELEBRATING NATIVE AMERICAN HERITAGE MONTH

Fact of the Day:

The Inupiaq people are an indigenous group that inhabit the Arctic regions of Alaska, Canada, and Greenland. They have a rich cultural heritage that spans thousands of years, which is deeply rooted in their close relationship with the land, sea, and wildlife. Inupiaq communities have thrived in some of the harshest and most extreme environments on Earth, and their resilience and adaptability are truly astonishing. Unlike many other indigenous languages, Inupiaq uses the Latin script for its writing system. This facilitates both written communication and language revitalization efforts, as it allows for easier learning and accessibility. The alphabet consists of 18 letters that represent the unique sounds of the language. Grammatically, Inupiaq is a polysynthetic language, meaning that words are formed by combining multiple morphemes to express complex ideas. This intricate structure allows for a high degree of specificity and nuance in communication. As a language spoken by people living in the Arctic regions, Inupiaq has a rich lexicon associated with this unique environment. It includes words for different types of snow, ice formations, animal behavior, and other aspects of Arctic life. This specialized vocabulary reflects the deep understanding and connection that the Inupiaq people have with their natural surroundings. Approximately 2,500 people speak Inupiaq as their first language in Alaska. Although the number of fluent speakers has declined over the years, Inupiaq is still used in certain communities for communication and cultural activities.