

# 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:

"The future belongs to those who are willing to invest in their people."  
– Wilma Mankiller

### SAT WORD:

mores(n): the conventions embodying the fundamental values of a group

## 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

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.



## 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](http://PREUSSINSIDER.COM)

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

 @preussinsider



# The Preuss Insider

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

Last Updated October 23, 2023

Cadence: 2nd and 4th Fridays



### July / julio

| 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 |    |    |    |    |    |

### August / agosto

| S  | M  | T  | W  | T  | F  | S  |
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|    |    |    | 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 |    |

### September / septiembre

| S  | M  | T  | W  | T  | F  | S  |
|----|----|----|----|----|----|----|
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| 9  | 10 | 11 | 12 | 13 | 14 | 15 |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 |
| 30 |    |    |    |    |    |    |

### October / octubre

| 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 |    |    |    |    |

### November / noviembre

| 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 |    |

### 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 |    |    |    |    |    |

# FEEDING SD

\*Distribution dates in orange

## College Rep Visits

High schoolers! Our last college rep visit is Thursday, November 9th from 12-1pm! Sign up with Ms. Bandy to hear from a Cal Poly SLO rep!

## EHS Student of the Month

Congratulations to our EHS Students of the month!

- Sofia Najera
- Caleb Salas
- Sofia Flannery
- Kristjan McPherson
- Jolie Lam
- Andre Yeargin
- Christine Agoh
- Mohamed Yusuf
- Christopher Santiago
- Rodrigo Hernandez

**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.**

# SCIENCE OLYMPIAD

**@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 graphic features a blue and white background with stylized gear and sun motifs. Below the text are two photographs: the left one shows a teacher in a white shirt interacting with students at a table, and the right one shows students working on laptops in a classroom setting.

# CLUB ANNOUNCEMENTS

## Tsu-NAMI

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

Hello everyone! TSU-NAMI will be leading a stress ball-making activity during high school and middle school lunch on Thursday, November 9th! You can take these stress balls and use them during moments of anxiety or to relax. It will be fun!

## 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!



**FINANCE CLUB**  
Tuesdays & Wednesdays | 4-5 pm | C201  
Join us to learn about the financial literacy topic of the month:  
Paying for College

The graphic features a blue background with yellow text. On the left, there is an icon of a diploma with a star. On the right, there is an icon of a piggy bank wearing a graduation cap.

## 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!

## GSA Club

GSA stands for Gender and Sexualities Alliance and aims to create a safe space for LGBTQ+ students and their allies to share and learn ways to be more inclusive and open minded. Come and learn about a potential new GSA Club for middle school students this Thursday, 11/9/23 in A101 during Middle School Lunch.

## Multicultural Club

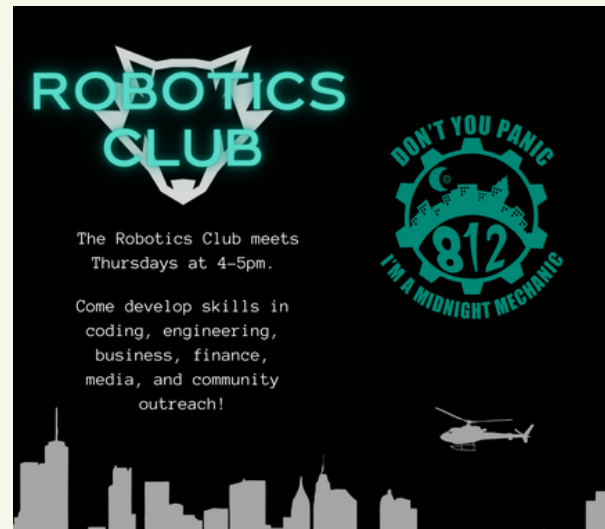
Volleyball Club Meets every Friday from 4-5 in front of B103! Meet us there!

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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!



**ROBOTICS CLUB**

The Robotics Club meets Thursdays at 4-5pm.

Come develop skills in coding, engineering, business, finance, media, and community outreach!

The graphic features a black background with teal text and graphics. At the top, there is a stylized robot head icon. On the right, there is a circular logo with the text "DON'T YOU PANIC" at the top, "812" in the center, and "I'M A MIDNIGHT MECHANIC" at the bottom. At the bottom of the graphic, there is a silhouette of a city skyline and a helicopter.

Celebrating

# NATIVE AMERICAN HERITAGE MONTH

## Fact of the day:

Wilma Mankiller is honored and recognized as the first female Principal Chief of the Cherokee Nation. She is also the first woman elected as chief of a major Native tribe. She spent her remarkable life fighting for the rights of American Indians. Born on November 18, 1945, in Tahlequah, Oklahoma, the capital of the Cherokee Nation, Wilma was the sixth of eleven children born to Charley Mankiller and Clara Irene Sitton. The surname "Mankiller," Asgaya-dihi in the Cherokee language, refers to a traditional Cherokee military rank, like a captain or major. She first developed her own social activism when a dramatic event changed her life. In 1969, a group of American Indians took over the federal penitentiary on Alcatraz Island in San Francisco Bay and laid claim to it by 'right of discovery' to expose the suffering of American Indians. Forever changed by Alcatraz and inspired by the women's movement, Mankiller worked to empower the surrounding Native communities in California, serving as director of Oakland's Native American Youth Center. She believed that restoring pride in Native heritage could reduce the downward spiral of Native youth growing up in the streets. Her activism continued when she founded the Community Development Department for the Cherokee Nation, focusing on improving access to water and housing. Mankiller was elected to serve as the Principal Chief of the Cherokee Nation in 1985. She led for 10 years, guiding a sovereign nation whose population more than doubled, from 68,000 to 170,000, during her tenure. Under her leadership, infant mortality declined, and educational achievement rose in the Cherokee Nation.