Happy Monday, Scholars! Remember the Preuss Way is Kindness, Respect, and Excellence.

QUOTE OF THE DAY:
“Our greatest glory is not in never falling, but in rising every time we fall.”
—Confucius

SAT WORD:
foil(v): to hinder or prevent, as an effort, plan, or desire

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.
All HIGH SCHOOL BOYS: Soccer tryouts for the 2023-24 season will be on Monday, November 6, from 4:00 to dark. Any student wishing to tryout will need a completed sports physical. If you need paperwork to take to the doctor/clinic for your physical, please see Coach Fulchiron.

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.

Preuss High School Boys Basketball Tryouts

Please Sign-up to participate
what to bring: basketball shoes, black basketball shorts, white shirt.
SATURDAY OCTOBER 21 WALTON CENTER
9:00AM-11:00AM
For more info: baseball@preuss.ucsd.edu

Click the flyer to sign up!

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.

BOYS SOCCER TRYOUTS!

High schoolers! Click here to sign up for college rep visits! Remember: students that sign up for the most rep visits will be entered into a raffle!!
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!

TSU-NAMI
Hello everyone! October is Substance Use Awareness and Depression Awareness Month. If you or a family member is in need of support or help please call 1-800-662-4357. This is the Substance Use and Mental Health Services Hotline. Or if you are in a crisis please call 988. Their agents are on call 24/7 and are there to help you. Have a great month, everyone!

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!

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!

Multicultural Club
MultiCultural Empowerment Club meetings are on Mondays during lunch in room D203. See you then!

Volleyball Club
Volleyball Club Meets every Friday from 4-5 in front of B103! Meet us there!
October 15th was the official last day of Hispanic/Latinx Heritage Month, so let’s end our Heritage Month entries with some local organizations that support the community in San Diego!

**The Chicano Federation**: Chicano Federation is a local organization whose mission is to invest in under-resourced communities in San Diego.

**Barrio Logan College Institute**: Barrio Logan College Institute’s main priority is to positively impact the lives of San Diego youth and the trajectory of their futures.

**Border Philanthropy Partnership**: The Border Philanthropy Partnership serves as the leading binational organization focused on building prosperity along the U.S.–Mexico Border region through leadership, collaboration, and philanthropy.

**MANA de San Diego**: MANA de San Diego transforms communities by empowering Latinas to achieve upward mobility and a better quality of life.