HAPPY THURSDAY, SCHOLARS! REMEMBER THE PREUSS WAY IS KINDNESS, RESPECT, AND EXCELLENCE. HAVE A GREAT DAY!

QUOTE OF THE DAY:
"Yesterday is not ours to recover, but tomorrow is ours to win or lose."
— Lyndon B Johnson

SAT WORD:
emollient (n): a substance with a soothing effect when applied to the skin

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.
**Fall Formal**

"Hello Tritons! The Fall Formal is officially on Friday the 13th, with a House of Cards Theme. We will sell from September 25th - October 11th during lunch at the Walton Center. Remember, ticket prices start at $20 and go up by $5 every week! Guess tickets are $30 and cannot be purchased within the last week of selling tickets. October 6th is the last day to purchase guest tickets. Permission slips can be found on our ASB website. For more information, check out @preussasb on Instagram! Remember there will be a DJ taking song requests, free snacks, fun games, and a photo booth. Forward to seeing you tritons there!"

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

**College Rep Visits**

- Preuss Gaming is having its first game for the CA Fall Open Tournament. We will be playing Super Smash Brothers Ultimate on Thursday (10/6) at 4:15 p.m. in E202. If you are interested in watching us play, please stop by!
- If you have any questions, please email Coach Esparza (iesparza@ucsd.edu) and Coach Greco (mgreco@ucsd.edu).

**EHS Students/Athletes of the Month**

- 6th Grade Students
  - Joselyn Mata
  - Cindy Nguyen
  - Sondos Tysaan
  - Tiya Abebe
  - Izaiah Aguirre
  - Anthony Strickland
  - Ephraim Zewdu
  - Hamza Rahimi

- JV Soccer Athletes
  - Ben Chan
  - William Espinoza

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- High schoolers! Click the here to sign up for college rep visits!

**eSports**

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MIDDLE SCHOOL SPIRIT WEEK!

MONDAY: SUPERHERO/VILLAIN DAY
Students will be able to wear a t-shirt with any superhero or villain of their liking but still wear the Preuss uniform bottoms. (Full Length shirts, no inappropriate language nor imagery on clothing, and clothing must not be ill fitting,). Students who do not participate in the spirit day and do not follow guidelines must wear the Preuss uniform.

TUESDAY: PAJAMA PANTS DAY
Students and staff will be allowed to wear pajama PANTS only. Pajama pants must be at a full length to the ankle (No Shorts, sweatpants, etc. Preuss top required

WEDNESDAY: WEAR PINK ON WEDNESDAY-BREAST CANCER AWARENESS DAY
Pink tops or Pink bottoms

THURSDAY: CAREER DAY- DRESS FOR SUCCESS
Student can wear like a future career. School appropriate

FRIDAY: TRITON PRIDE DAY
Students can dress out wearing blue, gold/yellow.

RULES: Clothes must be appropriate including but not limited to: Full length shirts, No inappropriate language nor imagery on articles of clothing, and clothes must not be ill fitting. Must fit the theme. Wear uniform if you aren’t matching the theme
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.

ALUMNI TOTE BAG DESIGN CONTEST

Calling all artists and those with a flair for creativity! With Homecoming coming up in December, Preuss will soon be welcoming back many alumni. This year, our Preuss alumni will be gifted tote bags and we would love to have our own students be the designers!

**REQUIREMENTS**

- The design must include the words: “The Preuss School UC San Diego Alumni”
- Represent The Preuss School
- Be your own original art, digital or physical
- Email submissions to preussalumni@ucsd.edu by Friday, October 13, 2023

The winning designer will receive a tote full of goodies, with their artwork printed on the bag!

Questions? Email preussalumni@ucsd.edu
BANNED BOOK WEEK MINI-BOOK JACKET CONTEST

2023 Banned Book Week Mini-Book Jacket Contest
Banned Book Week: October 1–October 7, 2023
Contest September 26th–October 13th

Win a book of your choice!!!
Create an informational, creative mini-book jacket that highlights a particular book that has been challenged or banned.

The mini-book jacket must include the following requirements:
- The blank mini-book jacket must be obtained from the library, starting 9/25/23.
- Front Cover: Title, author and picture representing the book.
- Inside front jacket: Information about why and what group challenged or banned the book.
- Inside back jacket: Information about the author.
- Back Cover: your full name, grade, and advisory
- **LINK** or visit the library page on the Preuss School Website to find information to help complete the book jacket
- Must be done by hand, no computer generated work will be accepted
- Due to the librarians by Fri., Oct. 6th
- Student Voting will begin Mon., Oct. 9th
- Winners announced Fri., Oct. 13th

SCIENCE OLYMPIADIAD!

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.
**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!

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

**ROBOTICS**
The robotics team meets 4-5 in H101 on Thursdays new members welcome!

**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!

**BOOK CLUB**
Did you know Preuss has a book club? Meetings for this year begin on Monday, Oct. 9 during high school lunch in E101. Join us for the first official meeting of the year and every Monday thereafter. Come find out who we are and help choose the books we’ll read this year. Hope to see you there!

**TRI-M MUSIC HONOR SOCIETY**
Music fact of the week: Musical education leads to better exam scores.
The Tri-M Music Honor Society recognizes the academic and musical achievements of young musicians. The Preuss School UC San Diego chapter is run by the students but supervised by the music director. To be eligible for a new membership, a student must have completed one high school music class, have a weighted Music GPA of 4.0, and maintain an academic GPA of 3.0 or higher.

**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 start to the month, everyone.

**FINANCE CLUB**
Tuesdays & Wednesdays | 4-5 pm | C201
Join us to learn about the financial literacy topic of the month: Banking and Accounting!
In a career that has spanned more than half a century, ballerina Lupe Serrano has enjoyed a life studded with moments worthy of red rose-showered standing ovations. By the sheer power of her will, she rose from a second-rate dance school in Chile to become the first Hispanic principal dancer at the prestigious American Ballet Theatre. On stages world-wide—Europe, the Soviet Union, South America—she moved audiences to near-frenzies with her glowing stage presence and flawless technique. Lupe Serrano was born on December 7, 1930, in Santiago, Chile. At the age of eighteen, Serrano embarked upon a Central American tour with Alicia Alonso, a Cuban prima ballerina and founder of the Ballet Nacional de Cuba. Serrano went on to join the Ballet Folklorico de Mexico, a Mexican-government sponsored troupe that celebrated the varied cultures of Mexico through their ethnic dances. With this company her fame in Mexico continued to rise. She eventually made it to New York, where she would spend the rest of her ballet career with the American Ballet Theatre for almost two decades, eventually rising to the top position of prima ballerina.

In honor of celebrating Hispanic Heritage Month Spanish Honor Society will be hosting a trivia game activity each Friday! Fill out the quiz for a prize!