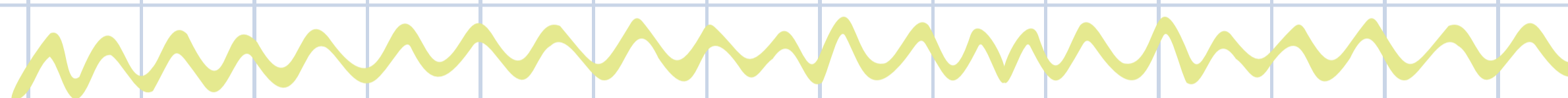
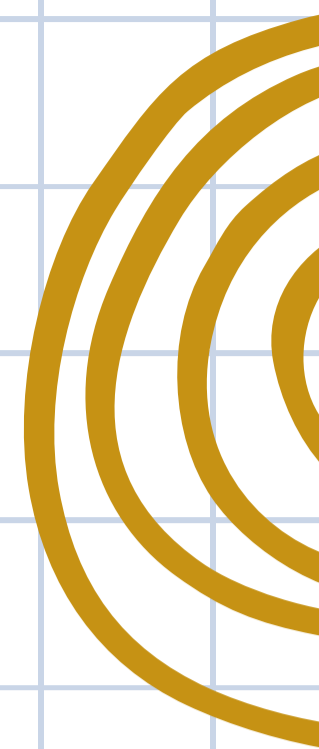


the preuss school



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

Today is: A-DAY

SAT Word

delegate (v.)
to hand over responsibility
for something

SAT Word

Sentence Example

The dean *delegated* the
task of finding a new
professor to a special
hiring committee.



**ALL STUDENTS MUST COME TO SCHOOL IN DRESS CODE.
PREUSS POLO MUST BE WORN. NO JEANS OR SWEATS MAY BE WORN.**



February

at a glance!

FEB

6

2:30PM - 4:00PM

***Feeding San Diego Food
Distribution***

FEB

7 + 21

9:00AM - 11:00AM

***Saturday Enrichment
Academy (SEA)***

FEB

9-12

ALL DAY

***Spirit Week
Value Week***

FEB

13

ALL DAY

NO SCHOOL

FEB

16

ALL DAY

***NO SCHOOL
President's Day***

FEB

20

4:15PM - 5:30PM

***APIA Lunar New Year
Celebration***

Undocumented/Mixed-Status Scholar Resources

Undocumented and Mixed-Status Scholar Resources

Below are links to various documents that have been provided via various agencies. The Preuss School is providing these documents as resources for our learning community.

- General Information on Immigration
- FAQ's for University Employees
- Wallet Card Template for Printing
- Parent Letter (General Information Immigra...
- Know Your Rights Card Text
- FAFSA and CADAA Information 2025-2026
- Know Your Rights Immigration Information
- Immigration on UC Campus (Slides)

[Click here to access the website!](#)

Pick up a copy of your **Wallet Card** from the front office (both English and Spanish available; also available for printing on the website).

If you encounter ICE on the street

- NOT required to stop and talk with them, answer questions, or show documents
- Say " I know I have the Right to Remain Silent"
- Am I under arrest or am I free to go?


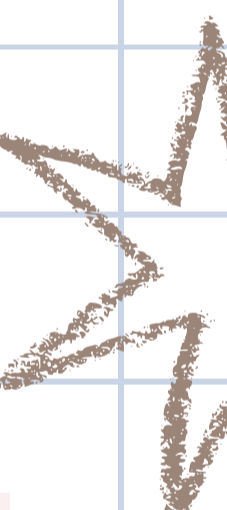
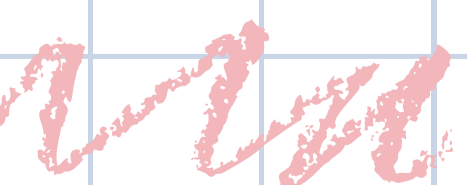
If ICE comes to your home:

Don't open the door. Ask them, with the door closed, "Do you have a warrant?"

- Have them slide the warrant under the door. The warrant must be signed by a judge and have the correct name and address.
- If they do enter, you have the right to remain silent and the right to speak to a lawyer.
- Do not sign any document.

EXPLANATION OF WARRANT NEEDED

- A phrase to practice is: "I'm not sure what this is about, but I know that I have the right to remain silent"
- Calmly and respectfully ask "Am I under arrest or am I free to go?"
- Kindness goes a long way with ICE and police
- Avoid taking risks and being in the wrong place at the wrong time
- Remain respectful and calm

Math Tutoring Schedule



MONDAY - FRIDAY

2025-2026

Monday

HS Lunch Ms. Chovy - Room D101
HS Lunch Dr. Weber - Room D102
4pm - 5pm Ms. Eid + Ms. Barnes - Room D101

Tuesday

HS Lunch Ms. Chovy - Room D101
HS Lunch Dr. Weber - Room D102
4pm - 5pm Ms. Chovy - Room D101

Wednesday

HS Lunch Ms. Chovy - Room D101
HS Lunch Dr. Weber - Room D102
4pm - 5pm Dr. Weber - Room D101

Thursday

HS Lunch Ms. Chovy - Room D101
HS Lunch Dr. Weber - Room D102
4pm - 5pm Mr. Arias + Mr. Huang - Room D101

Friday

HS Lunch Ms. Chovy - Room D101
HS Lunch Dr. Weber - Room D102

upcoming...

games of the week!

BASKETBALL

boys

2/10: away @ cambridge
time tba

2/12: away @ high tech mesa
5:30pm

2/12: (JV) away @ high tech mesa
5:30pm

girls

2/12: home vs. gompers
3:00pm @ ucsd main gym

SOCCER

boys

2/10: home vs. gompers
3:30pm

2/12: away @ bayfront charter
3:30pm

girls

2/10: away @ mountain empire
time tba

2/12: home vs. bayfront charter
3:15pm

preuss athletics

GOOD LUCK TO OUR TEAMS!
IF YOU CAN, GO OUT & SHOW SOME SUPPORT!

FULL SPORTS SCHEDULES ARE POSTED ON
THE BULLETIN BOARD NEAR THE FRONT OFFICE

Introducing: Preuss Lightning Lunch Pass!

Starting 2nd semester - Be on the lookout for the new
Preuss Lightning Lunch Pass ⚡

Administrators are always watching for scholars who exemplify
The Preuss Way — Kindness, Respect, and Excellence.
When a scholar is caught doing the right thing, they may be surprised with a Preuss Lightning Lunch Pass!

You can earn a pass in many ways, including:

Consistently being in uniform

Arriving at class on time

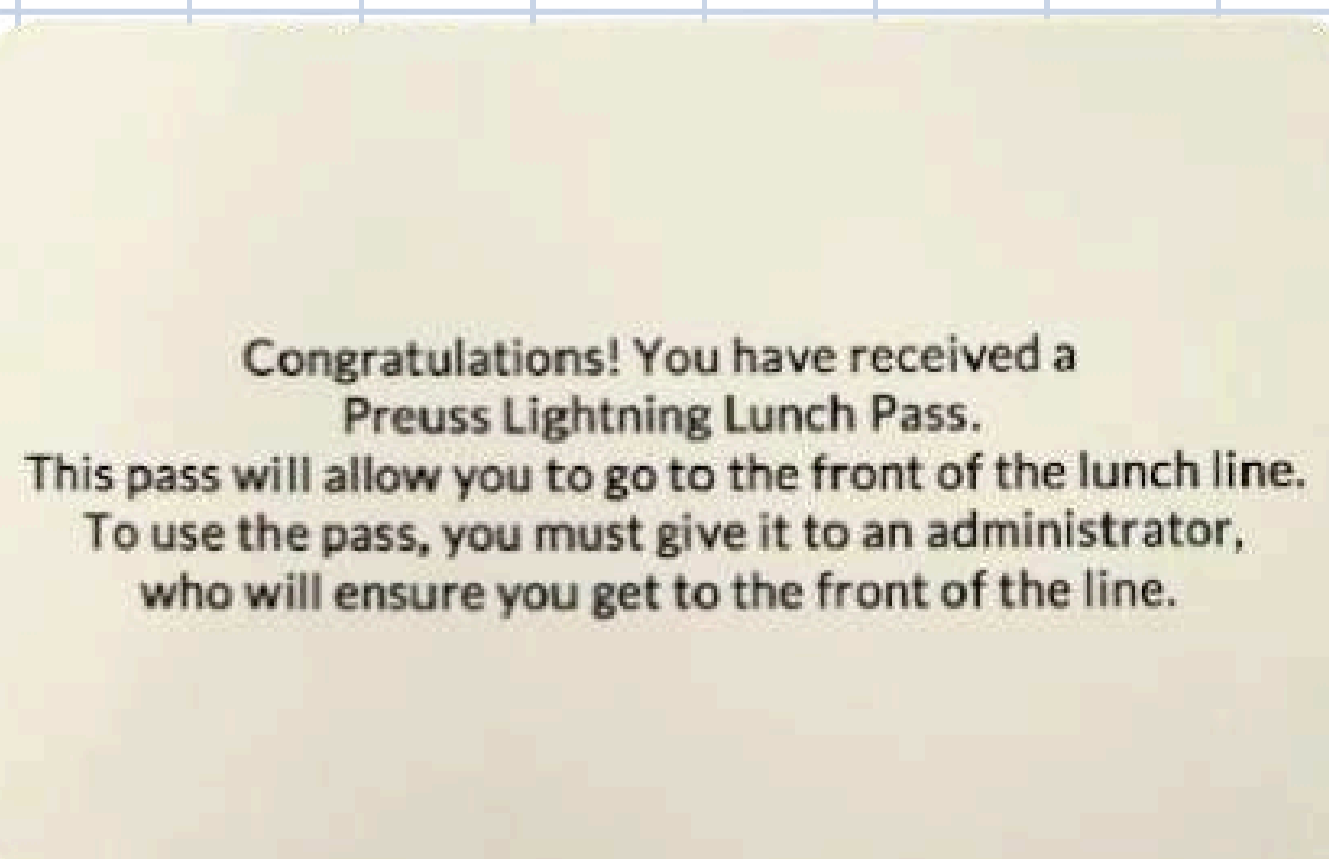
Picking up trash during lunch

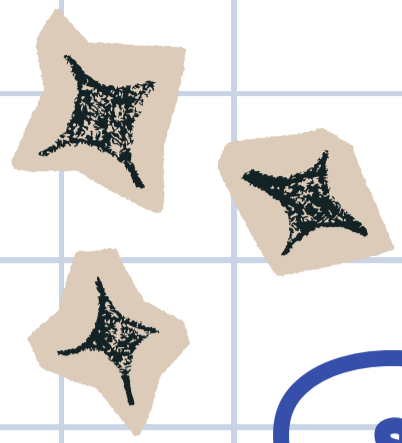
Showing random acts of kindness or leadership

Once you earn a Lightning Lunch Pass, it's yours to keep — **there is no expiration date.** You may redeem it on any day you choose.

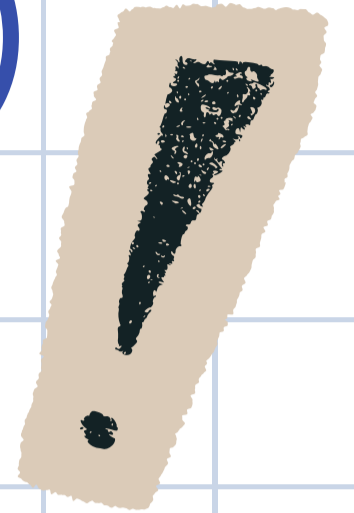
To redeem your pass, an administrator
(VP Agliam, VP Brown, or Dr. Steitz) must be available to escort you to the **front of the lunch line.**

Keep living the Preuss Way — you never know who's watching! ⚡





scholarship *opportunity*



Region 18 of the Association of California School Administrators (San Diego and Imperial Counties) and the San Diego County School Boards Association are pleased to offer **ten (10) \$1,000 scholarships** as a result of donations made by both organizations and our generous business partners.

Our scholarships provide an award for **ten (10) high school seniors** who meet the following criteria:

- 1) pursue a career in education as a teacher or other certificated employee;
- 2) attend public high school in the San Diego/Imperial Counties area;
- 3) show proven academic success with at least a 3.3 cumulative grade point average;
- 4) are involved in community service; and
- 5) who may not necessarily qualify for financial aid.

Students must apply by **February 27, 2026 at 4:00pm** on this link:
<https://forms.gle/QycHCCC2wBxu5wuTA>

Questions?

Contact Cindy Allen, ACSA Region 18 Admin Asst,
at Cindy@acsaregion18.org
Or text at 619-746-9789.

general announcements!

**Do you want to be recognized for your scholarly achievements?
If yes, please apply to become a
Golden Pyramid Scholar!**

The recognition ceremony is on Sunday, May 17, 2026. See the flyer below to register immediately.

Golden Pyramid Scholars Program

Golden Pyramid Scholars & College Signing Day Program
 Sunday, May 17, 2026, 2:00 p.m.
 at the University of San Diego
 Shiley-Theatre, 5998 Alcalá Park San Diego, CA 92110

Application Now Open

We are thrilled to announce our Scholars Program, designed to empower ambitious individuals to achieve academic goals. Let's create a better tomorrow through educational achievement! Find out how you can get involved.

kea@sdul.org

Things that set us apart:

- Scholarships
- Motivational Messages
- Financial Assistance
- Mentorship Opportunities
- Networking and Community

Use this QR Code or the Link Below:
<https://form.jotform.com/260115221806140>

WWW.SDUL.ORG

Register Today!!!

SCAN HERE

Fill out the form

Tell us how you feel about the Yondr pouch.

THEPREUSSINSIDER



The Preuss Insider Yondr Pouch Survey

Link:

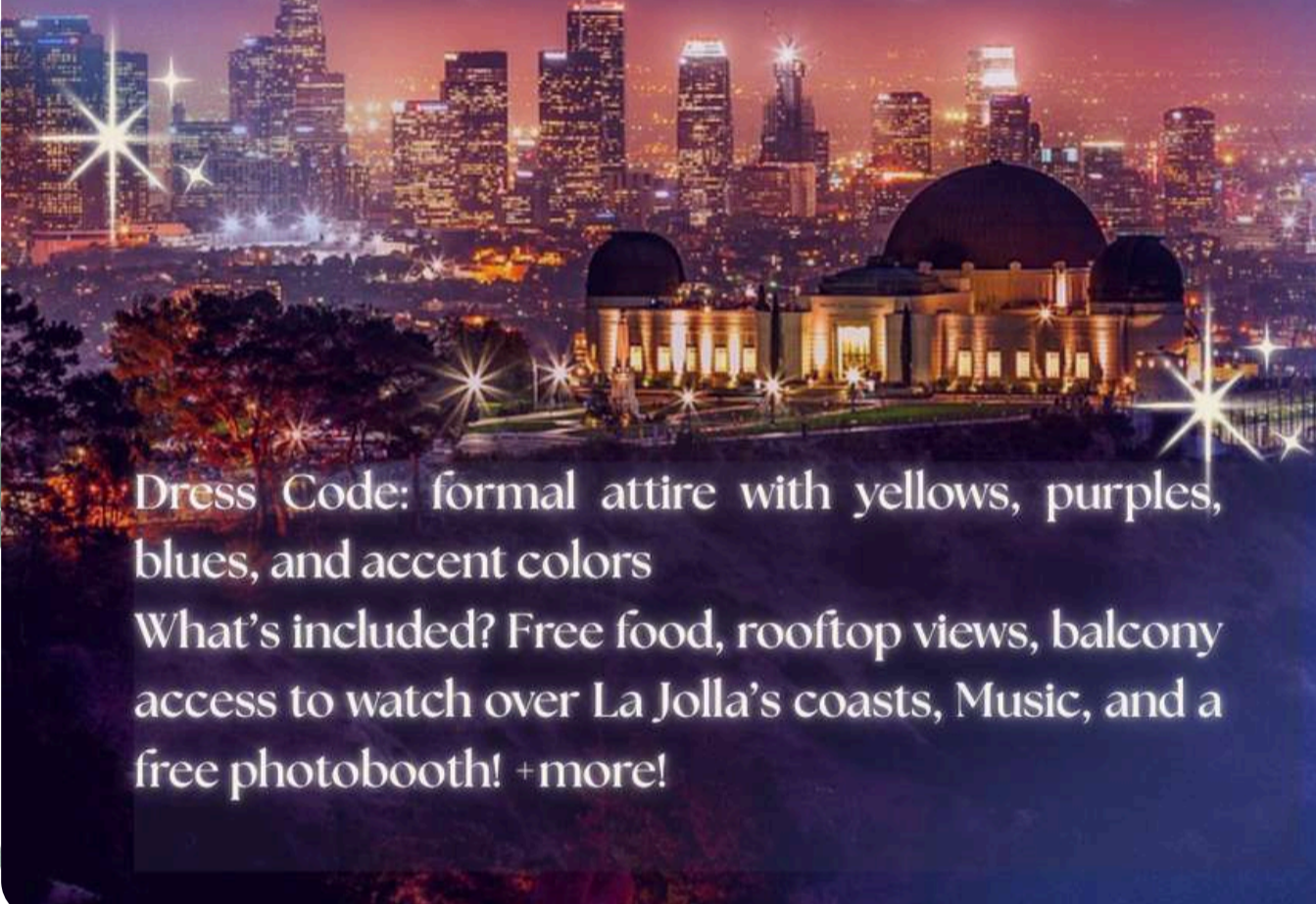
<https://tinyurl.com/2526YondrSurvey>

Next Week: ASB BALL

A Night Under the Stars

ASB BALL 2026

When- February 15th, 2026
 What time - 6:00pm-9:00pm
 Where- The rooftop of UCSD's 8th college building



Dress Code: formal attire with yellows, purples, blues, and accent colors
 What's included? Free food, rooftop views, balcony access to watch over La Jolla's coasts, Music, and a free photobooth! + more!

A Night Under the Stars

\$\$ PRICES!! \$\$

We will be selling from February 2nd - 12th, and prices will go up, so purchase your tickets ASAP!!

Ticket Sales:

For Preuss Students	Outside Guests
• Week 1 - \$60	• \$70 all around for both weeks
• Week 2 - \$65	
• Must have a permission slip signed to purchase	• Must have a permission slip signed to purchase

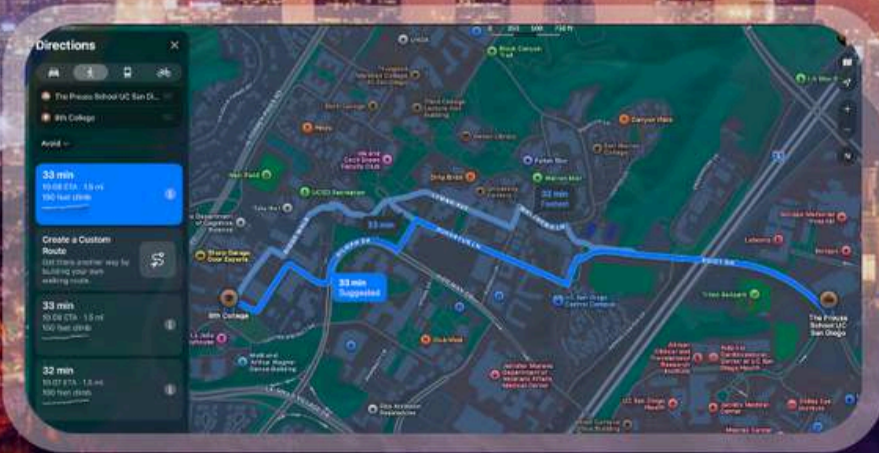
(Permission slips will be handed out, extras will be available at the selling table)

A Night Under the Stars

LOCATION

The rooftop of UCSD's 8th College/Theatre District Parking Structure

- 35 min walk from Preuss
- 9135 S Scholars Dr, La Jolla, CA 92093
- More directions coming soon!!



Tip for finding the location!

- Search directions to Dora Ristorante Italian Restaurant
- signs will be up the day of to guide you!

PURCHASE YOUR ASB BALL TICKET



WEEK 1 - \$60

WEEK 2 - \$65

DONT MISS THE OPPORTUNITY!

Next Week:
ASB BALL

MENU

A night

UNDER
THE
STARS

APPETIZERS



Chicken Caesar Slider-with crispy parmesan, pickled onion and togarashi, Caesar aioli



Korean Sweet & Spicy Chicken Skewers (GF)-brushed with gochujang sauce and garnished with green onion



Spanish Potato & Manchego Cheese Croquets (VT)-served with Romanesco dipping sauce

DESSERT



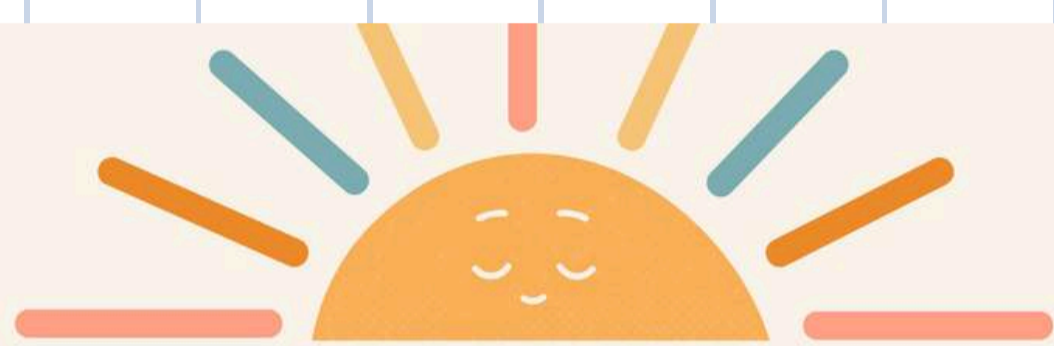
Mini Churro Bites (VT)-fried churro, cut into bites and served with chocolate sauce and whipped cream

DRINKS

*Water
Strawberry Infused Lemonade (VG,
GF)*

spirit + value week!

monday, 2/9 - thursday, 2/12



2/9 - 2/12 SPIRIT WEEK

M

Jersey Day (top)



T

College Merch Day (top)



W

Black History Pride Day (full dress)

Red, Black, Green, HBCU, African flag tops with Jeans OR African cultural clothes.

TH

Value Day (top)

Students wear red to show their passion and grit for the school.



February

VALUE WEEK

2026

DON'T MISS OUT!



MONDAY

Button Making

🕒 During High School Lunch



TUESDAY

Button Making

🕒 During Middle School Lunch



WEDNESDAY

Students vs. Teacher: Tug of War

🕒 During High School Lunch



THURSDAY

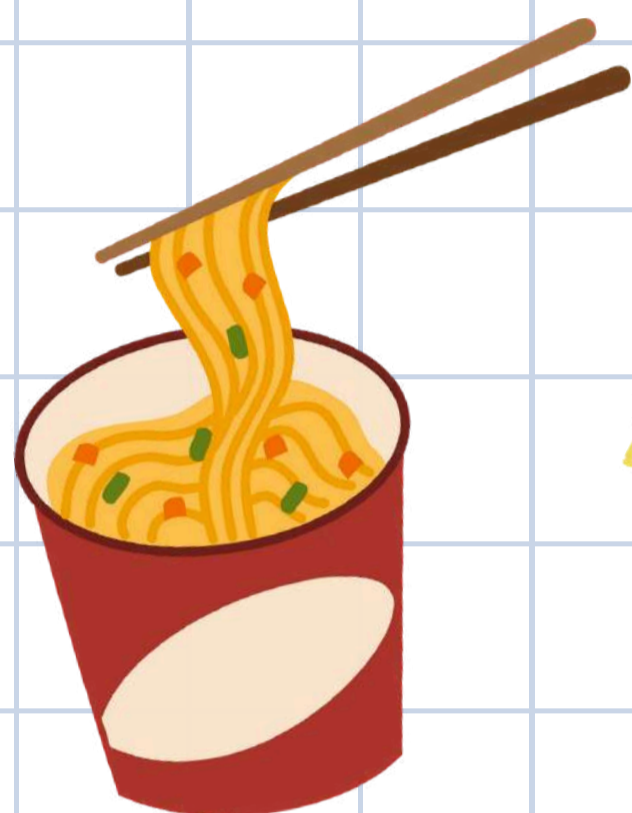
Value Day: Musical Chairs!

🕒 During Middle School Lunch



food sales

after school!



APIA PRESENTS ...

CUP NOODLE SALE

TUESDAYS
 JAN (6TH, 20TH)
 FEB (3RD, 10TH)
 4:05 - 4:30PM

SHRIMP - CHICKEN - BEEF

\$2

APIA Noodle Sales

SCIENCE NOODLE

STARTING ON JANUARY 22
 SCIENCE OLYMPIAD
 SELLING NOODLES AT
 HOME SOCCER GAMES!

FOUR DELICIOUS FLAVOURS!
 BEEF, CHICKEN
 SHRIMP AND
 LIME!

HOT WATER AND
 UTENSIL INCLUDED!

A MERE
\$2
 CASH ONLY

1/22
 1/27
 1/29
 2/3
 2/5
 2/10
 2/12

Science Olympiad Noodle Sales

CLASS OF 2026

GAME DAY SNACK SALES

SNACKS

- Hot Chips (Doritos, Funyuns, Hot Fries, Hot Cheetos, & Takis) \$1.00
- Sour Punch Straws \$2.00
- Meiji Hello Panda Chocolate Cookie \$0.50
- Oreos \$1.50
- Skittles \$1.50

DRINKS

- Slushies (Big Cup) \$5.00
- Slushies (Small Cup) \$4.00
- Coca-Cola \$2.00
- Sprite \$2.00

DATES

- Feb. 5th, 10th, 12th, & 27th
- March 5th, 11th, 16th, 19th, & 25th
- April 8th

Selling in front of Manchester Field from 4-5:30 pm!!

Support the Class of 2026!

FINANCE CLUB SALE

- Oreos: \$1
- Arizona Green Tea: \$1
- Chips: \$1
- Cup of Noodles: \$1
- Honey Buns: \$1.50

Finance Club Sales

CHIPS Sales

Every Monday!

FRONT OF SCHOOL
\$1

PREUSS MUN

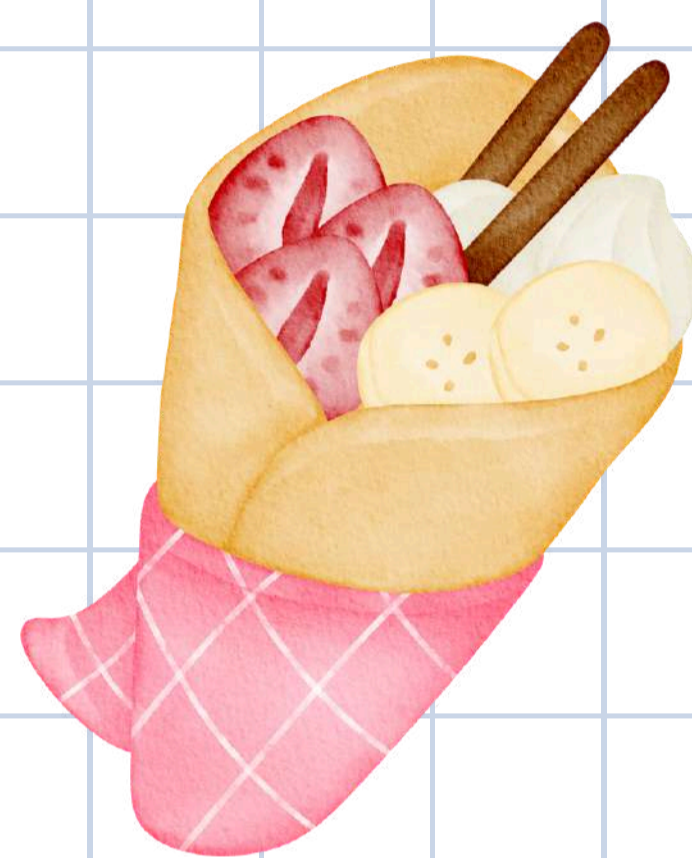
MUN Chip Sales



food sales

after school!

support the senior class!



February Crepe Sale!

Support the Class of 2026!

\$5.00



***EXTRA \$2 FOR ICE CREAM!**

When?

February 9th (Monday) & 11th (Wednesday), 4 to 5 pm

Where?

In front of school



Crepe Add-ons!



Inside of Crepe



Bananas
Strawberries



On Top of Crepe



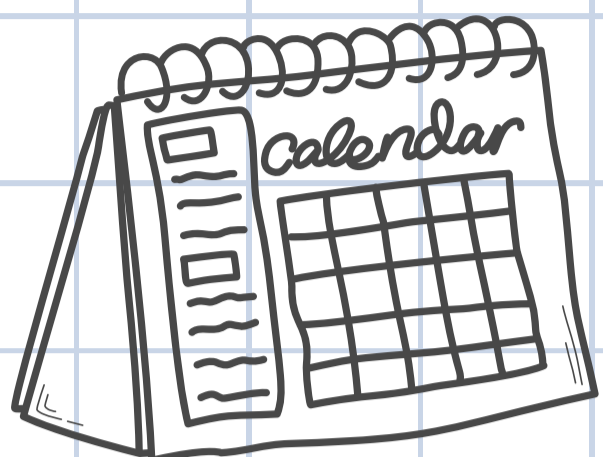
Chocolate, Caramel, or Strawberry Syrup
Whip Cream
Condensed Milk
Sugar Powder



Side of Crepe

Ice Cream (Chocolate, Vanilla, Strawberry) *+2.00





save the dates!

lunar new year festival + science festival



ASIAN PACIFIC ISLANDER
ASSOCIATION

LUNAR NEW YEAR FESTIVAL

FRIDAY, FEBRUARY 20TH
4:10 - 5:30PM, @ WALTON CENTER
\$5 FEE FOR FOOD
ACTIVITIES AND PRIZES, FAN DANCE



Save The Date
**Science
Festival
2026**

Attendance
is Mandatory

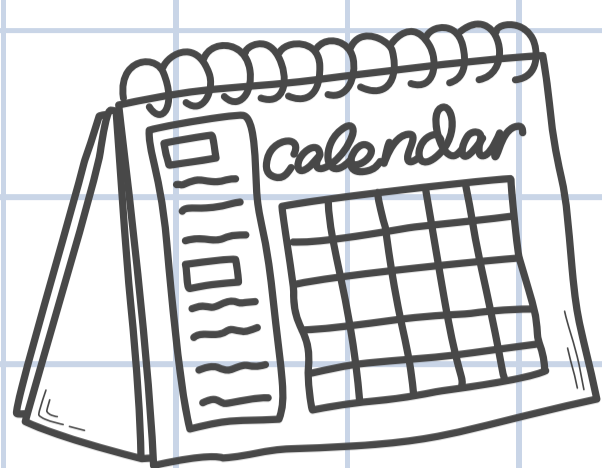
Wear Your
Uniform

Ride the
Trolley or
Park across
the Street

Saturday
Feb 28.
From 9 am
to 11 am

FEBRUARY 9, 2026

WEEK 28



save the date!

for high school ONLY



11th Annual Festival of the Arts

March 12, 2026 at 4:30-6:30 pm

Gallery art show in Walton Center, student performances, runway show featuring cultural attire, rock band and more!

Food sales starting at 4pm.

Stay tuned for audition information for student acts and model sign ups!



general announcements!



**FEEDING
SAN DIEGO**

Food Donations


Next delivery scheduled for:
Friday, February 20, 2026

$\sum_{n=1}^{\infty} \frac{x^n}{n!}$ $\phi = \sqrt{\frac{\sum (x-m)^2}{n}}$

PREUSS ADVANTAGE
MATH TUTORING

Need 1-on-1 help in math?
We're here to improve your skills and confidence.

SCAN THE QR CODE TO COMPLETE THE FORM



$2x^2 + 3$ y $+2ax+$ $x_{1/2} =$ $n(2a)$

$\ln = \sqrt{ax+b}$ $(10, 0)$ (β)

Sign up here!
<https://tinyurl.com/PAMath2526>

PREUSS ADVANTAGE
SCIENCE TUTORING

Need 1-on-1 help in science?
We're here to improve your skills and confidence.

SCAN THE QR CODE OR CLICK ON THE LINK TO COMPLETE THE FORM

<https://tinyurl.com/4dx8x86m>



Sign up here!
<https://tinyurl.com/PASci2526>

FOOD DRIVE

Join our food drive and help us fight hunger one donation at a time and get **community service hours!** All donations will go to the Triton food pantry at UCSD to help students that may face food insecurity.

JAN 21ST - MAR 20TH
DROP POINT: MR. ARIAS ROOM E103

THINGS YOU CAN DONATE:
Snacks, cereal, Granola bars
Canned items like canned vegetables or canned soups
Pasta, beans, rice, lentils, oats
Spam
Tapatio
Soy sauce

FOOD THAT IS DONATED MUST BE A REASONABLE AMOUNT OR HOURS WILL NOT BE GIVEN (EX. A SINGULAR GRANOLA BAR)

Questions? Contact: aisanchez@preuss.ucsd.edu (Isabella)

Food Drive

THE PREUSS SCHOOL UCSD

Yearbook PRE-SALES



IN-FRONT OF THE WALTON CENTER

FEBRUARY **19-20** DURING MIDDLE & HIGH SCHOOL LUNCH

Full cost: \$40 Down Payment: \$10+

Buy online: yearbookforever.com




Yearbook Presales

STUDENT LIFE

SUBMIT YOUR PICTURES TO BE FEATURED IN THE YEARBOOK!

SUBMIT PHOTOS FROM:

- VACATIONS OR BREAKS
- HANGOUTS
- FIELD TRIPS
- SPIRIT DAYS
- SCHOOL EVENTS



LINK:
https://docs.google.com/forms/d/e/1FAIpQLSc6TbhoQ1JE-mHFikYxnUkgWsccl3PXqMYzymD4NgMUV_uv3Q/viewform

Yearbook Student Life Submissions

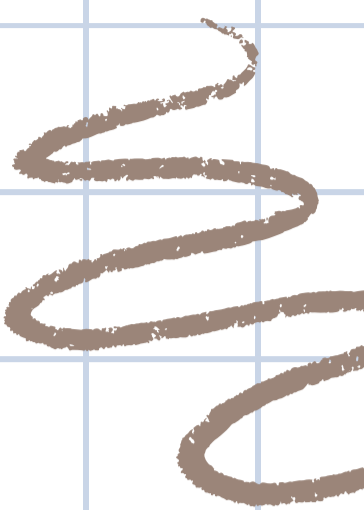
Congratulations

Big congratulations to Ms. Wirszyla's class for taking first place in the Middle School Winter Social Talent Show!

Thank you to everyone who participated, your talent and effort truly shined!

Talent Show Winner

general announcements!



Volleyball Tournament

TRITONS
digPink
2026 

DAYS
January 30th,
February 6th & 12th,
2026 4:00pm

WALTON CENTER
HIGH SCHOOL COED
VOLLEYBALL TOURNAMENT
FUNDRAISER FOR BREAST
CANCER

INTEREST FORM 
ACCESS LINK ON DAILY
BULLETIN OR SCAN.
(LIMITED SPOTS)
TICKET COST \$5
MORE MONEY- HIGHER
ACCEPTANCE CHANCE
LINE JUDGE SPOTS AVAILABLE!




Additional questions? Email: 2028-smtang@preuss.ucsd.edu

Binational Youth Summit

**BINATIONAL
YOUTH SUMMIT** 

FOR MORE INFORMATION:
SANDIEGODIPLOMACY.ORG

**Grades
9-12**

WHAT IS IT?
Over 200 students from San Diego
and Tijuana will explore
international affairs and diplomacy
while developing binational
relationships.

WHAT AM I DOING?
Students will attend
sessions led by local
and global leaders
and participate in a
binational
diplomacy
simulation.

MARCH 2026
Southwestern College

SIGN UP
Talk to Ms. Boquiren or email
rkibrom@preuss.ucsd.edu or
cboquiren@preuss.ucsd.edu

Sign up here:


<https://forms.gle/kw6gSGMicda1g9yy5>

Robotics Club

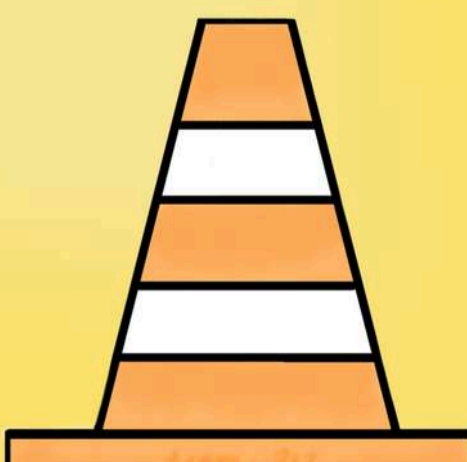
**ROBOTICS
CLUB**

Join us Tuesday,
Wednesday,
and Thursday

#4

 **Fab Lab!**

TO STAY UPDATED, FOLLOW US ON
INSTAGRAM: @MIDNIGHTMECHANICS

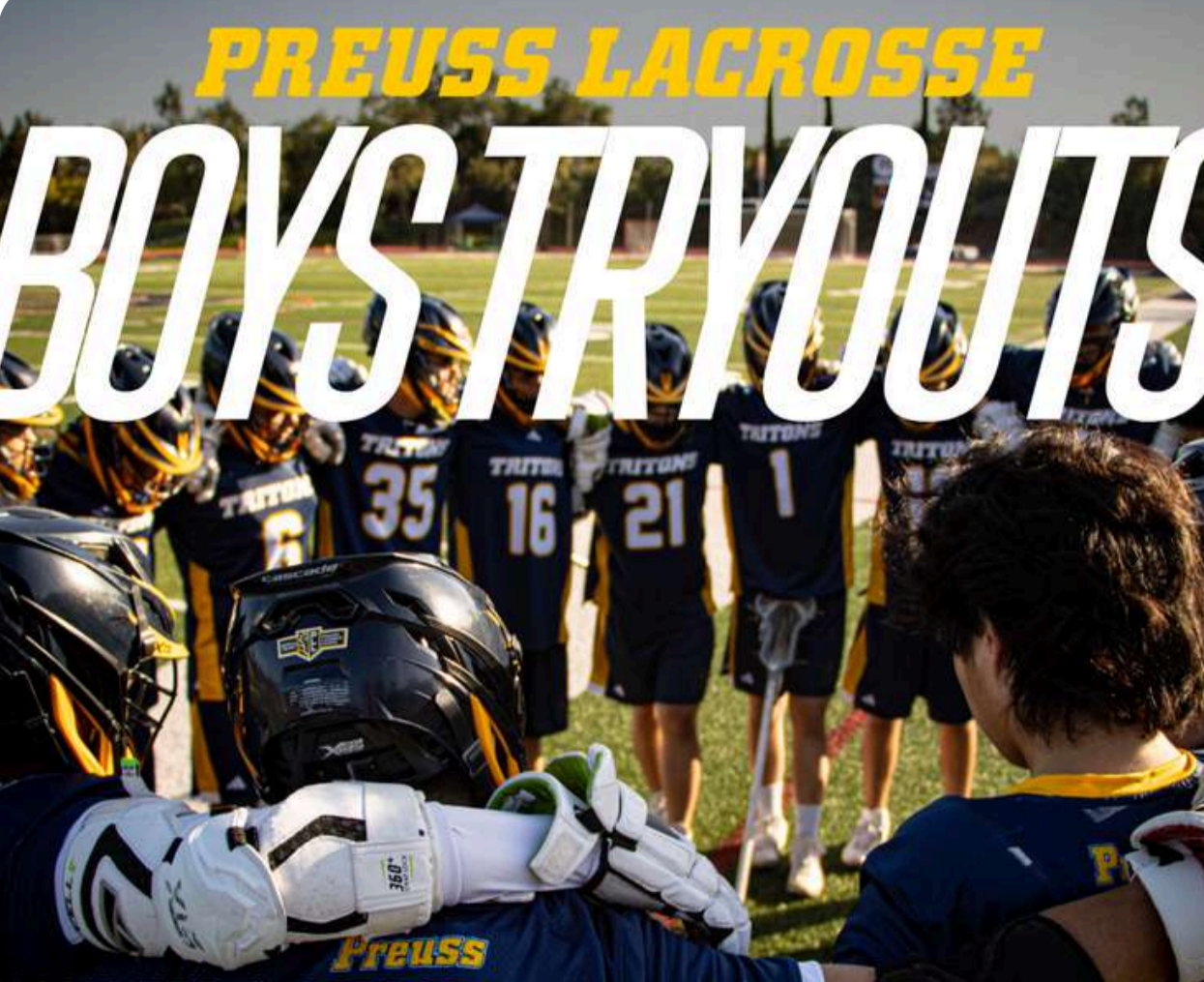


Sign up here:

<https://forms.gle/KteHHwmgjx66GaGq7>

Boys Lacrosse Tryouts

PREUSS LACROSSE
BOYS TRYOUTS



MON FEB 9 4-5PM
MANCHESTER FIELD
*MUST HAVE PHYSICAL TO PARTICIPATE

**BRING TENNIS SHOES/CLEATS,
LACROSSE STICK AND WATER**

club announcements!

Henna Club

Come and join the Henna Club! Learn about what henna is, its traditional significance, and how to create your own art designs. The Henna Club meets every **Tuesday after school** in **T101**. (Ms. Noorzays classroom) See you there!

Henna Club

COME JOIN US ON THE 2ND AND 4TH WEDNESDAY OF THE MONTH IN ROOM B203 DURING HIGH SCHOOL LUNCH

PRE-LAW SOCIETY CLUB

Pre-Law Society Club

JOIN SCIENCE OLYMPIAD!

Science Olympiad is a nationwide STEM competition for middle and high school students. Students compete in teams in a series of hands-on and knowledge-based events. The competition aims to inspire interest in STEM fields, build problem-solving skills, and foster collaboration. Interested in STEM, problem-solving and team competition? If so, attend Science Olympiad meetings!

TUESDAYS - 4:00PM ROOM C202

Science Olympiad

PREUSS MUN

EVERY 1ST AND 3RD THURSDAYS OF THE MONTH HIGH SCHOOL LUNCH

GOOGLE CLASSROOM CODE: **qc7x6qy**
CLASSROOM: **B203**

Preuss MUN Club

ART CLUB

AFTER SCHOOL MEETS: WEDNESDAY; WEEKLY FROM 4:05-5:00

GC CODE: **eyzqfll**

IN NEED OF EXPERIENCED ARTISTS

Experienced artists in need for homecoming decorations, secrecy and confidentiality is required. If interested please show up to T101 on Sep 3. at 4:05

Art Club

THE PREUSS ESPORTS TEAM IS LOOKING FOR NEW PLAYERS!

HAVE A PASSION FOR GAMING? INTERESTED IN PLAYING IN THE FALL OR SPRING? JOIN US!

September 10th HS Lunch
E202

HAVE QUESTIONS?

Email Coach Esparza lesparza@ucsd.edu & Coach Hua mhua@ucsd.edu

eSports Club

2nd Thursday of each month during lunch

CRIMINAL JUSTICE

Google Classroom Code: **lq2yzq3h**

Meet Officers Wolf and Romano!

Room: E103
Insta: [criminaljusticeclub2026](https://www.instagram.com/criminaljusticeclub2026)

Know about your rights & how to stay safe

Criminal Justice Club

Ecology Club

Trash belongs in the Bin
YOU belong in Ecology Club!

Join Ecology Club!

With a new advisor & officers, we plan on fixing the issues of previous years while keeping the club spirit the same: Keeping Preuss clean through recycling, composting, & clean-ups

WHEN: After-school Fridays
WEEKLY MEETINGS
FROM: 4:05 pm - 5:00 pm
WHERE: Behind A Building

Ecology Club

Join us for

Asian Pacific Islander Association

Dance, Community Service, AAPI celebrations

2nd & 4th Wednesdays during Lunch in E201

2027-dtho@preuss.ucsd.edu
j10nguyen@preuss.ucsd.edu

APIA Club

JOIN US FOR Interact Club!

Every 2nd and 4th Tuesdays during HS lunch! When?

Where? **Room D201**

bp44xvt Classroom code!

Questions, comments, or concerns?
Contact: j10nguyen@preuss.ucsd.edu and/or 2027-dtho@preuss.ucsd.edu

Interact Club

THE PREUSS BOOK CLUB

Throughout the club, we read a diverse range of books covering different genres, cultures, and time periods. We meet every 1st and 3rd Tuesday of the month during lunch—and we get to keep the books we read for free! Club fair is coming up so don't forget to join!

We meet in Mrs. Majors room (E101).

Book Club

JOIN US AT

Dreamers Club

EVERY 1ST AND 3RD MONDAY OF THE MONTH ROOM E202

PROVIDING A SAFE SPACE FOR UNDOCUMENTED AND DOCUMENTED STUDENT.

ANY QUESTIONS?
lesparza@preuss.ucsd.edu
ssilva@ucsd.edu
Classroom Code:

Dreamers Club

club announcements!

PREUSS
DEBATE CLUB IS AN ENVIRONMENT FOR STUDENTS TO FOSTER CRITICAL THINKING AND PUBLIC SPEAKING SKILLS AND CONFIDENCE. CHALLENGE IDEAS, ENGAGE IN MEANINGFUL DISCUSSIONS, AND MOST OF ALL, HAVE FUN!!!

DEBATE CLUB

1ST AND 3RD WEDNESDAYS @ LUNCH

Debate Club

EVERY 1ST AND 3RD TUESDAY OF THE MONTH

LA GLORIA LATINA

We meet during lunch in Mrs. Wiedemeier's room (D203).

To stay updated with our events follow our Instagram page: [laglorialatina_](#)

La Gloria Latina Club

JOIN US IN E201

FINANCE CLUB

Tuesday's After School

LEARN TO BE FINANCIALLY LITERATE AND IMPROVE YOUR KNOWLEDGE OF MONEY WITH FUN GAMES, MONTHLY COMPETITIONS, AND PRIZES.

Finance Club

1ST and 3RD Wednesdays of Each Month!

Tsunami Club

When: High school Lunch
Where: E102

Google Classroom code: jnei3d6i

Tsunami Club

ROCK BAND

Room T102
Tuesdays 4:00pm - 5:00pm

Become a member of a band as a vocalist, drummer, guitarist, bassist, or keyboardist. Learn different songs with your band mates to eventually perform in shows. No instrument experience is needed!

Rock Band Club

ROBOTICS CLUB

THURSDAY

TO STAY UPDATED, FOLLOW US ON INSTAGRAM: @MIDNIGHTMECHANICS

THE FAB LAB

4:00 P.M. - 5:00 P.M.

Robotics Club

BLACK STUDENT UNION!

JOIN TO CONNECT, CELEBRATE, SUPPORT, AND EMPOWER OUR COMMUNITY!

EVERY 2ND AND 4TH TUESDAYS IN E101!

FOLLOW US ON INSTAGRAM! @PREUSSBSU

BSU Club

ADVISOR: DR. J

PREUSS COMP SCI

Meets every 2nd and 4th Mondays in H101

INSTA: PREUSSCOMPSCICLUB
GOOGLE CLASSROOM: BP7LF6TL

Comp Sci Club

Join us at...
MSA CLUB!

EVERY 8-DAY FRIDAY OF THE MONTH DURING LUNCH IN ROOM E202!

FOLLOW OUR INSTA FOR MORE UPDATES!
@preussmsa

ANY QUESTIONS OR CONCERNS:
dylv@preuss.ucsd.edu
mrashidi@preuss.ucsd.edu

MSA Club

Tri-M
HONOR SOCIETY
SIGN UP TO TRI-M!

FOR MORE INFORMATION CLICK BELOW

GRAPES 10-12
GPA MINIMUM 3.5

<https://tinyurl.com/PreussTriM>

Tri-M Society
<https://tinyurl.com/PreussTriM>

HOSA CLUB
FUTURE HEALTH PROFESSIONALS

Are you interested in healthcare, leadership, or helping others?

Come join HOSA - Future Health Professionals and be part of a team that prepares for success in the medical field!

- Meetings: 1st & 3rd Wednesday of each month
- First meeting: Wednesday, October 15th
- At Lunch
- Learn about medical careers
- Participate in competitions & service projects
- Make new friends who share your passion!

Bring your lunch, your curiosity, and your ambition!
Follow us on Instagram: @PREUSSHOSA

HOSA Club

RED CROSS CLUB
THE PREUSS SCHOOL UCSD

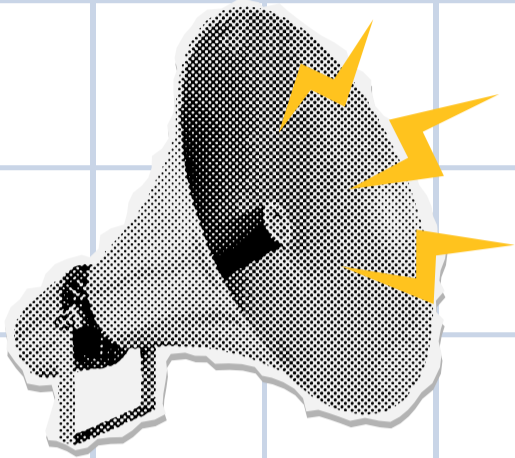
WHAT IS RED CROSS?
A global nonprofit organization that helps people in emergencies, provides blood services, health and safety training, and fundamental principles of humanity, impartiality, and neutrality.

WHAT WE DO:
Blood drives (tassel for graduation available)
Learn about disaster preparedness.
Raise money to support families affected by disasters.
Earn life-saving skills like CPR and first aid.
Work directly with the Red Cross, getting training and opportunities to take part in real service projects.

VOLUNTEER HOURS AVAILABLE!
JOIN OUR GOOGLE CLASSROOM: [xzjffway](#)

Red Cross Club

daily reminders!



SCHOLARS! ↓

if you would like to add something to the bulletin, please send it to Ms. Isa's email, icayanan@ucsd.edu, by **5pm** the day before!

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](tel:619-318-1338) or call MTS dispatch at [619-595-4960](tel:619-595-4960). Put these important numbers in your phone so you have them available anytime you ride the trolley!

Lost or forgot something on the trolley?

Call [619-233-3004](tel:619-233-3004) and let them know which trolley line you were on and give a detailed description of what you're looking for.

