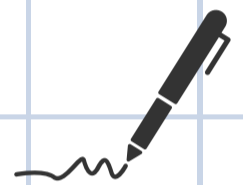
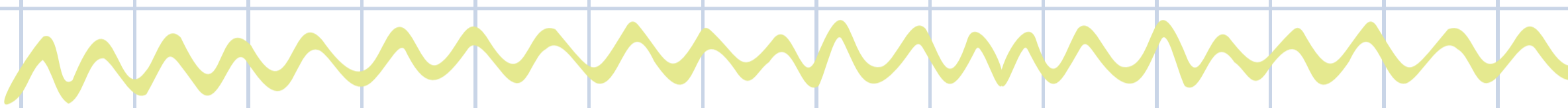


the Preuss School



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

Today is: B-DAY

SAT Word
defamatory (adj.)
harmful toward
another's reputation

SAT Word
Sentence Example
The *defamatory* gossip
spreading about the actor
made the public less willing
to see the actor's new movie.



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



January

at a glance!

JAN
10

9:00AM - 11:00AM

**Saturday Enrichment
Academy (SEA)**

JAN
16

2:30PM - 4:00PM

**Feeding San Diego Food
Distribution**

JAN
19

ALL DAY

NO SCHOOL
MLK Day Observance

JAN
28

2:30PM - 4:00PM

**Middle School
Spelling Bee**

JAN
30

TIME TBD

**Winter Social
(MS Only)**

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

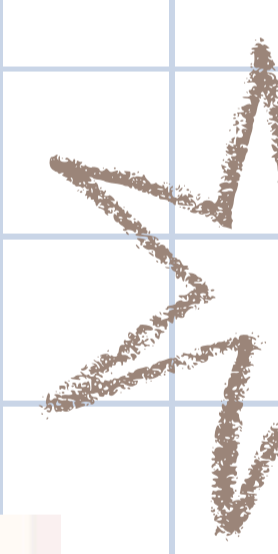
- NOT required to stop and talk with them, answer questions, or show documents
- Say " I know I have the Right to Remain Silent"
- Am I under arrest or am I free to go?

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

1/27: home vs. high tech mesa
4:30pm @ ucsd main gym

1/29: away @ o'farrell charter
5:45pm

girls

1/27: away @ gompers
4:30pm

1/29: home vs. CVLCC
3:00pm @ ucsd main gym

SOCCER

boys

1/27: home vs. bayfront charter
3:15pm

1/29: home vs. high tech mesa
3:15pm

girls

1/27: away @ bayfront charter
4:30pm

preuss athletics

GOOD LUCK TO OUR TEAMS!
IF YOU CAN, GO OUT AND 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

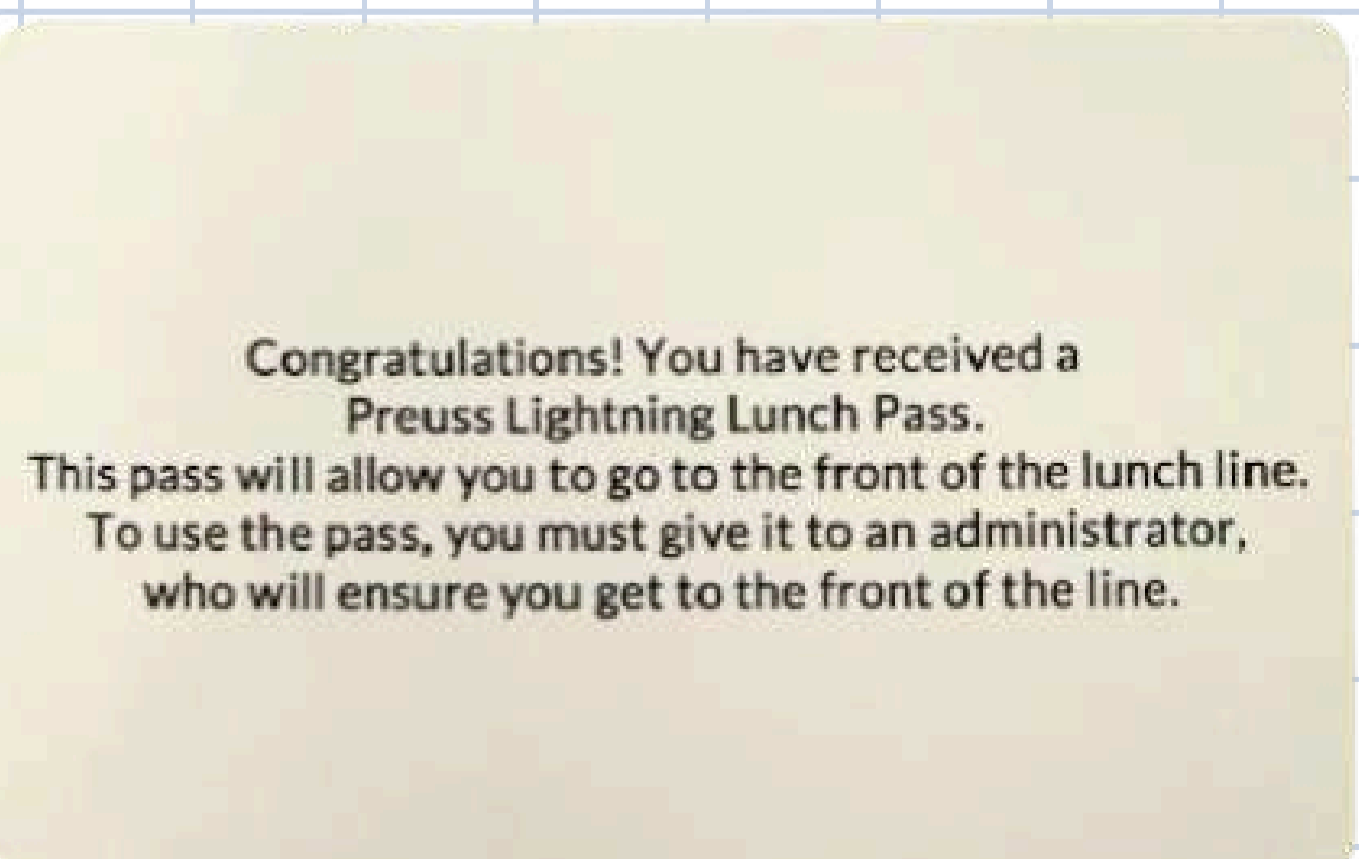
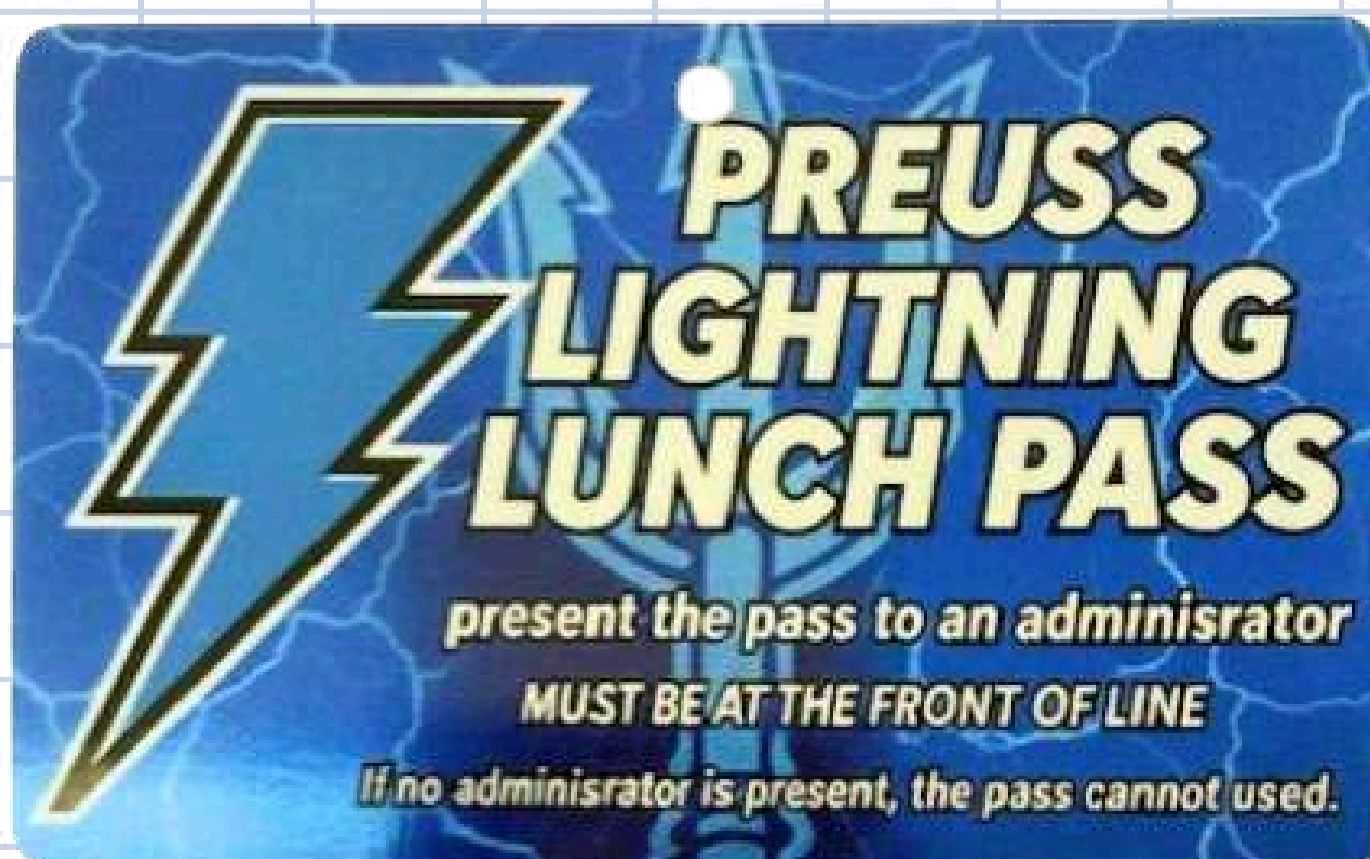
Picking up trash during lunch

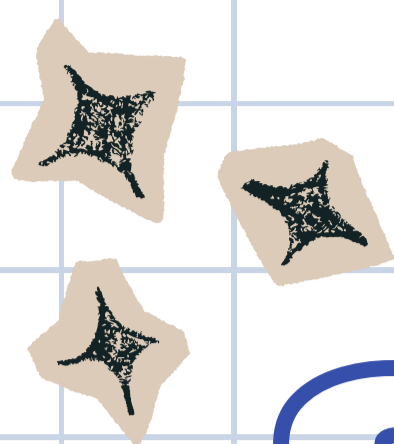
Showing random acts of kindness or leadership

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.

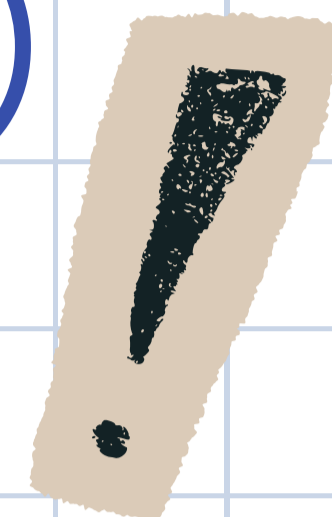
To redeem your pass, an administrator
(VP Agliam, VP Brown, or Dr. Steitz) must be available to escort you to the **front of the lunch line.**

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.

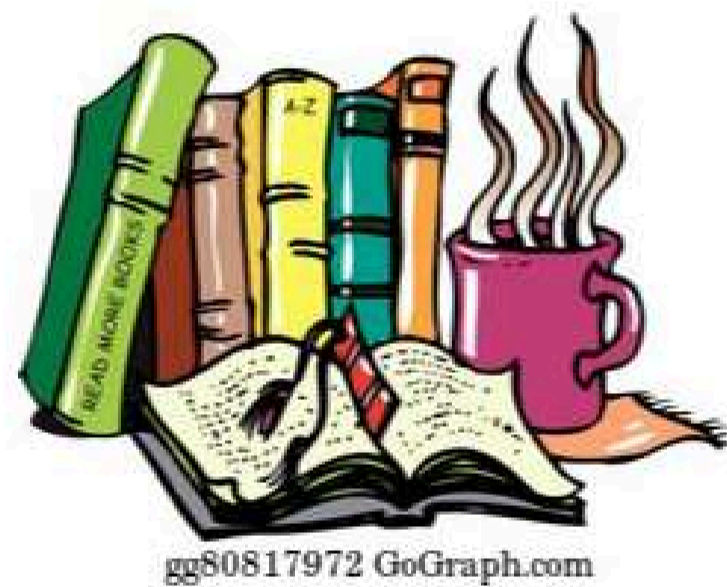
Students must apply by **February 27, 2026 at 4:00pm** on this link:
<https://forms.gle/QycHCCC2wBxu5wuTA>

Questions?

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

Preuss Annual Bookmark Contest!

The Preuss School UCSD Annual
BOOKMARK CONTEST



gg80817972 GoGraph.com



To promote literacy and creativity, The Preuss School Library is hosting its Annual **Bookmark Contest** beginning **Friday, January 16th** and ending **Tuesday, February 17th** with the **announcements of winners**, for all interested Preuss students! The theme this year is **Favorite Disney or Pixar character**. The contest is divided into two categories: **Middle School** and **High School** (unless only a few entries are submitted).

Students, faculty and staff will vote on all eligible entries, **Monday, February 9th** through **Thursday, February 12th**. The **top three bookmarks with the most votes for middle school and high school** will be announced as winners and their work will be published for the school to enjoy! Winners will receive a book of their choice. **All entries will be on display at UC San Diego's Geisel Library to celebrate [World Bookmark Day 2026 \(WOBODA 2026\)](#) during February and March.**

The **Bookmark Design** must include:

- Appropriate illustration of the Disney/Pixar character
- An appropriate quote/catch phrase from the Disney/Pixar character
- Your original artwork (no group effort)
- Must be in color
- You **must** use the bookmark provided by the library

Guidelines:

- Pick-up blank bookmark from the circulation desk starting **Friday, January 16th, 2026**
- **Must be appropriate content.** Ms. Nance and Ms. Gonzalez reserve the right to disqualify any entry.
- **Do not laminate** (for publishing purposes)
- **The students' full name and advisory teacher must be on the back.**
- Students **must** submit the bookmark to Ms. Nance or Ms. Gonzalez at the circulation desk **no later than Monday, Feb. 2nd** to be eligible for voting.

**Note: Marvel characters
are NOT allowed!**



This day in history...

Rho Kappa

This Day In History

JANUARY 29TH, 2026



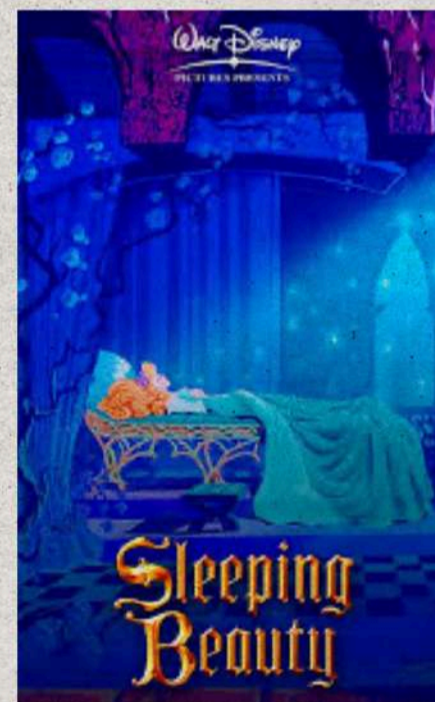
BIRTHDAY ANNOUCEMENTS!

Jan. 29th, 1954, is Oprah Winfrey's birthday. Known for her challenging upbringing and incredible generosity, she largely influenced the media. She started in radio, then became a news anchor, and later launched her iconic show, "The Oprah Winfrey Show," in 1986.

"You get a car! And you get a car!"

Jan. 29th, 1959

On this day, Walt Disney released their movie "Sleeping Beauty".



Jan. 29th, 2018 -
"Wakanda forever"

On this day, the Marvel film "Black Panther" premiered in Los Angeles. The movie starred Michael B. Jordan and the late Chadwick Boseman. The film generated a large community and even got a sequel called "Wakanda Forever".

Musical Fact of the Week!

THE OMNICHORD

Tri-M's Musical Fact of the Week

ORIGIN

The Omnichord is a harp-like synth instrument. It was created in 1981 by Suzuki, a music instrument company in Japan, the first model being the OM-27. It was made for people who had little to no music experience, making the Omnichord a great beginner instrument for its portability and simplicity.

FUNCTIONS

It mainly includes a strumplate and built-in chord buttons laid out in three rows: Major, Minor, and Sevenths. Players can press one of the buttons to play a certain chord and glide their fingers on the strumplate to play a series of notes from that selected chord. The Omnichord also features volume and tempo control, built-in rhythm, and drum patterns.



OM-27 MODEL

INFLUENCE

The Omnichord marked the beginning of a new era in electronic music for early 1980s Japan, now being utilized in various music genres, such as folk, pop, rock, and experimental.

SONGS FEAT. THE OMNICHORD

- "Remember You" from Adventure Time
- "Love is a Stranger" by Eurythmics
- "This Is the Day" by The The





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!



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

A MERE **\$2** CASH ONLY

Science Olympiad Noodle Sales

FINANCE CLUB SALE

Oreos: \$1

Arizona Green Tea: \$1

Chips: \$1

Cup of Noodles: \$1

Honey Buns: \$1.50

Finance Club Sales

CHIPS Sales

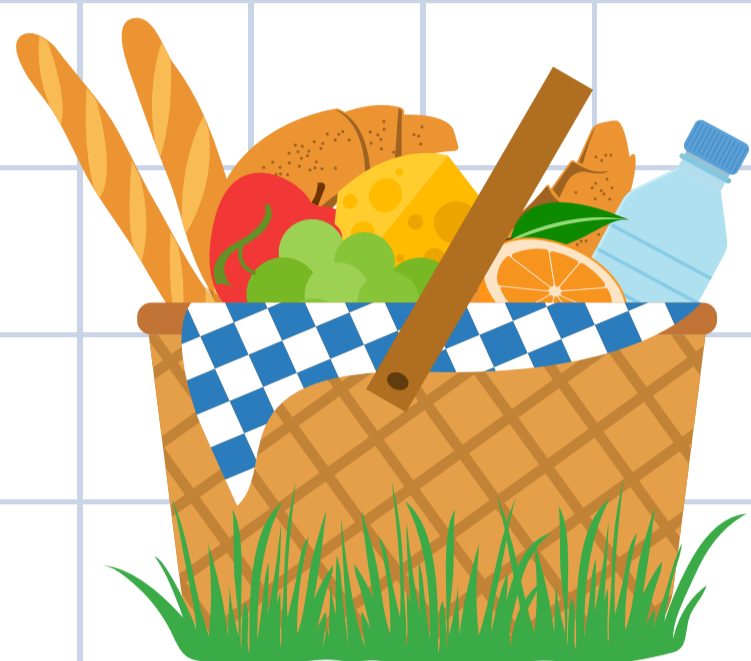
Every Monday!

FRONT OF SCHOOL
\$1

PREUSS MUN

MUN Chip Sales

general announcements!



**FEEDING
SAN DIEGO**

Food Donations

Next delivery scheduled for:
Friday, February 6, 2026

Yearbook Dedications

OPEN ORDER

Yearbook Dedications Prices

Full Page: \$250

Half Page: \$140

Quarter Page: \$80

Eighth Page: \$45

Dedicate a page for yourself, friends, or others!!!

ORDER NOW

Deadline: 1/31 2026

Contact: Dr. Ensberg Room: E203
pensberg@ucsd.edu

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

<https://tinyurl.com/PAMath2526>

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

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

Sign up here:
<https://forms.gle/kw6gSGMxcdalg9yy5>

Robotics Club

TO STAY UPDATED, FOLLOW US ON
INSTAGRAM: @MIDNIGHTMECHANICS

ROBOTICS CLUB

WEEK
of REBUILT

JOIN US
TUESDAY,
WEDNESDAY,
AND THURSDAY
@ THE FAB LAB!

Volleyball Tryouts

Preuss Boys Volleyball Tryouts

VOLLEYBALL TRYOUTS

Friday: Feb. 6th & Saturday: Feb. 7th

FRIDAY
5:30PM-7:30PM

SATURDAY
11:30AM-1:30PM

9th - 12th Grade

- Must have proof of a current physical.
- No exceptions.
- If you do not a physical you may not tryout.

Please contact Coach Wirszyla with any questions:
pwirszyla@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/KteHHwmgjx66GaGq7>

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: PREUSSCOMPSCI CLUB
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

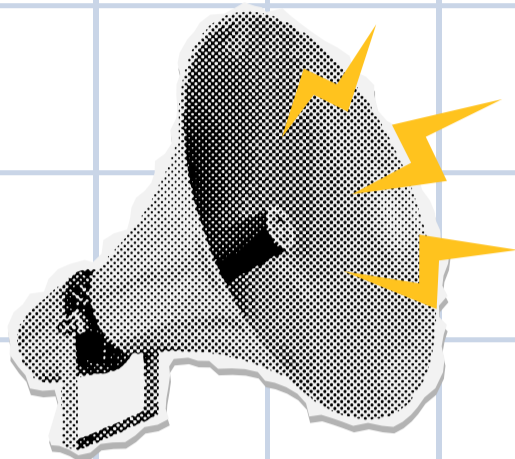
WHAT IS RED CROSS?
A global nonprofit organization that helps people in emergencies, provides blood services, health and safety training, and fundamental principles of humanity, impartiality, and neutrality.

WHAT WE DO:
Blood drives (passel 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.

