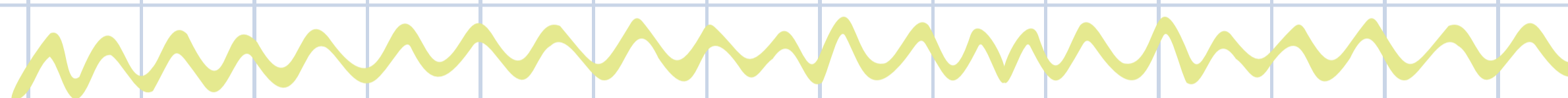
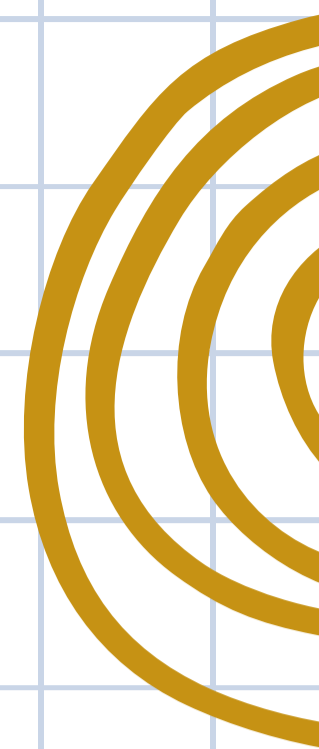


# the preuss school



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

Today is: A-DAY

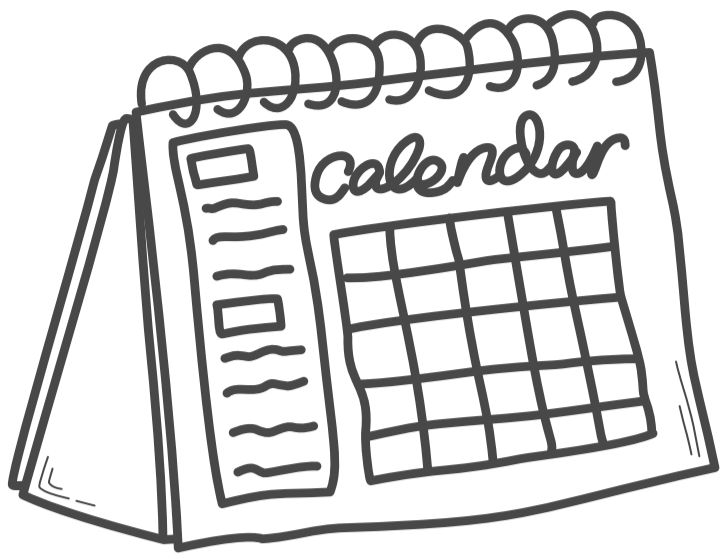
SAT Word  
desecrate (v.)  
to violate the sacredness of  
a thing or place

SAT Word  
Sentence Example  
They feared that the  
construction of a golf  
course would **desecrate** the  
preserved wilderness.



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





# march

at a glance!

MAR

**6 + 20**

2:30PM - 4:00PM

Feeding San Diego  
Food Distribution

MAR

**7 + 21**

9:00AM - 11:00AM

Saturday Enrichment  
Academy (SEA)

MAR

**12**

4:30PM - 6:30PM

Festival of  
the Arts

MAR

**10-13**

ALL DAY

PI Week  
Fundraiser

MAR - APR

**30-3**

ALL DAY

**NO SCHOOL**  
*Spring Break*

# 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

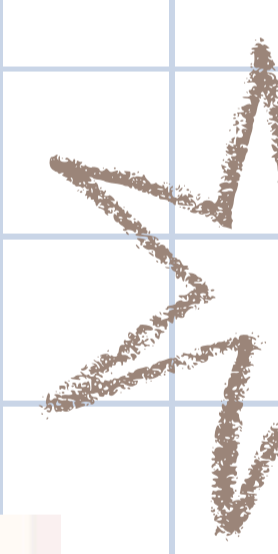
- NOT required to stop and talk with them, answer questions, or show documents
- Say " I know I have the Right to Remain Silent"
- Am I under arrest or am I free to go?

### 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. Chovy + Ms. Barnes - Room D101

## Tuesday

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

## lacrosse

### boys

2/25: away @ san ysidro (5:30pm)  
2/27: home vs. hilltop (4pm)  
3/4: home vs. classical academy jv (4:30pm)  
3/6: home vs. mt. carmel (4pm)

### girls

3/5: home vs. point loma (4pm)

## boys volleyball

3/5: home vs. cristo rey (3pm)

## track & field

3/12: fc cluster meet #1 (3pm)  
3/26: fc cluster meet #2 (3pm)

### 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

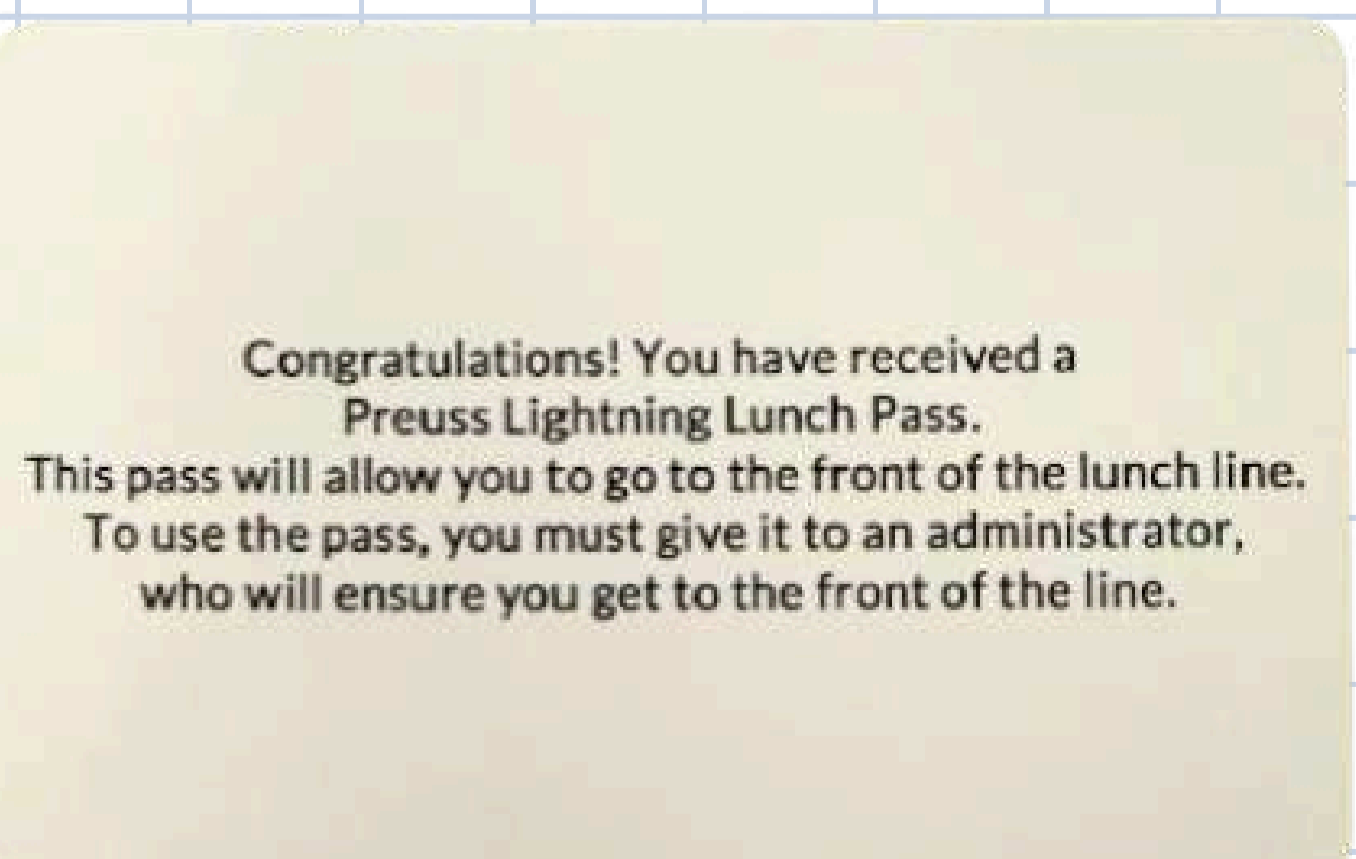
Picking up trash during lunch

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! ⚡



# january

## teachers of the month!



*Congratulations to our  
January Teachers of the  
Month!*

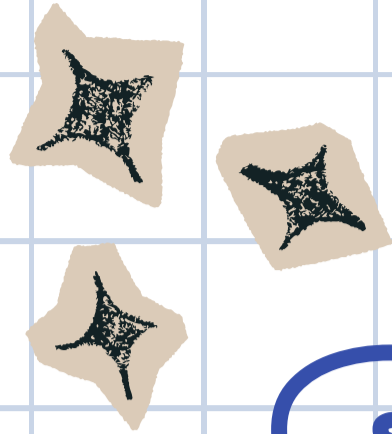
**Middle School:** Mr. Huang  
**High School:** Ms. Boquiren

These teachers go above and beyond every day—supporting students, creating engaging lessons, and building a positive classroom community. Their dedication, kindness, and commitment to excellence truly make a difference on our campus. Thank you for inspiring students and colleagues alike!

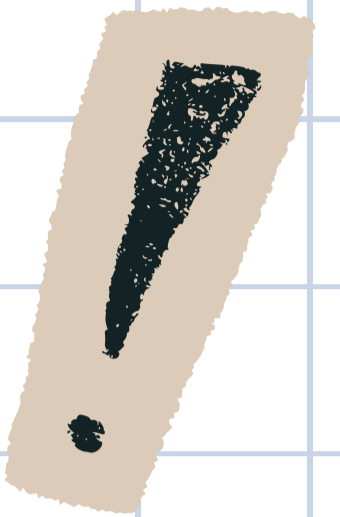


Voting for **February's Teacher of the Month** is now open. Please use the **Google Form link posted in Advisory** to submit your vote. Make your voice heard and help us recognize more outstanding educators!

**Voting closes soon—don't forget to participate!**



# scholarship *opportunities*



**Golden Pyramid Scholars Program**

Urban League San Diego County | San Diego Foundation | University of San Diego

**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](mailto:kea@sdul.org)

**Things that set us apart:**

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

SDGE | SOAP

Use this QR Code or the Link Below:  
<https://form.jotform.com/260115221606140>

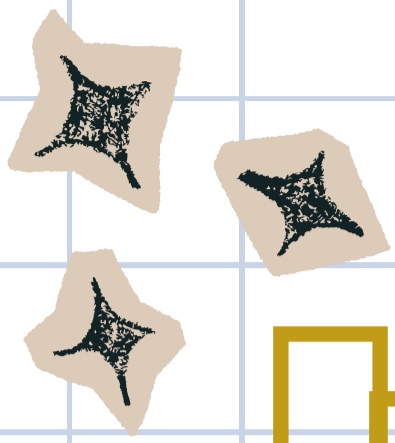
WWW.SDUL.ORG

Register Today!!!

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 to register immediately.



# lunch & learn!

## presentation



Preuss is presenting a community speaker, Mr. Sean Dunbar, CEO. The presentation will be on **March 6, 2026 during high school lunch**. He is coming to share his insight on preparation for college and employment after high school.

ALL high schoolers are invited to have pizza and ask questions. There is limited seating – register on the link below!

<https://bit.ly/DunbarLunch>

**LUNCH & LEARN**  
COMMUNITY ROOM - MARCH 6, 2026  
UPPER SCHOOL LUNCH - 12:15 P.M.

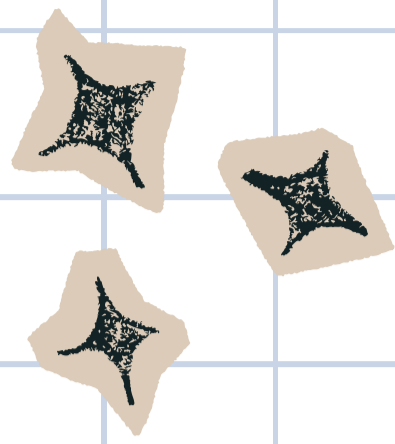
*A talk with a distinguished local executive about their business-leadership experiences, offering valuable insights into college and career development.*



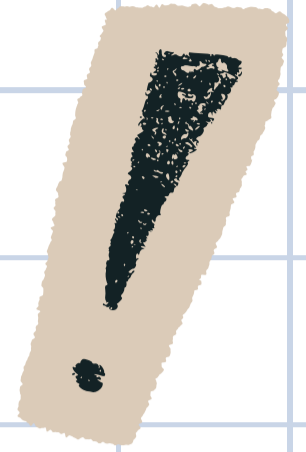
**REGISTER HERE:**

<https://bit.ly/DunbarLunch>

**SEAN DUNBAR, CCM  
VICE PRESIDENT /  
PROGRAM +  
CONSTRUCTION  
MANAGEMENT**



# Upcoming events



next week... **PI WEEK!**  
3/10 - 3/13

**PIE YOUR TEACHER!**  
FUNDRAISER EVENT

**PIE TEACHERS AND STUDENTS**

**GRADE LEVEL - SCHEDULE -**

- 3/10 TUESDAY: FRESHMEN
- 3/11 WEDNESDAY: JUNIORS
- 3/12 THURSDAY: SOPHOMORES
- 3/13 B-DAY FRIDAY: SENIORS

Toss a pie for:  
• \$3 - 8ft distance  
• \$5 = throw from 5ft

50% of all proceeds will be donated to each class!

7<sup>th</sup> Grade  
Read-a-Thon

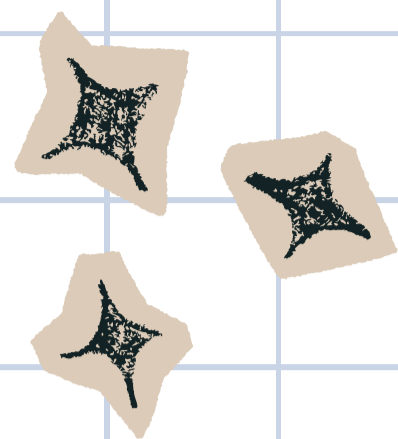
**READ-A-THON**

**PRIZE INCLUDED**  
7<sup>th</sup> Graders

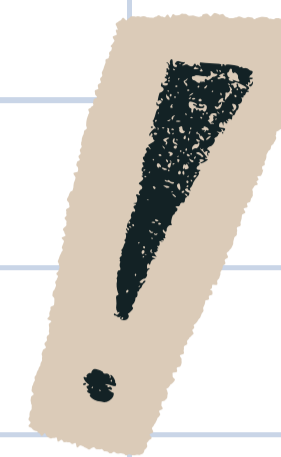
How many pages can you read? In order to join the ice cream party you must read a total of 280 pages with an included summary of each chapter you read. One student with the most read pages from each advisory will be rewarded with a \$15 gift card to Barnes and Nobles. There will be AI checks and parent and advisory teacher signature required. **NO PICTURE BOOKS** including manga, comic books.

**MARCH 2 - APRIL 1**

Any questions?  
hidominguez@preuss.ucsd.edu  
j10nguyen@preuss.ucsd.edu  
ezavalarojas@preuss.ucsd.edu



# upcoming events



*Preuss AirBand*

## AROUND THE WORLD

Friday @ 6:00 pm ✈️  
April 17<sup>th</sup> Walton Center



## AUDITION REQUIREMENTS

- Acts inspired by your culture or heritage are encouraged, but not required.
- Email must include name and grade of everyone in the act.
- Students can only participate in one student led act (not counting advisory and club acts)
- Videos must have clear visual and audio quality.
- Any audio used during your act must also be sent as an mpg OR as a YouTube link.
- Videos MUST have clear visual and audio quality
- Wear whatever outfit you plan on wearing during the act in your video

**EMAIL YOUR VIDEO TO  
[HSASB@PREUSS.UCSD.EDU](mailto:HSASB@PREUSS.UCSD.EDU)  
BY APRIL 3<sup>RD</sup>**

**ACTS CANNOT EXCEED 4 MINUTES**

# This day in history...



**Rho Kappa**

**This Day In History**  
**Women's History Month Edition!**

**MARCH 4TH, 2026**

**BIRTHDAY ANNOUNCEMENTS!**

1985- Margaret D. Foster is born; she became the first woman to work for the U.S Geological Survey in 1918, only 3 days after getting her degree! She would later go on to play a crucial role for the Manhattan Project and the development of nuclear weapons.





**March 4th, 1933**  
Worker's rights advocate Frances Perkins becomes the first woman to serve in a presidential cabinet position. She helped make the Social Security system, unemployment insurance, and minimum wage/child labor bans, helping during the Great Depression.



**March 4th, 1917**  
Jeannette Rankin was the first woman to be elected into the U.S congress. As the representative of Montana, she helped with women's rights, peace, and was one of the few that voted to stay out of the first World War and paved a way for the 19th amendment and expanded opportunities for women in Congress



Rho Kappa Honor Society



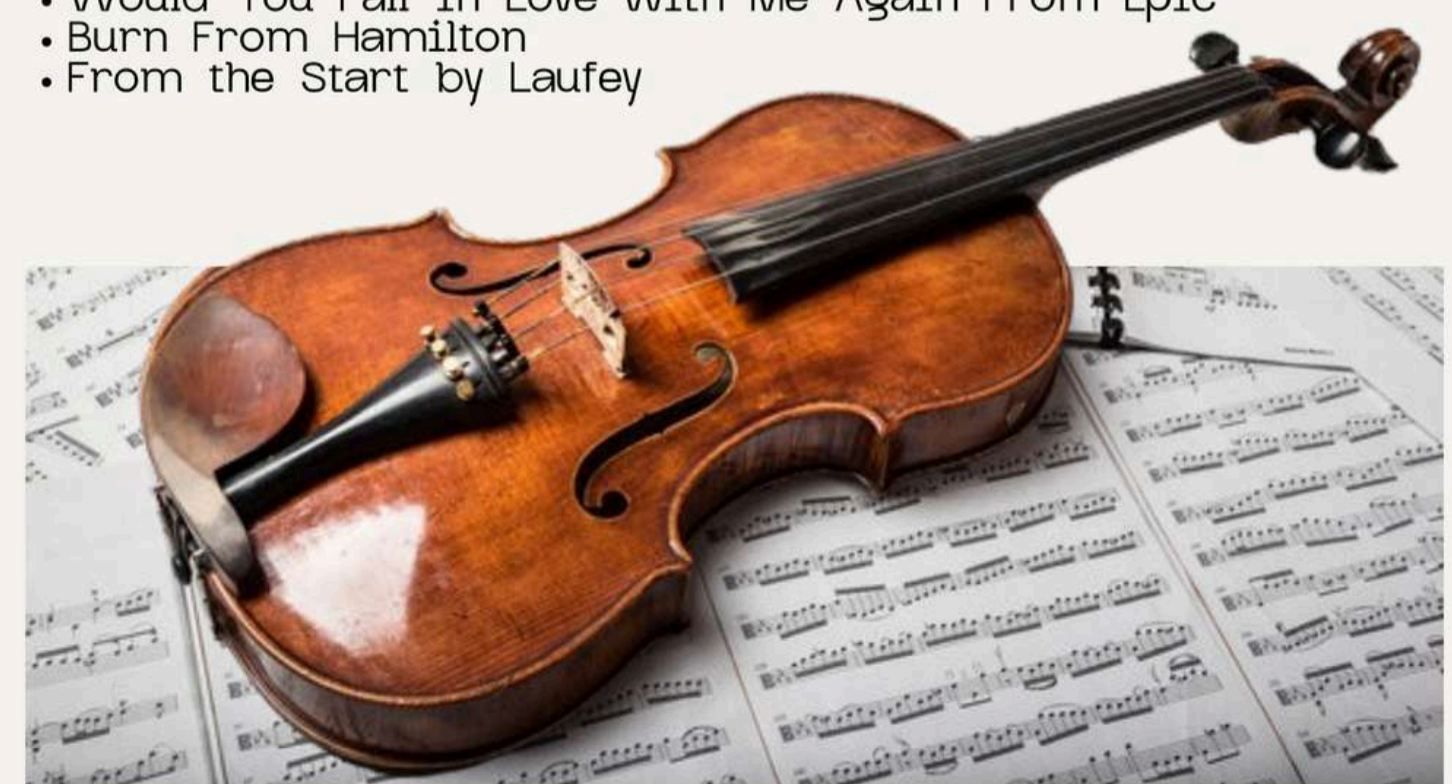
## Musical Fact of the Week

# Tri-M Musical Fact of the Week - The Viola

The viola is one of the least known string instruments that are used in an orchestra. This instrument was created around the early 16<sup>th</sup> century in Italy by Andrea Amati and Gaspare de Salo of the Brescia region. Its name as well as all stringed instrument were derived from the saying, "viola de braccio" and "viola de gambia" which means "viola played in the arm." The viola is an alto instrument that was created to fill harmonies between the cello and violin. Though it might not stand out while in an orchestra, it plays a major part in pulling in music together and having that harmonic bridge feeling.

### Music that includes violas that you may know!!

- Symphony by Clean Bandit ft. Zara Larsson
- We cant be friends (wait for your love) by Ariana Grande
- Willow by Taylor Swift
- Would You Fall in Love with Me Again From Epic
- Burn From Hamilton
- From the Start by Laufey



Preuss Tri-M





# food sales

after school!



## 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

APIA PRESENTS ...

### CUP NOODLE SALE

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

SHRIMP - CHICKEN - BEEF

**\$2**

APIA 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. 5<sup>th</sup>, 10<sup>th</sup>, 12<sup>th</sup>, & 27<sup>th</sup>
- March 5<sup>th</sup>, 11<sup>th</sup>, 16<sup>th</sup>, 19<sup>th</sup>, & 25<sup>th</sup>
- April 8<sup>th</sup>

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
- Sour Patch Kids: \$0.25

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, March 6, 2026**

**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>

**BINATIONAL  
YOUTH SUMMIT**

FOR MORE INFORMATION:  
[SANDIEGODIPLOMACY.ORG](http://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](mailto:rkibrom@preuss.ucsd.edu) or [cboquiren@preuss.ucsd.edu](mailto:cboquiren@preuss.ucsd.edu)

Sign up here:

<https://forms.gle/KteHHwmgjx66GaGqZ>

**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 20<sup>TH</sup>**  
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](mailto:aisanchez@preuss.ucsd.edu) (Isabella)

Food Drive

**CALLING ALL VOLUNTEERS!**

Hello Preuss Students! As we get closer to the end of our school year, we want to embrace your favorite memories and the marks you left in other communities. These include volunteering, club events, internships, and other activities you have been involved in. Fill out this form to share these moments with our YEARBOOK!!

Scan Me

Yearbook Submissions

<https://tinyurl.com/PreussCommunity2526>

**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/1FAIpQLSc6T1bhoQJJEfmHF1KYnUkqWsccl3PXpMYzmd4NgMUV\\_uv3Q/viewform](https://docs.google.com/forms/d/e/1FAIpQLSc6T1bhoQJJEfmHF1KYnUkqWsccl3PXpMYzmd4NgMUV_uv3Q/viewform)

Yearbook Student Life Submissions

# 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 10<sup>th</sup> HS Lunch  
E202

**HAVE QUESTIONS?**  
Email Coach Esparza [lesparza@ucsd.edu](mailto:lesparza@ucsd.edu) & Coach Hua [mhua@ucsd.edu](mailto:mhua@ucsd.edu)

eSports Club

2<sup>nd</sup> 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 2<sup>nd</sup> and 4<sup>th</sup> Tuesdays during HS lunch! When?

Where? **Room D201**

**bp44xvt** Classroom code!

Questions, comments, or concerns?  
Contact: [j10nguyen@preuss.ucsd.edu](mailto:j10nguyen@preuss.ucsd.edu) and/or [2027-dtho@preuss.ucsd.edu](mailto: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 1<sup>ST</sup> AND 3<sup>RD</sup> MONDAY OF THE MONTH ROOM E202

PROVIDING A SAFE SPACE FOR UNDOCUMENTED AND DOCUMENTED STUDENT.

ANY QUESTIONS?  
[lesparza@preuss.ucsd.edu](mailto:lesparza@preuss.ucsd.edu)  
[ssilva@ucsd.edu](mailto: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**  
1<sup>ST</sup> AND 3<sup>RD</sup> WEDNESDAYS @ LUNCH

Debate Club

EVERY 1<sup>ST</sup> AND 3<sup>RD</sup> 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

1<sup>st</sup> and 3<sup>rd</sup> 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  
4:00 P.M. - 5:00 P.M.

TO STAY UPDATED, FOLLOW US ON INSTAGRAM: @MIDNIGHTMECHANICS

Robotics Club

**BLACK STUDENT UNION!**

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

EVERY 2<sup>ND</sup> AND 4<sup>TH</sup> TUESDAYS IN E101!

FOLLOW US ON INSTAGRAM! @PREUSSBSU

BSU Club

ADVISOR: DR. J

**PREUSS COMP SCI**

Meets every 2<sup>nd</sup> and 4<sup>th</sup> 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:  
dylw@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

Tri-M Society

**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

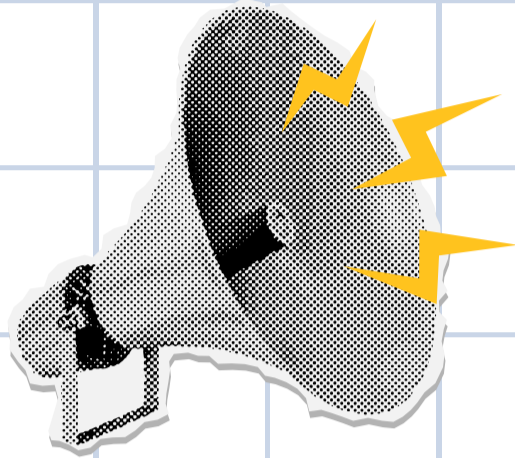
**WHAT IS RED CROSS?**  
A global nonprofit organization that helps people in emergencies, provides blood services, health and safety training, and fundamental principles of humanity, impartiality, and neutrality.

**WHAT WE DO:**  
• Blood drives (asset 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](mailto: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.

