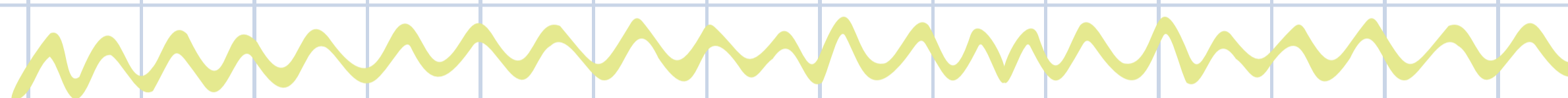
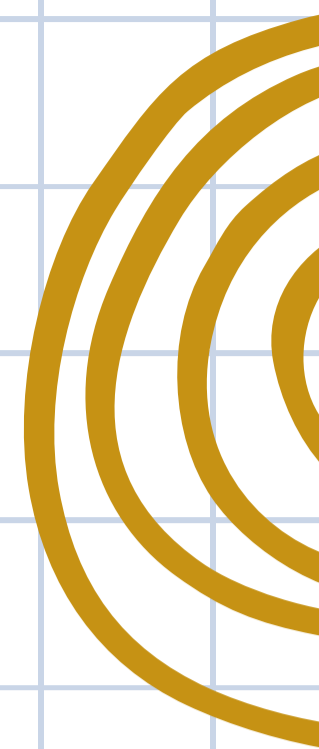


the preuss school



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

Today is: B-DAY

SAT Word
effervescent (adj.)
bubbly, lively

SAT Word
Sentence Example
"My friend is so effervescent
that she makes everyone
smile."



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



may



at a glance!

MAY
1 + 15
2:30PM - 4PM
Feeding San Diego
Food Distribution

MAY
2 + 16
9AM - 11AM
Saturday Enrichment
Academy (SEA)

MAY
9
5PM - 9PM
Prom

MAY
4-15
VARIES
AP Testing

MAY
20
3PM - 4PM
Spring Concert

MAY
25
ALL DAY
NO SCHOOL
Memorial Day

MAY
27-28
ALL DAY
CAASPP Testing

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

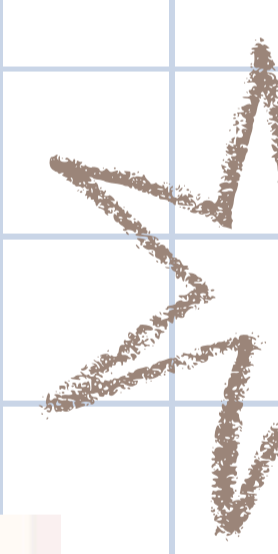
- NOT required to stop and talk with them, answer questions, or show documents
- Say " I know I have the Right to Remain Silent"
- Am I under arrest or am I free to go?

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



Undocumented/Mixed-Status Scholar Resources

ICE Support during Summer

WE'RE HERE FOR YOU

EVEN WHEN SCHOOL IS OUT FOR SUMMER

ICE arrests are increasing in our community. If a parent or caregiver is detained by ICE, you are not alone. Students Without Limits (SWOL) is here to support your family.



ESTAMOS AQUÍ PARA USTED

INCLUSO CUANDO LA ESCUELA ESTÁ DE VACACIONES

Los arrestos de ICE están aumentando en nuestra comunidad. Si un padre o cuidador es detenido por ICE, usted no está solo. Students Without Limits (SWOL) está aquí para apoyar a su familia.



IF A PARENT IS DETAINED BY ICE, TAKE THESE STEPS:



1. CONTACT US RIGHT AWAY

Call or text us as soon as possible. We are here to listen and help.



2. WE CAN HELP YOU MAKE AN EMERGENCY PLAN

- Choose a trusted caregiver for your children
- Gather important documents
- Make a plan for communication



3. GET SUPPORT

- Guidance on what to do next
- Referrals to legal and community resources
- Support for your children and family during this difficult time



4. YOUR INFORMATION IS SAFE WITH US

We keep your information private and never ask about immigration status.



YOU ARE NOT ALONE.

We are a local, trusted organization that cares about our community. We are here for you—confidentially, respectfully, and without judgment.



STAY CONNECTED THIS SUMMER

Save our number and reach out anytime. We are here all summer long.



SI UN PADRE ES DETENIDO POR ICE, SIGA ESTOS PASOS:



1. COMUNÍQUESE CON NOSOTROS DE INMEDIATO

Llámenos o envíenos un mensaje de texto lo antes posible. Estamos aquí para escucharle y ayudarlo.



2. PODEMOS AYUDARLE A CREAR UN PLAN DE EMERGENCIA

- Elija un cuidador de confianza para sus hijos
- Reúna documentos importantes
- Haga un plan de comunicación



3. OBTENGA APOYO

- Orientación sobre los próximos pasos
- Referencias a recursos legales y comunitarios
- Apoyo para sus hijos y su familia durante este momento difícil



4. SU INFORMACIÓN ESTÁ SEGURA CON NOSOTROS

Mantenemos su información privada y nunca preguntamos sobre su estatus migratorio.



USTED NO ESTÁ SOLO.

Somos una organización local y de confianza que se preocupa por nuestra comunidad. Estamos aquí para usted—confidencialmente, con respeto y sin juzgar.



MANTÉNGASE EN CONTACTO ESTE VERANO

Guarde nuestro número y comuníquese con nosotros cuando lo necesite. Estamos aquí todo el verano.

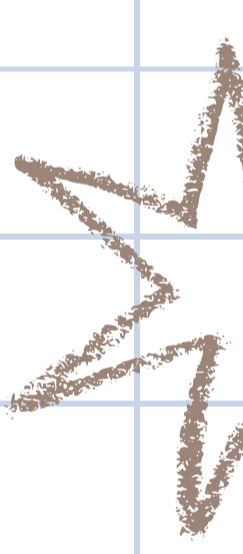
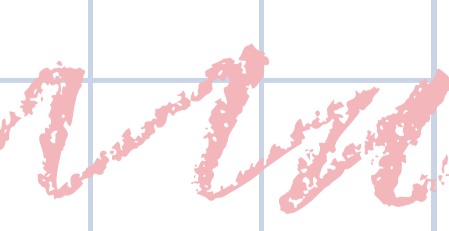


773-762-5121
 Text: 773-947-2032
 studentswithoutlimits.org
 Serving and protecting immigrant students and families.

773-762-5121
 Texto: 773-947-2032
 studentswithoutlimits.org
 Sirviendo y protegiendo a estudiantes y familias inmigrantes.



¡SU FAMILIA IMPORTA. SU LLAMADA IMPORTA. ESTAMOS AQUÍ PARA AYUDAR! YOUR FAMILY MATTERS. YOUR CALL MATTERS. WE ARE HERE TO HELP!



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

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

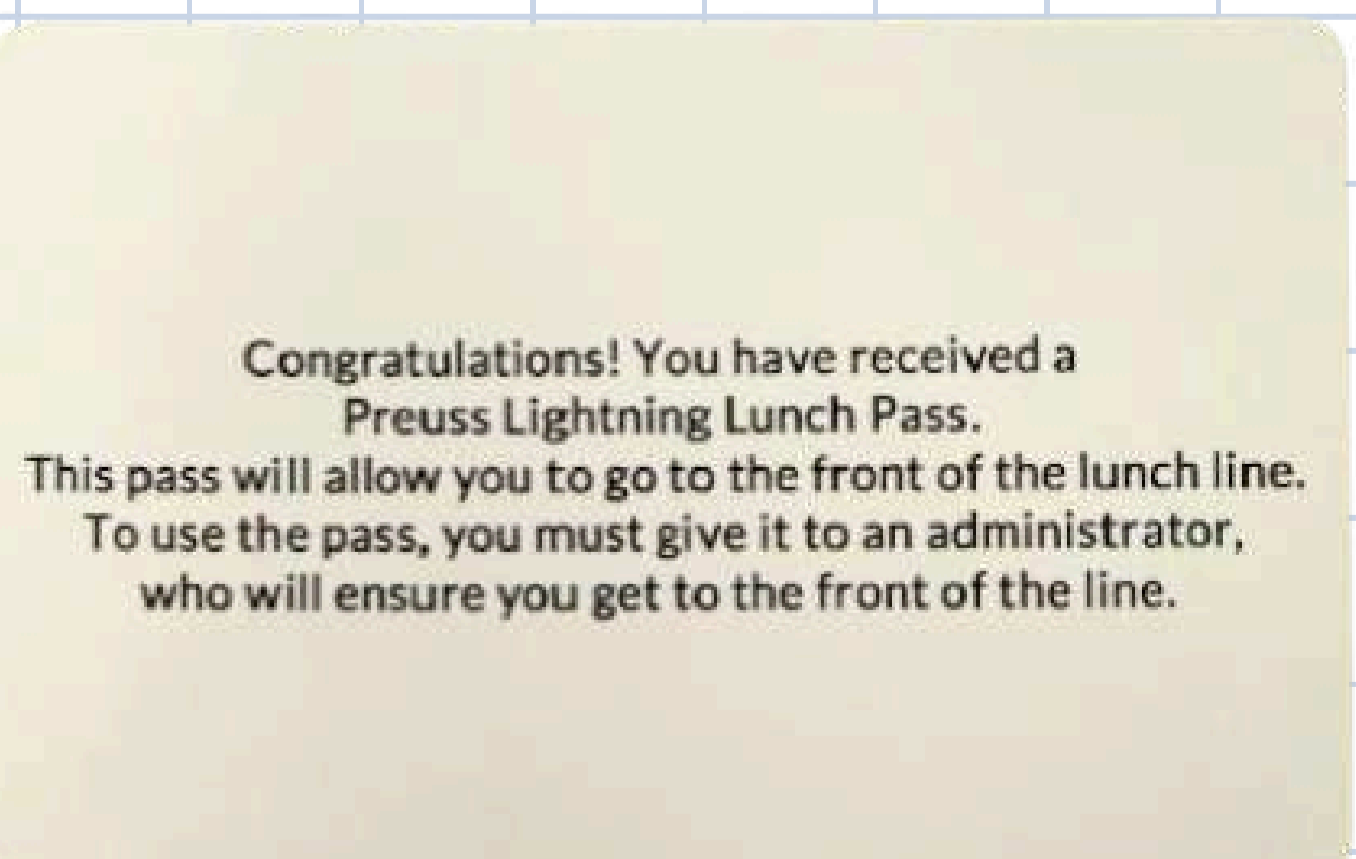
Picking up trash during lunch

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! ⚡



March

teachers of the month!



*Congratulations to our
March Teachers of the
Month!*

Middle School: Ms. Barnes
High School: Ms. Noorzay

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 **April'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!

It's Mental Health Awareness Month!

Prioritize rest, reach out, stay connected, and remember that taking care of your mental health is a strength.

The infographic features a central text block surrounded by various nature-themed icons. The icons include flowers, a cactus, a sun, a butterfly, a rainbow, a bird, a plant, a fox, and a nest. Each icon is accompanied by a short text phrase. The central text reads: "PEOPLE CAN BE STRUGGLING WITH THEIR MENTAL HEALTH EVEN IF...".

They look Put together

They Have lots of friends

They have dreams and goals

They Laugh and smile a lot

They seem to be ok

They have a caring family

They say positive things

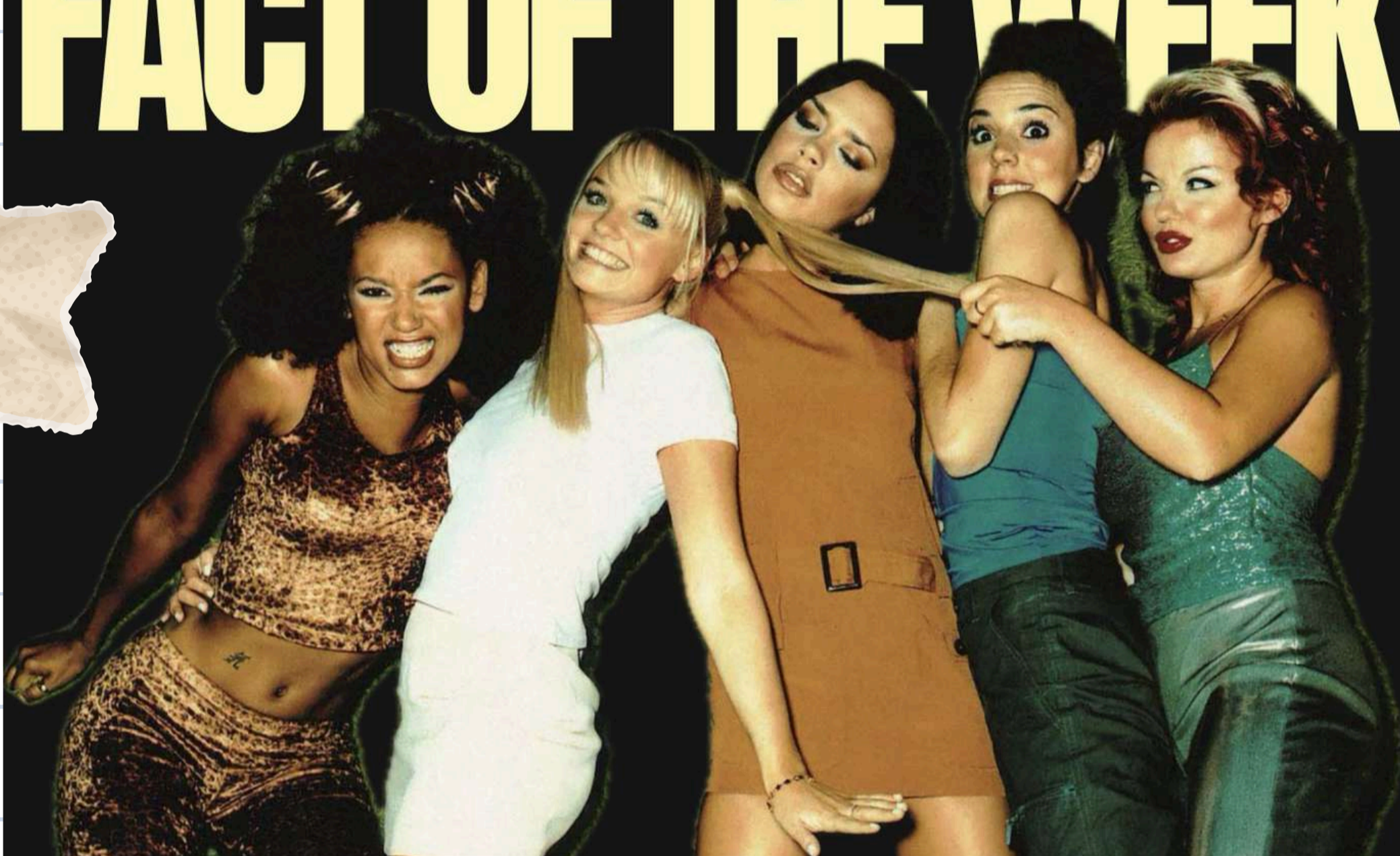
They have plans for the future

6seconds.org

You don't have to figure everything out on your own—reach out to a trusted adult, teacher, counselor or school nurse anytime you need support.

Musical Fact of the Week

TRI-M MUSICAL FACT OF THE WEEK



SPICE GIRLS

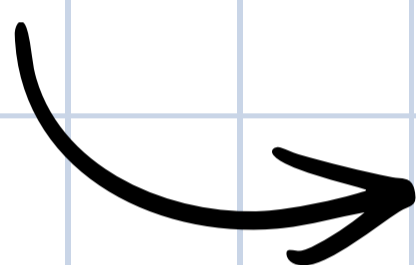
ENGLAND

The Spice Girls formed in 1994, consisting of Victoria Beckham (Posh Spice), Melanie Brown (Scary Spice), Emma Bunton (Baby Spice), Melanie Chisholm (Sporty Spice), and Geri Halliwell (Ginger Spice).

On May 24, 1997, The Spice Girls hit No.1 on the U.S. Billboard 200 with their debut album, *Spice*. For five weeks, the album stayed on top, creating a lasting historical impact on U.S. musical charts as an UK girl group. The Spice Girls have won Brit Awards and American musical awards for their music *Wannabe* and *Spice*.

Girls High School Volleyball Tryouts

Find out more info by reading this flyer



COME HIT IT
HIGH SCHOOL GIRLS VOLLEYBALL IS CALLING !

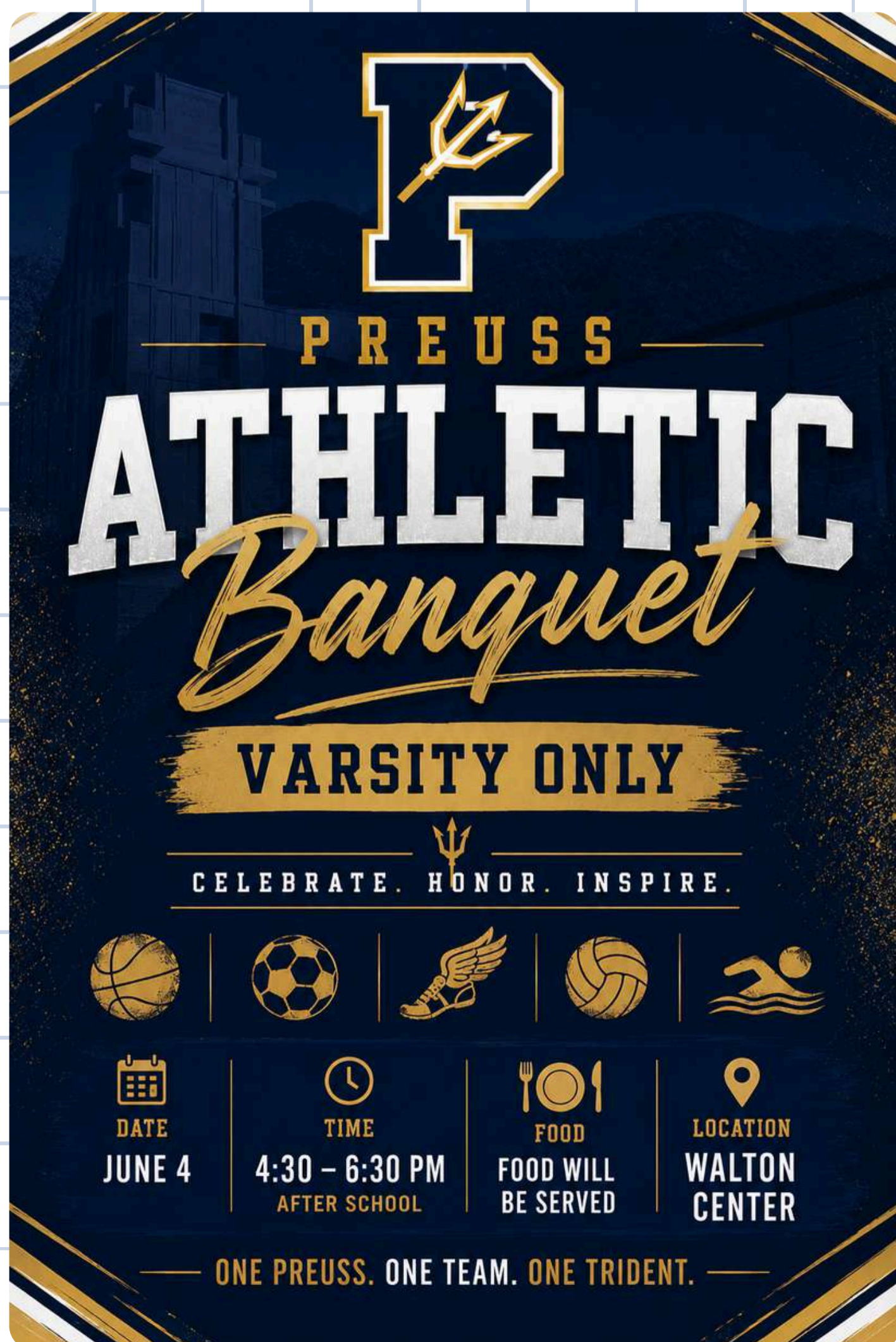

OPEN TO ALL RISING HIGH SCHOOL STUDENTS AND SKILLS !!	TIME 4:15-6:00 PM	DATES MAY 26-28
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IN THE PREUSS WALTON CENTER
ATHLETIC ATTIRE. TENNIS SHOES REQUIRED!

Tuesday 5/26 & Wednesday 5/27:
Rising 9th and 10th graders

Thursday 5/28: Rising 11th and 12th graders

If you have questions, please contact Coach Wirszyla.



PREUSS
ATHLETIC
Banquet
VARSIY ONLY

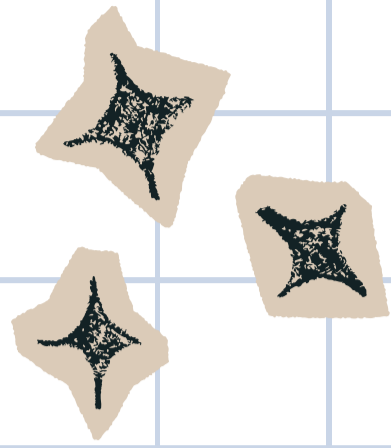
CELEBRATE. HONOR. INSPIRE.

DATE JUNE 4	TIME 4:30 - 6:30 PM AFTER SCHOOL	FOOD FOOD WILL BE SERVED	LOCATION WALTON CENTER
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ONE PREUSS. ONE TEAM. ONE TRIDENT.

Varsity Athletic Banquet June 4





apply today!



DREAM 4 STEAM

Mission Statement

Our mission is to provide low-income students with opportunities to develop a passion for engineering while also building key executive functioning skills, such as critical thinking. We will accomplish this by hosting classes on STEAM topics, introducing them to aerodynamics, water propulsion, terminal velocity, and free fall. Students will create a hypothesis, develop prototypes, and redesign if needed.

Questions, Comments, or Concerns

If you have any questions, contact 2028-cfmohamed@preuss.ucsd.edu or 2028-bxmoraes@preuss.ucsd.edu

Workshop Info

Dream for Steam allows students to investigate and learn about concepts like free-fall physics, mechanical principles, aviation principles, and water propulsion. This will include four hands-on challenges that will be presented weekly, allowing students to apply what they learn through interactive activities and teamwork. Winning groups from each challenge will receive prizes. Applications for Dream 4 Steam open May 15 and will remain available for three weeks, closing on June 5th. Scan this QR code to apply!!



1

Free Fall Physics:

We will dive into free-fall physics, with the Egg Drop Challenge serving as the main activity.

2

Mechanical Principles:

We will explore mechanical principles by designing and building mousetrap-powered cars.

3

Aviation Principles:

By building rubber band-powered planes, we will gain an understanding of aviation principles

4

Water Propulsion:

By creating water-propelled rockets, we will explore the principles of water propulsion

APPLY FOR DREAM 4 STEAM TODAY!!!



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

Class Of 2028 MENU

EVERY FRIDAY
 After School
 MARCH-APRIL

DRINKS

Mini Coke	\$1
Mini Sprite	\$1
Dr. Pepper	\$2

SNACKS

Hot cheetos	\$1
Hot fries	\$1
Mini Cookies	\$1
Gushers	\$1
Honey buns	\$2
Shrimp Ramen	\$2
Chicken Ramen	\$2
Shaved Ice	\$3

CANDY

Airhead Sour Strips	\$2
Skittles	\$2
Starburst	\$2

C/O 2028 Snack 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
Sour Patch Kids	\$0.25

Finance Club Sales

CHIPS Sales

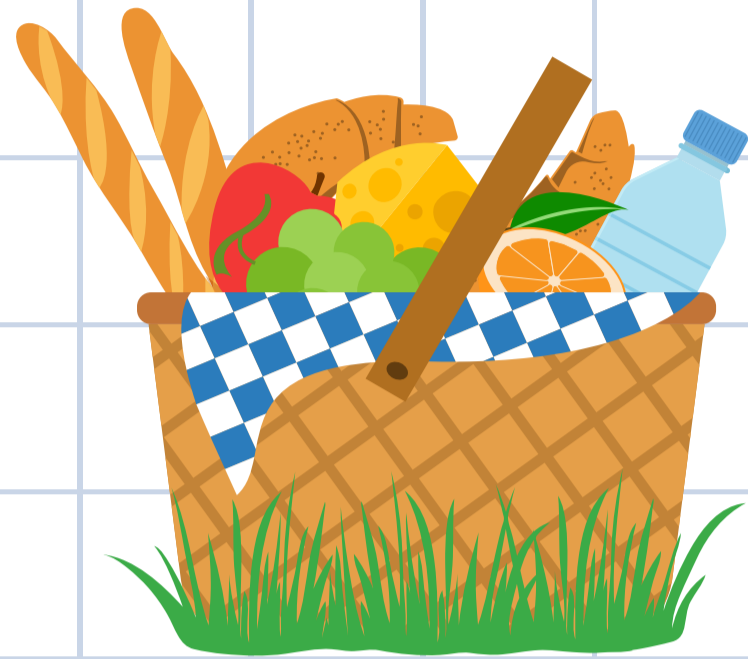
Every Monday!

FRONT OF SCHOOL
\$1

PREUSS MUN

MUN Chip Sales

general announcements!



**FEEDING
SAN DIEGO**

Food Donations

Next delivery scheduled for:
Friday, June 5, 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

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>

THE PREUSS SCHOOL UC SAN DIEGO

WATCH A SHORT FILMED DOCUMENTARY ABOUT BOYS BASKETBALL CHAMPIONSHIP GAME

Youtube: The Preuss News Network

THIS WAS THE DREAM

"These are the same people that I go to class with... and seeing them finally achieving their dream is amazing"

—Yenatfanta Hailemariam '26

BY MMUNGA AMISI & ASUKULU AMISI

**Boys Basketball
Championship Short Film**

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 3RD 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

CLIQUE ME!

GRADES 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:

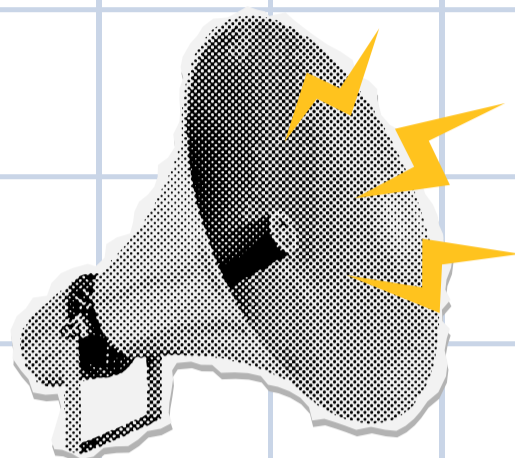
- Blood drives (asset for graduation available)
- Learn about disaster preparedness.
- Raise money to support families affected by disasters.
- Earn life-saving skills like CPR and first aid.
- Work directly with the Red Cross, getting training and opportunities to take part in real service projects.

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, 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.

