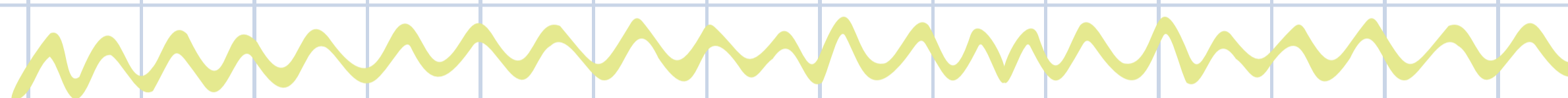
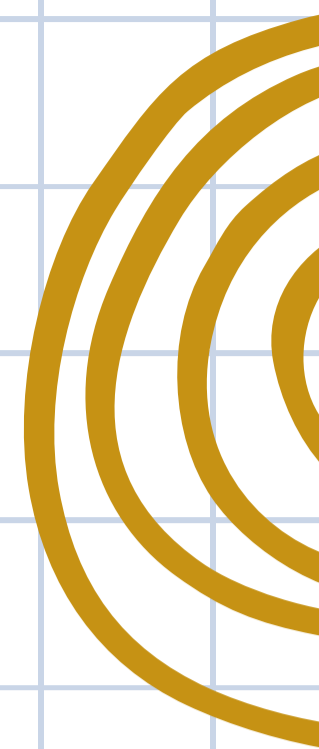


the Preuss School



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

Today is: A-DAY

SAT Word

dither (v.)
to be indecisive

SAT Word Sentence Example

Not wanting to offend either friend, he **dithered** about which of the two birthday parties he should attend.



**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
4-11
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

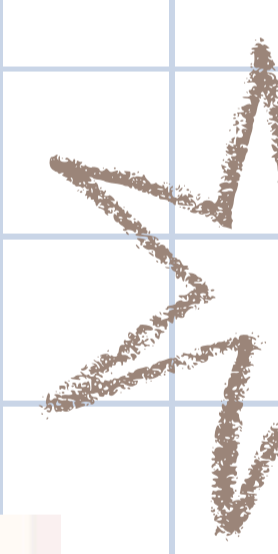
- NOT required to stop and talk with them, answer questions, or show documents
- Say " I know I have the Right to Remain Silent"
- Am I under arrest or am I free to go?

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



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

4/15: home vs. claremont (4pm)
4/22: home vs. canyon hills (7pm)
4/29: away @ mira mesa (5pm)
5/1: home vs. morse (4pm)

girls

4/14: home vs. olp (4pm)
4/15: away @ claremont (5:30pm)
4/17: away @ morse (3:30pm)
5/1: home vs. claremont (3pm)

boys volleyball

4/16: home vs. king-chavez community (3pm)
4/21: away @ bostonia global (3:30pm)
4/23: home @ SCYHS (3pm)
4/28: home vs. high tech nc (3pm)
4/30: home vs. monarch (3pm)

track & field

5/7: fc conference finals (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

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

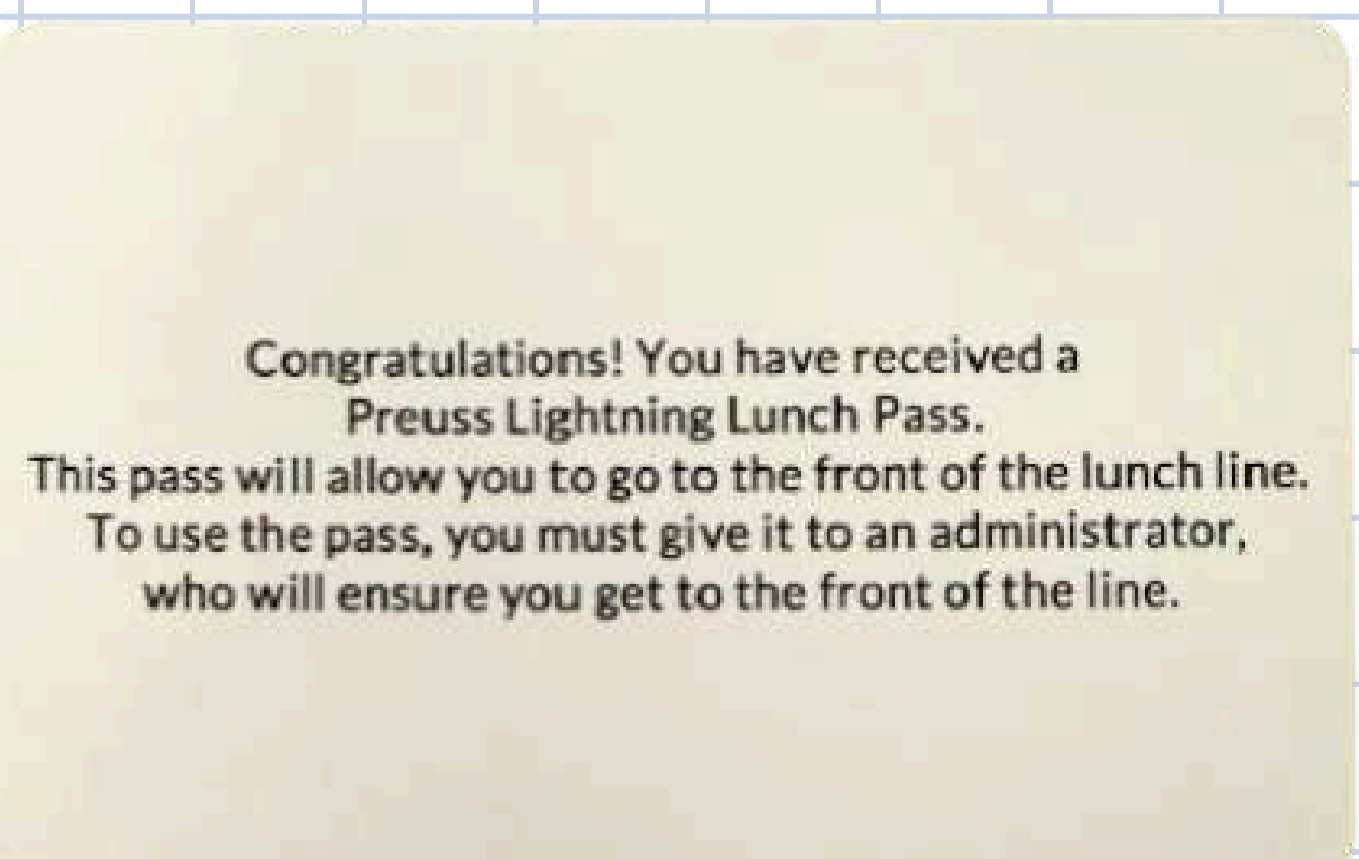
Picking up trash during lunch

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

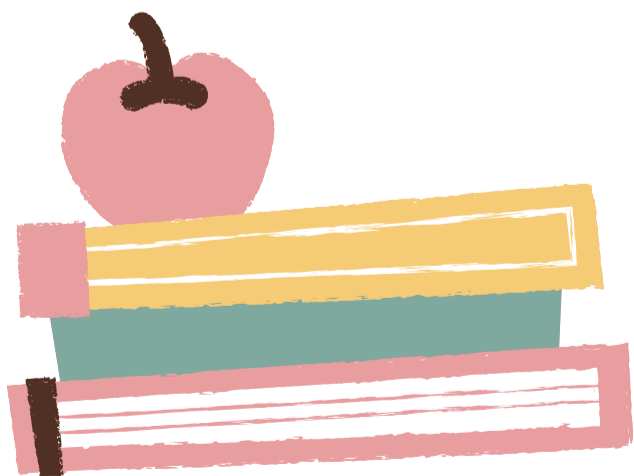
teachers of the month!



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!



AP Testing starts soon! For the next two weeks, we'll be posting tips to help you stay calm, confident, and ready for your AP exams. Keep an eye on the bulletin for daily reminders and encouragement!

AP TESTING: Stay Calm, Stay Ready

- Get good sleep each night
- Eat breakfast and drink water
- Take slow breaths before the test
- Focus on one question at a time
- Be kind to yourself afterward

BEFORE THE TEST

- ✓ Sleep early
- ✓ Listen to your favorite music as you get ready
- ✓ Eat something nourishing
- ✓ Arrive on time

DURING THE TEST

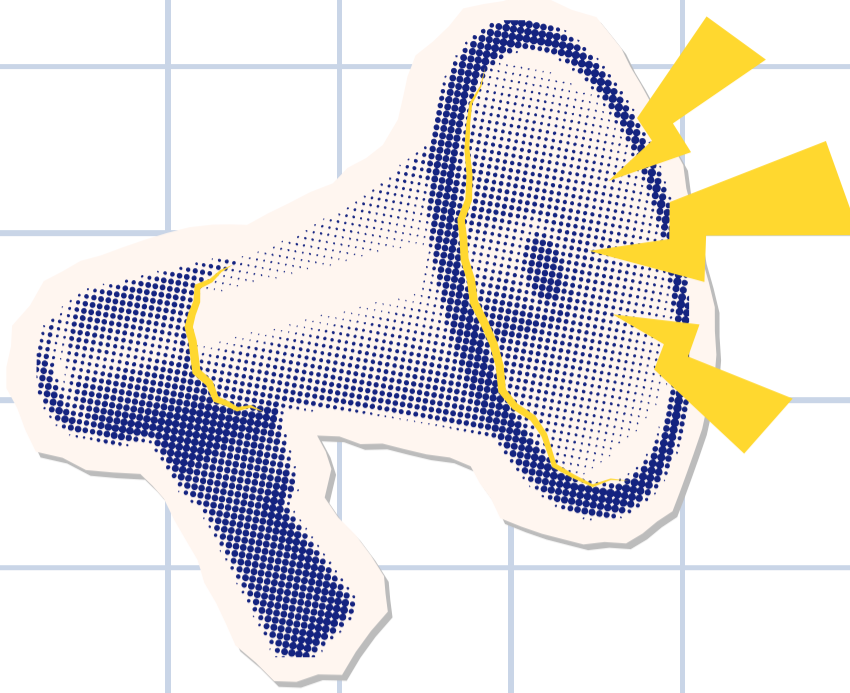
- ✓ Breathe slowly
- ✓ Read carefully
- ✓ Pace yourself
- ✓ Keep going if one question feels hard

AFTER THE TEST

- ✓ Don't overanalyze
- ✓ Reset for tomorrow
- ✓ Do something relaxing

You have prepared for this. DO YOUR BEST AND LET THAT BE ENOUGH.

10-minute meditation for Anxiety:
<https://www.youtube.com/watch?v=O-6f5wQXSu8>



Calling all interested juniors:

Are you interested in being apart of
Pride of Preuss next school year?

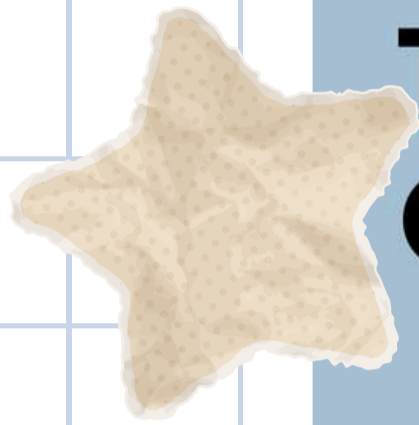
Please scan the QR code below to submit an application.
The deadline date is May 15, 2026.

Pride of Preuss Criteria:

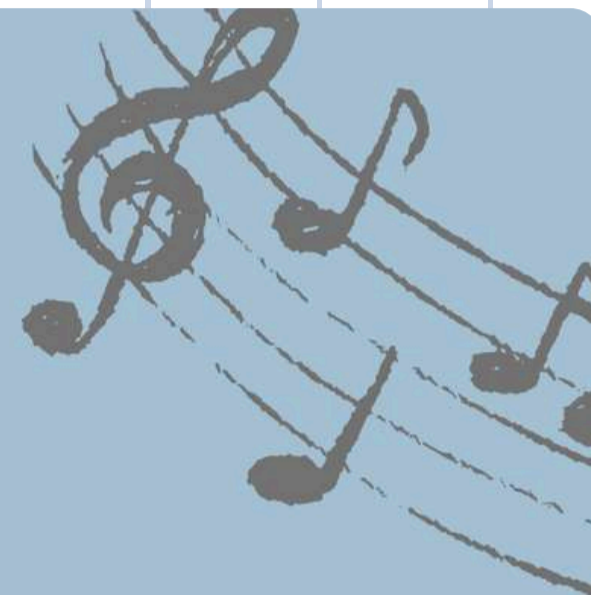
- Seniors in good standing, with a 3.5 G.P.A. or higher
- Involved in extracurricular/co-curricular activities
- Positive role model committed to a substance-free lifestyle



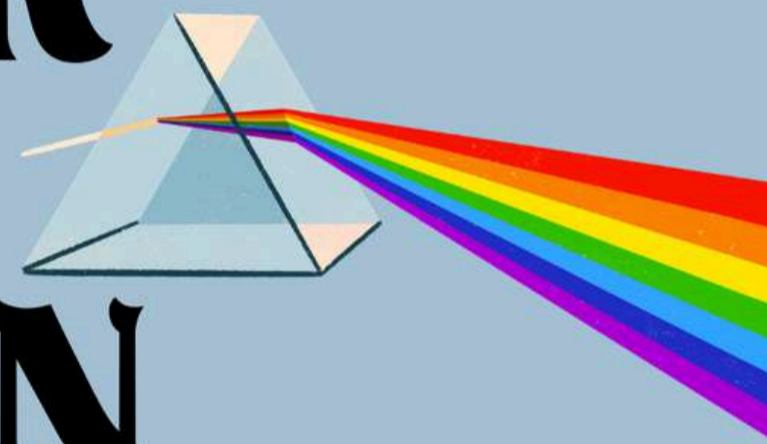
Musical Fact of the Week



TRI-M'S MUSICAL FACT OF THE WEEK



THE DARK SIDE OF THE MOON



BY PINK FLOYD

PINK FLOYD'S THE DARK SIDE OF THE MOON HIT NO. 1 ON THE US BILLBOARD TOP LP & TAPE CHART ON APRIL 28, 1973. THE DARK SIDE OF THE MOON BY PINK FLOYD PIONEERED THE IDEA OF A FULLY CONTINUOUS ALBUM, WITH TRACKS LIKE "SPEAK TO ME" FLOWING DIRECTLY INTO "BREATHE" AND RECURRING MUSICAL MOTIFS TYING THE WHOLE RECORD TOGETHER.

IT INTRODUCED SPECIFIC STUDIO INNOVATIONS (SUCH AS TAPE LOOPS OF CLOCKS IN "TIME," SYNTHESIZED TEXTURES, AND MULTI-TRACK VOCAL LAYERING ENGINEERED BY ALAN PARSONS) THAT BECAME STANDARD IN MODERN PRODUCTION.

THE ALBUM'S EXPLORATION OF UNIVERSAL THEMES LIKE TIME, MENTAL HEALTH, AND GREED GAVE ROCK MUSIC A DEEPER EMOTIONAL WEIGHT.

THE ALBUM HAD AN UNPRECEDENTED RUN OF OVER 900 WEEKS ON THE BILLBOARD 200.



Scholarship opportunities



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

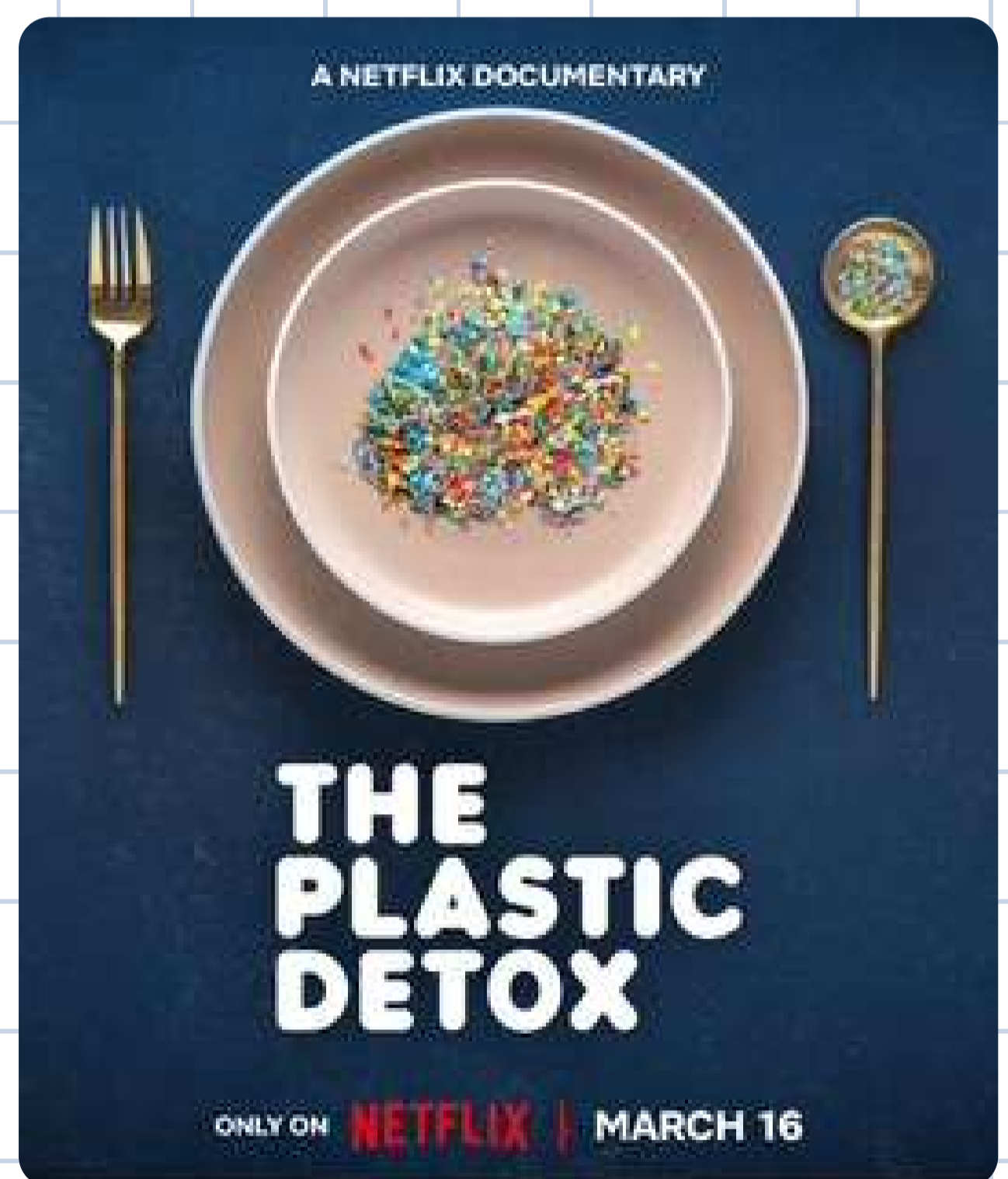
Things that set us apart:

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

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

WWW.SDUL.ORG

Register Today!!!



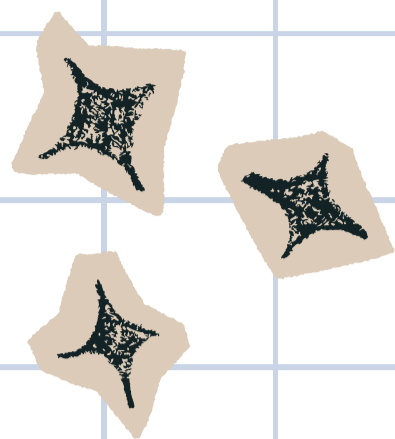
Are you interested in the ever growing research around the effects of harmful chemicals in plastics in the US?

If yes, view the documentary on Netflix, **The Plastic Detox.**

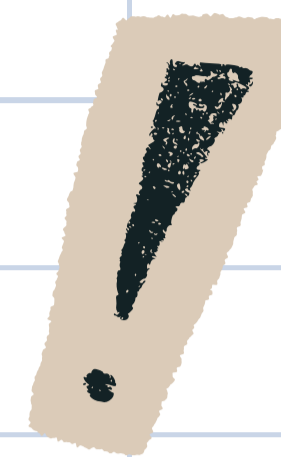
Do you want to be recognized for your scholarly achievements?

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.



upcoming events



Cheer Tryouts 4/27-5/4



CHEERLEADING TRYOUTS

Show your spirit and skills as we seek new members to join our energetic team. Let's Go Tritons!!!



Info Meeting: Friday
24 April, 2026
During Lunch

- Tryouts are the following week from the meeting (April 27th - May 4th)
- Current 9th - 11th graders ONLY!!!
- Further information will be provided during the meeting

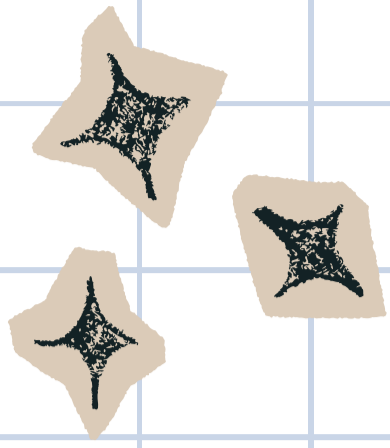
Contact Us



s1garcia@ucsd.edu



preusscheer



prom 2026



Prom '26
A NIGHT IN
ATHENS
Time: 6pm - 10pm

MAY 9TH 2026
3094 El Cajon Blvd, San Diego, CA
92104

ticket sales starting now!



Prom '26
A NIGHT IN
ATHENS

Ticket Prices
March 19th - March 27th

For Preuss Students:

- Week 1: \$65
- Week 2: \$65
- Must have a permission slip signed to purchase

For Outside Guests:

- \$75 for all weeks of selling
- Must have **GUEST** permission slip signed to purchase

Prom '26
A NIGHT IN
ATHENS

Ticket Prices
April 6th-April 30th

For Preuss Students:

- April 6th-April 24th: \$70
- April 27th -April 30th: \$75
- Must have a permission slip signed to purchase

For Outside Guests:

- \$75 for all weeks of selling
- Must have **GUEST** permission slip signed to purchase



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

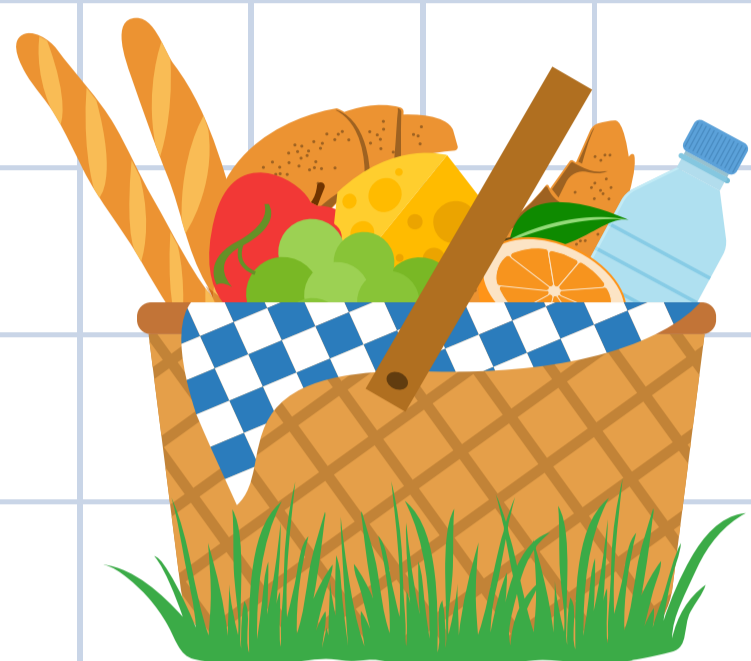
Every Monday!

FRONT OF SCHOOL
\$1

PREUSS MUN

MUN Chip Sales

general announcements!



FEEDING SAN DIEGO

Food Donations


Next delivery scheduled for:
Friday, May 15, 2026

$\sum_{n=0}^{\infty} \frac{x^n}{n!}$ $\phi = \sqrt{\frac{\sum (x-m)^2}{n-1}}$

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



$\cos x$ $\ln(x^2)$ $3a$ $2x^2+3$ y $+2ax$ $x_{1/2}$ $n(2a)$ $\ln = \sqrt{axb}$ $(10, 0)$ 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>

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"

— Yenaffanta Hailemariam '26

BY MMUNGA AMISI & ASUKULU AMISI

Boys Basketball
Championship Short Film

CALLING ALL VOLUNTEERS!



Scan Me

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!!




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/1FAIpQLSc6TlhoQJEmHEIKYxnUkqWsc3PXPmYzymD4NgMUV_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 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 5TH 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

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

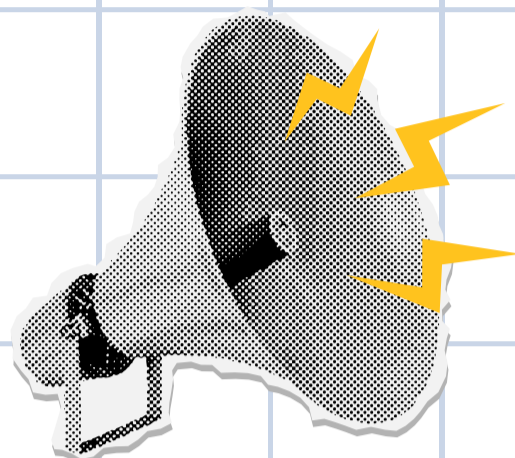
WHAT IS RED CROSS?
A global nonprofit organization that helps people in emergencies, provides blood services, health and safety training, and fundamental principles of humanity, impartiality, and neutrality.

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.

