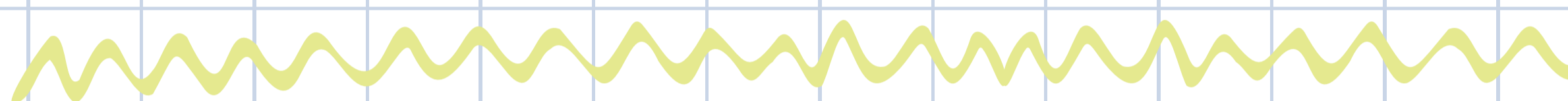


# the Preuss School



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

Today is: B-DAY

SAT Word  
divine (adj.)  
godly, exceedingly  
wonderful

SAT Word  
Sentence Example  
Terribly fond of desserts,  
she found the rich  
chocolate cake to be  
divine.



**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

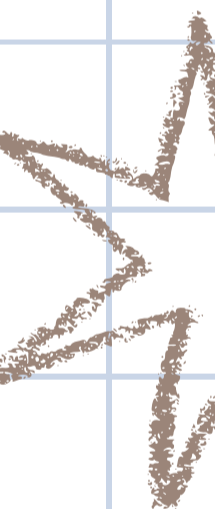
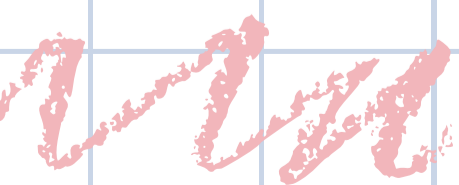
- NOT required to stop and talk with them, answer questions, or show documents
- Say " I know I have the Right to Remain Silent"
- Am I under arrest or am I free to go?

### 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

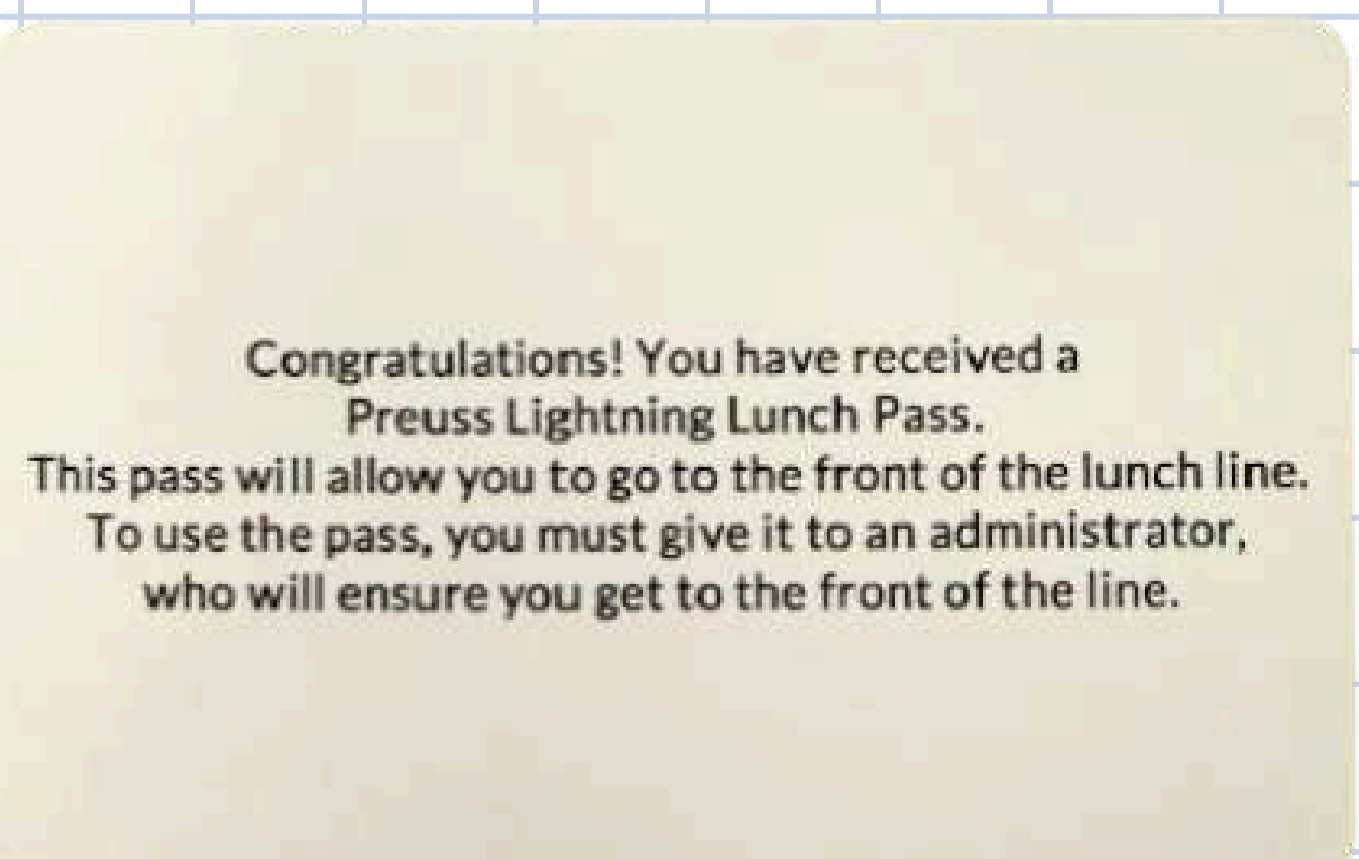
Picking up trash during lunch

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

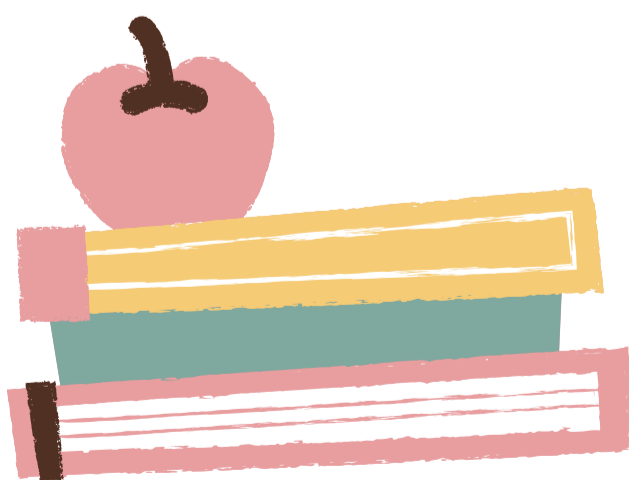
## teachers of the month!



*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!

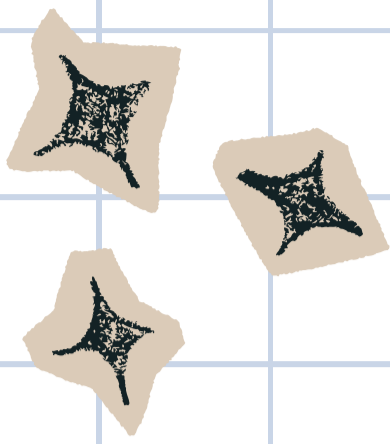


Voting for **April's Teacher of the Month** is now open. Please use the **Google Form link posted in Advisory** to submit your vote. Make your voice heard and help us recognize more outstanding educators!

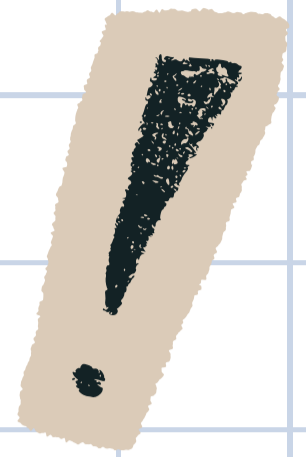
**Voting closes soon—don't forget to participate!**

MAY 5, 2026

WEEK 40



# attention: *SENIORS!*



**Please fill out and complete the following form to receive your free college/university sweatshirt or hoodie!**

**[Link to Google Form](#)**

**The deadline to complete the form is this  
Friday, May 8, 2026.**

Questions? Ask Ms. Isa!  
[icayanan@ucsd.edu](mailto:icayanan@ucsd.edu)



**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**

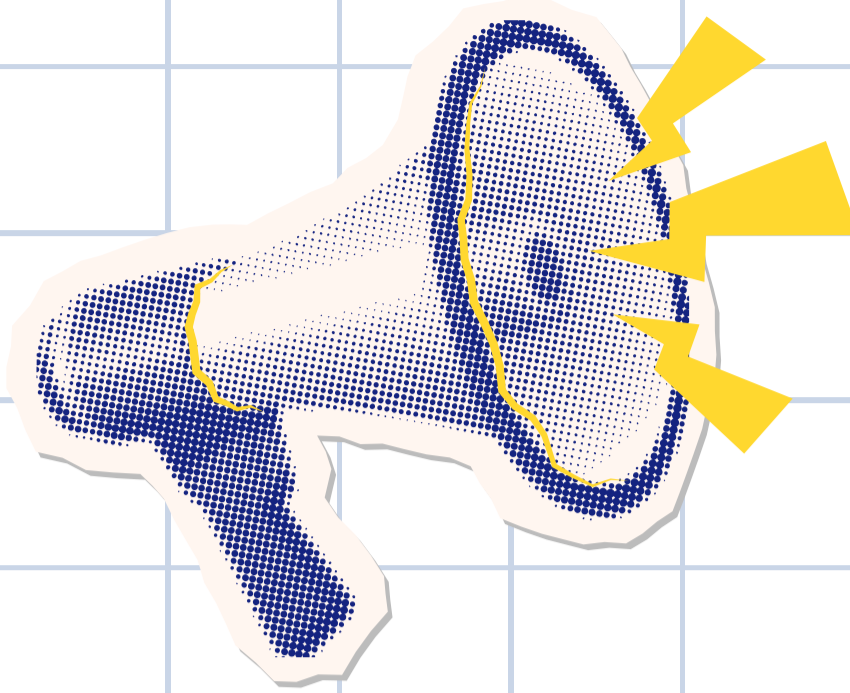
- ✓ Breathe slowly
- ✓ Read carefully
- ✓ Pace yourself
- ✓ Keep going if one question feels hard

**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 a part 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



## Musical Fact of the week

# METALLICA



## Background:

Metallica is a group formed in 1981 in Los Angeles by drummer Lars Ulrich and vocalist/guitarist James Hetfield. Metallica is a pioneering American heavy metal band and one of the "big four" of thrash metal. Known for fast, complex, and aggressive music, they achieved massive commercial success with albums like *Master of Puppets* (1986) and the *Black Album* (1991).

## Fact

Metallica holds the distinction of being the first and only band to perform on all seven continents, achieving this milestone after playing a concert in Antarctica in 2013. This remarkable feat added to their legacy, covering all geographical regions of the world.



# 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](mailto:kea@sdul.org)

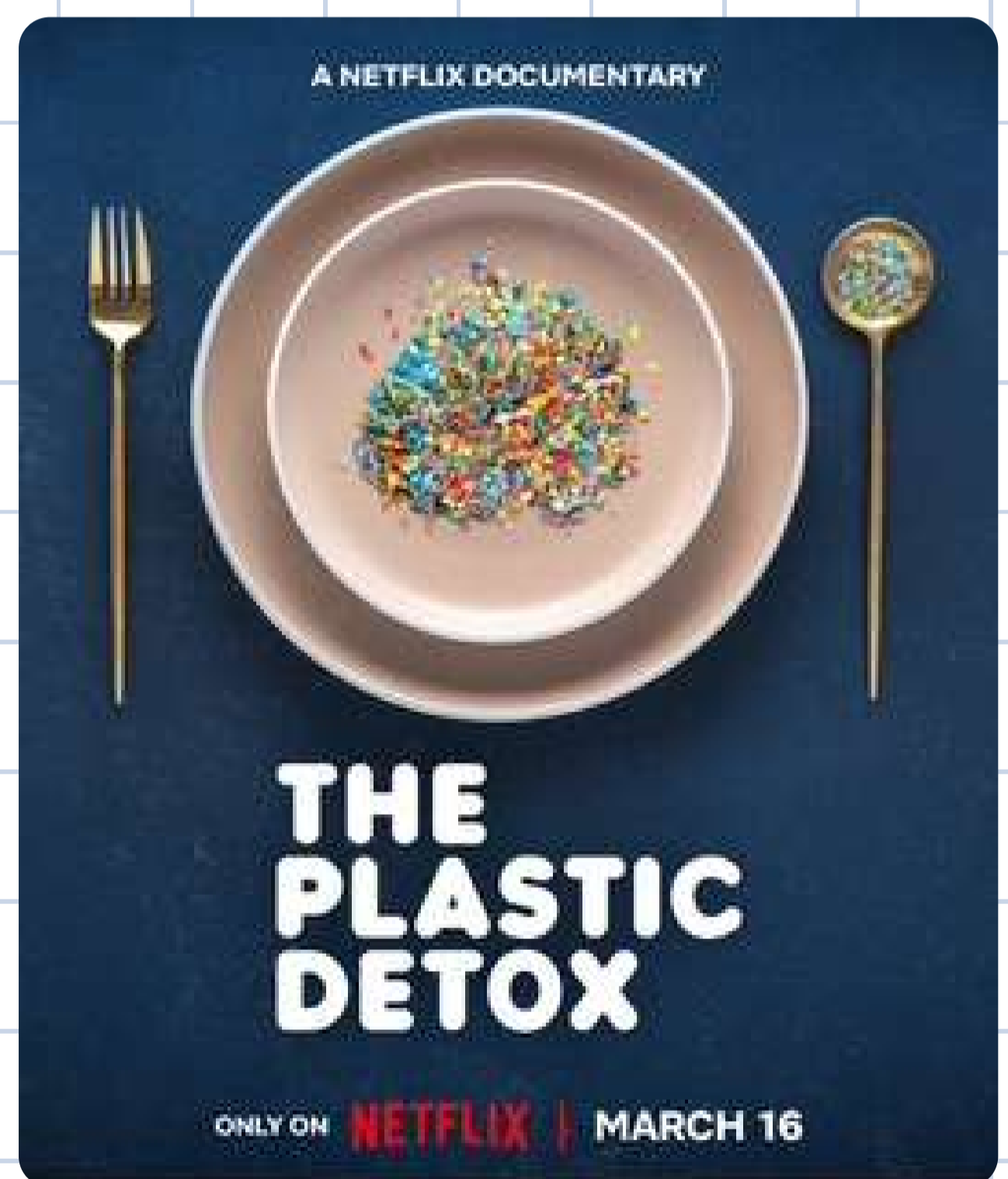
**Things that set us apart:**

- 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!!!



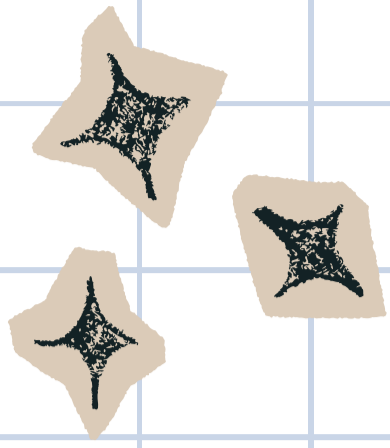
Are you interested in the ever growing research around the effects of harmful chemicals in plastics in the US?

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.



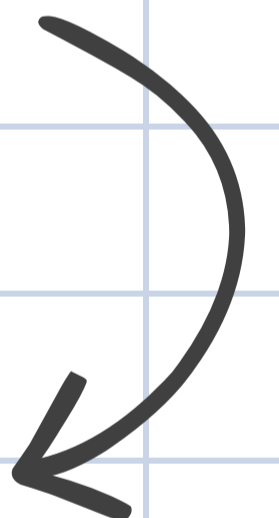
# prom 2026



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. 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



# 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 3<sup>RD</sup> AND 5<sup>TH</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

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 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: [dylv@preuss.ucsd.edu](#) [mrashidi@preuss.ucsd.edu](#)

MSA Club

FOR MORE INFORMATION CLICK BELOW

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

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

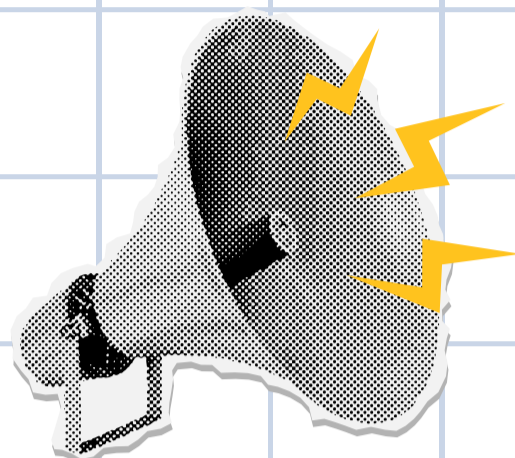
**WHAT IS RED CROSS?**  
A global nonprofit organization that helps people in emergencies, provides blood services, health and safety training, and fundamental principles of humanity, impartiality, and neutrality.

**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](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.

