



The Preuss School UCSD INSIGHT NEWSLETTER

MARCH / APRIL 2016

9500 Gilman Drive, La Jolla CA 92093-0536 Main Phone Line (858) 822-3000

A Message from the Principal-Director Scott Barton

Dear Parents/Guardians:

It is hard to believe the year is going by so quickly. Spring Break is right around the corner, March 28- April 1, returning to school Monday, April 4.

The first academic semester was completed with approximately 43% of our students on the Honor Roll. There were 262 students on the Fall Principal's Honor Roll (3.5-3.99 GPA) this includes 126 middle school students and 136 high school students. There were 99 students on the Fall Principal's High Honor Roll (4.0 and above) this included 40 middle school students and 59 high school students. Student attendance has a direct impact on why there is such a large percentage of Honor Roll Students. We celebrated Perfect Attendance for the first semester with an awards ceremony and ice cream celebration. 313 Students had Perfect Attendance during first semester, 169 middle school students and 144 high school students.

100% of the class of 2016 have applied to UC Schools, 99% of the class applied to CSU schools. All 132 seniors submitted the FAFSA or California Dream application and Cal Grant applications. Four-year Colleges and Universities have accepted 72 out of 132 seniors as of the beginning of March.

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SPRING BREAK

March 28, 2016 thru April 1, 2016

When planning family vacations, we request that you schedule them around the school calendar, which can be found in your child's Preuss Planner. Missing even just one day of school can negatively impact the student's academic achievement.

Contact Us

Give us a call for more information about our school.

Preuss School UCSD
9500 Gilman Dr.
La Jolla, CA 92093-0536
858) 822-3000
Fax: (858) 822-1620

Visit us on the web at <http://preuss.ucsd.edu>

(858) 822-0311- Reporting a student absence

(858) 822-2525 Updating your child's records.

(858) 496-8460- SDUSD Transportation.
Emergency number to call for any concern.

In This Issue:

- ◆ News from our Principal-Director
- ◆ News from the school PTA President
- ◆ Whispers from the School Library
- ◆ Volunteer Opportunities for Parents
- ◆ Healthy Ideas from Vincent Fulchiron and Chris Richter
- ◆ Counselors' Notes

News from Mr. Barton Continued

Every week more seniors are accepted to four-year institutions such as the University of California campuses, California State campuses, Boston University, Colorado State University, Grambling State University, Grand Canyon University, Notre Dame University, and Stanford University. All seniors were encouraged to submit the San Diego Foundation Common Scholarship Application. Those who qualify will apply to MKC Scholarship, Buick Achievers Scholarship Program, Brad Fowler Memorial Scholarship, The Dream US Scholarship, and the Scholarship for Dreamers.

The Admissions Lottery was held on February 9th, with 122 families in attendance. We received a total of 449 applications with 377 applicants qualifying for the lottery. The total number of applications was lower than in past years, but that is largely due to lower number of applicants for 7th, 8th and 9th grade (for which we did not do outreach this year.) The number of 6th grade applications received was 321 compared to last year's 284.

Our 4th Annual Preuss Science Festival, held Saturday, January 30th, was presented by the Preuss science department. Approximately 1600-1700 families, students and visitors were in attendance with 99% student attendance in grades 6th – 11th. Students in grades 6-8 presented their Future Cities projects; students grades 9-11 displayed their interactive science demonstrations. Seven different exhibitors were present including: Jim Rohr from the National Marine Mammal Foundation, J. Craig Venter Institute displayed the Bioscience Mobile Laboratory, PURE Water San Diego, San Diego Astronomy Association presented Solar Viewing, I Love a Clean San Diego, the Preuss Robotics Team displayed the capabilities of their robot, UCSD Clinical Research Institute, and Sea World exhibited two Magellanic Penguins for students and families. The PTA was also there to support the Science Festival by preparing and selling food.

Sixth Grade camp will begin Tuesday, March 22 and end Friday, March 25. Camp is held on and off campus, with one overnight stay taking place on Thursday, March 24. The sixth graders will participate in educational field trips to the Birch Aquarium and their Squid dissection lab, UC San Diego Art Tour, San Diego Zoo, Canyon View Pool, Petco Park, and a field games day on the UC San Diego campus. The week will end with middle school social/dance on Friday, March 25, from 1:45 p.m. to 4:00 p.m. Sixth grade students may be picked up from school following normal procedures or students may ride the bus home.

Read Across America was observed on March 2nd here on campus in honor of Dr. Seuss' birthday. Thirteen community members including Board Members, Mentors, and UC San Diego Faculty read their favorite Dr. Seuss book to Middle School Advisory classes. This event is an annual reading motivation and awareness program for every child in America to celebrate reading.

Three winter sports teams made it to CIF playoffs. Boys Basketball, Girls Soccer and Boys Soccer teams were Frontier League Champions and advanced to the playoffs. We are very proud of our athletes for their performance on the field and their performance in the classroom.

San Diego Unified School (SDUSD) transportation SDUSD has implemented a system where all riders have a Z-Pass to ride the bus. Students are required to use their Z-Pass to enter and exit the bus. Z-Passes have been given out in Advisory classes and students are asked to attach them to their backpacks. If a student loses the Z-pass we ask that the student contact Ms. Villanueva in the front office to request a new Z-pass from SDUSD. Bus drivers will be asking students for the Z-passes.

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More News from Mr. Barton continued

We would like to thank all of those parents who have contributed to this year's transportation costs. Your help with busing costs is very important to the continued use of buses to transport your students to school. Without your contributions we are in danger of losing our busing for our students. If you have not yet contributed your donations, you may do so by making installments during the year or in one full payment.

We are well into our second semester of our school year; this is an important time for all students here at The Preuss School. It is a time for students to stay focused and continue to put their education first. We are fortunate to have a great group of motivated students and look forward to the final months of this school year for all of our grade levels.

Sincerely,
Scott Barton
Principal/Director

The Preuss School UCSD PTA President Diane Villalvazo



Slate of Officers for the PTA Executive Board Nominees

President- Yecenia Valdelamar
Vice President- Aimee Leal
Secretary- Maria Teresa Gonzalez
Auditor- Diane Villalvazo
Historian-
Treasurer- Candy Chavez

Grade Level Representatives

6th-
7th-
8th- Martha & Francisco Pena
9th- Blanca Angel & Esperanza Villanueva
10th- Erika Tabares & Hortensia Buitrón
11th- Rosa Penamoya & Aimee Leal
12th- Maria T. Gonzales, Isabel Martínez, Maria Gutiérrez & Jesus Gutiérrez

PTA Elections

March 19, 2016

You have to be a member of our PTA at least for one month to be eligible to run or vote in the PTA so buy your memberships early.

Membership

So far this year we have 180 paid Preuss School UCSD PTA members!! Our goal is 230 memberships this year.

Please buy your membership today! The funds earned go right back to your kids. THANK YOU!

PARENT MEETING:

Saturday, March 19, 2016

Come and join us. Bring your questions and concerns. We are here to help.

Parent Dinner Dance

Saturday April 23th, 2016 from 5pm-10pm

Tickets are \$15 and are on sale now! We will have raffles and silent action baskets.

There will be a DJ and great food!

Money earned from this event goes to your students!

Whispers from the Library

Congratulations to our bookmark contest winners:

1st place 6th grader Jenny Giang

2nd place 7th grader Isabel Gallegos

3rd place 7th grader Carlos bahena

Wednesday, March 2nd we celebrated Read Across America by inviting community members to Preuss to read their favorite Dr. Seuss book to a class. Thank you to Valerie Stevenson, Erin Finch, Lori Hable. Nanci Simkin, Christine Tanner, Ernesto Hernandez, Eric Romer, Marty Stein, Margaret Riel, Diane Demeter, Bud Mehan, Jimmy Thai, Lily Thai and Pat Weil for donating their time and enthusiasm. All our ambassadors did a wonderful job of greeting the volunteers, making them feel welcome and introducing them to the class. Thank you to Lilian Huynh, Andy Garcia, Jayla Richardson, Alexis Sanchez, Elma Rugael, Beth Degef, Nhu Nguyen, Katie Collier, Carla Bolteada, Ksanet Redie, Solyana Michael, Rabio Abdi, Jazmine Leon, Emely Rodriguez, Alex Vo, Diana Martinez-Lee, Genesis Silva, Mayerling Colin and Dennis Vo for representing The Preuss School UCSD so well.

Library Policies for all 8th and 12th grade school students: all students will need to clear their library accounts by the last day of school of their 8th or 12th grade year in order to participate in the Celebration of Learning ceremony or participate in senior activities. A notice will be sent home for parents to sign the week of April 4th - 8th. If you have any questions about your students' account, please contact Ms. Nance or Ms. Gonzalez in the library at 858-822-2150.

Through the library our school will begin teaching lessons about Digital Citizenship through Common Sense Media. The mission of this website is: Common Sense is dedicated to helping kids thrive in a world of media and technology. We empower parents, teachers, and policymakers by providing unbiased information, trusted advice, and innovative tools to help them harness the power of media and technology as a positive force in all kids' lives.



Media and technology are at the very center of all our lives today -- especially our children's. Kids today spend over 50 hours of screen time every week. The media content they consume and create has a profound impact on their social, emotional, cognitive, and physical development. Learning how to use media and technology wisely is an essential skill for life and learning in the 21st century. But parents, teachers, and policymakers struggle to keep up with the rapidly changing digital world in which our children live and learn. Now more than ever, they need a trusted guide to help them navigate a world where change is the only constant.

To read more and find great information, please visit <http://commonsensemedia.org>.

Karen Nance and Maria Gonzalez

kgnance@ucsd.edu or mgg001@ucsd.edu

Parent News

By Sandra Gutierrez, Volunteer Programs Coordinator

Parent Participation

Thank you parents for making the following events a wonderful experience for students, families, and the Preuss community. Below are some shared photos of our previous events.

Science Festival



Ice Cream Social



Family Potluck



Working together we make a difference in the life of your child.

Upcoming: Dinner and Dance Sponsored by The Preuss School PTA

Saturday, April 23, 2016 from 5:00pm-10:00pm in the Walton Center. Tickets are \$15 each and can be purchased during PTA meetings and/or front office with Ms. Gutierrez.

Saturday PTA General Meetings

March 2016

3rd - PTA Executive Board Meeting, 5:30-7:00pm

19th - General Meeting, Walton Center, 9:30-11:00am

PTA Elections

Guest Speaker – Karina Viaud, UCSD

April 2016

5th - PTA Executive Board Meeting, 5:30-7:00pm

23rd - Dinner and Dance sponsored by the PTA, Walton Center, 5:00-10:00pm

No general meeting

May 2016

3rd - PTA Executive Board Meeting, 5:30-7:00pm

21st - General Meeting, Walton Center, 9:30-11:00am

21st - Parenting Class "Safe Children", Library, 11:00am-12:30pm

June 2016

7th - PTA Executive Board Dinner, 5:30-7:00pm

12th - Parent Appreciation Event, 9:30-11:00am -No general meeting

23rd - Last day of school, Minimum Day

23rd - High School Graduation starts at 4:00pm

Sign up using Volunteer Spot

1. Visit webpage at preuss.ucsd.edu
2. Select the "Parents and Families" Tab
3. Click on "Parent Volunteer Opportunities"
4. Scroll down and click on the Volunteer Spot button.
5. See a list of upcoming volunteer opportunities and select the one you are interested in volunteering for.
6. Sign in with your email address.
7. You will receive a reminder email 2 days before the event.

Parenting classes in English and Spanish

By Ms. Esquivel

Saturday, May 21, 2016 "Safe Children"
11:00am-12:30pm, Preuss Library.

Healthy Ideas for Spring from the School Nurse

HEALTHY HABITS

Spring time brings to us lots of good things such as warmer weather, opportunities for fresh starts, longer days and the beautiful outdoors. These conditions are conducive for us to spend more time outside and to be more active. Spring is a good time to work on personal goals to improve health. Spending time each day doing your favorite form of exercise with a friend or the entire family can keep you more physically and mentally healthy. An exercise partner can help keep the activity and goal on track. Remember to always practice safety, for example, wearing a helmet when bicycling or riding a scooter, obeying traffic laws, using sunscreen, ensuring pool safety and drinking plenty of water are all important.

HEALTHY EATING

Healthy eating is always something we can all work on. Practicing “5-2-1-0” which means: eating 5 or more servings of fruits and vegetables, spending 2 hours or less recreational screen time, spending 1 hour or more of physical activity and 0 sugary drinks (and more water and fat free or reduced fat milk).

Practicing mindful eating is another way to improve our nutrition and emotional health. Some mindful eating tips can be to: Shift out of “autopilot eating” - try something new and nutritious for breakfast. Take mindful bites using all your senses to taste and enjoy your food. Try “attentive eating”: take a break from your work and avoid multitasking (this can prevent over eating and provide some rest for

HEALTHY BENEFITS OF SPRING CLEANING

Spring cleaning can provide health benefits both physical and emotional. During the fall and winter we tend to “nest” and collect items which gather and build with time. Dust and other items can accumulate, especially on carpets and rugs. The spring season is an opportunity to refresh your environment and to evaluate your health and environmental needs. By doing your personal inventory you may be able to see what may help you do your best at transitioning to a new season.

Cleaning up clutter and organizing your personal space can help you feel more balanced. It makes life easier and more controlled if we can quickly find what we need. It is helpful to have an organized “clutter free” space to do homework and study. It can help your student focus and accomplish his/her educational goals. We can maintain a state of calmness and can be more positive in our outlook when we are in “charge” of our surroundings.

A dose of spring cleaning can help. Such cleaning can take various forms such as cleaning closets, bedrooms, desk tops and de-cluttering. Cleaning carpets, floors and upholstery gets rid of dust and pet dander- very common allergy/asthma triggers. Keep in mind it's helpful to start with setting small goals which can easily be accomplished without feeling overwhelmed.

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Healthy Ideas from the School Nurse Continued...**ASTHMA AND ALLERGIES**

With all that is blooming in San Diego pollen counts can be high and vary from day to day. High pollen counts can be a trigger for seasonal allergies and for asthma. If your child is experiencing allergy related symptoms or health problems a visit to the doctor is very important. The doctor can recommend an *Asthma Action Plan* or an *allergy management plan* for school. Having a medical plan at school ensures that your child can have the right medical treatment while at school. Please see the nurse for the required medication forms. Also please keep in mind that *all medications need to be kept and dispensed at the nurse's office for safety.*

Please, keep your personal and emergency contact information current.

Tdap REMINDER

Please note that, ALL STUDENTS ENTERING, ADVANCING or TRANSFERRING into 7th grade will need proof of an adolescent whooping cough booster immunization (called Tdap) for school in the fall. This requirement applies to all public and private schools. This immunization requirement is intended to help reduce the spread of whooping cough among California's youth. Most children are fully protected prior to entering kindergarten because of the DTap vaccine. However, protection to these diseases wears off and preteens and teens may be at risk for catching this disease without a booster.

If your student is still in need of the booster it's important to get your student vaccinated now to avoid the back to school rush and to be protected from disease. *Remember to bring in any shot updates to the school nurse to assure that they are on record.* In addition to Tdap, there are several important vaccines recommended for teens and preteens including the meningococcal vaccine, a second chicken pox and the HPV vaccine series. Everyone older than six months is recommended to receive a seasonal flu vaccine each year.

For any questions concerns or further resources please see or call the nurse @858-822-2291 For information on immunizations and where to go for free or low cost vaccines see www.shotsForSchool.org.



Donations accepted Monday-Friday, 8:00am-4:30pm or drop off donations on Saturday, March 19 during the PTA meeting.

Sixth Grade Camp on Campus**3/22 through 3/25****Parents Volunteers Needed****Donations Requested for 6th Grade**

- | | |
|---------------|---------------------|
| •Pretzels | •Sun block lotion |
| •Granola bars | •Disposable cameras |
| •Dried fruit | •Paper plates |
| •Fresh fruit | •Napkins |
| •Water | •Utensils |
| •Juice packs | |

Student Support Services

Report Cards

March-April

The **1st Mid-semester** ends on **March 15th**, and Progress Reports will be distributed during advisory on March 16th and 17th. Parents: it is important to remember that just "getting by" with C's will not necessarily earn a student a spot in a four-year university. Earning a D or F in a core subject may not only require repeating the course, but it can make the student credit-deficient for earning a diploma. Encourage your student to take advantage of tutoring opportunities, stay organized by using the Preuss Planner and interactive notebook, and do all their homework *the night it is assigned if possible*. All students who need a Cal Grant for financial aid to pay for college must maintain a minimum, un-weighted 3.0 GPA in grades 10 and 11. The time to be proactive is now; thank you for your support!

Online Course Selection for 2016-2017 for Grades 6 through 12

Students will receive course selection materials in their Advisory classes starting March 21st. Parents will be particularly interested in the *Course Description and Educational Planning 2016-2017* booklet, which contains a detailed description of each course in grades 6-12. Advisory teachers will share an important presentation about UC eligibility, requirements for a Preuss diploma, available courses, and the process for securing courses for next year. *Current achievement will determine whether or not the student progresses onto the next course, or even on to the next grade*. Online Course Selection will be completed in Advisory classes. Parents please review the Course Description and Educational Planning booklet and thank you for helping your student with this important process.

About College Acceptance and Rejection Letters

The following article comes from The USA TODAY College Contributor network. We found it relevant and important for all of our seniors who are now getting college acceptance and rejection letters:

3 lessons you can learn from college rejection letters By: [Varsity Tutors](#) March 7, 2015

This spring, millions of high school seniors will receive positive college admissions decisions. Unfortunately, many students will also receive at least one rejection letter.

Moving past a rejection letter can be difficult, especially if the school in question was your first choice. In order to ease your disappointment, try to think of a rejection letter as a learning experience – not a failure. After all, there are a number of lessons that you can take away from a college rejection letter. Here are three:

1. The school may be a poor fit for you

When admissions officers review applications, they base their decisions on more than your academic performance and test scores. For instance, a college may consider your interests outside school or your personality traits. Do you enjoy challenges? Are you self-motivated? Such factors can help admissions officers determine whether or not you are the right fit for their college. Being rejected from a school that isn't ideal for you can save you time, money and effort in the long-run — as students who are unhappy with their choice of college may ultimately transfer elsewhere.

RELATED: [5 ways to start preparing for college once you have the acceptance letter](#)

When researching first-choice colleges, many students tend to focus solely on a school's most appealing qualities. In their desire to attend, they may accidentally overlook aspects of a college that simply do not suit them. If you are rejected from your top choice, it can be helpful to decide whether this was the case.

2. Your second choice may be perfect, too

Even if you are deeply in love with the school that rejects you, try to remember that everything will be fine. There are literally *thousands* of other colleges across the nation, and you may very well find one that is comparable to — if not an even better fit than — the school that rejected you.

Student Support Services

RELATED: Should college acceptance letters be sent via e-mail?

Take a moment and reevaluate what you are looking for in your college experience. Consider visiting your high school's guidance office. Once there, ask your counselor for advice on selecting a college from your pool of acceptances. Your guidance counselor can help you compare schools and guide you toward the right decision.

3. Overcoming rejection can make you stronger

Rejection is an unavoidable part of life. Yes, receiving a rejection letter can be discouraging, but it can also make you a more resilient person. Chances are you will be rejected several more times when applying to future opportunities (like graduate school programs, internships, jobs and scholarships). Of course, there will also be wonderful moments when you are accepted. The key is to learn from both rejection and acceptance. If a college rejects your application, think about why it might have done so — did you rush while writing your application essay? Was your application incomplete? Likewise, if a school accepts you, consider what might have led to this outcome. Did your application include strong letters of recommendation? Did you devote a great deal of time and effort to writing your application essay? Reviewing the strengths and weaknesses of your application can help you better overcome rejection in the future.

The Importance of Reading

Here at the Preuss School UCSD we often speak of the critical importance of reading each evening. Most students should be reading 30 to 60 minutes each evening, but this Spring we at Student Support Services want to share this visual reminder of the impact reading just 20 minutes each night can make over time. Happy Reading !

Why Can't I Skip My 20 Minutes of Reading Tonight?

Student "A"
reads **20 minutes**
each day

3600 minutes in
a school year

1,800,000 words



90th percentile

Student "B"
reads **5 minutes**
each day

900 minutes in
a school year

282,000 words



50th percentile

Student "C"
reads **1 minute**
each day

180 minutes in
a school year

8,000 words



10th percentile

By the end of 6th grade Student "A" will have read the equivalent of 60 whole school days. Student "B" will have read only 12 school days. Which student would you expect to have a better vocabulary? Which student would you expect to be more successful in school...and in life?

(Nagy & Herman, 1987)

SAFARI TRIP FOR SENIORS

On Wednesday, February 10th two classes of seniors visited the San Diego Safari Park in Escondido to participate in lab activities that explored animal conservation. The students from Mrs. Artz' AP Biology and Mrs. Petraglia's AP Environmental Science each spent half of the day exploring Human Impact on Biodiversity and how the study of Endocrinology can help explain the reproduction of endangered animals such as African Elephants. In addition to working in the labs, students got to enjoy lunch and visits to other areas of the Zoo Safari Park. The funding for the trip came from the Zoo Safari Park Conservation Education Program which paid for admission to the park, lunch, and transportation for the students.

Parents and mentors acted as chaperones and the trip provided all students with valuable insight into what conservation activities are currently being used to protect endangered species.

In late April, another group of students from Ms. Bandyopadhyay's 7th grade Life Science classes will attend the Safari Park for a similar experience, learning about animal conservation and biodiversity here in southern California.



Studio Static...

3/10/16 marked the first Annual Preuss Festival of the Arts: **Who We Are**; it was an amazing evening! With PTA supplying food and drinks, the Walton Center was transformed into a performance, runway and gallery space with an urban pop culture motif. MC Johnny pulled the crowd in introducing the performers and treated the crowd to both a duet and a solo! Musical performances ranged from pop culture mash-ups to classical arrangements. Preuss guitar heroes proved their chops while vocalists brought their talents to center stage. The choir charged the crowd with their upbeat version of Stevie Wonder's "Isn't She Lovely" and the harmonious stylings of Bill Withers; "Lean on Me" while the audience sang along!



The Preuss Fashion Club pulled together an eclectic collection of original pieces styled with their personal fashion. Carlos and Kiara serenaded the models' as they walked the runway in teams. The highlight of the show was the caution tape ensembles modeled by Caren and Sergio. Ms. Ippolito staged the atmosphere and kept the spotlight on lock.



Every student taking Studio Art this year had work on display creating a colorful and textural visual feast. Works ranged from master studies to original portraits. The Photography Contest entries and winners were also on display providing a perspective of our world framed through the lens of a camera. AP Studio Art students showcased some of their portfolio works demonstrating the depth and complexity of their programs of concentration.

The grand finale of the evening was our new Rock Band under the tutelage of Mr. Orozco and Dr. Hwong who brought the house down with Proud Mary wrapping up an evening of wonderful entertainment that was teched sublimely by JB.



MARCH /APRIL SCHOOL EVENTS

3/16-3/17: Progress Reports Distributed in Advisory Classes

3/19: Saturday Enrichment Academy and Parent Meeting-
9:00 am –11:00 am

3/19: Preuss Health & Wellness Fair, 11:00am to 2:00pm

3/2-3/25 Sixth Grade Camp on Campus

3/25: Middle School Social-Dance: Walton Center, 1:30 pm -
4:00 pm

Spring Break: March 28th thru April 1st. —Students will
return to school April 4th.

4/6-4/7: Progress Report to Parents for At Risk Students

4/8: Air Band -Amphitheater Walton Center-
5:30pm-8:00pm

4/9 & 4/23: Saturday Enrichment Academy -9:00 –11:00 am

4/23: Spring Nights Parent Dinner Dance—
5:00 pm—10:00 pm

5/4-5/5: Progress Report Distributed in Advisory Classes

5/7 & 5/21: Saturday Enrichment Academy-
9:00 –11:00 am

**The Preuss School
UCSD gratefully
acknowledges our
newsletter
sponsors**

Michael P. O'Neill
Director of Manufacturing
CareFusion Corporation

Chip Mutza, Site Manager from
Ikon Office Solutions

Philip Battle
Production Specialist

Jose Garcia, Preuss Former
Parent Class of 2004

CareFusion Corporation
10020 Pacific Mesa Blvd.
San Diego, CA 92121

The Preuss School's 2nd Annual Health & Wellness Fair

**Saturday, March 19th
11 am – 1 pm**

FREE CLINICAL SCREENINGS!

- Cholesterol
- Glucose
- Blood pressure
- Vision



Free Zumba!

Kid-friendly!

**Health booths run by
students & experts!**

Food!



UC San Diego Health