



WINTER BREAK

December 18, 2017
thru
January 2, 2018

Classes will resume on
Wednesday
January 3, 2018

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A Message from our School Principal-Director Scott Barton

Dear Parents,

The school year is in full swing and Preuss students are hard at work. Students are taking their education seriously and are attending classes at an attendance rate of 98.77%. Congratulations to all and keep up the good work.

The Preuss class of 2018 is working on their college future with UC Submission days on November 15 and 16, Preuss seniors are also working on their UC and CSU college applications. The deadline for college applications is November 30. Teachers are working diligently to write college letters of recommendations for the seniors. It is an exciting time for our future college students. Preuss is also proud to announce two QuestBridge finalists this year, Nina Do and Alex Liu.

Model United Nations (MUN) students participated in the Triton Model UN Fall 2017 conference on Saturday, October 14, at El Camino High School. Students who participate in MUN develop their research, writing and public speaking skills. They must research a country/role, write a position paper on a specific issue/topic, and then represent their country/role in discussion and debate at a conference. This is a good example of using Global Education at Preuss. Ten students participated in the conference; students won awards in their respective committees:

Lynh Chan won for Best Research
Arturo Torres won for Commendation
Jonathan Ventura won for Best Delegate

Congratulations for all of your hard work!

This is the second year our AP Government classes have hosted Town Hall Meetings here on The Preuss campus. They have been very successful and informative meetings. Candidates spoke to AP Government students about running for political office and all that entails. Candidates were invited and those who spoke were Nathan Fletcher, Jose Rodriguez, Genevieve Jones-Wright, Christian Ramirez and Omar Passons. There is one more scheduled Townhall meeting featuring District Attorney Summer Stephan on Thursday, December 7. Assembly member Todd Gloria will also be speaking to AP Student Government on Tuesday, November 28.

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News From Scott Barton Cont'd

The Preuss School students, parents and teachers are always busy and Saturdays are no exception. A perfect example of a busy Saturday was November 4. The day began with Saturday Enrichment Academy (SEA), PTA General Meeting, Elements of Electrical Engineering course and the Admissions Open House for parents of families interested in enrolling at Preuss. It was a full and rewarding day for all who attended.

This year the Robotics club hosted the FLL tournament here on campus on November 11. They hosted teams from all over San Diego County and families and friends observed the tournament. It was a fun event that displayed our students' robotics talents.

The Admissions application for the 2018-2019 school year is now available in the front office and online. We are encouraging families to complete their applications on SchoolMint which is accessible on the Preuss website under the Admissions Tab. Applications and the online instructions have been distributed to families and schools throughout the county. The Admissions application deadline is Friday, December 15, 2017 at 4:00pm and the lottery date will be in Tuesday, March 20.

As mentioned above attendance is critical to a student's educational success. Parents play a vital role in their student's academic success by helping them develop the habit of consistent attendance. To help better monitor students' attendance we are using the automated communication system ParentSquare. The notification system sends a phone message to families' primary phone number, cell phone, and/or a text message. The system keeps parents informed about their student's attendance. Please phone the school by 9:00am if your child will be absent. If a parent needs to discuss their student's attendance, we ask they call Mrs. Villanueva at 858-822-3011.

This is our fifth year of collaborating with Computers 2 San Diego Kids (C2SDK). We want to begin by thanking C2SDK for such a beneficial partnership for Preuss families, and Board Member Matt Weil for inviting C2SDK to Preuss. Families have an opportunity to purchase refurbished computers at a discounted price right here at school. The computers were picked up by parents on Saturday, October 14, at 10:30am. A computer in the home is so important to a student's learning. Internet through Cox Cable is also available at a reduced rate. Parents can still purchase a desktop computer with and LCD Monitor for \$80.00 or a Netbook for \$100.00 at the C2SDK offices on 8324 Miramar Mall, zip code 92121.

Preuss students were motivated and focused on learning as we approached the end of the second mid-semester on November 10. Progress reports will be distributed through Advisory classes on November 15 & 16.

When we return from the winter break in January, there will be new parking fees charged to all who park in the Preuss School parking lot. These fees will apply to parents as well. There will be a parking pay station as you enter the Preuss lot. Next month at the December 2, PTA General meeting there will be more in-depth information given to parents regarding the new parking fees. Please join us to learn more about the upcoming change.

The months of November and December are full of vacation days away from school. I want to take a moment to remind students and parents that while we will have breaks these next two months, learning is still our first priority. Students must stay focused in the midst of all of the excitement of the coming breaks. School will not be in session November 20-24, 2017, and December 18, 2016 - January 2, 2018, returning January 3 to school. Please do not extend your vacations as students are expected to be in school when Preuss is in session. Enjoy your time off.

I encourage all of our students and families to enjoy their time off by resting and spending time to get together with family and friends.

Sincerely,
Scott Barton



Whispers from the Copley Media Center

By Karen Nance and Maria Gonzalez

We featured Banned Books Week (September 24 – September 30, 2017) with a mini-book jacket contest. The mini-book jacket had to represent a banned book, why it was banned and an about the author section. Our winners were 9th grader Elizabeth Carillo, 8th grader Meliya Russom, and 7th grader Camillo Robinson. They each earned a \$10.00 gift certificate to Barnes and Noble or a choice of a book.

Our Scholastic Book Fair was held November 6th through November 11th. Thank you to our Scholastic Crew and parents who volunteered and helped to make it a great success. A special shout out to Brittany Tran, Elizabeth Silva, Agnes Agoh, Cindy Kieu, and Rehoboth Aboye for promoting our book fair to 6th and 7th grade classes with book talks! We made \$822 to spend on books for our library!!

Monthly library notices will now be sent via students' email on a monthly basis. If your student has late textbooks or fines over \$5.00 they are not allowed to participate in any extra-curricular activities. This includes athletics, after school clubs and school sponsored social events. Please encourage your student to bring in any late textbooks or to begin paying off their account a little bit at a time. We can also discuss volunteering time to cover fines.

A Few Reminders

1. Students have access to online eBooks. On the library page of the Preuss School website your student can click **Overdrive** to access these eBooks. The site will walk you through downloading the correct app for your device. All your student needs is their student ID # on their planner or picture ID card.
2. The library has a great resource for researching online. Please visit the **DCP** on the library webpage of the Preuss School website. All materials have been reviewed by experts in their field and the information is reliable. You can use this resource for every subject matter. There are even eBooks, online magazines, and tutoring sites for homework.
3. Are you looking to know more about what your students have access to online or what social media sites are trending and how they might effect your student? Visit the library page of the Preuss School website and click on **Common Sense Media**. It is a not for profit site providing everything from book , movie and TV reviews to studies on what our teens are using on social media and its effects.



Happy
Reading!

Ms. Karen
Nance

and

Ms. Maria
Gonzalez

Healthy News

Healthy ideas from your school nurse, Chris Richter

Healthy role modeling for children

Thanks for your involvement in your child's education. Your continued support is very important to your child's present and future success. Even though your child is growing and maturing more each day your guidance and support is more important than ever. Children learn a great deal from their parents so it's extra important to live each day demonstrating a good example to our developing children. Here are some tips on ways to be a healthy role model as it relates to healthy eating and activity (tips provided by the nutrition education series from the USDA center for nutrition):

- Show by example by eating vegetables, fruits and whole grains at meals and as snacks.
- Go food shopping with your children. Have a discussion about where vegetables, fruits, grains, dairy and protein foods come from. Let your children make healthy choices. Choose **healthy** holiday dishes with emphasis on vegetables and fruit.
- Get creative in the kitchen, encourage your child to create healthy new snacks and home recipes for the **holidays**. Make your own trail mixes from dry whole grain and low sugar cereal and dried fruit.
- Offer the same foods for everyone, stop being a "short order cook".
- Reward with attention not food, do not offer sweets as rewards. Show your love and comfort your children with hugs, kisses.

- Focus on each other at the dinner table, turn off the TV, silence the phone. Make meal time enjoyable.
- Listen to your child. If the child is hungry and it's not time for a scheduled meal, offer a small healthy snack, such as fruit. At dinner offer choices of vegetables i.e. do you want broccoli or cauliflower for dinner instead of do you want broccoli.
- Limit screen time to less than 2 hr/day (includes TV, phone & computer games) No "screen time" under the age of 2.
- Encourage fun physical activity for the whole family. Make physical activity a regular part of the day. Walk/run with your child instead of just watching. Set as an example by being physically active and using safety gear such as bicycle helmets. During holidays go for a family walk after a holiday meal or play active games.
- Be a good food role model. Try new ways of healthy cooking, new foods. Offer one new food at a time. Serve a family favorite along with a new food. Offer new foods at the **beginning of a meal** when everyone is hungry. Avoid lecturing or forcing your child to eat.
- Cook healthy home-made meals for holiday gatherings, avoid heavy sauces and over use of cheese, incorporate more fruits and vegetables into holiday menus.

Holiday breaks a good time for doctor appointments:

Get your child's physical completed, update suggested and required vaccines.

A reminder for our 6th graders, a Tdap booster is required for 7th grade entry. If you haven't done so already have your child get the Tdap booster during a break so as not to lose school time. Check out the website www.shotsforschool.org for more information on suggested and required immunizations. For information on free children's physicals call CHDP @ 1-800-675-2229.

Prevention of illness:

The changing seasons also signal the beginning of the cold and flu season. Holiday gatherings also mean sharing of germs which can spread the flu, colds, and other illnesses. It is a time to be more careful in prevention of illness. By staying healthy we don't lose time from work and from school, thereby making everyone more successful. Every day preventive actions can help fight germs and prevent catching colds and the dreaded flu.

- Good hand hygiene by hand washing with soap and water after coughing and sneezing.
- Covering your mouth and nose with a tissue when you cough or sneeze
- Avoiding touching your eyes, nose and mouth whenever possible. Germs spread this way.
- Stay home if you or your child is sick with a fever for at least 24 hours after there is no longer signs of a fever.
- When sick limit contact with others to prevent the spread of illness.
- Try to avoid close contact with sick people
- Get immunized each year for seasonal flu.

PREUSS STUDENTS VISIT THE MUSEUM OF TOLERANCE AND OLVERA STREET

By Jessica Resendez

Ms. Petraglia and Ms. Resendez took sixteen students on a field trip to The Museum of Tolerance and Olvera Street on November 5. Students represented our Dreamers Club and Multicultural Empowerment Club. We made it to the museum by 11am and were able to make it in time for a tour by Kenya, a museum ambassador. Kenya was super engaging and our students even asked her for her contact information, already planning to invite her to speak at our school. Kenya led us down to one of the tolerance exhibit and spoke to us about how everyone has some level of prejudice and how these prejudices can lead to horrific events such as Oklahoma City bombing, 9/11, and countless more acts of terrorism.

She then led us to a room where a holocaust speaker was going to speak to an audience. Our students listened intently to our speaker who was in a concentration camp from age 4-7.



She was a very engaging speaker and even made a few jokes, which lightened the mood. We took a photo with her after her talk. Our last activity was going through the holocaust exhibit where students took a card with a photo of a child. Throughout the exhibit, students learned about the holocaust and events /circumstances leading up to the horrible events of the holocaust. Along the way, they were able to insert their card to learn more about their child during this historical time. The most difficult part of the tour was sitting in a simulated gas chamber and hearing stories of real people experiencing unthinkable atrocities. Time quickly passed and it was 2pm (past lunchtime). We then drove about 30 min. to historic Olvera Street. Students had about 2 hours to eat and explore the plaza.

Students enjoyed looking at all the cultural shops and reading about the history of the space/buildings. There were many people at the plaza enjoying community performers (music, bands, and Aztec dancers). We left Olvera Street about 5:30pm to head back to San Diego. I asked the students what could have improved their experience, and all said they wish they had more time at the museum and Olvera Street. They recommended that we take more students on this trip and really saw the connection with what they learned at the museum with their AP European History class in 10th grade. This is a trip that I would like to make an annual tradition, and hopefully we can continue to get funds to provide this authentic cultural experience to more students where they can learn and reflect on history, social justice issues, and tolerance.

STUDENT SERVICES

Happy Fall Preuss Families!

Fall can be a stressful time for many of us, and especially our Seniors who are applying to college! Student support Services is working hard with Advisory teachers to make sure we educate students about stress management techniques and ways to stay on top of all the things we need to manage in our lives. Please take a look below at some tips for managing holiday stress. As always, we really appreciate all of your efforts and support, and we are available to support students and families with any stressful situations you may have. Please don't hesitate to contact us at our email or number.

Set expectations – Talk to your kids about expectations for gifts and holiday activities. Be open with them if money is an issue. Depending on a child's age, parents can use this as an opportunity to teach their kids about the value of money and responsible spending. And be realistic. Take small concrete steps to deal with holiday tasks instead of overwhelming yourself with goals that are too far reaching for a busy time.

Keep things in perspective – Try to consider stressful situations in a broader context and keep a long-term perspective. Avoid blowing events out of proportion and teach your kids how to keep things in perspective, including what type and the number of gifts they receive.

Make connections – Good relationships with family and friends are important. So, view the holidays as a time to re-connect with people. Additionally, accepting help and support from those who care about you can help alleviate stress. Even volunteering at a local charity with your kids is a good way to connect with others, assist someone in need and teach your kids about the value of helping others.

Take care of yourself – Pay attention to your own needs and feelings during the holiday season. Engage in activities that you and your family enjoy and find relaxing. Taking care of yourself helps keep your mind and body healthy and primed to deal with stressful situations. Consider cutting back television viewing for kids and instead, get the family out together for a winter walk. It promotes activity and takes kids away from sedentary time and possible influence from advertisements.



Dr. Mercy Hwong
Music Department
Chair

Choir Performance

The Preuss Honors Choir and the High School Choir will perform at the December PTA meeting on Saturday, December 2, 2017. Parents and students are cordially invited to attend the event.

The Program includes the favorite holiday songs and “Mistletoe” by Justin Bieber and “Stand by Me” by Price Royce. This performance will also feature solo performances by Nghi Tang and Citlali Olivares. Roger Valdez will perform his original composition.

Parent News

By Sandra Gutierrez, Volunteer Coordinator

Preuss Mentor Program

The Preuss School mentor program is open to any student that wants to be paired with a member of our community to receive guidance and encouragement on personal and academic goals. Students and mentors meet on the Preuss campus once a week for 30-45 minutes during lunch or during university prep.

What is a Mentor? A mentor is a positive, guiding influence in another (usually a younger) person's life. A mentor will listen, help you explore opportunities, and have good ideas about how to deal with difficult situations. They are not there to take the role of a parent; they are not mind readers and cannot solve all problems but can advise you if you ask.

What is expected from the student? Motivation to meet weekly with your mentor. Willing to communicate and participate. Commitment to the program for one year however, the match can continue longer if both mentor and mentee choose to continue the match.

What do mentees talk about with their mentors? Each match is different and topics vary from academics, college, fields of study, exploring career opportunities, hobbies, volunteer opportunities, personal life and talk about the day to day.

What do mentees talk about with their mentors? Each match is different and topics vary from academics, college, fields of study, exploring career opportunities, hobbies, volunteer opportunities, personal life and talk about the day to day.

How can you apply for a mentor? Visit Ms. Gutierrez at the Front Office for a mentee application. Have parents sign giving their student permission to participate in the program. Once the application is complete, return it to The Front Office or hand it to your advisory teacher.

How long does it take to be matched with a mentor? It can take a month or a whole year. This process takes time because we want to make the best match for both the mentor and the mentee. Mentors and mentees are matched by common career interest and hobbies.

If you have questions and want to discuss the program in further detail, please contact Ms. Gutierrez at preussvolunteer@ucsd.edu, at 858-822-0020, or by visiting the Front Office.

Saturday PTA General Meetings

December 2017

2nd - General Meeting, Walton Center, 9:30-11:00am

Topic: Meet a Preuss Board Member

Library, 11:00am-12:30pm, Parenting Workshop: "Stress Busters"

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

January 2018

9th - PTA Executive Board Meeting, 5:30-7:00pm

20th - General Meeting, Walton Center, 9:30-11:00am

Topic: *Pending*

Library, 11:00am-12:30pm, Parenting Workshop: "Self Esteem"

February 2018

6th - PTA Executive Board Meeting, 5:30-7:00pm

24th - General Meeting, Walton Center, 9:30-11:00am

Topic: *UPAC - Mental Health*

Multicultural Family Potluck, 11:00-1:00pm

March 2018

6th - PTA Executive Board Meeting, 5:30-7:00pm

17th - General Meeting, Walton Center, 9:30-11:00am

PTA Elections

Library, 11:00am-12:30pm, Parenting Workshop: "Positive Parenting"

April 2018

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

21st - Dinner and Dance sponsored by the PTA, Walton Center, 5:00pm-10:00pm

No general meeting

May 2018

1st - PTA Executive Board Meeting, 5:30-7:00pm

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

Topic: *pending*

Library, 11:00am-12:30pm, Parenting Workshop: "Family Fun"

June 2018

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

9th - Parent Appreciation Event, 9:30-11:00am

25th - Last day of school, Minimum Day

High School Graduation starts at 4:00pm

ParentSquare

A communication tool for Parents to and the school to share important information.

Parents you may have received an email or text message inviting you to join ParentSquare. It's easy to sign up! Simply click on the invitation and create a password. Once you create a password you can sign in from any computer or right on your phone. You will be able to view important information being posted by teachers and staff regarding school activities, events, upcoming test, field trips, sports activities, etc. You can also sign up for upcoming volunteer opportunities! Please take a moment to sign up!

THE THE GIFT OF LIFE LOVE A LLAMA FUNDRAISER

Every year, The Preuss School UCSD World Language Department Spanish classes collaborate with Heifer International, a non-profit organization whose mission is to combat world hunger and poverty, to raise enough money to buy a llama for a South American Family. The "Love a Llama" fundraiser once again will be held beginning November and ending December 15th. The Spanish classes will have various llama themed objects for sale during both middle and high school lunches during the last two weeks before the winter recess. Some might ask, Why a llama?

Llama and Alpaca wool is priced around the world for being warm and more dense than sheep wool. Families living high in the Andes mountains can earn a steady living by either selling the wool or making the clothes and blankets that can be sold for additional income. Llamas can also be used to transport crops to be sold at market and their feet are perfect to protect crops because they do not trample over the crops with hooves like cows and horses. They are one of the few animals that can withstand the harsh conditions of the Andes, serve as great guard animals, and make great companions. Giving the gift of a llama literally can send a student to school who otherwise would not have the money to buy books to go to school. This winter, the Spanish classes along with the entire rest of the student and staff body are invited to the Llama table to give the gift that changes lives! A world of Thanks! Viviana Zamora, World Language Dept. Chair



IMPORTANT SCHOOL DATES:

- 11/15/17 & 11/16/17: UC Application Submission Days for Seniors
- 11/30/17: UC and CSU College Application Deadline
- 11/15/17 & 11/17/17: 2nd Mid-Semester Progress Report Distributed
- 11/20/17-11/24/17: Thanksgiving Holiday- School Closed
- 11/27/17-11/30/17: Healthy Kids Survey- Survey will be given in advisory classes, 7-12 grade.
- 12/2/17: Saturday Enrichment Academy- 9:00 A.M - 11:00 A.M
- 12/2/17: General Parent Meeting- School Auditorium- 9:30A.M-11:00A.M
- 12/18/17 thru 1/2/18: Winter Break- No School
- 1/6/18 & 1/20/18: Saturday Enrichment Academy- 9:00 A.M - 11:00 A.M
- 1/15/18: Martin Luther King Jr. Day (No School)
- 1/16/18 - 1/19/18: 1st Semester Final Exams
- 1/19/18: 1st Semester Ends
- 1/25/2018: 1st Semester Final Report Cards Mailed Home to Parents
- 1/29/15: 1st Semester Report Cards Mailed Home

NEXT SATURDAY PARENT MEETINGS

SATURDAY, DECEMBER 2, 2017

SATURDAY, JANUARY 20, 2018

**The Preuss School Auditorium
9:30 AM - 11:00 AM**

Special Thanks to the Insight Newsletter Contributors:

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