

JANUARY/FEBRUARY 2014

The Preuss School UCSD Insight Newsletter

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A Message from our School Principal-Director Scott Barton

Dear Parents/Guardians:

Happy New Year to all!

The first semester of school is ending and students are preparing for their second semester of studies. Finals were the week of January 21- 24, with second semester beginning January 27.

The class of 2014 has already had success with their college plans; 100% of seniors have applied to at least four UC Campuses including UC San Diego, 98% have applied to CSU (that's 85 out of 87 seniors)! Students are currently applying to private and out of state colleges and universities, as of January 6, 2014, 27 seniors have been accepted to at least one four year college or university.

Seniors will be attending institutions such as Northwest University, Ohio Valley University, Chico, Dominguez Hills, Fresno, Sacramento, Humboldt and San Diego State University to name only a few. One of our seniors has accepted early decision to Northwestern University and will be attending there this fall. A number of seniors applied for the Gates Millennium Scholars which was due January 15. Good luck to all seniors who have applied.

This year's Homecoming was held on December 19, was a very successful event with more than 100 returning alumni joining together for lunch, speaking to our students, and attending the Homecoming Basketball games.

Monday, February 14th
Lincoln Day
Observance

Monday, February 17th
Washington Day
Observance

***NO SCHOOL**

**GENERAL PARENT
MEETING**

February 22, 2014

9:30 to 11:00 AM

SCHOOL AUDITORIUM

Notes from the School PTA President- Michael Million

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Mid-Year Audit

As per our Bylaws, The Audit Committee has to audit the books and financial records of the association semiannually. Vinny Nghiem our Auditor is performing our Mid-Year Audit. The Mid-Year Audit is going to be completed in February and a written report will be presented to the executive board at the March meeting for review and to the association at the March meeting for adoption.

News From Scott Barton Cont'd

The alumni spoke in Advisory classrooms and shared their life at Preuss and their new lives in college with the students. They were a wonderful inspiration for all of our current Preuss students

Next school year's admission deadline was December 20, and 513 applications were received. Now the process of getting the applications ready to be read and the beginning of the lottery process is upon us. We are excited about the prospective students who have applied, and helping them begin their journeys toward success at The Preuss School UCSD.

Our student attendance dipped around the winter vacation and as a result, students missed out on class time and our funding was reduced. Please remember that the majority of our funding is based upon Average Daily Attendance (ADA). It is imperative that students are in school and only stay home when they are ill. Please support student learning and School funding.

I am looking forward to a successful second semester for our students, their families and the Preuss faculty and staff. Remember if you need any assistance from the school please do not hesitate to contact the front office staff, we are here to guide you through your child's years at The Preuss School UCSD.

Sincerely,

Scott Barton
Principal/Director

Safety on campus is always the highest priority

Notes from the Vice Principal, Pete Selleck

Dear parents,

Happy New Year! The students are thriving here at The Preuss School. As I circulate around campus daily, I am consistently impressed with the quality of instruction, and the quality of the interaction between students. There is no doubt in my mind that our students are as nice to each other as any group of kids anywhere. That having been said, it still takes all of us working together to maintain this culture on campus. Safety on campus is always the highest priority, and we must all remain vigilant in our efforts to educate our kids. "Bullying" is a big topic around the country and we are maintaining existing programs and expanding others to address those concerns.

Notes from the Vice Principal continued

All 6th and 7th grade students have participated in workshops to prevent “school bullying.” Bullying is **not** a normal rite of passage for children. It is having a dramatic impact on children in this country. Technological changes are making the problem worse. In the past, children felt safe from the school “bully” when they got home. In modern America, children are targeted on the computer and in text messages at home as well. This can create unnecessary stress for kids.

What you can do?

1) Monitor your child’s use of the internet and text messages. Parents should have access to all accounts.

2) Demand that your child report incidents of harassment to a school official.

If you have any questions regarding this topic, do not hesitate to contact me.

Pete Selleck

Bullying can threaten students’ physical and emotional safety at school and can negatively impact their ability to learn.

Notes from the Parent Teacher Association President Continued



Nominating Committee

A Nominating Committee has been elected on our December meeting. The members are:

Ex officio Member- Mr. Barton

Chair-Diane Villalvazo

Members -Marisela Velazquez, Vinny Nghiem

Alternates: Katia Flores, Osmar Solano

Parliamentarian-Sandra Gutierrez

The nominations Committee will Report to the association members on February with a slate of Candidates.

Elections are on March



Membership

The Fiscal year for our PTA is July 1 St

PTA Membership is \$10 you have to be a paid PTA member to vote in the PTA

Last year we had 201 paid PTA members.

So far this year we have 177 paid Preuss School UCSD PTA Members

A Big Thank you to the 254 parents who came to our December 14, 2013 General Parent

Calendar of Events

February 22 - Multicultural speaker

Next PTA Executive Board Meeting is Tuesday February 4, 2014

Next PTA General Meeting is Saturday, January 25th. 2014

Lots of Beneficial Information

Come and get informed!

A NOTE FROM THE HIGH SCHOOL COUNSELOR, JENNIFER NIETO

Attention Parents, during the week of January 21-24th all Preuss students will be taking their end of the semester final exams. The semester officially ends on January 24th and grades will be mailed home on **January 31st**. Parents please mark your calendars for the upcoming important dates:

January 28 th	2 nd semester begins
February 12 th , 13 th	Pink Progress reports given to students who have a 2.25 GPA or below and student is required to attend SEA
March 18 th , 19 th	CAHSEE for 10 th grade students only in the Walton Center
March 19, 20	1 st Mid-Semester Progress Report Cards Distributed to students in their advisory classroom
April 9 th , 10 th	Pink Progress reports given to students who have a 2.25 GPA or below and student is required to attend SEA
May 7 th , 8 th	2 nd Mid-Semester Progress Report Cards Distributed to students in their advisory classroom
May 28 th , 29 th	Pink Progress reports given to students who have a 2.25 GPA or below and student is required to attend SEA



California High School Exit Exam (CAHSEE)

All tenth graders will be taking the California High School Exit Exam (CAHSEE) on March 18th and 19th in the Walton Center. Parents please make sure that your students arrive to school on time both days to take this exam. The Language Arts sections will be given on March 18 from 8:55-2:20. The two sections of the Mathematics section will be administered on March 19 from 8:55-2:20. Passing the CAHSEE is a requirement in order to receive a high school diploma. The results will be available by July 2014.

Course Selection for 2014-2015 for All Grades

Students will be given course selection materials in their Advisory classes during the month of March. Parents will be particularly interested in the *Course Description and Educational Planning 2014-2015* booklet, which contains a detailed description of each course in grades 6-12. The Advisory teacher 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.* Advisory teachers will collect completed registration cards. Thank you for helping your student with this important process.

Student Services

Explore the exciting fields of engineering & computer Science with Industry and Faculty Speakers, Lab Tours, Programming and Robot Building Activities.

Breakfast and Lunch will be Provided.



2013-2014 UC SAN DIEGO

HIGH SCHOOL CONFERENCES

These one-day, student-led conferences provide high school students the opportunity to learn more about college while networking with current UC San Diego students through speakers, workshops, small group discussions, and additional activities. These conferences are aimed at emphasizing college preparation and community empowerment for San Diego Youth.

Asian & Pacific-Islander Student Alliance (APSA)	November 9, 2013
Black Student Union (BSU)	November 23, 2013
Muslim Student Association (MSA)	November 23, 2013
Vietnamese Student Association (VSA)	January 25, 2014
Kaibigang Pilipin@ (KP)	February 1, 2014
Movimiento Estudiantil Chican@ de Aztlán (MEChA)	February 15, 2014
Queer People of Color (QPOC)	TBD
Native America Student Alliance (NASA)	TBD

**Dates may be subject to change. For updated event information, please visit <http://spaces.ucsd.edu/hsc.html>*

Sponsored by

SPACES

Student-Initiated Access Programs and Services
the access component of the
Student Promoted Access Center for Education and Service

Whispers from the Library and Media Center

The Library is currently running its Annual Bookmark Contest. All Preuss students are welcome to participate. The theme this year is **'Your Favorite Book'**. Bookmarks can be picked up in the library starting January 13th. The completed book mark is due January 24th and students will vote on their favorite design from January 27th through January 31st. **Winners will be announced February 3th** in the Daily Bulletin. The top two bookmarks from middle school and high school will have their bookmark published for the whole school to enjoy and a choice of book or a \$10 gift card to Barnes and Noble. We would like to thank Mr. Tom Puente, Brock Puente's dad, for publishing all the winning bookmarks.

If your student has outstanding fines or late textbooks they are not able to participate in any extra-curricular activities. These activities include dances, athletic events, and after school clubs. **Eighth Graders will not participate in "A Celebration of Learning" and Seniors will not be able to walk at graduation or receive their diploma unless their record is completely cleared.** Now is the time to take care of any outstanding fines or lost books. Notices come home at the beginning of each month. Ask your student for this notice or you can call the library to check on your student's library record. Our phone number is 858-658-7425.

Karen Nance and Maria Gonzalez

kgnance@ucsd.edu or mgg001@ucsd.edu



The World Language Department and Students Exceeded their Fundraising Goals: They were able to buy a llama and support a needy family

On Behalf of the World Language Department,

Thanks to Administration, Staff, Faculty and specially to the Students, we were able to buy a llama for a needy South American family. Together, we were able to raise enough to not only buy the LLAMA but also, two gifts of beehives and a share of a pig. Thanks to all for giving the gift that changes lives!

Martha Viviana Zamora Luna

Parent Volunteer Hours

By Sandra Gutierrez, Volunteer Programs Coordinator

Report on Hours

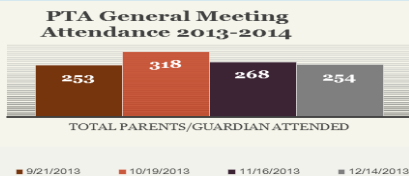
Thank you parents for all your volunteer work. Every school year we ask parents to complete **15 hours** of volunteer work for one child attending The Preuss School. Working together parents will achieve a total of **12,500 volunteer hours** in a single school year.

We are half way through the school year and **currently** there are a total of **5,991 hours completed** by parent volunteers; which means we are **48%** of the way in achieving our goal.

To complete your volunteer hours you can help in the library, the classroom, the office, participate in committees, chaperone special events, field trips, and by attending PTA Meetings.

We continue to have great PTA general meetings with an average of 273 parents in attendance.

Thank you for attending and we hope to continue seeing you at the meetings.



On average 273 parents have been attending the PTA General meetings this school year.

If you would like to sign up for any volunteer opportunities please contact Ms. Gutierrez at 858-658-7473 or email preussvolunteer@ucsd.edu

New Phone System

The Preuss School is now working with EduLink which is an automatic phone dialing system that will be used to communicate with Preuss Parents. You will now hear a message recorded by Preuss staff. We had an opportunity to use the phone system on January 8th to relay an important message to our 12th grade families. The system was able to make all 85 calls in 18 minutes.

Q: How does this phone system work?

A: The program works by calling the primary number in the Preuss student database.

Q: I have more than one student at Preuss will I get multiple calls?

A: No, if you have more than one student at Preuss your family will only receive one call. They system recognizes when there are 2 or 3 students with the same phone number.

Q: Will it leave a message in the answering machine?

A: Yes, it has the ability to deliver the message to the person that answers or it will leave a message on your answering machine. In addition, the program is able to produce a report of any callers that hung up during the recording or that were not reached after 3 tries.

Q: Which types of messages will I be receiving?

A: You will receive calls for student absences, PTA meeting reminders, and school closure updates. In an emergency the system will also be activated.

Q: I have a new phone number, who do I need to inform?

A: Please contact our school registrar, Ms. Oglesby at 858-658-7415

*PTA General Meeting
February 22, 2014, 9:30-11:00am
Family Potluck Starts at 11:00am*

Upcoming Parent volunteer Opportunities

Listed are just a few of the upcoming events in which we need parent volunteers. Parents you may also come into the office to volunteer Monday-Friday between the hours of 9:00am-4:30pm.

Perfect Attendance: Ice Cream Social February 12th from 11:37am-12:44pm in the Walton Center. Parents needed to decorate, serve ice cream, and clean up. Donations requested include ice cream cones, toppings, bowls or cups, and spoons.

Science Day in Spanish Saturday, February 8th in the Walton Center. Time to be determined. Parents needed to help at the sign in tables and clean up.

Family Potluck Saturday, February 22nd starting at 11:00am between buildings B and C of the Preuss School. Parents needed at the sign in sheets, set up, serve food, and clean up after the event. Donations requested; water, juice, plates, bowls, cups, utensils. Parents bring a homemade dish large enough for a family of 6 to share. All parents bringing a dish or donations will be given volunteer hours.

NEWS FROM THE PREUSS HONORS CHOIR

By Mercy Hwong

Fifteen members of the Preuss School Honors Choir performed holiday music at the Preuss' home on Saturday, December 21, 2013. The performance was a great success to showcase the talents of the Preuss students. The choir member who performed at the event were Graciela M. Bonilla Diego, Julian Bonilla Diego, Melissa Castillejo Lopez, Adriana Chavez Zuniga, Selene Garcia, Melanie Gonzalez, Jamal Hussein, Esmeralda Lopez Cristales, Mina Marjanovic, Florencia Mendoza, Kiara Miramon, Sarai Silva Carvajai, Jazmin Sosa Herrera, and Paola Tonella. We appreciate the following guest singers who performed with the choir Mr. Barton, the principal/Director of the Preuss School UCSD, Mr. Ernesto Orozco, music tutor and Mr. Tim Kung, music tutor. Dr. Mercy Hwong, the choir director accompanied the choir on the piano. Many thanks to Mrs. Barton, Ms. Resendez, Mr. Kung and parents who provided the transportation to make this event possible.



Healthy ideas from the school nurse, January 2014

by Christine Richter RN

Wishing you all a happy and healthy new year 2014! A new year has begun and it is a great opportunity to get a healthy new start on improving our health habits. January is a good month to reflect upon our health habits. Setting simple, realistic and attainable goals for health improvement on nutrition, exercise and healthy daily habits can improve health and school or work performance. By planning for success in making lifestyle changes children and well as adults can become healthier. Some "healthy" ideas are: stocking the pantry and refrigerator with healthy food and snacks in pre-portioned sized containers for our busy lifestyle, making grocery lists and weekly food plans keeping in mind healthy options, planning for time to exercise and regular workouts and reducing time spent on TV watching and computer games. Other ideas include eating more meals as a family. Family meal times can have many benefits such as providing a time to exchange ideas, feelings, strengthen family ties and traditions. Eating meals as a family has also been linked with being successful in school including better grades and higher test scores. Studies show that tracking your success, such as keeping food diaries and keeping track of your workouts can help stay on target. Having a buddy system to support your health goals can make being healthy even more fun and can provide a source of encouragement and support. Feel free to see the nurse for further information on nutrition, exercise and ways to improve health or for any special concerns you would like to discuss.

Make Goals
Not
Resolutions

According to the USDA center for nutrition the following 10 tips for healthy meals can be a good way to improve your nutrition:

- 1) Make half your plate vegetables and fruits, choose red, orange and dark green vegetables for extra nutrients.
- 2) Choose lean protein foods such as lean beef, pork chicken turkey, beans or tofu. Attempt to eat seafood as the protein twice a week.
- 3) Try to make at least half your grains consumed be whole grain to increase nutrient value.
- 4) Include dairy, cut down on fat by using fat-free or low fat milk, thereby reducing calories, yet providing the same amount of calcium. Soy milk and low fat yogurt are alternatives for people who don't drink milk.
- 5) Cut down on extra fat by avoiding heavy sauces or gravies which add fat and calories, try using lemon or lime to add flavor to food or sprinkle low-fat parmesan cheese. Be watchful for hidden fats in prepared foods.
- 6) Take time to slowly eat your food thereby enjoying the taste and texture. Be mindful when you're eating paying attention to body signals, eating too quickly can cause you to eat too much.
- 7) Using a smaller plate can help with portion control, you can finish your plate without overeating.
- 8) Eating at home can help you get control of your food by knowing exactly what you're eating. When "eating out" check and compare nutritional information. Choose healthier options such as baked foods instead of fried, thereby reducing fat and calories.
- 9) Keep meals interesting by trying new foods which are healthy and delicious. Trade and discover new recipes, many are healthy options.
- 10) Satisfy a sweet tooth in a healthy way by indulging in a sweet dessert dish of fruit such as a fruit parfait with yogurt. Drink more water instead of sugary drinks which are a major source of added sugar and calories.

The winter season coincides with it the flu and cold season. Everyday preventive options can help fight germs such as the flu. According to the CDC, Center for Disease Control and Preventions the following are some ways to prevent the spread of germs:

- 1) Practice good hand hygiene by washing your hands with soap and water especially after coughing and sneezing (alcohol based sanitizers are also good when water isn't available)
- 2) Cover your mouth and nose with a tissue when you cough or sneeze.
- 3) Avoid touching your eyes, nose and mouth. Germs spread this way.
- 4) Stay home if you or your child is sick for at least 24 after there is no longer a fever or signs of a fever. Limit contact with others to prevent spread of illness.
- 5) Try to avoid close contact with sick people.

Reminder for our 6th graders:

If you have not done so already have your child get their Tdap booster, A Tdap booster is required for 7th grade entry. Please provide updated immunization records to the school nurse. For further information and resources contact the school nurse. You can learn about shot requirements and related resources on the website: www.shotsforschool.org, 211, or the public health department CHDP office @ 1-800-675-2229 where you can also get information on free health physicals.

Stay healthy!

UPCOMING EVENTS– *Mark your calendars

- ◆ January 28: Second Semester Begins
- ◆ January 29: Musical Theater students will present their performance of "Sixteen" Block 4; 2:26-4:00 pm.
- ◆ January 29 –31: Hearing Testing. 8th grade students, Small Conference Room.
8:00am-4:00pm
- ◆ January 30: Musical Theater students will present their performance of "Sixteen" Block 7; 12:47-2:21pm.
- ◆ January 31: 1st. Semester Final Report Cards Mailed Home to Parents.
- ◆ February 8: Saturday Enrichment Academy; 9:00-11:00am
- ◆ February 12: Perfect Attendance Recognition: Ice Cream Social during Middle and High School Lunch
- ◆ February 12-13: Pink Progress reports given to students who have a 2.25 GPA or below. Attending SEA is required.
- ◆ February Holidays: February 14 – Lincoln Day, February 17, Washington Day.
* NO SCHOOL
- ◆ February 22: General PTA Meeting & Saturday School; 9:00am-11:00am.
- ◆ March 8, 22: Saturday Enrichment School: 9:00-11:00am



PERFECT ATTENDANCE: Ice Cream Social

A special event for students with perfect attendance during the school first semester

February 12th from 11:37am-12:44pm

Walton Center. During lunch time

Parents needed to decorate, serve ice cream, and clean up. Donations requested include ice cream cones, ice cream bars, a variety of toppings, bowls or cups, and spoons. Parents will get volunteer hours for their donations.

PRIMARY LINKS TO CONTACT ATTENDANCE AND TRANSPORTATION

(858) 658-7412– Reporting a student absence or picking-up your child early

(858) 658-7416– For any information regarding transportation

(858) 496-8460– SDUSD Transportation–
Emergency number to call when a bus is late or has not picked-up students

Special Thanks to Our Insight Newsletter Contributors:

Michael P. O'Neill, Director of Manufacturing,
CareFusion Corporation,

Chip Mutza, Site Manager from Ikon Office Solutions

Jose Garcia, Preuss Former Parent - Class of 2004

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