

PTA GENERAL MEETING

JUNTA GENERAL DEL PTA

FEBRUARY 25TH, 2023





6TH GRADE CAMP

CAMPAMENTO PARA 6TO GRADO





6th Grade Camp



- A week of fun experiences for the 6th graders to bond and feel connected to Preuss
- Field trips around San Diego and UC San Diego Campus
- Sleepover Thursday with Luau!
- Ends on the Friday before Spring Break with field day!

- Una semana de experiencias divertidas para que los alumnos de sexto grado se vinculen y se sientan conectados con Preuss
- Excursiones por San Diego y el campus de UC San Diego
- ¡Jueves de fiesta de pijamas con Luau!
- ¡Termina el viernes antes de las vacaciones de primavera con el día de campo!





6th Grade Camp



- Need volunteers!
- About 8 people per day
 - March 20-24
 - From about 9am-4pm

Great time to get fully cleared so you can volunteer more than once and not have to renew!

Contact me at vvandevanter@ucsd.edu or tel:619-800-4468

- ¡Necesitamos voluntarios!
- Unas 8 personas por día.
 - 20-24 de marzo
 - Desde las 9 a.m. hasta las 4 p.m.

¡Gran momento para obtener la autorización completa para que pueda ser voluntario más de una vez y no tener que renovar!

Contácteme en vvandevanter@ucsd.edu o tel:619-800-4468





PTA REPORT/Reporte del PTA

Mrs. Isabel Yanez
PTA President

Mrs. Lizbeth Garcia
PTA Vice President

Mrs. Eloisa Hernandez
PTA Treasurer

Mrs. Maricela Ramirez
Memberships

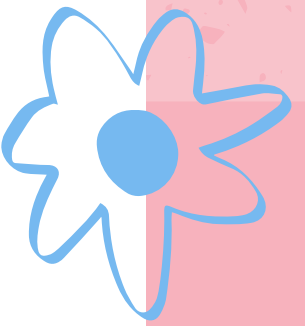
Mrs. Maria Arias
Chair of Hospitality





Maricela Ramirez

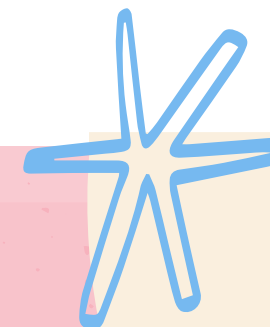
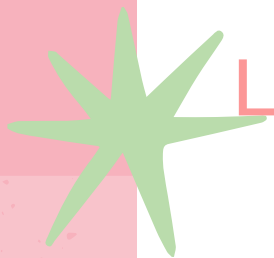
PTA Memberships



Reminder / Recordatorio

- Memberships bought online have to be paid with a credit card (\$12 + \$1 fee for a total of \$13)
- Can make a donation (for 12th grade, clubs, etc.) in addition to buying the membership
- Memberships can still be bought in person (with cash or check)
- Las membresías compradas en línea deben pagarse con tarjeta de crédito (\$12 + \$1 de tarifa para un total de \$13)
- Se puede hacer una donación (para 12o grado, clubes, etc.) además de comprar la membresía
- Las membresías todavía se pueden comprar en persona (con efectivo o cheque)

Link: <https://jointotem.com/ca/la-jolla/the-preuss-school-ucsd-pta>



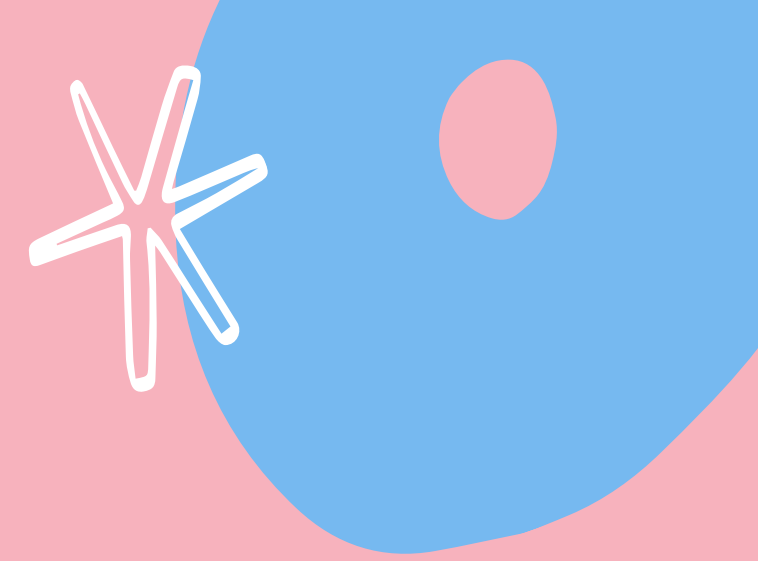


PTA MEMBERSHIP

MEMBRESIA DEL PTA



- A way to support the PTA
 - Cash, check, or online
 - Write check payable to:
The Preuss School UCSD PTA
 - \$12 per membership, \$13 online
 - Anyone can become a member!
 - Drop off envelope with membership dues,
your name, child's name & grade at the
front office, or send with your child
- Una forma de apoyar al PTA
 - Efectivo o cheque
 - Escriba un cheque pagadero a:
The Preuss School UCSD PTA
 - \$12 por membresía, \$13 en línea
 - ¡Todos pueden ser miembros!
 - Deje el sobre con el pago de membresía,
su nombre, el nombre y grado de su hijo
en la oficina, o envíelo con su hijo/a



154 Memberships Sold so Far!

¡154 Membresías Vendidas Hasta Ahora!



Membership cards are sent home with your scholar!

Thank You
For Supporting PTA

The
Preuss
School
UCSD

California State
PTA
everychild. onevoice.[®]
Positively impacting the lives of all children and families

Member 2022-23

National PTA Unit ID: 00259257

PTA Name: The Preuss School

Member Name: _____

Signature: _____

Date Issued _____

capta.org | pta.org

Thank you for joining PTA

PTA members connect families, schools and communities and advocate for all children and families. Check out capta.org/member-perks to take advantage of some additional, exclusive perks.

California State
PTA
everychild. onevoice.

capta.org | pta.org

¡Las tarjetas de membresía son enviadas a casa con su estudiante!

Memberships (Last Names A-B)

- Saba Abgaz
- Amina Abraham
- Belem Aguilera
- Maria Alcantar-Wiedemeier (teacher)
- Maisa Almaslamani
- Maria Arias
- Juan Antonio Arias
- Tezeta Awoke
- Jacqueline Azize-Brewer (staff)
- Vahid Asgharzadeh-Fozi (teacher)
- Anabel Barajas
- Jeffrey Barry (teacher)
- Shaoni Bandy (teacher)
- Elba Bautista
- Anita Beaver
- Maron Berhanu
- Sandra Bernal
- Victoria Betancourt
- Mauricio Betancourt
- Abayneh Biratu
- Gebeyehu Bogale
- Yodit Brhanu
- Andrea Briones
- Ximena Briones
- Teodora Bustos



Memberships (Last Names C-E)

- Felicitas Cajero Montes
- Nadia Camacho
- Yadira Camacho
- Iracema Carpio
- TJ Carr (teacher)
- Maria V Chiguil
- Gloria Miriam Curiel
- Fatima De La Torre
- Melaku Demssie
- Maria Depine
- Maria Diaz
- Jesus Diaz
- Leydiana Dominguez
- Indira Esparza Galeana (teacher)
- Alan Espino



Memberships (Last Names F-G)

- Laura Fernandez
- Vincent Fulchiron (teacher)
- Anastacia Gallardo
- Karina Gallardo
- Lizbeth Garcia
- Ababa Gebrziabher
- Ferhiwot Gemedda
- Kayden Giang
- Zee Girma

- Meseret Gobena
- Veronica Gomez
- Miguel Gomez
- Arcelia Gomez
- Felicita Gomez
- Angela Gomez
- Pedro Gomez
- Ana Gonzalez



Memberships (Last Names H-L)

- Naeema Hagar
- Kibrom Haile
- Eloisa Hernandez
- Rosa Hernandez
- Fabiola Hernandez
- Moises Hernandez
- Maria Ibarra (staff)
- Dolores Jimenez
- Ruth Kaplan
- Chuc Le
- Hai Le
- Aldo Ledema
- Lawmeh Lee
- Maria Leonor Hernandez
- Lorenzo Lerma
- Angelica Loaiza
- Cristina Luna



Memberships (Last Names M-N)

- Nancy Maceda
- Kandy Mahaffey (staff)
- Tiffany Majors (teacher)
- Holly Mak (teacher)
- Pricilla Marquez Segura
- Felipe Martinez
- Wondwessen Mebratu
- Munit Mechessa
- Rosalpina Medina
- Alba R H de Meraz
- Adriana Moreno
- Vanessa Muños Campos (Interim Staff)
- Karen Nance (staff)
- Judith Narvaez Robles
- Iriabeth Martines Nava
- Maria Nava
- Tegesty Netsere
- Lynn Nguyen
- Delia Nieto



Memberships (Last Names O-R)

- Catherine Ortiz Dominguez
- Felicita Osorio
- Juan Pablo Lucas
- Carol Parker
- Kristyn Pittenger
- Maricela Ramirez
- Maria Silvia Ramirez
- Marcela Ramos
- Maria Xochitl Rendon
- Maribel Rodriguez
- Wendy Rodriguez
- Elda Rubi
- Perla Rubi
- Manuel Gerardo Rubi Carrizoza
- Dan Rupert (teacher)



Memberships (Last Names S)

- Yulia Savych
- Emanise Saino
- Elsa Salazar
- Fabiola Sanchez
- Ana Sanchez
- Michelle Sanchez
- Dominga Santay
- Pepe Santiago
- Josue N Saquic
- Vianey Sandoval
- Wubet Selassie
- Martha Shifefaw
- Lemlem Shifrawu
- Rashmi Shrestha
- Sudan Shrestha
- Heayoung Silva
- Jiovanny Ramirez
- Surendra M. Shakya
- Maria Silva Ramirez
- Francine Sotelo
- Matthew Steitz (Principal)



Memberships (Last Names T-Z)

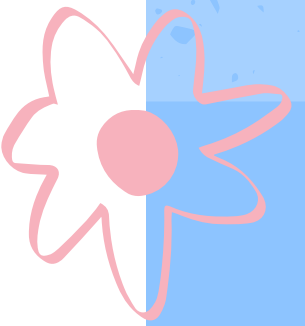
- Selamawit Terefe
- Aswaku Tewelde
- Linh Thai
- Maria Torres
- Thanh Truong
- Lisa Uribe
- Griselda Vargas
- Vanessa Vasquez
- Leticia Vazquez
- Breyen Venancio
- Fidel Venancio
- Vanessa Venancio
- Juliana Villanueva
- Patricia Villanueva (staff)
- David Wang
- Kaelynn Wang
- Sainab Warsame
- Jean Williston (teacher)
- Andrea Yanez
- Maria Isabel Yañez
- Vanhann Yiv
- Haimanot Zerihun





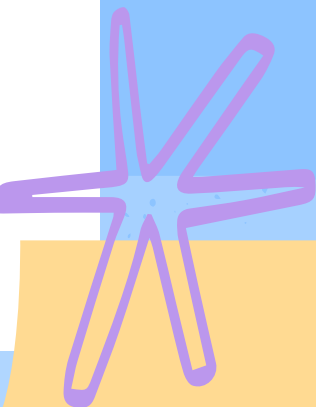
Maria Arias

Chair Hospitality Committee

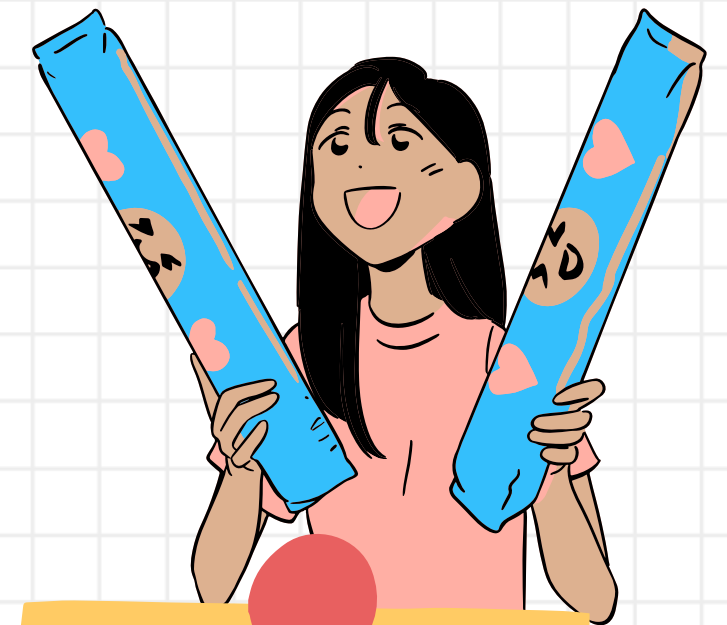


The PTA sells snacks during some school events, sports games at school, and every Friday from 4:00 pm - 4:45 pm during the 2022-2023 academic year. Contact Maria Arias if you would like to help the PTA sell snacks at school: 858-397-8842 (text preferred!)

El PTA vende bocadillos en la escuela durante algunos eventos escolares, juegos deportivos en la escuela y todos los viernes de 4:00 pm - 4:45 pm durante el año académico 2022-2023. Comuníquese con María Arias si desea ayudar al PTA a vender en la escuela: 858-397-8842 (¡texto preferido!)



Upcoming @ Home Games!



Tue. 2/28
@ 3:30 pm
Boys LAX

Tue. 4/4
@ 4:30 pm
Boys LAX

Tue. 4/11
@ 3:30 pm
Boys LAX

Fri. 4/21
@ 3:30 pm
Boys LAX

Wed. 4/26
@ 4:30 pm
Boys LAX

Fri. 4/28
@ 3:30 pm
Boys LAX

Fri. 4/28
@ 5:30 pm
Girls LAX

Wed. 5/3
@ 3:00 pm
Boys LAX

Wed. 5/3
@ 5:00 pm
Girls LAX

Fri. 5/5
@ 4:00 pm
Girls LAX



Children's Mental Health

UPAC Multicultural Community Counseling

Daniel Noh, AMFT

Meesoo Lee, AMFT

Mental Health?

- ▶ It is the way we think, feel, act, and interact with others in our everyday lives
- ▶ It is connected to our physical health
- ▶ Determines how we handle stress, face challenges, and adapt to changes
 - ▶ Which means that if our mental health is in a good state, we can be more productive and be more successful in our endeavors

Barriers & Stigma

- ▶ Concerns less likely to be identified: physical and internalized symptoms
 - ▶ May not always exhibit externalized behaviors that people consider problematic
- ▶ Cultural Barriers: Stigma and Shame
 - ▶ Mental illness = inherent weakness in character
 - ▶ Failure of the family on the upbringing of the child
 - ▶ Seeking professional help is a sign of disgrace, an inability to properly take care of your family
- ▶ Lack of Awareness or Understanding of services
- ▶ Culturally Unresponsive Services: Lack of language availability, lack of ethnic match and poor cross-cultural understanding
- ▶ Limited access to care: Cost, Lack of Insurance

Barriers & Stigma Continued

- ▶ Cultural Values
 - ▶ Collectivistic cultures
 - ▶ Fear of failing or being judged
 - ▶ The values and needs of the group (family, village, society to which you belong) taking precedence over individual values and needs
- ▶ Perception
 - ▶ Mental illness as a choice or character flaw; just “suck it up” or work harder (willpower and self-discipline)
 - ▶ Symptoms as being caused by external forces (environmental or spiritual reasons)
 - ▶ Medication as harmful or addictive
 - ▶ High expectations, especially around education
 - ▶ Perfectionism, need to perform
 - ▶ Ticket to better life, to success

Challenges Youth are facing

- ▶ Youth are navigating and doing their best to succeed in the American system, while getting influenced by the stigmas that they grew up learning
- ▶ 73% of the adolescents have felt the need to ask for help concerning their physical and mental well-being, 40% did not ask for help

So what can we do?

- ✓ Do Not Ignore the Warning Signs:
- ✓ Difficulty sleeping
- ✓ Fatigue, less energy (burnt out)
- ✓ Feeling easily overwhelmed
- ✓ Irritability or sadness
- ✓ Changes in eating or appetite
- ✓ Difficulty concentrating
- ✓ Seem to be having less fun
- ✓ Isolating themselves from friends

What can we do? (cont.)

- ▶ Ask questions, listen, and don't judge
- ▶ Empathize:
 - ▶ “It sounds like you're going through a tough time right now, what can I do to help?”
 - ▶ NOT: “oh you're feeling sad? That sucks, should I get you this? Should I get you that? You should feel better afterwards.”
 - ▶ “That must be awful to go through that; I am here for you”
 - ▶ NOT: “It wasn't that bad, get over it... At least...”
 - ▶ NOT: “why did you tell your teacher you were feeling sad? Do I not provide you a home and everything you need to succeed?”
- ▶ It's important to experience uncomfortable emotions. Ignoring them leads to longer-term problems.
- ▶ **Have Patience**
 - ▶ Connection before correction
- ▶ Help Youth do things that they enjoy
- ▶ Talk to your school staff

Coping Skills

- ▶ **Exercise**
- ▶ **Practice mindfulness**
- ▶ **Find ways to be social (i.e. hangout with friends both off/online)**
- ▶ **Get adequate sleep**
- ▶ **Deep-breathing**
- ▶ **Positive Self-talk**
- ▶ **Expressive arts and writing**
- ▶ **Journaling**
- ▶ **Listening to music**

What do Therapists do?

- ▶ Teach children to talk about their feelings and emotions
 - ▶ Through books, art, games, and talk
- ▶ Coach children what to do when they have difficult emotions (angry, sad, irritable)
- ▶ Educate family how to respond when their child is having a hard time
- ▶ Provide linkages to other resources when beneficial to the child and family

UPAC

Multicultural Community Counseling Referral

- ▶ Criteria:
 - ▶ 5-20 years old
 - ▶ Asian, Pacific Islander, or Latinx
 - ▶ Medi-Cal or Case by Case
- ▶ Services provided at school, home, and in the community
- ▶ Services also provided in the office or through telehealth
- ▶ Referral Form can be found on UPAC website here:
<https://www.upacsd.com/programs/mcc/>
- ▶ Call (619) 578-2211 and the referral will be taken over the phone
- ▶ Speak to child's school counselor

A Final Word



Mental Health is as important as Physical Health. Both are critical in supporting the youth to succeed.

Children are like growing plants, they need the right amount of nurturing and water, and every plant needs different things.

Please encourage your children to engage in prosocial activities such as hanging out with friends, as we are relational beings who need social interactions.



Questions

Resources

- ▶ <https://www.cnn.com/2020/10/08/health/teen-mental-health-pandemic-wellness/index.html>
- ▶ <https://www.mentalhealth.gov/basics/what-is-mental-health>
- ▶ <https://patch.com/california/pleasanthill/teenagers-cutting-increases-due-coronavirus>
- ▶ <https://www.yalemedicine.org/stories/mental-health-covid-19/>



Welcome Parents

English Learner Program Reclassification

The Preuss School UC San Diego English Learner Program

- California has the largest English learner (EL) student population in the nation. In order to ensure EL students are receiving appropriate services and making progress towards English language proficiency, the California Department of Education (CDE) monitors and reports on the educational outcomes for EL students and is committed to closing achievement gaps.
- The Preuss School UC San Diego English Learner Program supports scholars on their path towards English Proficiency.



Reclassification Rainbow:

To determine eligibility, each criterion must be considered for each individual student.



Reclassification Criteria

- **Criterion 1: Assessment of English Language Proficiency**
- **Criterion 2: Teacher Evaluation**
- **Criterion 3: Parent Consultation**
- **Criterion 4: Basic Skills Relative to English Proficient Scholars**





***You are taking the first Step
towards biliteracy and we
are proud of you!***

PARENT ANNOUNCEMENTS

ANUNCIOS PARA PADRES

Ms. Vanessa Muños

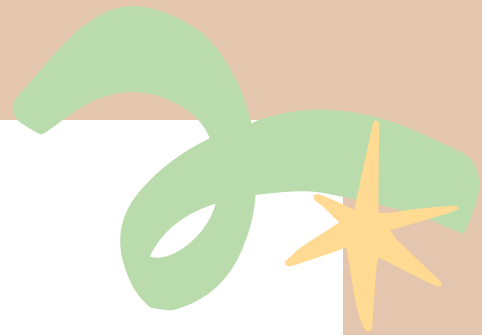
Volunteering Opportunities

Oportunidades de Voluntariado

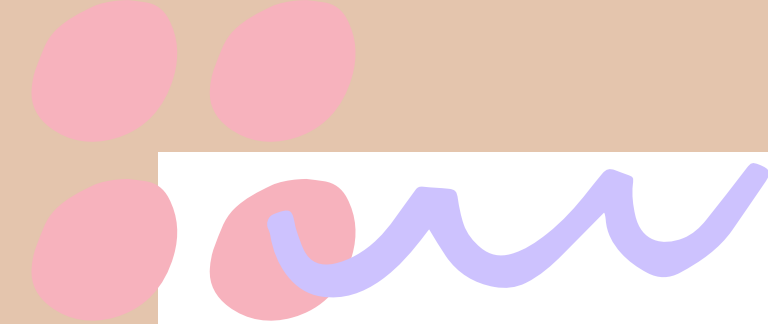
- Ms. Ackerman - Chaperones for a Field Trip
 - Chula Vista Living Coast Discovery Center
 - Tuesday, March 4th @ 9:15 am - 2:00 pm
- Ms. Ackerman - Acompañantes para una Excursión
 - Chula Vista Living Coast Discovery Center
 - Martes, 4 de marzo @ 9:15 am - 2:00 pm

Email: Lackerman@ucsd.edu / ParentSquare message ok!

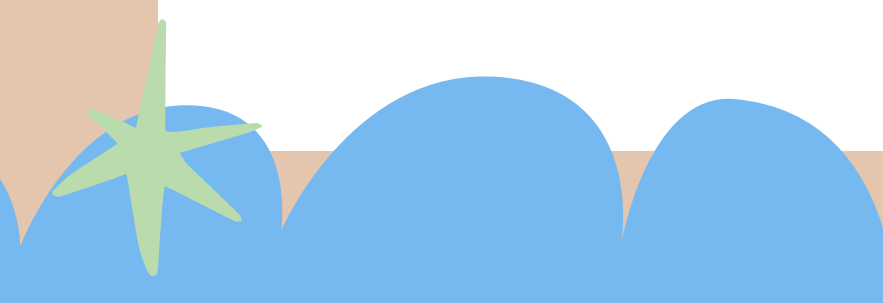



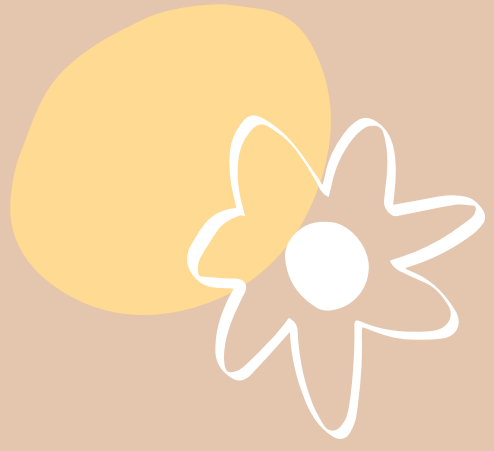
- 
- If you choose to chaperone during your child's field trip, you can attend without being cleared to volunteer
 - Si desea ser acompañante durante la excursión de su hijo, puede asistir sin autorización para ser voluntario(a)
 - To volunteer for PTA events, the only requirement is that you be a member of the PTA (i.e. have bought a membership for the 2022-2023 academic year)
 - Para los eventos del PTA, el único requisito para ser voluntario es ser miembro del PTA (es decir, haber comprado una membresía para el año 2022-2023).





In order to volunteer for non-PTA hosted events, you must complete / Para ser voluntario(a) para un evento no organizado por el PTA, debe completar:

- Orientation / Orientación
 - Tuberculosis (TB) Risk Assessment / Evaluación de Riesgo
 - CANRA Online Training / Entrenamiento en Línea
 - Policy Forms / Formularios de Póliza
 - LiveScan / Verificación de Antecedentes
 - COVID-19 Vaccination Card, including the booster / Tarjeta de Vacunación, incluyendo el refuerzo
- 
- 



Buy your
2022-2023
yearbook!



Yearbooks are available to purchase
online at yearbookforever.com or using
the QR code below for \$40!



Yearbook Sales!
¡Ventas del Anuario!





**FREE
GROCERIES
FOR YOUR
FAMILY**

THE PREUSS SCHOOL PANTRY PROGRAM

Receive free and nutritious food for you and your family!

**2nd & 4th Thursdays of
the month: THE PREUSS
SCHOOL**

3750 Voigt Dr. La Jolla, CA
92037

- A variety of prepackaged dry goods items and bulk produce
 - Open to all families and community members
- COVID 19 NOTICE: This site is following all the COVID-19 health and safety guidelines as recommended by the CDC. Please wear a mask when coming to receive food and practice safe social distancing

2022-23 Distribution Dates

Sept. 8th & 22nd, 2022

Oct. 13th & 27th, 2022

Nov. 10th 2022

Dec. 8th, 2022

Jan. 12th & 26th, 2023

Feb. 9th & 23rd, 2023

Mar. 9th & 23rd, 2023

April 13th & 27th, 2023

May 11th & 25th, 2023

June 8th, 2023



**ALIMENTOS
GRATIS PARA
SU FAMILIA**

THE PREUSS SCHOOL PROGRAMA DE PANTRY

¿Necesitas comida?

¡Recibe alimentos gratis y nutritivos para tu familia!

**Segundo y cuarto Jueves
del mes: THE PREUSS**

3750 Voigt Rd, La Jolla, CA
92037

- Una variedad de productos secos pre-empacados y productos a granel
 - Abierto a todas las familias y miembros de la comunidad.
- AVISO de COVID-19: este sitio sigue todas las pautas de salud y seguridad de COVID-19 recomendadas por el CDC. Por favor use una máscara cuando venga a recibir alimentos y mantenga una distancia de los demás

2022-23 Fechas de Distribucion

Sept. 8th & 22nd, 2022

Oct. 13th & 27th, 2022

Nov. 10th 2022

Dec. 8th, 2022

Jan. 12th & 26th, 2023

Feb. 9th & 23rd, 2023

Mar. 9th & 23rd, 2023

April 13th & 27th, 2023

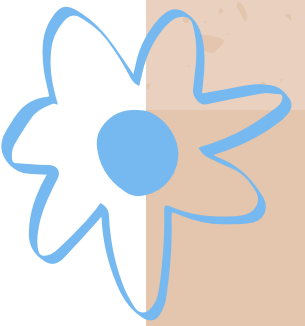
May 11th & 25th, 2023

June 8th, 2023

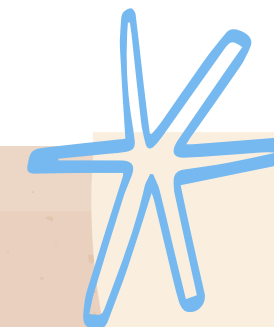
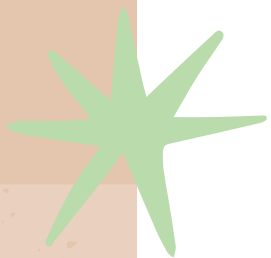


UPCOMING EVENTS

PROXIMOS EVENTOS

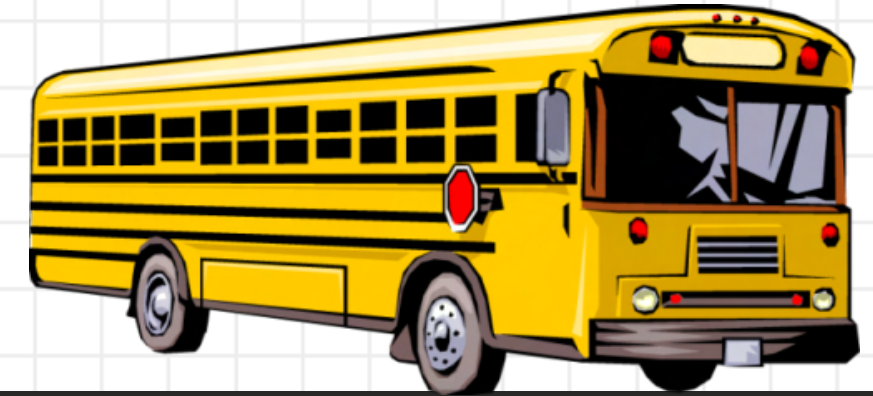


- USD Visit for 11th Graders - February 27th
- SDSU Visit for 11th Graders - February 28th
- Read Across America - March 2nd
- Field Trip to the San Diego Art Museum - March 9th
- Orange County Robotics Regional - March 9th to 12th
- Festival of the Arts 2023 - March 16th
- Spring Break - March 27th to March 31st



SEA 2022-2023 Bus Schedule

9 AM - 11 AM



Time/Hora	Pick-Up Site/Sitio de Recogida
7:30 am	Marlborough Ave. @ El Cajon Blvd. NW
7:55 am	Keiller Middle School LZ Lisbon Street @ Woodrow Ave.
8:05 am	Logan Elementary School LZ – 2875 Ocean View Blvd. (North Side of School)
8:25 am	Fulton Street at Ulric Street
8:55 am	Dropping at the Preuss School

Time/Hora	Drop-Off Site/Sitio de Entrega
11 am	Departing from the Preuss School
11:25 am	Fulton Street at Ulric Street
11:40 am	Marlborough Ave. @ El Cajon Blvd. NW
11:55 am	Logan Elementary School LZ – 2875 Ocean View Blvd.
12:15 pm	Keiller Middle School LZ 7270 Lisbon St.- in Front of Park

Upcoming SEA Dates: 2/25, 3/11, 4/8, 4/29, 5/6, 5/20, 6/3



BOX TOPS FOR EDUCATION

BOX TOPS PARA LA EDUCACION

- Free money for the school
- Items marked with “Box Tops for Education” are eligible
- Use Box Tops app
 - Scan receipts within 14 days
 - More info and instructions (including a video) on ParentSquare
- Dinero gratis para la escuela
- Los artículos marcados con “Box Tops for Education” son elegibles
- Usa la aplicación Box Tops
 - Escanea recibos dentro de 14 días
 - Más información e instrucciones (incluyendo un video) en ParentSquare



SCHOLAR SPOTLIGHT!

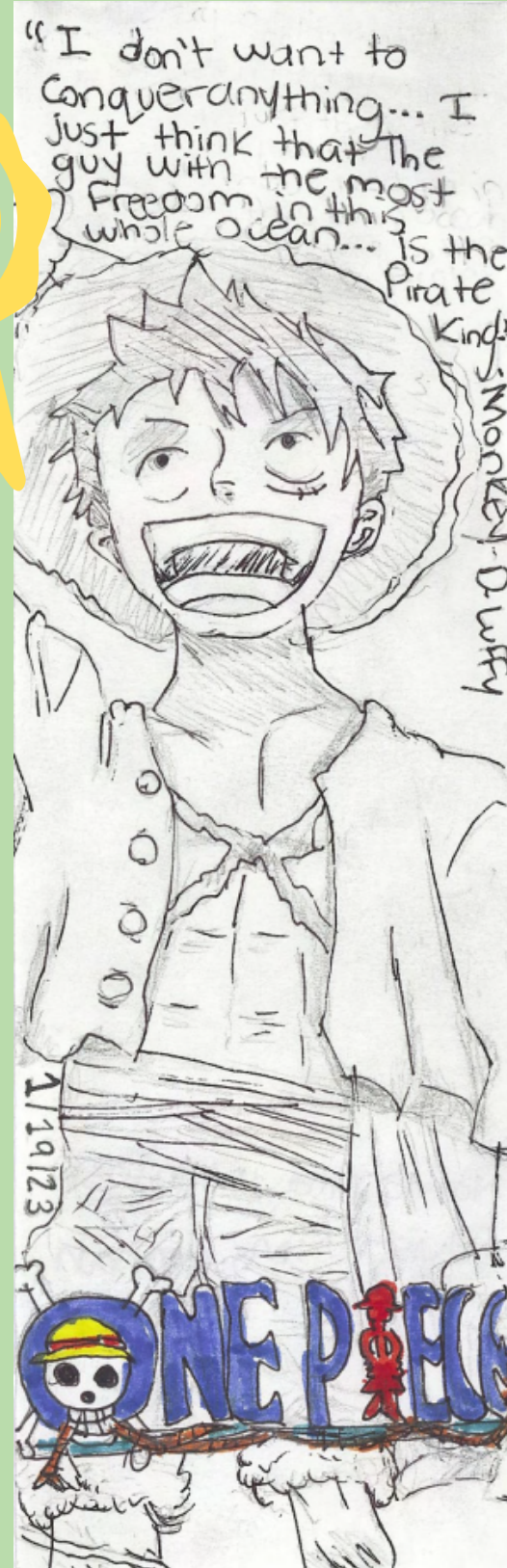
Boys Soccer Win CIF Championship Game!



2023 Bookmark Contest: Winners/Ganadores



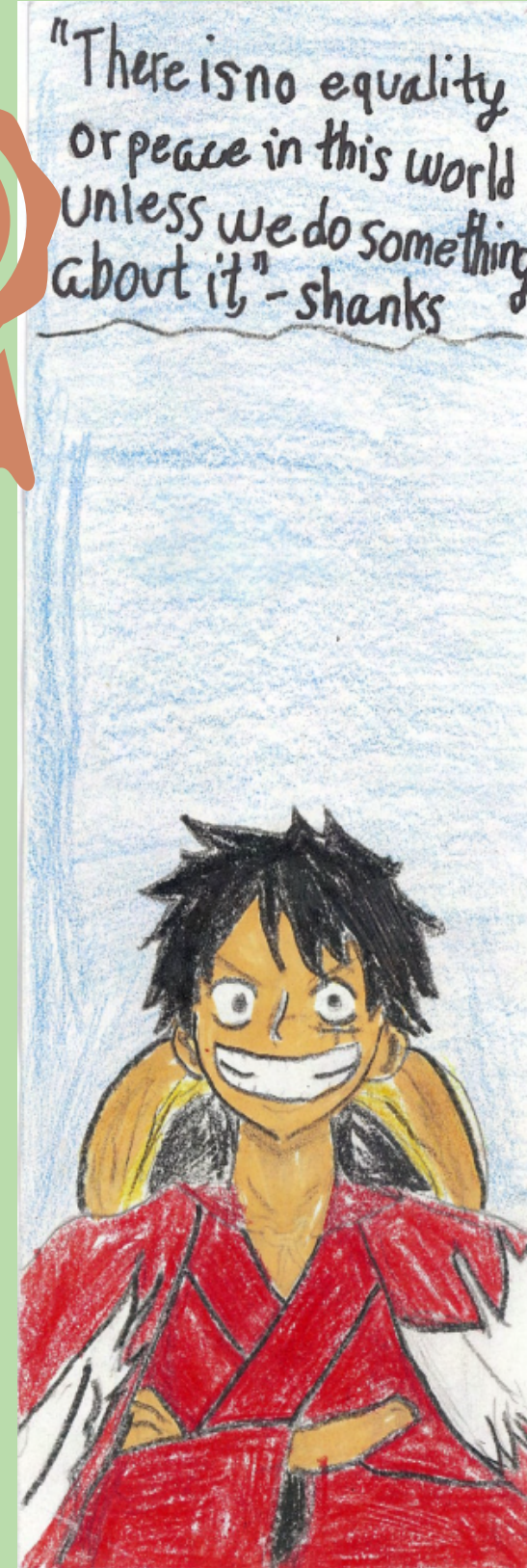
Arely Mendoza (7th Grade)



Leidna Vera Hernandez (7th Grade)



Mina Ali (6th Grade)



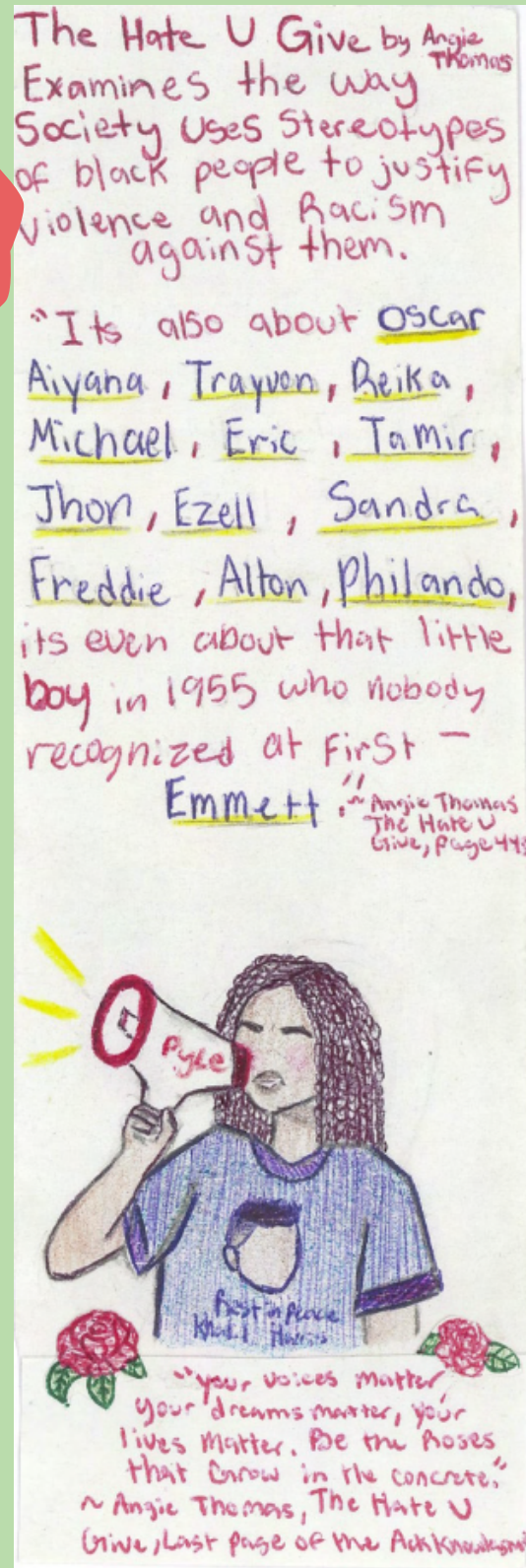
Vanessa Martinez (6th Grade)



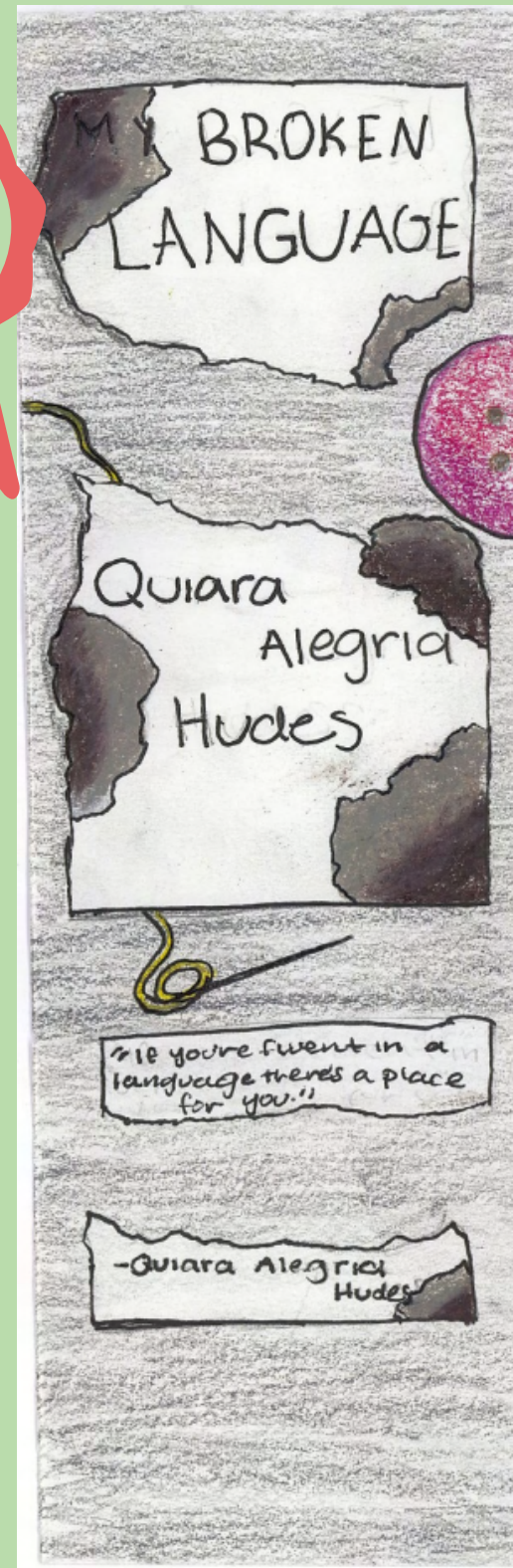
2023 Bookmark Contest: Honorable Mentions/Menciones de Honor



Isabella Sanchez Vargas (8th Grade)



Amy Bucio (9th Grade)



Philimon Michael (9th Grade)



Kyint Htun (6th Grade)





The Preuss School Exercise and Health Sciences Department

STUDENTS OF THE MONTH

proudly presented to those
who consistently exhibit the PREUSS Principles:

Participate at 100%

Respect others

Ears and Eyes kept open for learning

Upworthy to others

Safe

Smiling

BLOCK 1

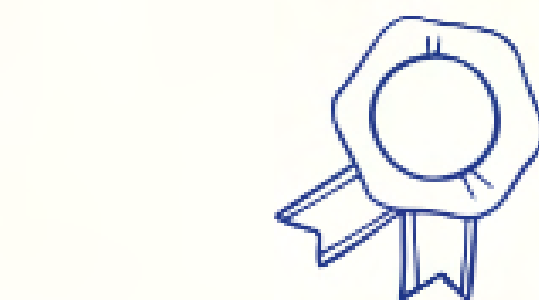
JANUARY

CONGRATULATIONS TO:

MMUNGA



AVA



BLOCK 3

JANUARY

CONGRATULATIONS TO:

JASON



McKENZIE



BLOCK 4 JV SOCCER

JANUARY

CONGRATULATIONS TO:

LUIS



JOSH

BLOCK 5

JANUARY

CONGRATULATIONS TO:

ERIC



FATIMA

BLOCK 6

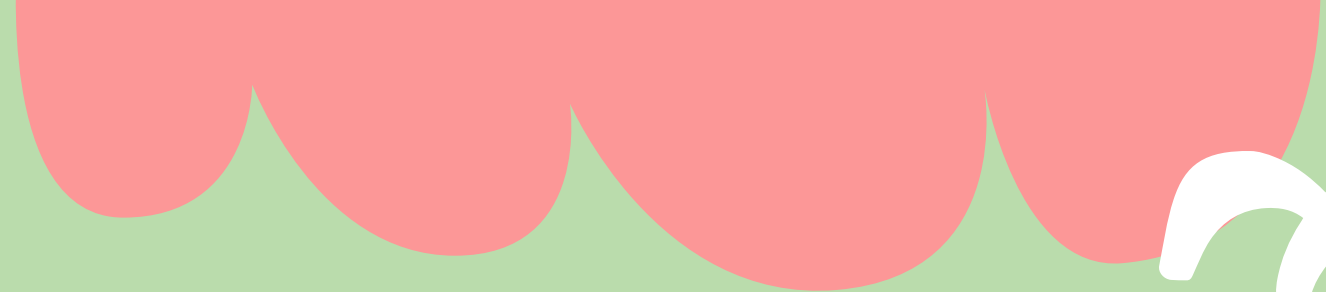
JANUARY

CONGRATULATIONS TO:

SHANI

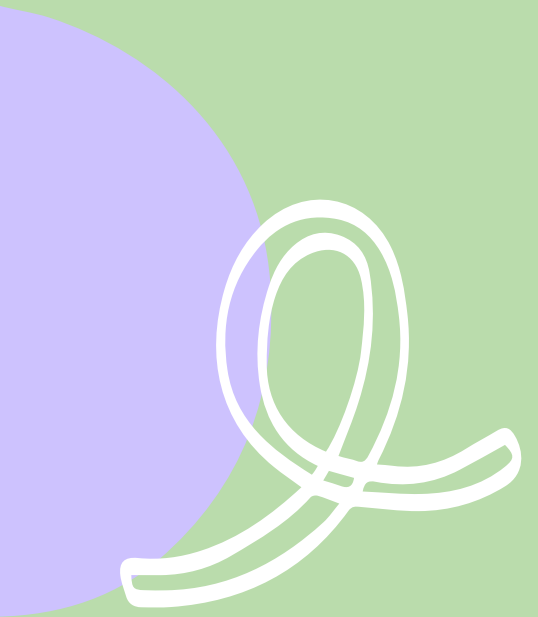


ILIANY



PTA ELECTIONS

ELECCIONES DEL PTA





Candidates/Candidatos

Lizbeth Garcia

President/Presidenta
Vice President/Vice
Presidenta
Secretary/Secretaria
Auditor/Auditora
Historian/Historiadora
Treasurer/Tesorera

Blanca Angel

President/Presidenta
Vice President/Vice
Presidenta
Treasurer/Tesorera

Ana Gonzalez

President/Presidenta
Vice President/Vice
Presidenta

Isabel Yanez

Vice President/Vice
Presidenta
Secretary/Secretaria

Naeema Hagar

Auditor/Auditora





Save the Date

Reserve la Fecha



Next PTA Executive Board Meeting/Próxima Junta Ejecutiva:
Tuesday, March 7th @ 5:30 pm - 6:30 pm via Zoom

Next PTA General Meeting/Próxima Junta General del PTA:
Saturday, March 18th @ 9:30 am - 11:00 am via Zoom

