

# PTA General Meeting

## AGENDA

Saturday, October 22, 2016

<b>Trolley Event and Wristbands</b>	9:15-9:30 AM
<b>UCSD BSPH Study Findings</b>	9:30-9:45 AM
<b>School Cafeteria Salad Bar</b>	9:45-9:50 AM
<b>Family Support Specialist</b>	9:50-9:55 AM
<b>PTA Report</b>	9:55-10:05 AM
<b>Principal's School Update</b>	10:05-10:20 AM
<b>Advisory/University Prep</b>	10:20-11:00 AM

# TROLLEY CELEBRATION TODAY



- **TODAY:** 11 AM on Manchester Field
- **Wristband** for everyone with tabs for:
  - Free picnic – chicken kababs, veggie curry, garden salad, basmati rice, and fresh pita!
  - Free gift (T-shirt, drawstring backpack, or USB fan)
  - Free cupcake
- **Everything is free** – live music, kettle corn, jumpy, henna, face painting, etc.
- Learn about up-coming **Mid-Coast Trolley** construction

COME KICK-OFF CONSTRUCTION ON THE MID-COAST TROLLEY PROJECT!

## FREE PICNIC

SATURDAY, OCTOBER 22

**EVERYTHING IS FREE!\***  
TSHIRTS • DRAWSTRING BACKPACKS • USB FANS • HENNA • LIVE MUSIC  
KEBABS • KETTLE CORN • CUPCAKES • LEMONADE AND MORE

Celebrate the start of construction and learn about the new Mid-Coast Trolley that will bring you from Old Town to UC San Diego and University City.

**PREUSS SCHOOL UCSD FIELD**  
3750 VOIGT DRIVE  
11 AM - 3 PM

TAKE MTS SUPERLOOP RAPID! ♦  
PLENTY OF FREE PARKING!

KeepSanDiegoMoving.com/MidCoast  
#GoMidCoast

PRESENTING SPONSOR  
**MCTC**  
Mid-Coast Trolley Constructors  
MTC - MTS - MTA - MTT - MTTA - MTTM

PREMIERE SPONSOR  
**UC San Diego**

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\*While supplies last

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# UCSD Bachelor of Science in Public Health (BSPH) The Preuss School Practicum



UNIVERSITY of CALIFORNIA  
SAN DIEGO  
SCHOOL OF MEDICINE

# Introduction Activity





## Sugar/ Processed Foods

(Unhealthy Diet)



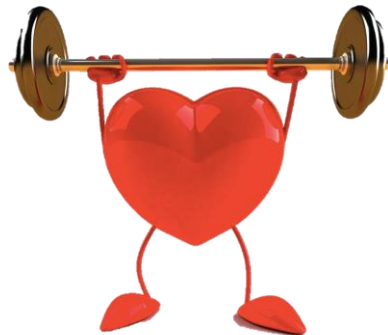
# Fruits and Vegetables

(Healthy Diet)



## Did you know?

- ◆ 70% of San Diego youth do not eat the daily recommended amounts of fruits and vegetables.
- ◆ Fruit and vegetable consumption is associated with better health outcomes as well as academic performance.



# Who are we?

+ The BCPD Practitioner provides its students the chance to work with the community.



Ms. Lisa Haver  
Exercise & Health  
The Preuss School



Grace Xiao  
High Student, Junior  
San Diego



# About Me

Irvine, California

Parents are immigrants from  
Shanghai, China

Hobbies: photography, drawing,  
pilates

Future career: Community health and  
disease prevention





# UCSD Public Health Practicum



## Food for Thoughts Project

- ❖ Assess frequency of fruit and vegetable (F/V) consumption in parents and students
- ❖ Identify factors associated with F/V consumption
- ❖ Recommendations on how to increase F/V intake to students, parents, and The Preuss School



# Survey Questions

## Parent Survey

- ◆ A total of 173 parents completed a 7 question survey.
- ◆ Asked about the frequency parents consumed F/V at home and their perception of their children's consumption



# Survey Questions

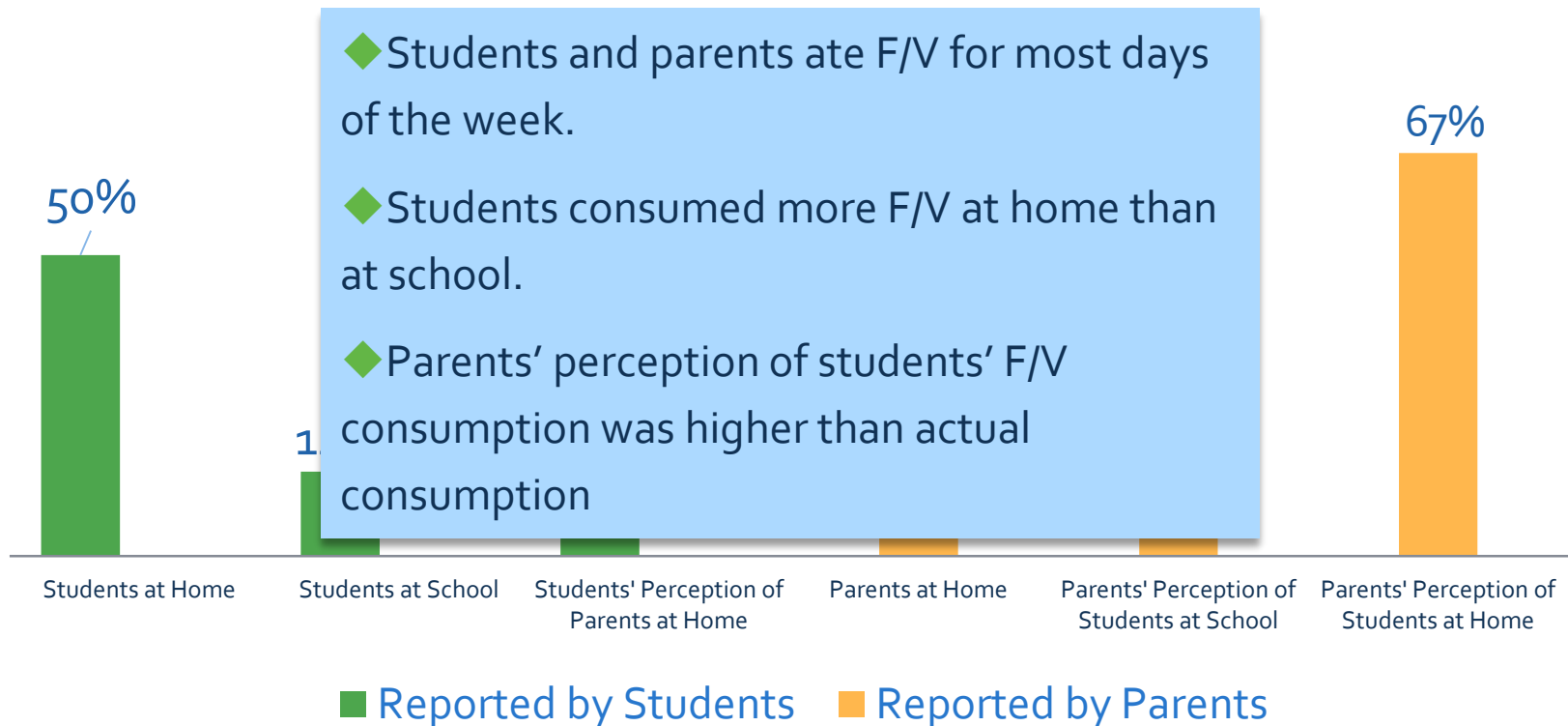
## Student Survey

- ◆ A total of 166 students completed a 17 question online survey.
- ◆ Asked about the student's F/V consumption as well as their parents and peers
- ◆ Also inquired about whether students received encouragement to eat more F/V



# Survey Results

## Fruit & Vegetable Consumption: At least 5 days per week



# Associated Factors

## Home

- ◆ Availability of F/V at home
- ◆ Parent consumption and encouragement of F/V
- ◆ Eating home cooked dinners
- ◆ Eating dinner together as a family



# Associated Factors

## School

- ◆ Availability of F/V at school
- ◆ Staff encouragement to eat F/V
- ◆ Friends' consumption of F/V



# What's next ?

What did we learn?



**TODAY...**

**Summary of Findings**



**DECEMBER 10, 2016...**

**Recommendations for parents**



Thank you!



# Preuss School Cafe

Maria Arroyo

# Salad Bar

- Available for all students
  - Students build their own salad
- Nutrition Information
- Video (2 minutes)



Thank You!

# **FAMILY SUPPORT SPECIALIST**

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Ms. Amanda Esquivel

# Helping Families Cope With Stress SDSU Study

- Free Program
- Help parents with past or current depression and their children 9-15 years old
- Program aims to reduce feelings of depression and teach healthy parenting and coping skills
- Families can receive up to \$500 for participation in study
- Also provide free childcare and dinner during evening on-site participation
- Contact: 619-594-8892

Thank You



# The Preuss School UCSD PTA General Meeting

**Aimee Leal**  
PTA Vice President



# Approval of the September 17<sup>th</sup>, 2016 PTA meeting minutes

- The minutes are posted on the doors of the Walton Center for you to view.
- Do I have someone who would move to approve the September 17, 2016 minutes?

# Facebook

Please “LIKE” the PTA on Facebook

- **The Preuss School  
UCSD PTA**



# Memberships

**Just \$12.00 per person  
per year!**

**Join Today!!!**

# Memberships

- 6<sup>th</sup> grade camp, & 7<sup>th</sup> grade field trip
- 10<sup>th</sup>, 11<sup>th</sup>, and 12 grade college trips
- Robotics
- MUN
- Parking for certain events
- Different sports groups
- GRAD night
- When teachers ask for funds for different projects & and much more!!

# Membership!

With your paid membership you will get....

- 1 Free coffee from the back
- 1 Free nachos from the back
- And
- Buy one get one free Baskin Robbins ice cream

# Membership

- All money earned by the PTA goes straight to your kids!
- Joining the PTA helps us help your students!
- Anyone interested in helping with membership please come see me in the back!
- **JOIN THE PTA!! Thank you!**

# Important Dates

- Next PTA Executive Board Meeting is Tuesday, November 1, 2016
- Next PTA general meeting is Saturday, December 10, 2016

# Treasurers Report

- Beginning Balance as of September 1<sup>st</sup>, 2016 \$ 9,471.01
- September Deposits \$ 2,292.00
- September Withdrawals \$ 67.61
- Ending Balance September 30<sup>th</sup>, 2016 \$11,695.40
- Account Balance as of 10/21/2016 \$11,157.14





**Thank you**



The  
Preuss  
School  

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UCSD

**Preuss PTA General  
Meeting  
October 22, 2016**

# GRADES

## ■ D's and F's

	2015-2016 D & F Grades	2016-2017 D & F Grades
Middle School	201	165
High School	414	242
Total	615	406

# CLASS OF 2017

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- ✓ 79% are currently UC Eligible
  - 22 students are not UC eligible due to GPA
- ✓ 92% are currently CSU Eligible
  - 8 not CSU eligible due to test scores
- ✓ 91% currently on track with a-g requirements
  - 9 currently not on track with a-g requirements (need additional APEX course(s) during senior year)
- ✓ Approximately 30 seniors applied to QuestBridge (application due 9/27)
- ✓ UC Application Submission Days scheduled for Nov. 15-16
- ✓ Sixty College Rep visits to Preuss scheduled Aug.- Nov. 2016

# College Planning Information

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- Ongoing College Representative Visits to Preuss
  - ✓ During lunch & Advisory, watch the bulletin
- CAL-SOAP College Fair, October 26, 6-8pm
  - ✓ Scottish Rite Center
  - ✓ For Parents and Students
  - ✓ Get information about colleges, Financial Aid, Scholarship information

# College Planning Information

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- UC Application Submission Days –
  - ✓ **November 15 & 16**
    - Seniors have individual appointments to submit their UC application
    - Assistance will be provided by Advisory Teachers and College Advisor
- UC and CSU College Application Deadline
  - ✓ **November 30**

# Admissions & Recruitment

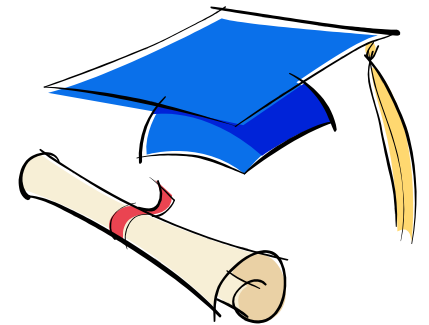
## ■ 2017-2018 Recruitment:

- ✓ Applications are available online and paper form <https://preuss.schoolmint.net/signin> (RECOMMEND ) or applications [www.preuss.ucsd.edu](http://www.preuss.ucsd.edu)
- ✓ Applications are due Dec. 16<sup>th</sup> 2016 by 4:00 pm
- ✓ Admissions Open House Nov. 5<sup>th</sup> 9:00 am – 11:30 am
- ✓ 2 Application workshops
  - Oct.24<sup>th</sup> Copley YMCA 5:00PM-7:00 PM
  - Nov. 9<sup>th</sup> Logan Heights Library 5:00 PM-7:00 PM
- ✓ If you have any questions please contact Isela Reyes at
  - [PreussAdmission@ucsd.edu](mailto:PreussAdmission@ucsd.edu)
  - 858-822-0408

# Senior Assembly

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- Held on October 20
  - ✓ Scholarship, Citizenship, Exhibition, Attendance, Uniform and Behavior Requirements
  - ✓ Academic Concerns
  - ✓ Senior Activities
  - ✓ Jostens





# Testing

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- ✓ PSAT – held Wednesday, October 19 (grade 8, 9, 10, 11)
- ✓ CELDT testing completed
- ✓ ACT for Class of 2017– Saturday, October 22
- ✓ SAT & Subject Tests for Class of 2017
- ✓ Saturday, November 5

# Great California Shakeout was held on Thursday, October 20

- ✓ Preuss Staff and Students participated in a Drop, Cover, and Hold On, earthquake emergency drill that was held state wide.
- ✓ Last year more than 25 million people were registered in ShakeOut drills world wide.
- ✓ *During our December, meeting we will be presenting our SITE EMERGENCY / DISASTER PLAN 2016-17*

# Important Health Information:

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## ■ Know the signs and symptoms of the flu.

- ✓ Sudden onset of the following symptoms: fever, chills & body aches accompanied by fever, sore throat, cough, headache and fatigue.
  - Prevention: Flu vaccinations for adults and children
  - This year's flu shot also provides protection from three different strains of the flu virus.
- ✓ Flu shots and the Pertussis vaccine are available at the SD county vaccine clinics, doctor's offices and some pharmacies

# School Attendance

## ✓ Attendance Summary

	8/15/16-9/9/16	9/9/16-9/30/16	9/30/16-10/14/16
Middle School	98.98%	98.88%	99.55%
High School	97.95%	98.00%	99.58%
Total	98.38%	98.39%	99.55%

### Accumulative Attendance: 8/15/16 – 10/14/2016

	Total A.D.A.	Attendance Rate
Middle School:	362.16	99.07%
High School:	442.76	98.39%
Total:	804.92	98.67%

# School Sponsored Activities

- ✓ See Monthly Events flyer and the Preuss School website: [preuss.ucsd.edu](http://preuss.ucsd.edu)

IMPORTANT: TAKE THIS HOME TO YOUR PARENTS TO READ AND POST

## October 2016 Monthly Events

October is National Bullying Prevention Month

THE PREUSS SCHOOL UCSD

October 2016						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 -Saturday Enrichment Academy (SEA) -SAT& Subject Testing
2	3 -100 Meter Dash Project -16-17 Yearbook Presale -MS Soccer Clinic	4 -100 Meter Dash Project -16-17 Yearbook Presale -MS Soccer Clinic	5 -Stress Management Workshop -16-17 Yearbook Presale -MS Soccer Clinic	6 -Stress Management Workshop -Fish&Richardson Field Trip -16-17 Yearbook Presale -MS Soccer Clinic -Preuss Board Meeting	7 -16-17 Yearbook Presale -MS Soccer Clinic	8
9	10	11 -Guest Speaker UCSD School of Pharmacy	12 -Stress Management Workshop	13 -Stress Management Workshop	14	15
16	17	18	19 -PSAT Testing -Progress Reports to Parents -Stress Management Workshop	20 -Great American Shakeout -Senior Assembly -Progress Reports to Parents -Stress Management Workshop	21 -Service Learning Assembly	22 -SEA -PTA General Meeting -Parenting Class -ACT for Class 2017 -Mid Coast Trolley Eve
23	24 -Spirit Week -Red Ribbon Week	25 -Spirit Week -Red Ribbon Week	26 -Spirit Week -Red Ribbon Week -Stress Management Workshop	27 -Spirit Week -Red Ribbon Week -Stress Management Workshop	28 -Spirit Week -Red Ribbon Week	29 -12 <sup>th</sup> Grade Financial A Workshop -2016-2017 Yearbook Presale
30	31	<b>Notes:</b>				

EVENT	DAY	DATE
<b>Cyberbullying and Bullying Presentations</b> October is National Bullying Prevention Month, Mr. Selleck and Counselors will conduct presentations in classrooms during the month.		
<b>Saturday Enrichment Academy (SEA), 9:00-11:00am</b> Students sign up in Advisory class for tutoring by teachers and tutors. Classrooms, Transportation is available to attend SEA. -See the schedule below: 7:35 - Keiler Middle School (Lisbon St. @ Woodrow Ave.) 7:55 - Logan Elementary (2875 Ocean View Blvd) (North Side of School) 8:05 - Amtrak - Downtown @ Kettner Blvd. (Westside Kettner at C St.) 8:20 - El Cajon Blvd. @Marlborough Av. NW 8:55 - Dropping at the Preuss School <b>11:00 – Bus leaves Preuss to same locations.</b>	<b>Saturday</b>	<b>10/1</b>

# Cyberbullying and Bullying Presentations

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- ✓ October is National Bullying Prevention Month
- ✓ Mr. Selleck and Counselors have been presentating in classrooms and will continue during the month
- ✓ Speak to your children about Bullying

# TODAY'S EVENTS

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- ✓ **Saturday Enrichment Academy (SEA), 9:00-11:00am** Saturday 10/22
- ✓ **Parenting Class, 11:00am-12:30pm** Saturday 10/22  
Subject-Communicating and Problem Solving,  
Preuss Library
- ✓ **Email Class, 11:15am-12:15pm** Saturday 10/22  
Subject-Creating and email,  
Multi-Media Lab, Preuss Library
- ✓ **Mid Coast Trolley Ground Breaking Event, 11:00am-3:00pm** Saturday 10/22  
Community Event, Manchester Field

# Upcoming Events

- |   |                            |                              |
|---|----------------------------|------------------------------|
| ✓ <b>Spirit Week, Lunch</b><br>Spirit week activities, Amphitheater<br>Crazy Hair Day (Friday)  | <b>Mon-Fri</b>             | <b>10/24-28</b>              |
| ✓ <b>Red Ribbon Week</b><br>Drug awareness and prevention week,<br>classroom and lunch activities   | <b>Mon-Fri</b>             | <b>10/24-28</b>              |
| ✓ <b>Stress Management in the Classroom Workshop</b><br>Group will be provided during advisory for 7th<br>and 9 <sup>th</sup> grade once a month for 6 months | <b>Wed &amp;<br/>Thurs</b> | <b>10/26 &amp;<br/>10/27</b> |
| ✓ <b>12<sup>th</sup> Grade Financial Aid Workshop,<br/>9:00am-12:00pm</b><br>12 <sup>th</sup> grade students and parents, Walton Center                       | <b>Saturday</b>            | <b>10/29</b>                 |
| ✓ <b>2016-2017 Yearbook Presale, 9:00am-12:00pm</b><br>In Front of Walton Center  | <b>Saturday</b>            | <b>10/29</b>                 |



# Halloween

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- ✓ No Halloween Celebrations
- ✓ Students should not bring candy to school
- ✓ Students should not bring Costumes to school
- ✓ Spirit Week – Friday, Oct. 28<sup>th</sup>
  - Crazy Hair Day

# Parenting Classes

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Facilitated by Amanda Esquivel  
Family Preuss Support Services Coordinator

- ✓ Time: 11:00-12:30
- ✓ Location: School Library
- ✓ No childcare provided
- ✓ Classes provided in Spanish and English
- ✓ Dates and topics for parenting classes:
  - **October 22<sup>nd</sup> - Communication/problem solving**
  - December 10<sup>th</sup> – Positive Parenting
  - January 21 – Safe Children
  - March 18 – Stress Busters
  - May 20 – Family Fun/Self Esteem



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**THANK YOU**

# The Preuss School UCSD

## **UNIVERSITY PREPARATION (UP) OR ADVISORY CLASS OVERVIEW**

**OCTOBER 22, 2016**



# WHAT IS ADVISORY OR UNIVERSITY PREP?

- Advisory is a class that serves as a structured system of student support. This class serves many functions. It has its own curriculum that consists of a variety of lessons, activities, and instruction from the following content areas:
  - College research, preparation, and information
  - Behaviors that encourage success in school
  - Character development, healthy lifestyles, and decision making
  - Reading and math support (KBAR and KBAC)
  - Event and test preparation
  - Academic subject support through tutorials or access to resources in class



# WHAT IS THE PURPOSE OF ADVISORY?

- The main purpose of advisory is to provide extra support for our students so they can reach or exceed academic eligibility for selective institutions of higher learning.
- Another important purpose of the advisory program is to create a support network for the students.
  - The advisory teacher is the student's first point of contact on campus and the first point of contact for parents.
  - Students stay with the same group of grade-level peers throughout their Preuss education and develop strong bonds with each other and the teacher.



# WHAT HAPPENS DURING ADVISORY?

- Advisory class is not just a study hall or tutorial period.
  - Students complete assignments and projects just like they do for any other class.
  - Every class has KBAR each day and KBAC once per week.
- The content standards for this class are The Preuss School UCSD's ESLRs:

<b>A knowledgeable, critical thinker</b>	<b>A technologically-literate user</b>
A communicator	A healthy, balanced individual
A collaborator	A global good citizen



# WHAT ARE THE RESPONSIBILITIES OF THE ADVISORY TEACHER?

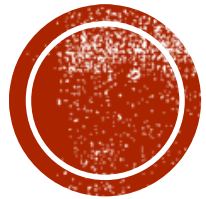
- Provide a classroom environment that encourages school success.
- Prepare the class for upcoming school wide events.
- Develop plans and interventions for students who are struggling academically.
- Regularly monitor students' grades and communicate with parents, teachers, and counselors about student achievement.
- Schedule initial student interventions as needed and expect to attend those meetings.
- Inform the appropriate school counselor of any potential problems.





# WHAT DO ADVISORY TEACHERS DO?

Meet with core teachers to discuss methods of support	Write letters of recommendation for colleges, scholarships, and clubs
Provide instruction on test-taking strategies	Provide instruction on professional emails and proper interview etiquette
Verify tutoring attendance	Conduct mini-lessons on SAT and ACT preparation
Educate students about volunteering opportunities	Recommend students for enrichment programs or conferences
Organize class or grade-wide community service projects	Teach students how to self-advocate by asking questions in class
Contact parents about SEA attendance	Work with counselors to make sure students get needed additional support
Work with students to develop plans for improving GPA	Plan fieldtrips to universities to help students understand college environment
Help students reflect on low academic and citizenship grades	Meet with parents, teachers, counselors, and admin for interventions
Seek out and implement additional enriching curriculum	Cultivate a class culture of support, openness, and accountability



**THANK YOU**





# Reminders

## **11:00am-12:30pm, Parenting Workshop**

- “Communication/Problem Solving”, Preuss School Library



## **11:15am-12:15pm, Email Workshop**

- “Create an Email”, Multi-Media Lab, The Preuss School Library
- 

## **11:30am-3:30pm, Mid Coast Trolley**

- Groundbreaking Event, Manchester Field
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- 