A Message From Our School Principal

Dr. Matthew Steitz

On December 17th, The Preuss School UC San Diego began winter recess at the end of the school day. During winter recess, news of the spread of the Omicron variant of COVID-19 caused the University to issue guidance that sent us into remote learning from January 3rd through January 28th.

Now, as we near the end of the first month of this new year, I am excited to return to in-person learning on Monday, January 31st. While the shift to remote learning was very challenging for us, it gave us more appreciation for being in person.

As we prepare for our return, we all need to understand that we now live in a world where we must think about keeping one another safe. We will each do our part by wearing our masks correctly, completing our daily symptom tracker, and following the testing guidelines. Above all else, we cannot let these distractions take our focus away from our mission.

Our mission is to provide an intensive college preparatory curriculum and a learning environment where scholars develop their academic, personal, and social abilities to become lifelong learners and global citizens who contribute to and participate in a multicultural, democratic society. To accomplish this mission, each of us has a different role to play. The leadership team provides guidance and supports the operation of the school. The staff works in various capacities to ensure the smooth operation of all daily school functions. Faculty interact with scholars most directly, building relationships and facilitating all aspects of the education process. Scholars bring emotions like passion, wonder, hope, and courage that binds us tightly. Most importantly, the love from their parents/guardians fuels the engines of our scholars, giving them the strength and perseverance to accomplish the mission. Together we will navigate this new trail and reach our goals.

Dr. Matthew Steitz
Principal
The Preuss School UC San Diego
DATE:       JANUARY 31, 2022

TO:         The Preuss Community

FROM:       Dr. Helen V. Griffith, Executive Director
            Dr. Matthew Steitz, Principal

RE:          EMERGENCY IMPACT DAYS

Welcome back to in-person learning. We are excited to see our scholars and staff on campus!

Unfortunately, due to the continued spread of the Coronavirus, our staffing for the 4:00 pm to 5:00 pm hour (Scholar Centered Support) has been severely impacted. As a result, this week, we have just enough staff to cover supervision for the middle school students only.

Because of this emergency, we need to release the high school students at 4:00 pm beginning Tuesday, February 1st. You can pick up your high schooler, have them picked up by another relative, family member, or friend, or they can take public transportation (bus or the Blue Trolley Line). Middle school students will continue in their assigned 4-5pm classroom and will ride the bus home at 5:00 pm. As usual, if parents wish to pick up their Middle Schooler before 5:00 pm, they will need to contact the front office and sign out with our Attendance Staff.

If a high schooler needs to stay at school beyond 4:00 pm, they can remain with Vice Principal Watson in our outdoor tent until the buses arrive at 5:00 pm.

The staffing shortage is beyond our control and has negatively impacted our operations during the 4-5pm hour. We sincerely apologize for any inconvenience this may cause. This move however, will allow our high schoolers to arrive home earlier, get a jump start on homework, practice for athletics, and continue their prep activities for college entrance.

If you have any questions, please feel free to contact us.
Dear parents,

We understand that our students and families are facing challenging times during the ongoing pandemic, and we appreciate efforts being made by parents to promote good attendance. As we plan for a return to in-person instruction beginning January 31st, let’s aim to continue with great attendance or to improve if your child has been experiencing difficulty with staying engaged in a remote learning environment.

In addition to the challenges of remote learning, this is the time of year when winter takes a toll on school attendance. We are now experiencing a different winter season with the COVID-19 pandemic affecting many people, along with the colds, fevers and earaches that often come with the winter months. A student with flu-like symptoms or a cold should not be attending school. Students might also have to stay home or quarantine due to COVID-19. The absences due to illness are excused. It is important to note that students who are not ill are expected to be present in attendance.

Students affected by COVID-19 and cold/flu illness can present challenges to attending school. If the student must miss class, the student should contact their teachers and work out a plan to complete assignments that may count as having attended the class. If your child cannot attend a full day of school due to an illness, we require parents to notify the attendance office and provide a doctor’s note to excuse the absence. Missed class periods can be excused.

Let us know how we can help. The school can provide you with resources that you can use at home to keep your child engaged in learning, including a computer, internet access and online learning platforms. Our teachers and counselors are making every effort possible to ensure they are reaching out to students, particularly when they miss instructional learning time. We want your children and all our students to succeed. And that means attending school every day possible. Every day counts! If your child is ill and will not attend school, please report the absence to the Attendance line (858) 822-0311 or send e-mail pavillanueva@ucsd.edu.

I wish you all a great semester ahead!

Sincerely,

Patricia Villanueva
Attendance and Transportation
Welcome to 2022! Due to the rise of the Omicron variant, we have had to start the year remotely. Any library materials due January 3rd will not be considered late. Students will be able to return the materials on the day we return. Any materials that were due before the break, December 17th, will not be fined during the remote learning in January, but any fines incurred before December 17th will still need to be paid or cleared by volunteering.

Our Annual Bookmark Contest is back!!! All Preuss students are welcome to participate. The theme this year is ‘Favorite Character or Book that Expresses your Identity’. Bookmarks can be picked up in the library starting Monday, January 31st. The completed bookmark is due Friday, February 11th. Students will vote on their favorite design from Monday, February 14th through Thursday, February 17th. Winners will be announced Tuesday, February 22nd 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 will receive a new book of their choice. All entries will be displayed at UC San Diego’s Geisel Library to honor World Bookmark Day (WOBODA 2022) on February 17th through the end of March.

Library notices are sent via student’s @preuss.ucsd.edu email at the beginning of each month. Due to remote learning this month, notices will be sent in February. Notices inform the students what library materials and textbooks are late and what fines need to be paid or covered by volunteering.

Online library information is on the Preuss School website. Check us out under Campus Life > Library. We have links to our databases, the school catalog, the DCP and Sora by Overdrive (our eBook collection site). Students are also able to access eBooks by downloading the SORA APP on their phone and using their student ID number to login.

Keep Reading,

Ms. Nance and Ms. Gonzalez

librarians@preuss.ucsd.edu
Preuss Scholars,

The internet is your window to the world and many skills you need to learn and develop. How do you manage this unlimited opportunity with limited resources? Let’s work on your tech-etiquette and a few practices to improve your learning outcomes.

**Minimize distractions.** Our minds can only focus on a limited amount of tasks at one time. Switching between tabs and devices will reduce your productivity as you have to regroup each time to reorient yourself to the task at hand. Here is an article about how multitasking can make us less efficient and more prone to errors.

**Reduce eye strain.** Your vision is a precious asset and needs maintenance just like anything else. It is important to take breaks away from your screen. Here are some ways to reduce eye strain from WebMD:

- Make sure your computer screen is an arm’s length, away from your face, and below eye level.
- Take a 15 minutes break after every 2 hours you spend on your devices.
- Change the brightness of the screen. It shouldn’t be brighter or darker than your surroundings.

**Connectivity is crucial to your success.** Always check to confirm access to your devices, coursework, and Zoom links before your time of need. Please submit a technology request by sending an email to tech@preuss.ucsd.edu if you are experiencing an issue with your device or internet. Remember to Include your name and Student ID# in your request and provide as much background information as possible.

Here are Tips for Improving Wifi Access at Home from our IT System Administrator, Mr. Daryl Rysberg.

**Take good care of your device(s).** Keep them in a safe location away from food and pets. It's best to use them on a table or desk. Wash your hands prior to use, especially after eating or playing outside. Do not leave your devices or charging cables unsupervised around young children. In addition, keeping them in the same location every time will make it easier for you to locate the items when you need them. Always unplug your devices before walking away with them.

Your teachers and the Tech Support Team at Preuss are always here to help, but it is good to be self-sufficient and have these tips on-hand. Remember to always pause for people (and cars)!

Stay Connected,
Ms. Katelynn Luc
Edtech Specialist

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### Quick tips from the Student Handbook:

- Take care of your device by always placing it down on a clean, flat surface, and only use it when you are not eating and drinking.
- Do not damage the computers by carrying them by the screen or pulling off keyboard keys.
- Do not allow other users to access your account (or device).
- Remember that teachers and administrators can see whatever you say and do on a school-issued device during video meetings, in emails and chats, and on shared documents.
Dear Preuss Families,

We are about half way through the semester! Please encourage your student to continue to work hard on their academics but to also incorporate self-care. Reach out to us if you have any questions or concerns.

**Introduction of our new counselor**

I am so happy to be at Preuss and excited to meet our students and parents! I am originally from Colorado but have lived in San Diego for 11 years. I have been a school counselor for 6 years and love working with middle and high schoolers. I attended Point Loma Nazarene University for both my Bachelor’s and Master’s degrees. I never had a school counselor in middle or high school and really needed the support, so I am so happy to be here to support all of our students!

**1st Semester Grades:**

Schedule an Appointment with your Student’s School Counselor. If your student received 3 or more D/F grades, we encourage them to schedule an appointment with your student’s school counselor if you need additional support to get your student on track. Use the links below to schedule an appointment with your counselor through Calendly.
Reminders - Upcoming Holidays & No School:

- Friday, Feb 18, 2022 and Monday, Feb 21, 2022
  Presidents Holiday

**Triton Virtual Calming Room**

This Virtual Calming Room is a place for students and families to find tools and strategies for managing emotions and feelings. Please take advantage of this page, especially while we are remote!

https://sites.google.com/preuss.ucsd.edu/tritoncalmingroom/home

Financial Aid Follow Up

Please check in with your School Counselor if you were unable to attend the Financial Aid Workshop or if you have not submitted your FAFSA or California Dream Act Application. March 2, 2022 is the deadline.

Wellness Wednesday

The school counselors and Preuss staff realize that the mental and emotional wellness of students is of the highest importance. For this reason, each week of the school year we will post a Wellness Wednesday Newsletter for students. The newsletter will include a wellness quote, a wellness tip or resource, and a Kindness Challenge. Here are the latest issues of Wellness Wednesday!

- Jan 3-7: [https://www.smore.com/wq7ps](https://www.smore.com/wq7ps)
- Jan 17-21: [https://www.smore.com/6g10c](https://www.smore.com/6g10c)
- Jan 24-28: [https://www.smore.com/tysdw](https://www.smore.com/tysdw)

Reminder to complete the Intent to Return questionnaire for the 2022-2023 School Year

Dear Parents, Guardians, and Preuss Scholars,

Course planning for the 2022-2023 school year is already beginning. **The deadline to complete the Intent to Return questionnaire is Friday, February 11.** The questionnaire was sent via Parent Square. If you are having any difficulties with filling out the questionnaire, please call the front office at (858) 822-3000 Monday through Friday from 8:00 a.m. to 4:00 p.m. You can also send an email to vbgomes@ucsd.edu. It is important that all parents and guardians meet the **submission deadline of Friday, February 11**, so that the scheduling for the 2022-2023 fall semester can be completed. If there are available openings, we will be informing new students by the end of February.

Take care,
Vanessa Gomes
Administrative Assistant
By Jacqueline Azize-Brewer, Ph.D. Coordinator, Volunteer Program

Dear Parents and Guardians,

Wishing you a happy and healthy New Year 2022! We are grateful for your participation and involvement during the first semester of the 2021-2022 academic year. Please continue to attend the parent meetings to be informed and provide your valuable input. You will also earn participation hours for the 2021-2022 school year. Parents who participate and volunteer are recognized during the Parent Appreciation event which will take place at the May General PTA meeting.

This year's general PTA meetings are on select Saturdays via Zoom Webinar (at least through February 2022) from 9:30am-11:00am. The next two PTA General meetings will take place on January 22 & February 19, 2022.

In addition to the general meetings, the PTA team holds Executive Board meetings, which are open to all the parents. These meetings will be conducted through Zoom meetings at least through February 2022. In these meetings you can be on camera, ask questions and provide input. You will also get to speak with the Principal, Dr. Matthew Steitz, on what you would like to see covered/presented at the General PTA Meeting following the Executive Board Meeting. The Executive Board meetings happen the first Tuesday of every month from 5:30-6:30pm via Zoom Meeting. The next two meetings will take place on February 1 & March 1, 2022.

Any parent who is interested in volunteering at the school or at any PTA events which take place at the school is encouraged to complete the volunteer clearance process. The first step in the process is to fill out the volunteer application found on the school’s website. Parents can assist at the school with breakfast distribution, at the library, with PTA Sales, etc.

If you have questions regarding the volunteer clearance process, please contact Dr. Jacquie Azize-Brewer at 858-822-0020 or preussvolunteer@ucsd.edu. We look forward to your continuing participation!

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Parent News

MEET OUR NEW INTERN, AUDRIA MONTALVO

Hello everyone! I'm Audria Montalvo, a second year at UCSD. I am majoring in Bioinformatics and considering a minor in education/sociology because I enjoy talking to people on a deeper level. I was born in Peru and hope to one day go back to visit. (p.s I recommend Aguaa ditio de Pollo, a Peruvian soup).

My grandpa Donato and I would watch the news together and although I don't remember much, I credit those moments to my interest in learning about cultures and being up to date on local and international news. My mom's favorite plate is Arroz a la Cubana, which my grandpa would always make for her. My beautiful mom, Irene, is the reason I keep pushing forward even when life, school, etc. gets a little complicated. She knits me sweaters, socks, beanies, and mittens, which are perfect for the cold winter breezy SD weather. My mom loves the color yellow and we have a really cool handshake. My sister Migceli, is also my strength. She is the older sister and she steps in as another parent figure for me and I'm so blessed to call her my hermana. She is a talented singer and currently listening to the Encanto soundtrack, but she also enjoys the songs from Rebelde. I'm a Christian and for me, that means giving my daily life to Christ and working on becoming a better person towards myself and others. The reason I talk about my family is that in order to get to know me, you have to get to know the ones who with so much love raised me and see potential in me.

Being here at Preuss so far has been really awesome and I applaud all the parents who attend the PTA meetings, because never in my life have I seen such a thriving PTA group. Take care :)}
By Tamima Noorzay

While the pandemic has kept us off campus and postponed some wonderful opportunities, the Fine Arts Department is unstoppable! We are pleased to share our continuing collaboration with our longtime partner, Art of Elan. While at first glance their presence is most obviously within the music department, providing ensemble concerts, artists in residence, and specialty curriculum, the cross curricular aspect of their work binds together the whole Preuss community! Did you know some of our musicians create original scores that are included in our Fall Festival, Shakespeare Fest and Jazz June? These compositions are written by our musicians and recorded by professionals!

A new addition for the second semester will be original pieces written by our Art of Elan Artist in Residence, Diego Rodriguez. This gives our orchestra and choir a unique opportunity to perform music written specifically for them and in the genre of the themes for Shakespeare Fest and Jazz June. The music will serve as inspiration to the actors and artists as well as entertain our audience. Preuss scholars are able to explore the constellation of creativity, skills, talents, and performances that coalesce in the final event. Understanding the “how” of collaboration is what we want to engender to our scholars, and, being creatives and performers is also fabulous!!! In addition, the San Diego Youth Symphony is in their 10th year of supporting Preuss musicians and we are proud of our 6 musicians participating in the Symphony program this year.

The Theater Department is off on blazing saddles creating this year’s western themed Shakespeare Festival which will be a movie event on campus, replete with faculty cameos and maybe an alum or two! We are looking to partner once again with the UCSD Theater Department. In the past we have held workshops on script writing, acting, dramaturgy, wardrobe and set design. We have had the opportunity to tour the “lot”, backstage and into the workshops as well as Q&A with writers, directors, and actors. As soon as we are able to come back in full force to campus we will be setting up these unique opportunities for our drama students!

Baltimore artist Jay Wolf Schlossberg Cohen has remained a steadfast community partner, always looking for the next opportunity to collaborate with our artists. He has brought together our artists and the La Jolla Symphony to hold a workshop for creating large scale banners of the musicians. Symphony musicians will come to our studio and to music classes to perform. While at the studio, our artists along with Mr. Jay will sketch and paint the musicians as they perform. He will then collage together the images and project the outlines onto 9-foot banners to be painted by our artists. These banners will hang at the Kroc Center Theater foyer for the opening of the Symphony there! Stephanie Weaver of the La Jolla Symphony has been excited to work with our students and get our families to the concert at Kroc Theater, so stay tuned for more details on how to attend. In addition, Patty Smith and her staff at ArtsbusXpress are supporting travel for our students to attend a rehearsal at Kopley. ArtsbusXpress are so generous to support our many trips at Preuss through their bus grants; we could not offer our scholars the opportunities we have without the transportation!

These are just a few of the community partners we collaborate with, and we want to continue to grow! We are currently in the planning stages with UCSD Crafts Center and Imaginebravespaces for activities, events and valuable curriculum for 6th grade camp. Finally, we want to acknowledge the Urbanek Family Foundation for their continuous support of the Preuss Fine Arts Department along with Ron Campnell. These donors help to pay the bills and we are very appreciative of their philanthropy! Without our partners, we would not be able to connect our artists to the larger art community, an important aspect of their growth and development as artists. Additionally, we want our scholars to know that they are an important part of the larger community, and for them to know they are seen and heard by their peers and mentors.
The Preuss School Tri-M Music Honor Society (Chapter 8499) is a high school music honor society and is a program of the National Association for Music Education (NAfME.) The mission of the Tri-M Music Honor Society is to recognize students’ academic and musical achievements and to provide leadership and service opportunities to young musicians. The Preuss School UCSD chapter is run by the students and supervised by the music director.

To be eligible for the new membership, a student must be in 9\textsuperscript{th}, 10\textsuperscript{th}, 11\textsuperscript{th}, or 12\textsuperscript{th} grade, have successfully completed one high school music class and is presently enrolled in a music class (i.e. HS orchestra, instrumental ensemble, honors orchestra, AP music theory, Honors choir, choir, and introduction to piano.)

Members of the Tri-M Music Honor Society who have completed the music, academic and service requirements wear a lavender cord at graduation.

Congratulations to the members of the 2021-2022 Tri-M Music Honor Society!

Mercy Hwong

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<tr>
<td>Xochitl Garcia De Jesus (12\textsuperscript{th} grade)</td>
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<td>Meliya Russom (12\textsuperscript{th} grade)</td>
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<tr>
<td>Frida Acevedo Federico (11\textsuperscript{th} grade)</td>
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<td>Juan Antonio Arias (11\textsuperscript{th} grade)</td>
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<td>Adilene Flores (10\textsuperscript{th} grade)</td>
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<td>Barbara Guerrero Castanon (10\textsuperscript{th} grade)</td>
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<td>Natalie Luna (9\textsuperscript{th} grade)</td>
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<tr>
<td>Jimmy Phanthavilay (10\textsuperscript{th} grade)</td>
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<td>Mia Rodriguez (9\textsuperscript{th} grade)</td>
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A Note from Mr. T.J Carr
ASB Advisor

This year we will be having our second Serenity Day which will take place on January 28, 2022, from 10 am to 2:50 pm. Lunch will be from 11:55 am to 1:00 pm. We are hoping to create a mental relief day that is for students and teachers who are stressed from remote learning or any other stressors. There will be 3 sessions and in each session, you choose one class to sign up for. Below is a form for the student-led classes. It is important that students sign up to lead these classes for success in this event. ASB kindly requests that teachers collaborate with us in our efforts to collect students to run classes. Please direct students to last year’s serenity day classes on the ASB website (Link: https://www.preussasb.com/) for ideas. I have attached the schedule for the day and blurb to post with the canva and form for your students!

Hello Students!

ASB is looking for students to run classes in areas they are passionate about. Please fill out the form below to get your class approved. This is a great way to boost your resume and a fun way to connect with other students passionate about what you enjoy. Refer to the ASB website to see some of the classes that have been run in the past (Link: https://www.preussasb.com/).

Requirements:
- A maximum of 50-minute classes
- Must be Appropriate
- Make sure to get a teacher to supervise AND PROVIDE ZOOM LINK
- Zoom friendly

Please reach out to: hsasb@preuss.ucsd.edu for any questions or concerns!

SIGN UP NOW!!! - https://forms.gle/PePGEMc6aMsyW8yz5"

https://www.canva.com/design/DAE17Gv9cDI/share/preview?token=uPVXsEDxJl5-6qBOOqAs-Og&role=EDITOR&content=DAE17Gv9cDI&campaign=designshare&medium=link&source=sharebutton

Thank you for helping Serenity Day to be one of our Preuss top-notch signature events!

Have fun and we hope to see you there.

ASB

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<td>10:00 — 10:40 AM</td>
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<td>10:55 — 11:55 AM</td>
<td>Session 1— Mindfulness</td>
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News From ASB Club
Every year, we host a week of activities for the 6th graders to enrich their learning outside of school and give them an opportunity to connect with their peers in new and fun ways.

This year, the Camp will be March 21st - 25th, the week before Spring Break.

Here are a few details:

- 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
- Usually we have a sleepover, but due to COVID this year, we are going to skip it
- Ends on the Friday before Spring Break with a dance!

We would love some volunteers!

- Need about 8 per day
- From about 11am-3pm

This is a great time to get fully cleared so you can volunteer more than once and not have to renew!

We have a fun week planned and are looking forward to it!

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

Vanessa Van De Vanter
Social Studies, APEX, University Prep
February 24th, 2022

Our admissions application window for the 2022-2023 school year closed and we will be hosting our admissions lottery webinar on February 24th, 2022 from 5:30 pm - 6:30 pm.

All who submitted a complete application by our deadline will be entered in the lottery. During this event we will be selecting students at random for enrollment to begin next school year, for grades 6-12.

An email to all applicants with the webinar link will be sent and for any questions please email: preussadmission@ucsd.edu

Crystal Flores
Admissions Coordinator