



The Preuss School UC San Diego Insight Newsletter

JANUARY/FEBRUARY 2019

9500 Gilman Drive, La Jolla, CA 92093-0536 Main Phone Line: (858) 822-3000

A Message from our School Principal-Director Scott Barton

Friday, February 15

**Lincoln Day
Observance**

Monday, February 18

**Washington Day
Observance
*NO SCHOOL**

NEXT GENERAL PARENT MEETINGS

Saturday, February 23

**Saturday, March 16
9:30 -11:00 AM
SCHOOL AUDITORIUM**



Dear Parents/Guardians:

Happy New Year to you all! The month of January brings an end to the first semester of school with finals held the week of January 14-17. The second semester began on Tuesday, January 22. Students are encouraged to continue working hard and not miss school.

Congratulations to our California League of Schools (CLS) Educator of the Year Winners for our region on November 29, 2018. The Preuss Middle School teacher selected was Shaoni Bandyopadhyay and the High School teacher selected was Tiffany Majors. Ms. Majors went on to compete against teachers from throughout California on Saturday, January 12, in Monterey California where she was awarded the California League of School's, High School California Teacher of the Year! Ms. Bandyopadhyay will be attending the CLS Excellence in Middle-Level Education Conference in Sacramento March 15-17, 2019 where she will present to the conference. During the conference, Ms. Bandyopadhyay will

attend the Middle School State Educator of the Year awards where she will be introduced to the General Session and will be a nominee for the Middle School State Educator of the Year award. Big congratulations to both Ms. Majors and Ms. Bandyopadhyay!

The Class of 2019 is busy working on their college acceptances; 100% of seniors submitted an application to UC Campuses including UC San Diego, 100% have applied to a CSU. Students are currently applying to private and out of state colleges and universities. As of January 17, 26 seniors have been accepted to at least one four-year college or university. Seniors have been accepted to the following institutions: San Diego State University, San Francisco State University, Humboldt State University, and other CSU campuses. Seniors are encouraged to submit scholarship applications by February 5, to the San Diego Foundation. Those seniors who qualify will apply to the Jacob Hanna Sr. Scholarship, MKC Scholarship, Grillo-Marxuach Scholarship, and the Rastetter Scholarship. We wish our seniors good luck!

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News From Scott Barton Cont'd

This year's Homecoming was held on December 20, with 19 alumni joining for lunch; 38 alumni spoke to students in classrooms. The alumni spoke in Advisory classrooms and shared about their experiences at Preuss and in college. Alumni are a wonderful inspiration for all of our current Preuss students. They also met for a Homecoming Alumni Reception in the afternoon before attending the Preuss Girls and Boys basketball games at Rimac Arena.

The admissions deadline was November 16, and over 546 applications were received. Now the process of getting the applications ready for the lottery on Wednesday, February 13, at 4:00pm is upon us. We are excited about the prospective students who have applied, and helping them begin their journey toward success at The Preuss School UC San Diego.

This school year has brought some staffing changes to The Preuss School. We welcome our Volunteer Coordinator Dr. Jacqueline Azize-Brewer, our Admissions Coordinator Ms. Crystal Flores, and our Drama Teacher Mr. Matthew Rocca. The Preuss Nurse Jennifer Bryant will begin Monday, January 28. Currently Ms. Erin Rutten is our Temporary Counselor; interviews are being conducted to fill the permanent counselor position. We are also having a posting for a new Social Studies teacher. We are excited about our new colleagues and the expertise they bring to The Preuss School.

On December 8, nine High School Students participated in the North County Regional Model United Nations (MUN) leadership Conference at the Pacific Ridge School in Carlsbad CA. Committees ranged from traditional UN related topics like Human Trafficking and political developments in Venezuela, to the fantastical. Students used critical thinking, problem solving, and public speaking skills while participating in the different committees. Three 9th graders participated in their first conference ever! 10th grader, William Wong, won an award for the quality of his research as the representative for India in a committee on Human

Trafficking. 11th grader, Kevin Vo, earned an Honorable Mention for his role as Ministry of Weapons in the 1984 committee.

The Preuss Robotics team will be very busy during the months of January, February and March preparing for upcoming competitions. The Orange County Regional Competition will be held February 28-March 2. The team will be participating in the 13th Annual FIRST Robotics Regional Competition in San Diego, March 7-9th. Teams from all over the world will be participating in these challenging events. Good Luck to the Preuss Robotics team the Midnight Mechanics!

This year the flu season has proven to be severe. We are asking parents to take extra precautions to prevent illness in their families by washing hands, using hand sanitizer, keeping your hands away from your face and covering coughs and sneezes. If you suspect your child is ill with a fever, cough, or sore throat with a fever please have them evaluated by a doctor.

The second semester is the beginning of new learning opportunities for our students. We encourage students to stay focused and to attend school daily. Daily attendance has proven to make the difference in a student's grades and all around academic achievements. Remember if you need any assistance from the school please contact the front office staff. We are here to guide you through your child's years at The Preuss School UCSD. I look forward to an engaging and successful second semester.

Sincerely,

Scott Barton
Principal/Director

Stay the Course: Support Attendance in the Winter Months



Happy Start of the Second Semester!

I hope you and your family are settled in after the holidays. This is the time of year when winter takes a toll on school attendance. Every winter, bad weather — freezing temperatures or even heavy rains in warmer climates — can present challenges to getting children to school. So do the colds, fevers and earaches that often come with the winter months. These tough, but common winter conditions mean it is even more important to remind parents about the importance of good attendance so we encourage you to make every effort to get your children to school despite the challenges! Absences, even if they are excused, can add up to academic trouble. Students miss out on learning if they aren't in class. These absences can result in lower test scores and grades.

There's not much we can do about the weather, but there are two key steps every family can take to help avoid absences this cold season.

Develop back up plans for getting your children to school in winter weather. That could mean checking with other families who have a car that can manage in a bad weather to transport your children to their bus stop or our school. If your child is absent due to transportation, call the school. We can connect you with other parents who may help.

Keep your children healthy. Dress them warmly for the cold weather and make sure they are wearing their school jackets. Encourage them to wash their hands regularly, and send them to school with hand sanitizer. If your children do get sick, talk to a doctor or the school nurse about whether they should come to school and when it is okay for them to return.

Above all, let us know how we can help. We want your children and all our students to succeed. And that means attending school every day possible.

STUDENT ATTENDANCE RECOGNITION

The Preuss School is a distinctive educational environment with high academic standards and requires our students to be concentrated on study and to attend school every day. We truly believe that consistent school attendance is one of the most important factors to a student's academic success. Students who never have been absent from school understand that meaningful learning happens in the classroom and teachers will be there for support and guidance. They have learned the connection between showing up ready to learn and their academic achievements. Highlighting the importance of getting to school every day, our students aspire to achieve perfect attendance and good grades to graduate from high school. Definitely, they are setting a road to a higher educational outcome.

As every year, on Thursday, February 7, we will be honoring High School and Middle School students with Excellent Attendance for the First Semester. This is a special recognition to celebrate our students' outstanding accomplishment as a result of their dedication, discipline, and commitment in having a perfect school attendance record. This demonstrates that students are making school attendance a highest priority in their lives, regardless of all the obstacles they have to overcome to attend school every day. Congratulations to all the students with excellent attendance! We are so proud of their commitment to learning and efforts to attend school.

Students with Excellent Attendance will be honored with a Certificate and they are invited to attend an Ice Cream Social event during school lunch time. Please, join us to celebrate our students.

Patricia Villanueva
Attendance and Transportation Coordinator
(858) 822-0311

February

Whispers from the Preuss School Library

The Library will be running its Annual Bookmark Contest. All Preuss students are welcome to participate. The theme this year is '**Favorite Legend/fairytales/myth**'. Bookmarks can be picked up in the library starting Tuesday, January 22. The completed bookmark is due Friday, February 8 and students will vote on their favorite design from Monday, February 11 through Thursday, February 14. **Winners will be announced Tuesday, February 19** 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 a book or a \$10 gift card to Barnes and Noble.

Monthly library notices are usually sent to students via email, except at the beginning of the fall and spring semester. If on the paper copy the student owes more than \$5.00 or has one or more late textbooks; the student will not be able to participate in any extra-curricular activities (dances, athletic events, and after school clubs) until some action has been taken to clear the account. An action can be returning late items, paying for some or all of the fine or volunteering in the library before or at lunch to work off the fine.

Eighth Graders will not be able to participate in "A Celebration of Learning" and seniors will not be able to receive their diploma unless their account is completely cleared. Notices regarding clearing accounts to participate in the end of the year ceremony will be sent home to all 8th and 12th grade parents after Spring Break, but do not wait. Now is the time to take care of any outstanding fines or lost books. Monthly notices of your student's account is sent to your student's email at the beginning of each month. Ask your student for this notice or call the library to check on your student's library account. If you need to replace lost textbooks, please call to discuss. Our phone number is 858-822-2150.

Karen Nance and Maria Gonzalez

kgnance@ucsd.edu or mgg001@ucsd.edu



The
Preuss
School
UCSD

School Counseling Department

Erin Patrick | Grades 6, 11, 12 | empatrick@ucsd.edu

Erin Rutten | Grades 7, 8, 9, 10 | eruttent@ucsd.edu

National School Counseling Week

In honor of National School Counseling Week, February 4th– 8th, 2019, the school counseling team would like to share two of our favorite resources with you. These resources include a phone app called Pacifica and a website called Happify.



Happify

Happify is an evidence-based program that helps manage your feelings and thoughts. On the website you will find techniques developed by leading scientists and experts in the field of positive psychology, mindfulness, and cognitive behavior therapy.



Pacifica

Most recently I have referred many friends and students to use the application called Pacifica. It is a great tool for taking control of daily stress, anxiety, and depression. In the app you can utilize free guided meditation, monitor healthy habits, set goals, journal, and create a hope board. Enjoy!

A MESSAGE FROM THE REGISTRAR:

Did you recently move or change your phone number?

Please, contact the Registrar, Paty Macedo at 858-822-2525 or send your student to the office to pick up a Change of Address/Phone Form. You must provide one proof of residency when submitting the form (ex. electric, water, cable, rent/mortgage bill).

Check your mail! First semester grades will be mailed out on Friday, January 25th.

RESOURCES AND SUPPORT FOR THE FAMILY

By Amanda Torre, MFT 88617

Starting the month of January we were chosen to partner with the San Diego Food Bank in a project they have piloted called On The Go Pantry for middle and high School. The mission of the program is to provide snacks/food for students in need. Any students experiencing hunger during the day or after school as they arrive home are encouraged to see me for additional snacks that can be provided as needed. We encourage any and all students to take advantage of this wonderful opportunity to ensure better learning and improved health. We will be automatically handing out snacks in some middle school University Prep classes throughout the rest of the school year as well as during athletics block for high school. Please contact me if you have any further questions about the On The Go Pantry.

February is Teen Dating Violence Awareness month. Student Services, NAMI on Campus Club, and Chelsea's Peer Corp are working together to increase awareness of healthy and unhealthy relationships as well as educate students on how to set healthy boundaries with others. Please take the time to talk to your child about what it means to be in healthy relationships and friendships. Share life lessons you have learned.

Some things to consider:



If you think your relationship is unhealthy, it's important to think about your safety now. Consider these points as you move forward:

- Understand that a person can only change if they want to. You can't force your partner to alter their behavior if they don't believe they're wrong.
- Focus on your own needs. Are you taking care of yourself? Your wellness is always important. Watch your stress levels, take time to be with friends, get enough sleep. If you find that your relationship is draining you, consider ending it.
- Connect with your support systems. Often, abusers try to isolate their partners. Talk to your friends, family members, teachers and others to make sure you're getting the emotional support you need. Remember, our advocates are always ready to talk if you need a listening ear.
- Think about breaking up.

Remember that you deserve to feel safe and accepted in your relationship. Even though you cannot change your partner, you can make changes in your own life to stay safe. Consider leaving your partner before the abuse gets worse.

Text "loveis" to 22522 or call 1-866-331-9474 to discuss your options confidentially. Peer advocates are available 24/7.

Parent News by the School PTA President

Hello parents.

Are you interested in running as an officer for the PTA? Voice your interest and learn more on becoming a PTA officer. PTA Elections will be held March 16, 2019. We need to fill the following positions for the 2019-2020 school year: President, Vice President, Secretary, Treasure, and Auditor. If you would like to become an officer for the PTA, make sure to purchase your membership if you have not done so already. You must be a PTA member for one month to be eligible to run as an officer. Visit us at our PTA Executive Board meeting on Tuesday, February 5 at 5:30pm in the Front Office to learn more.

Our biggest fundraiser of the year is coming up. The Spring Night Dinner and Dance will be on April 27, 2019. The PTA needs volunteers and donations to make this event a success. We are requesting donations such as movie tickets, gas cards, gift cards, or maybe something else you would like to donate to the school.

Are you a 12th grade parent? We need your help! The Grad Committee needs a few more parents to help them during the rest of the year.

Are you a PTA Member? The PTA's goal is to sell 500 memberships. Currently, we have sold only 150 memberships. The money collected from memberships goes back to your students. The PTA helps pay for College visits, 6th grade camp, Grad events, a new shirt for all new incoming students, field trips, and so much more. Please become a member today! It is only \$15!

If you are interested in any of the things above, please call Diane Villalvazo at 619-327-3424.

FREE HEALTH SCREENINGS FOR PARENTS

Greetings Parents!

As students from the UCSD Bachelors of Science in Public Health (BSPH) Program, we are proud of our continued collaboration with the Preuss School to better serve you and your family. Last year, we offered free health screenings in English and Spanish during the monthly general PTA meetings. We provided screenings and brief lifestyle counseling to over 100 PTA meeting attendees. We look forward to working with you again towards our mission of promoting healthy families at the Preuss School. Upcoming events: January 26 and February 23 2019 from 9am to 12pm.

Sincerely,

Student Health & Wellness Group
UCSD BSPH Program



**HEALTH SCREENINGS
PREUSS SCHOOL**

Bachelors of Science and Public Health (BSPH) Program
Family Medicine and Public Health
University of California San Diego

Free Screenings
- Blood Pressure
- BMI
- Counseling

Saturday
9 AM - 12 PM
January 26, 2019
February 23, 2019

The Preuss School UC San Diego Admissions Lottery



If you submitted an application for the 2019-2020 academic year, The Preuss School UCSD would like to invite you to our admissions lottery on **February 13th, 2019** from 4:00pm – 5:30pm at The Walton Center. We will be selecting students at random for admissions and families present will be able to know if they received an admissions offer. Please do not bring your student to the event.

Hope to see you there!

Crystal Flores
Admissions/ Data Coordinator

Questions? [\(preussadmission@ucsd.edu\)](mailto:preussadmission@ucsd.edu)
(858) 822-0408

JOIN US FOR THE SCIENCE FESTIVAL CELEBRATION



The Annual Preuss Science Festival will take place on Saturday, February 2, 2019 from 9 am to 12 pm. Students in grades 6-11 are required to be present to demonstrate their projects. Parents and family are welcome to visit projects, and participate in a day of learning.

All ages welcome!

Music Concert

The San Diego Youth Symphony invites the Preuss School students and their family to an exciting concert performed by the region's most amazing students musicians. The student and the family who attend the concert will receive four volunteer hours for supporting student's learning at the Preuss School UCSD.

I am so excited about this collaboration between the Preuss School Music Department and the San Diego Youth Symphony. Thank you in advance for bringing music into your student's life. Please, feel free to use this ticket voucher to attend the concert.

I hope that you will enjoy the concert.

Sincerely,

Dr. Mercy Hwong



We invite you to attend
23rd Celebration of Music Education
Ovation Concert

Sunday, February 10, 2019 at 4:00 pm

Ensembles Performing: Symphony Orchestra and Chamber Orchestra

I would like _____ free tickets for the Ovation Concert
Copley Symphony Hall, Jacobs Music Center
750 B Street
San Diego, CA 92101

Please present this voucher at the table in the Lobby
at least 30 minutes before the start of the concert to obtain your

FREE TICKETS

Name _____

San Diego Youth Symphony and Conservatory
1650 El Prado #207A, San Diego, CA 92101
619-233-3232 x115

Dr. Michael Remson, President & CEO | Jeff Edmons,

The Preuss School Family Potluck

Bring the family!

Saturday, February 23, 2019



On Saturday, February 23, it is our traditional family potluck. Join us in celebrating our multicultural backgrounds. We invite you to bring a homemade dish to share with other families. There will be very tasty food from around the world. Please, mark your calendar!

UPCOMING EVENTS:

*Mark your calendars

January 25: 1st. Semester Final Report Cards Mailed Home to Parents.

February 2: The Preuss School Science Festival; 9:00 am–12:00 pm.

February 2: Girls Varsity Soccer Game; 1:00pm – 3:00pm.

February 7: Perfect Attendance Recognition—Middle & High School Lunch Time.

February 9: Saturday Enrichment Academy; 9:00-11:00am.

February 13: School Admissions Lottery; 4:00pm-5:30pm.

February 13 & 14: Pink Progress reports given to students who have a 2.50 GPA or below. Attending SEA is required.

February 15: Lincoln's Birthday. *NO SCHOOL

February 18: Washington's Birthday. *NO SCHOOL.

February 23: Saturday Enrichment Academy; 9:00-11:00am.

February 23: General PTA Meeting and Family Potluck 9:00am-12:00pm.

PERFECT ATTENDANCE Ice Cream Social

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

**Thursday, February 7
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, ice cream bars, yogurt, a variety of toppings, napkins and spoons.

Parents will get participation points for their service.

Special Thanks to Our Insight Newsletter Contributors:

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CareFusion Corporation

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