

PTA General Meeting  
Junta General de la PTA



November 14, 2020

# PTA President Report

## Reporte de la Presidenta de la PTA



**Mrs. Lizbeth Garcia, PTA Treasurer**  
on behalf of Mrs. Veronica Bailon, PTA President

- Welcome / **Bienvenidos**



## Treasurer's Report / Reporte de la Tesorería

- 65 memberships = \$1,115.00
- Donations
  - Parent = \$40
  - Additional Donation = \$194.50
  - Other = \$100.50

# Treasurer's Report/**Reporte de la Tesorería**

- SD Unified Council PTA (Insurance Premium Year 2021) = \$308.00
- SD Unified Council PTA (Membership) = \$379.50



# PTA Membership/ **Membresia de la PTA**

- A way to support the PTA
- Write check payable to: **Preuss School UCSD PTA**
- \$15.00 per membership (coupon for free coffee and nachos)
- Anyone can become a member
- Drop off envelope with membership dues, your name, your child's name and grade @ Bookmobile or mail to the school
- Pick up membership card at the Bookmobile (the following month after you buy your membership)

# Membership



Thank You

- Henghy Aln
- Aynalem Ambaye
- Luz Janet Andrade
- Maria Arias
- Guadalupe Bejarano
- Diana Bermudez
- Abayneh D. Biratu
- Gebeyehu Bogale
- Enedina Anaya Bolanos
- Jacqueline Azize- Brewer
- Teodora Bustos Ocampo
- Sarai Campos
- Martin Chiroy
- Minerva Magaly Corenjo
- Yesixa Covarrubias
- Kim P. Dang
- Angel Diaz
- Andy Diep
- Eyob Dutrie
- Jose Estrada
- Areli Flores
- Lizbeth Garcia

# Membership



Thank You

- Beatriz Godoy
- Veronica Gomez
- Ana Gonzalez
- Yordamos Halie
- Kibrom Haile
- Alem Kidane
- Bichok L. Kier
- Chuc Le
- Felipe Martinez
- Elizabeth Najera
- Lorenzo Lerma Nava
- Hang Nguyen
- Phuong Nguyen
- Lynn Nguyen
- Nohemi Olivares
- Francisco Ornelas
- Rosa Perez
- Abel Ramirez Carmona
- Mayra A. Ramirez
- Maria Rendon
- Maritza Reynoso
- Ana Rodriguez



# Membership



Thank You

- Xochitl E. Rodriguez
- Michelle Sanchez
- Pepe Santiago
- Elfinesh Sebside
- Lemlem Shifrawu
- Francine Sotelo
- Paul Ta
- Julia Tapia
- Cleotilde Torres
- Tin Truong
- Thanh-Mai Thi Tuong
- Vanhann Yiv
- Griselda Vargas
- Brenda Velazquez
- Julia Villanueva
- Kim Vo
- Maria Hernandez/ S L Wampler, J M Nesam
- Mekasha Woldesilassie
- Haile
- Dorotea Bautista
- Askalu Tewelde

**Principal's Report**  
**Informe del Director**



Dr. Matthew Steitz

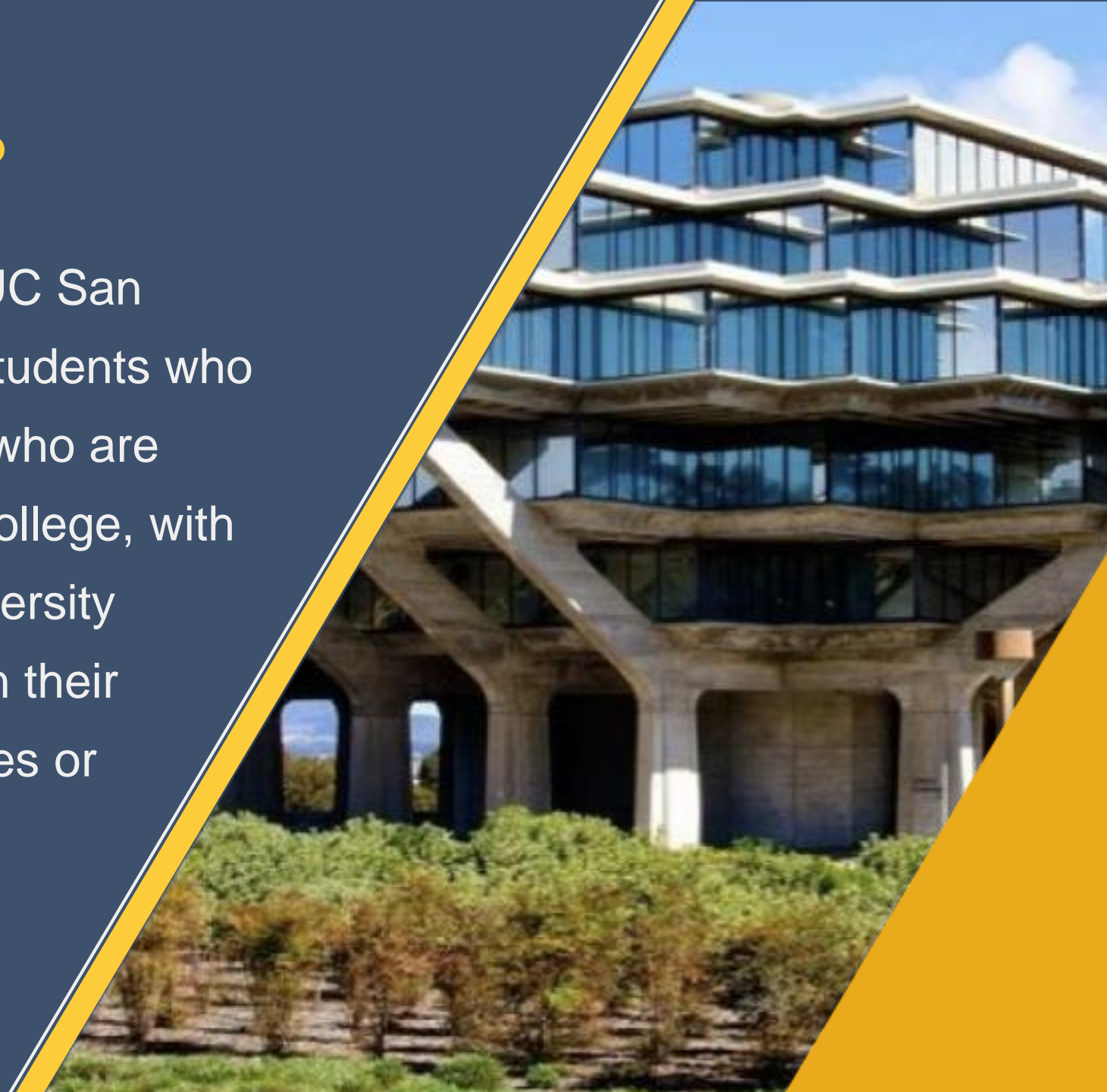
# The Principal's Report

*Dr. Matthew Steitz, Ed.D. '10 – Principal*



## The Preuss School UC San Diego

The vision of The Preuss School UC San Diego is to *transform* the lives of students who are from low-income families and who are traditionally underrepresented in college, with the goal of *qualifying* them for university admission as the first generation in their families to *attend* four-year colleges or universities.



# ▶ Hello! & Introduction

I would like to introduce our new Vice Principal, Ms. Nelika Fai Watson!

Ms. Watson come to us from Baltimore. She has a Bachelor of Science degree in English and Secondary Education and a Master's degree in Leadership in Teaching.

She has taught at all levels and has served as an Assistant Principal and as a Director. Most recently she served as the Director of the Independent Study program at Steele Canyon Charter High School in East San Diego County.

In this short time that I have had with Ms. Watson I have found her to be very student focused, passionate about contributing to our vision, a perfect addition to The Preuss family.





THE PREUSS SCHOOL  
UC SAN DIEGO

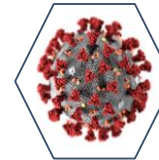
▶ Three **items I would** like to share morning



Open Learning  
how are we doing?



What's happening



January - Planning for our return

# Open Learning



- I have been dropping into several classes. Our scholars are doing very well - **if they are engaging in the class.**
- As of today will only have 9 weeks till the end of the semester (January 15th)
- Reminder your scholar needs to
  - be online and meet with their teachers daily
  - wear their Preuss polo daily
  - attend every classes everyday
  - attend tutoring and Saturday Enrichment Academy



# Open Learning (cont.)

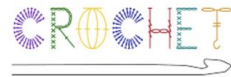
- Ms. Wiedemeier's block 5 Spanish IV class
- Students presented their own ofrenda and explained who was on the ofrenda and describe the objects they placed on the ofrenda and their significance.
- Terrific lesson in the Spanish language and culture.





# What's happening

- Virtual Serenity Day was October 30th
- This day was designed as a social emotion break from our work
- A series of classes / activities were offered throughout the day



## CROCHET

Hawaa B. & Darian J.



## BAKING FLAN

Viviana R. & Andrea C.



## BAKING BROWNIES

Thu P. & Nicole N.



## MAKEUP 101

Ethan Le



## KPOP DANCING

Susan J.



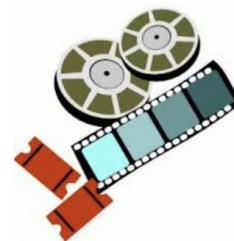
## HOW TO OLLIE ON A SKATEBOARD

Andre G.R. & Miguel S.



## DEBATE

Anthony S.



## CHINESE MOVIE SCREENING

William W. & Connie W.

# What's happening

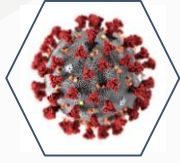
I attended the flan class and it was a huge success!





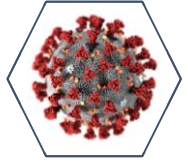
# What's happening

- **Weekly Schoolwide Updates**
  - Saturday Message to update our Parent Community
- **Scholar Support Mobile**
  - Public Library Parking Lots: Books, School Supplies, Tech, Addressing Food Insecurity
- **Professional Lecture Series PLS**
  - Monthly, moderated talks connecting scholars to industry
- **Post Election Day Reflection**
  - All grades participated in debriefing the Presidential Election



# January - Planning for our Return

- Covid 19 and the Health Department will determine if we can return in mid January
- We are beginning to plan for a modified return to campus, yesterday staff spend their professional development morning looking into three difference models.
  - Hybrid model with students returning to campus one day
  - Hybrid model with students returning to campus two days
  - Workshop model were students return by grade level groups for a week three time during the spring semester



**PHASE 1**

**January 2021**

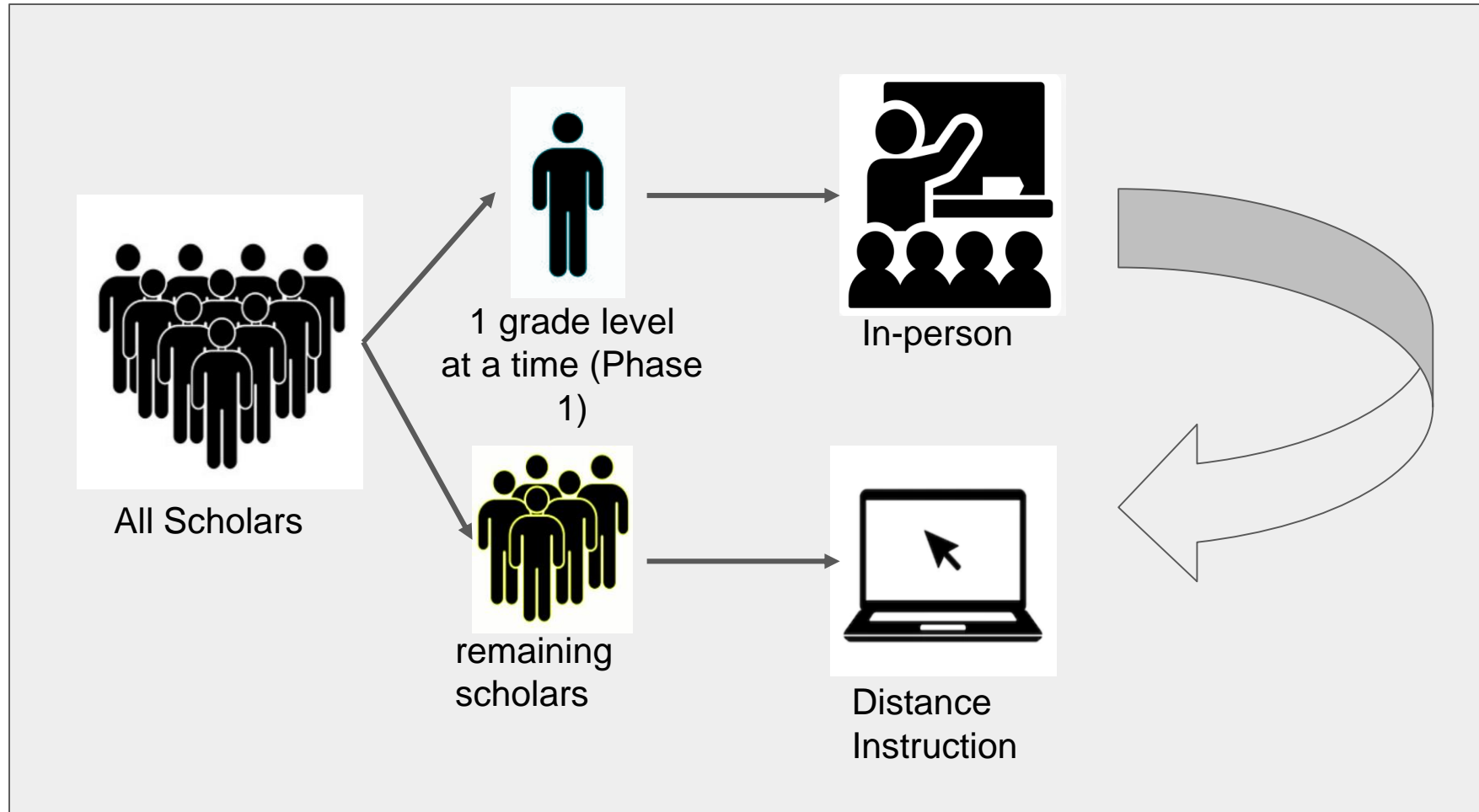
**1**

**PHASE**

**2**

**3**

# Phase 1: Workshop Model - One Day, One Grade level



## COMPONENTS

- Students attend on Friday
- One Grade level only
- 9:55 am - 4:00 pm
- Sessions designed to enhance Distance Instruction
- All other scholars online with Teachers or working Asynchronously

# Phase 1: Friday Workshop Model

## Benefits of the Workshop Model

Allows for maximum distancing between days

Remain on academic pace

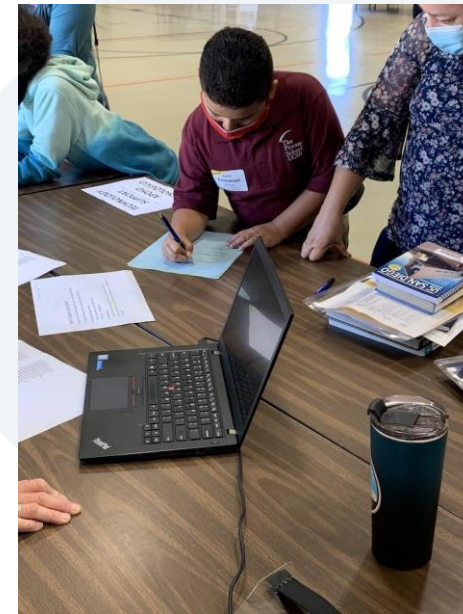
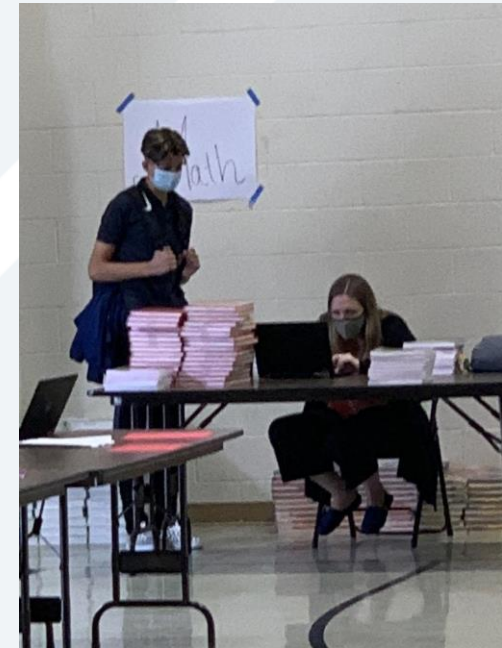
Socio-emotional learning

Targeted academic support

Minimize physical contact onsite

Building community

Transportation



# Next Steps

---

- Board Feedback and Input
- Parent Survey
- Secure Bus Contract
- Complete Logistical Planning
  - Grade Level Cohorts with Staffing
  - Transportation Schedules
  - Workshop Schedule
- Executive Vice Chancellor Approval
- Publish Phase 1 Plan
- Monitor progress
- Begin Planning Phase 2, March '21 target launch







Thank you

**Yearbook Update**  
**Actualización del Anuario**



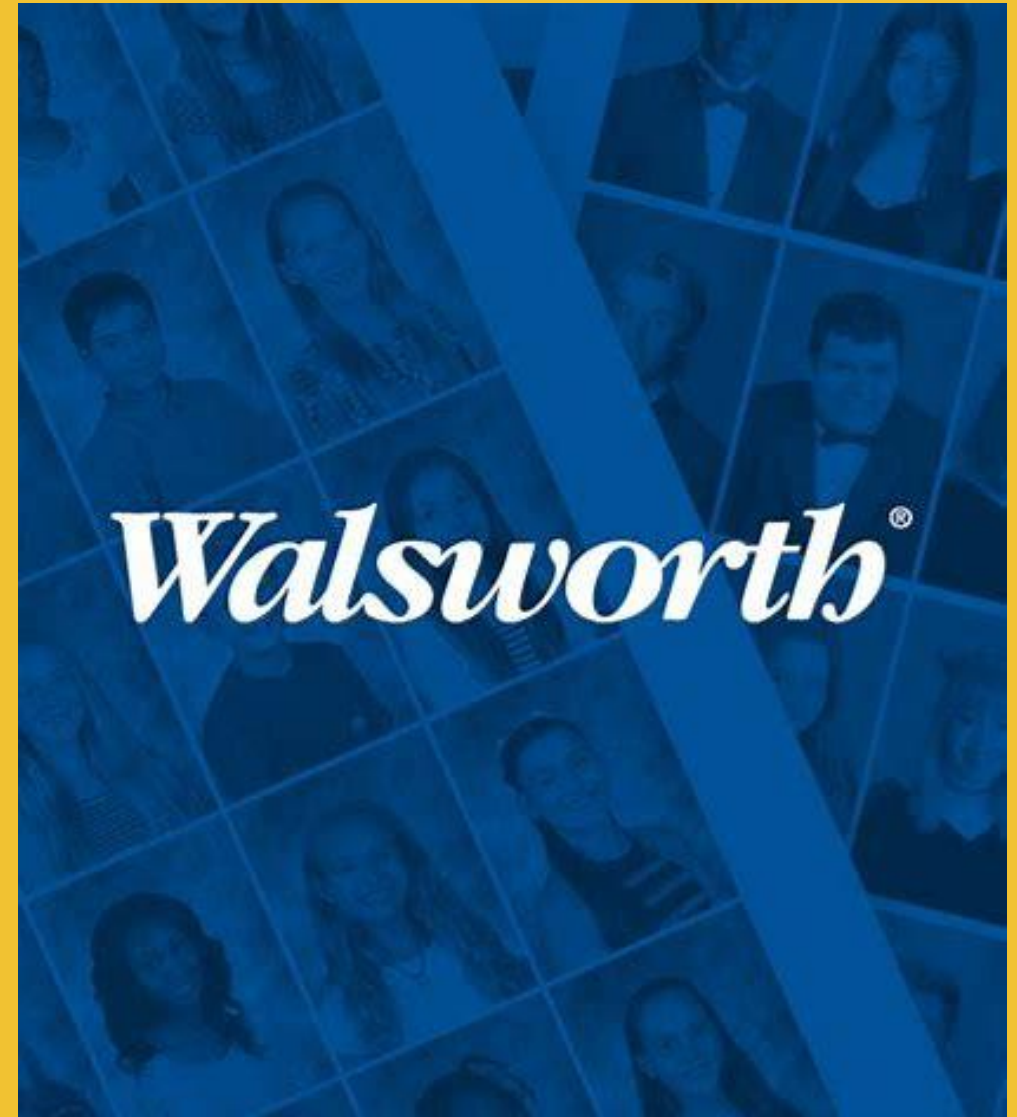
Dr. Ensberg

# Preuss Yearbook 2020-21

Sales and Yearbook Ads

[yearbookforever.com](http://yearbookforever.com)

Senior Portraits



# Announcements

## Anuncios



Mrs. Amanda Torre



# NEWS FROM MS.TORRE/ NOTICIAS DE SRA.TORRE

11/14/2020

LMFT 88617



## HOLIDAY ASSISTANCE/ **ASISTENCIA PARA DIAS FERIADOS**

- Limited options available due to COVID-19/ **Opciones limitados por COVID-19**
- Salvation Army 619-699-2216
- Toys for Tots
  - Contact Mrs. Margie Zacker  
at [MKZacker@hotmail.com](mailto:MKZacker@hotmail.com) or [SanDiego.Toys4Tots@gmail.com](mailto:SanDiego.Toys4Tots@gmail.com)
- [www.211sandiego.org](http://www.211sandiego.org)
- <https://sandiegofoodbank.org/holiday/>
- <https://feedingsandiego.org/get-help/>

# Parent Announcements

## Anuncios para Padres



Dr./Ms. Jacquie

# Bookmobile

## Biblioteca Ambulante



- *Come visit The Preuss Support Mobile at one of our convenient neighborhood locations. Designated dates below times for all sites are 11:30 am -5:30 pm*
- Monday: Balboa Public Library Parking lot Dates: 11/16, 12/14
- Tuesday: City Heights Public Library Parking lot Dates: 11/17, 12/15
- Wednesday: Linda Vista Public Library Parking lot Dates: 11/18, 12/16
- Thursday: Malcolm X Public Library Parking lot Dates: 11/19, 12/17







SEA

2020-2021

9:00 – 11:00 *a.m.*

*Zoom link:*

*<https://ucsd.zoom.us/j/98567143458>*

**December 5**

January 9

February 6, 27

March 6

April 10, 17

May 1, 15

June 5

WHY ATTEND SATURDAY ENRICHMENT ACADEMY (SEA)?

POR QUE ASISTIR A LA ACADEMIA DE ENRIQUECIMIENTO DE LOS SABADOS (SEA)?

- Academic help/tutoring / *Ayuda académica/tutoría*
- One on One tutoring / *Tutoría Uno a Uno*
- Small group direct instruction from a teacher in the content area / *Instrucción directa de un maestro en el área de contenido en grupos pequeños*
- A safe place to make mistakes / *Un lugar seguro para cometer errores*

# Don't Wait- Vaccinate!

## No Espere ¡Vacune!

- Even with students engaged in distance learning, getting immunized is still essential!
- It's time to go back to the doctor! Checkups and staying up to date on immunizations are an important part of your child's health, even during times like these. Call your doctor today!
- **Incluso si los estudiantes participan en el aprendizaje a distancia, ¡vacunarse sigue siendo esencial!**
- **¡Es hora de volver al médico! Los chequeos y mantenerse al día con las vacunas son una parte importante de la salud de su hijo, incluso en momentos como estos. ¡Llame a su médico hoy!**
  - [www.shotsforschool.org](http://www.shotsforschool.org)



## Don't Wait-Vaccinate!



### Missed immunizations put us all at risk.

- Postponing routine vaccinations puts millions of children at risk for infection with preventable deadly diseases.
- When social distancing begins to ease, infants and children who are not protected by vaccines may be more vulnerable to diseases like measles and whooping cough.



### Flu shots are more important than ever.

- Influenza and COVID-19 share many symptoms. Preventing influenza means fewer people will need to take time off work, seek medical care and get tested for possible COVID-19 or influenza.



### Your safety is a top priority!

- Your doctor has additional safety measures in place to protect your family when visiting the clinic, such as separating sick and well-child visits. Some clinics offer curbside clinics, where you can get care without leaving your car.



### Schedule an appointment now!

- Make a vaccine appointment today to keep you and your family protected during and after the pandemic.
- Call your doctor or visit [vaccinefinder.org](http://vaccinefinder.org) to find a clinic near you.



# ADMISSIONS PROCESS

- Incoming 6th, 7th, 8th, & 9th students
- Sibling preference for 7th, 8th, & 9th grade
- All complete applications will be entered in our admissions lottery
- Preference applied to applicants who identify as low income, first generation & live within SDUSD
- Admissions lottery will be held February 2021



## ONLINE APPLICATION

- Preuss website, Admissions tab, Online Application
- School Mint Account and Submit



<https://bit.ly/PreussApplication>




## DEADLINE

**December 18<sup>th</sup>, 2020**

**11:00 pm**

# Mentor Program

- 1:1 Meetings between a Preuss Scholar and a caring adult
- Both make a one-year minimum commitment to meet weekly for 30-45 minutes (currently via Zoom)
- Mentors and mentees are paired by shared career interest, activities and hobbies
- Insight Newsletter has  additional information on how to scholars can apply to be paired with a mentor

# Aeries & Parent Square

- Please update your contact information in Aeries which automatically updates your information in ParentSquare
- **Actualice su información de contacto en Aeries, que actualiza automáticamente su información en ParentSquare**
- This afternoon I will be sending an invitation to all parents who have not yet registered to register for ParentSquare
- **Esta tarde enviaré una invitación a todos los padres que aún no se han registrado para registrarse en ParentSquare**

# Parent Square

- You may select your preferred language to receive all communication from ParentSquare – you can change on your own or type in the chat your preferred language and we will change it for you
- Puede seleccionar su idioma preferido para recibir todas las comunicaciones de ParentSquare; puede cambiar por su cuenta o escribir en el chat su idioma preferido y lo cambiaremos por usted

# Save the Date

## Reserve estas Fechas

- Next PTA Executive Board Meeting:  
Tuesday, December 1<sup>st</sup> at 5:30 – 7:00 pm
- Next PTA General Meeting:  
Saturday, December 12<sup>th</sup> at 9:30 – 11:00 am
- Participation Hours/**Horas de Participación**



# Presentation / Presentación



Mrs. Amanda Torre



# gratitude

- What is it?
  - Being thankful; showing appreciation for and return kindness
- Benefits
  - Although gratitude can make others feel appreciated, it also has benefits for you as you practice it more daily
- **Que es?**
  - **Ser agradecido; mostrando aprecio y amabilidad**
- **Beneficios**
  - **Aunque la gratitud puede hacer que los demás se sientan apreciados, también tiene beneficios para usted a medida que la practica más a diario.**

## The Benefits of Gratitude



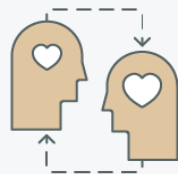
IMPROVES PHYSICAL  
HEALTH



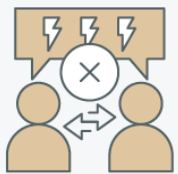
IMPROVES  
SLEEP



IMPROVES  
PSYCHOLOGICAL HEALTH



INCREASES  
EMPATHY



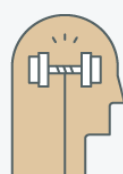
REDUCES  
AGGRESSION



MORE SOCIAL  
CONNECTION



ENHANCES  
SELF-ESTEEM



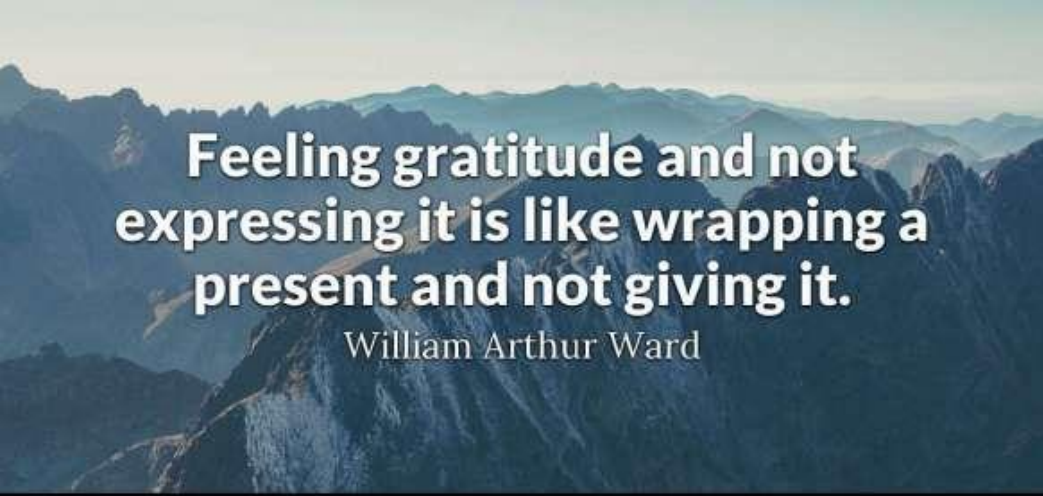
IMPROVES MENTAL  
STRENGTH

## Beneficios de Gratitud

- Mejora la salud física
- Mejora el sueño
- Mejora la salud psicológica
- Aumenta la empatía
- Reduce la agresión
- Más conexión social
- Mejora la autoestima.
- Mejora la fuerza mental

# FOSTERING GRATITUDE IN CHILDREN

## FOMENTAR LA GRATITUD EN LOS NIÑOS



Feeling gratitude and not  
expressing it is like wrapping a  
present and not giving it.

William Arthur Ward

 BrainyQuote

- Model gratitude
- Spend quality time
- Support their autonomy
- Use their strengths
- Support intrinsic goals
- Encourage them to help others
- Help them find what matters
  
- **Modelo de gratitud**
- **Pasa tiempo de calidad**
- **Apoya su autonomía**
- **Usa sus fortalezas**
- **Apoyar metas intrínsecas**
- **Anímalos a ayudar a los demás**
- **Ayúdalos a encontrar lo que importa**

# WAYS TO PRACTICE GRATITUDE/MANERAS DE PRACTICAR GRATITUD

- Journaling
- Gratitude Jar
  - Write 3 things you are thankful for from your day
- Gratitude Letter
  - Write a letter to a person you are grateful to have in your life. Be detailed. Express all the wonderful qualities you appreciate and how they have affected your life for the better
- Gratitude Prompts
  - I am grateful for...3 things I hear, see, smell, touch/feel, taste; I am grateful for....these people, these things, etc.
- Gratitude Walk
  - Observe the things you see around you as you walk. Take it all in. Be aware of nature, colors, sounds, smells, etc.
- Gratitude Meditation
  - Let's practice
- Diario
- Tarro de gratitud
  - Escribe 3 cosas por las que estás agradecido de tu día
- Carta de agradecimiento
  - Escribe una carta a una persona que agradeces tener en tu vida. Sea detallado. Expresa todas las maravillosas cualidades que aprecias y cómo han afectado tu vida para mejor.
- Indicaciones de gratitud
  - Estoy agradecido por... 3 cosas que escucho, veo, huelo, toco / siento, gusto; Estoy agradecido por... estas personas, estas cosas, etc.
- Paseo de gratitud
  - Observe las cosas que ve a su alrededor mientras camina. Absorba todo. Sea consciente de la naturaleza, los colores, los sonidos, los olores, etc.
- Meditación de gratitud
  - Vamos a practicar

# Scholar Spotlight

