

PTA General Meeting

Junta General de la PTA

December 11, 2021





PTA Report

Reporte de la PTA

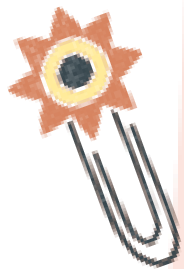
Mrs. Isabel Yañez, PTA President

Mrs. Maria Arias, PTA Vice-President

Mrs. Lizbeth Garcia, PTA Treasurer

Mrs. Blanca Angel, Memberships



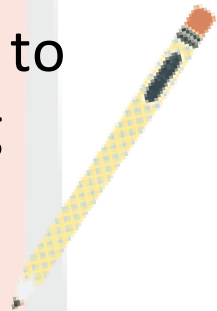


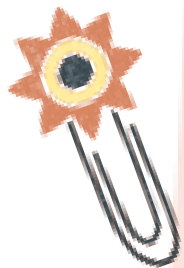
Announcements/ **Anuncios**

The PTA Secretary Position has been filled. Thank you to everyone who voted at the Nov. General PTA Meeting

** Ana Gonzalez & Eloisa Hernandez **

La Posicion de Secretaria de la PTA ya ha sido llenada.
Gracias a todos los que votaron en la Junta General de la PTA de noviembre



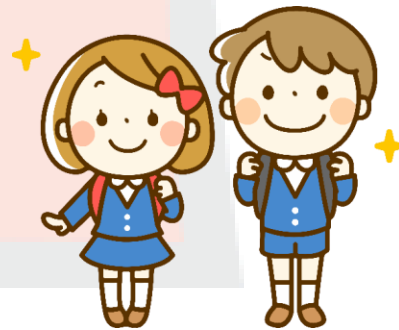
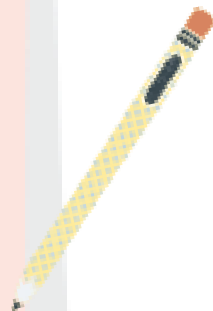


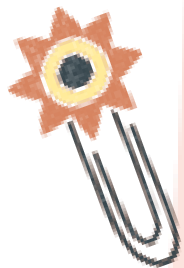
Announcements/ **Anuncios**

The PTA Historian Position has been filed

** Domingo Saquic **

La Posicion de Historiador de la PTA ya ha sido llenada

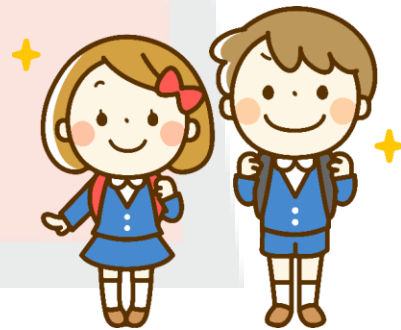
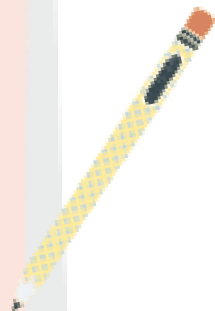


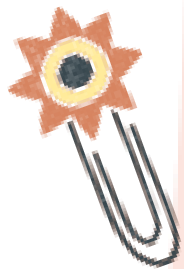


Announcements/ **Anuncios**

Nominations for the 2022-2023 positions open on
January 13, 2022

**Las nominaciones para las posiciones para el
2022-2023 abren el 13 de enero del 2022**





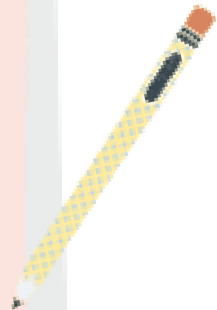
Announcements/ **Anuncios**

Parents who are looking for uniform jackets and hoodies, please contact Mario's in Lemon Grove

** The PTA will no longer be selling them **

Los padres que buscan chaquetas y sudaderas con capucha del uniforme, comuníquese con Mario's en Lemon Grove

** La PTA ya no los venderá **





PTA Report

Reporte de la PTA

Mrs. Isabel Yañez, PTA President

Mrs. Maria Arias, PTA Vice-President

Mrs. Lizbeth Garcia, PTA Treasurer

Mrs. Blanca Angel, Memberships





Thank you to the following parents for your donation for the Film Festival PTA Sale

**Gracias a los siguientes padres por sus donaciones
para la Venta de la PTA para EL Festival de Cine**

- María Lopez
- Vianey Sandoval
- Jiovanni Ramirez
- Nebiat Bahta
- Rozina Woldmariam
- Kbrom Haile
- Anastacia Gallardo
- Maricela Ramirez
- Heayoung Silva
- Maria Bahena
- Maria Alcantar-Wiedemeier
- Virgilio Silva

- Elva Bautista
- Susana Villanueva
- Maron Berhanu
- Griselda Vargas
- Wubet Selassie
- Ahmed Ismail
- Naeema Hagar
- Judith Narvaez
- Silvia Gomez
- Elsa Akalewold
- María Arias
- Lizbeth García
- Dolores Jimenez





3 Raffle/3 Rifas



We will be holding three raffles, two of the raffles will be for the parents who purchased memberships and one for the parents who joined today's meeting.

Realizaremos tres rifas, dos de las rifas serán para los padres que compraron membresías y una para los padres que ingresaron a la reunion de hoy.



Raffle Prizes





PTA Report

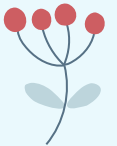
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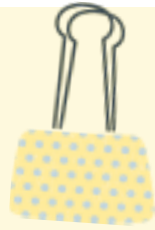
Mrs. Lizbeth Garcia, PTA Treasurer

Mrs. Blanca Angel, Memberships



Treasurer's Report

Reporte de la Tesorería



Beginning balance \$7,615

(+) Deposits

Memberships \$115

Film Festival. \$198

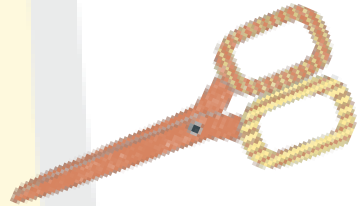
Uniform sales \$200

(-) Deductions

Outstanding check \$772

Ending Balance on November 30, 2021

*** \$7,356 ***





PTA Report

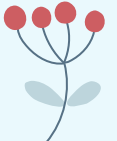
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PTA MEMBERSHIP MARVEL

This certificate is proudly presented to

The Preuss School UCSD PTA

For outstanding membership during really hard times

Ninth District

PTA

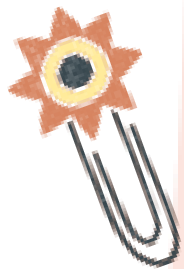
Nov. 10, 2011

Date

everychild.one voice.

Derrick Boerner

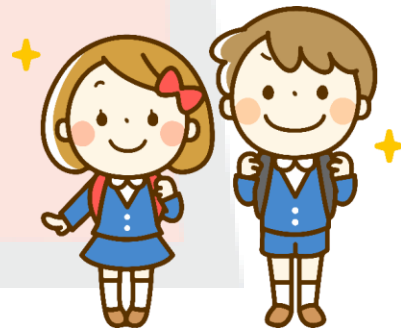
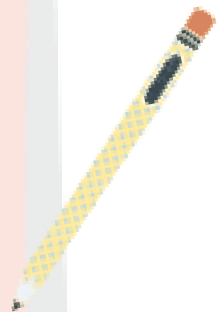
Derrick Boerner, President



Announcements/ **Anuncios**

Parents can continue to support the PTA by purchasing memberships

Los padres pueden seguir apoyando a la PTA comprando membresías

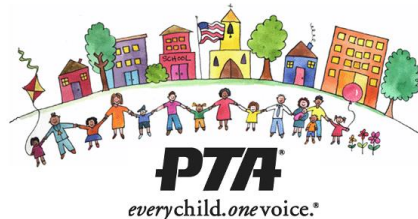


PTA Membership / Membresía de la PTA

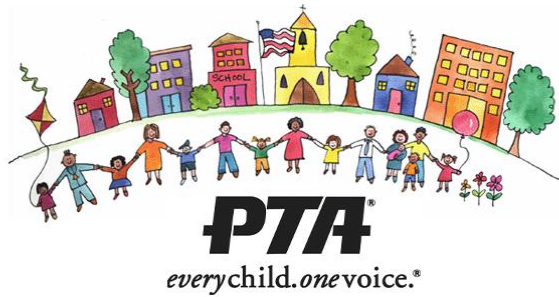
- A way to support the PTA
- Cash or check
- Write check payable to: **The Preuss School UCSD PTA**
- \$15.00 per membership
- Anyone can become a member! (friends, relatives, etc.)
- Drop off envelope with membership dues, your name, your child's name and grade at the front office of the school, or send with your scholar

We sent the 2021-2022 membership card home with your scholar this past week

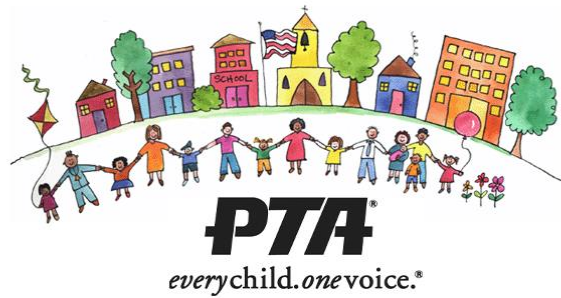
** Did you receive it? **



Memberships (*Last Name* A-C)



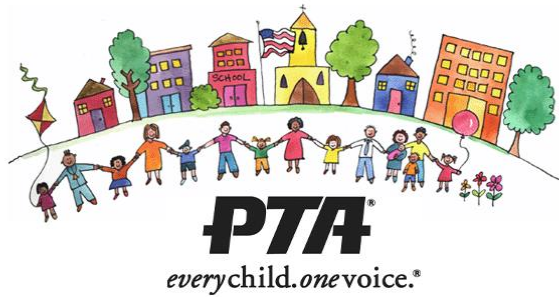
- Gebreloul Abraha
- Maria Alcantar-Wiedemeir
- Adriana Alves
- Enedina Anaya
- Blanca Angel
- Maria Arias
- Juan Antonio Arias
- Maria Antonia Arroyo
- Jacqueline Azize-Brewer
- Veronica Bailon Sanchez
- Guadalupe Balanzar
- Sandra Bernal
- Victoria Betancourt
- Gebeyehu Bogale
- Alicia Borgarin
- Anita Samano de Barraza
- Abel Castro
- William Chan
- Sinforosa Colon
- Minerva Cornejo
- Gloria Curiel



Memberships (*Last Name* D-K)

- Amsalu Daba
- Robi Dejene
- Phuc Do
- Josiah Douglas
- Phil Ensberg (Teacher)
- Maria G Federica
- Maria Trinidad G
- Tania Garcia
- Cirila Garcia
- Lizbeth Garcia
- Zee Girma
- Jose Gomez
- Veronica Gomez
- Ana Gonzalez
- Erika Lizeth Guardado
- Carlos Hermosillo
- Fabiola Hernandez
- Javier Hernandez
- Heidy Higareda
- Akiko Jordan
- Neydi Juarez
- Alem Kidane

Memberships (*Last Name* L-R)



- Hai Le
- Lorenzo Lerma
- Maria Lopez
- Karin Marsolais
- Emebet Mekonnen
- Asafa Mohamed
- Maria Nava
- Tegesty Netsere
- Lynn Nguyen
- Jenny Parker
- Jiovanni Ramirez
- Maribel Rodriguez
- Elda Rubi
- Manuel G. Rubi

Memberships (*Last Name S-Z*)



- Michelle Sanchez
- Vianey Sandoval
- Pepe Santiago
- Wubet Selassie
- Debora Servin
- Rashmi Shrestha
- Heayoung Silva
- Matthew Steitz
- Paul Ta
- Thanh Mai Thi Truong
- Cleotilde Torres
- Tuan Trinh
- Sagrario Urrutia
- Angelina Vargas
- Griselda Vargas
- Leticia Vazquez
- Juliana Villanueva
- My Cuong Vo
- Maria Isabel Yanez
- Vanhann Yiv
- Edgar Zagal

**ONE ENVELOPE WITH
NO NAME**



Raffle #1

Rifa #1



Among people who have bought a membership for the 2021-2022 academic year.



Entre las personas que han comprado una membresía para el año académico 2021-2022





Parent Announcements

Anuncios para Padres

Dr./Ms. Jacquie



ADMISSIONS PROCESS

PROCESO DE ADMISIONES



STEP 1: APPLY

- 2022 - 2023 Application Available! For grades 6 - 12
- Deadline is December 17th, 2021 at 11:00 pm
- Online application with income verification attached
- Preference applied if low income, first generation, and live within SDUSD.
 - Sibling preference for 7 – 12 grade applicants
- Apply at preuss.ucsd.edu/admissions

PASO 1: APLICAR

- 2022 - 2023 ¡Solicitud disponible! Para los grados 6 a 12
- La fecha límite es el 17 de diciembre de 2021 a las 11:00 p.m.
- Solicitud en línea con verificación de ingresos adjunta
- Se aplica preferencia si son de bajos ingresos, primera generación y viven dentro del SDUSD.
- Preferencia de hermanos para los solicitantes de grados 7 a 12
- Aplicar en preuss.ucsd.edu/admissions

STEP 2: LOTTERY

- Admissions Lottery: February 2022
- Randomly select scholars for enrollment using an excel formula
- How many scholars will be admitted per grade level
- Final numerical list produced per grade level
 - Includes a waiting list

PASO 2: SORTEO

- Lotería de admisiones: febrero de 2022
- Seleccionar estudiantes al azar para la inscripción utilizando una fórmula de Excel
- Cuántos estudiantes serán admitidos por nivel
- Lista numérica final producida por nivel
 - Incluye una lista de espera

Yearbook Presale in front of the Walton Center during Lunch Thursday 12/16 & Friday 12/17

Yearbook Presales Online!

Buy your yearbook online!
@yearbookforever.com

Filled with new activities and how students are adapting to the new school year, this year's book is definitely one you want to take home with you!

Buy your own dedication page for a loved one! An example of an ad/dedication page is shown below!





SEA
2021–2022
9:00 – 11:00 am

On Campus
Jan 8, Feb 5 & 26, 2022

Mentor Program

If you are interested in requesting a mentor:
Fill out the Mentee Application.

Come see the Volunteer Coordinator in the main office to obtain a “**Preuss School UC San Diego Mentorship Program – Student Permission Slip**” to be signed by a parent/guardian.

We have to have this permission slip on file before we can place you in the program.



Programa de Mentores

Si está interesado en solicitar un mentor:
Complete la Mentee Application.

Venga a ver a la Coordinadora de Voluntarios en la oficina principal para obtener un **“Programa de Mentores de la Escuela Preuss UC San Diego - Formulario de Permiso del Estudiante”** para ser firmado por un padre / tutor.

Tenemos que tener esta hoja de permiso archivada antes de poder colocarlo en el programa.



ParentSquare

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



ParentSquare

Right after this meeting ends we will be sending an invitation to all parents who have not yet registered to register for ParentSquare

Al terminar esta junta enviaremos una invitación a todos los padres que aún no se han registrado para registrarse en ParentSquare





Raffle #2

Rifa #2



Among people who have bought a membership for the 2021-2022 academic year.



Entre las personas que han comprado una membresía para el año académico 2021-2022





Principal's Report

Informe del Director

Dr. Matthew Steitz

Principal's Report

Dr. Matthew Steitz

*The mission of The Preuss School
UCSD is to graduate students as
productive and influential members of a
global and multicultural society, through
developing ethical leadership and an in-
depth understanding of all disciplines in
preparation for academic excellence at
four-year universities in pursuit of
lifelong learning and civic leadership.*



Updates

- Vaccination Mandate Update
 - UC San Diego Policy in effect September 1, 2021
 - All person must be fully vaccinated
 - Exemption/exception
- Athletics
 - Varsity Girls Soccer home game @11am
 - Varsity Boys Soccer at Clairemont on 12/16
 - Varsity Girls Basketball at High Tech High @2pm
 - Varsity Boys Basketball Homecoming 12/16 @ RIMAC
- Transportation update
 - Trolley began service 11/21
 - Passes for scholars are scheduled for arrival Feb-Mar.
 - We will have our current bus contract till the end of this school year.



Athletics Website

<https://preussathletics.com>



Homecoming week Dec. 13th - Dec. 17th

- Preuss vs. Kearny High School (RIMAC)
 - Boys Varsity 4:30 - 6:00
 - Girls Varsity 6:00 - 8:00
- Permission slips will be collected
- Late buses will drop to SEA bus stops
- There will be a spirits week for middle school scholars this week.
- Middle School UCSD Basketball game Dec. 14
- Middle School Social on Dec. 17





**The Preuss School
wishes all a
happy and health
holiday season!**



Children's Mental Health

La Salud Mental de los Niños

UPAC Multicultural Community Counseling

Marissa Barajas, AMFT

Daniel Noh, AMFT

Translating: Patty Villanueva



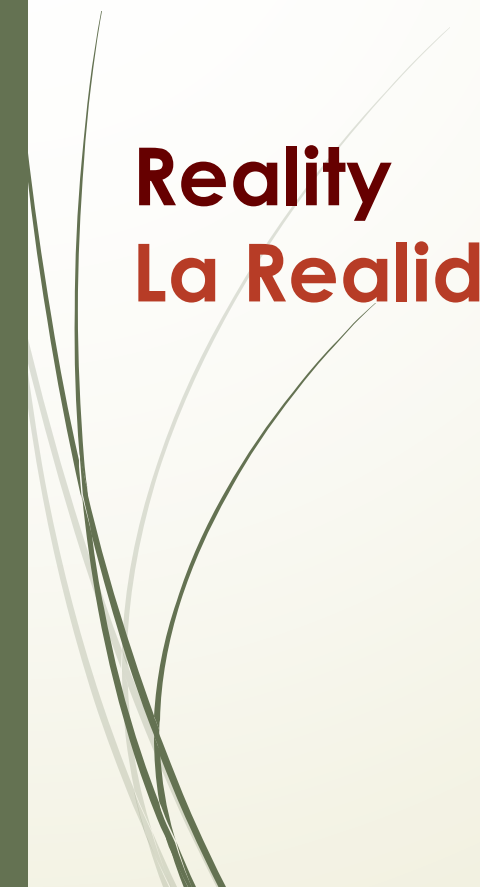
Mental Health

La Salud Mental

- It is the way we think, feel, act, and interact with others in our everyday lives
Es la manera que pensamos, sentimos, actuamos, y conectamos con otros en nuestra vida diaria
- It is connected to our physical health
Está conectada con nuestra salud física
- Determines how we handle stress, face challenges, and adapt to changes
Decide como manejamos el estrés, como enfrentamos problemas, y como nos adaptamos a cambios
- Which means that if our mental health is in a good state, we can be more productive and be more successful in our endeavors
Lo cual significa, que si nuestra salud mental está en un buen estado, podemos ser más eficaz y ser más triunfantes en nuestras metas



Reality La Realidad



- Suicide was the 8th leading cause of death for Asian-Americans vs. 11th for all racial groups combined

El suicidio fue la 8ª causa principal de muerte para los Asiático-Americanos en comparación al puesto número 11 para el resto de los grupos raciales en combinación
- Among Asian-Americans, those age 18-34 had the highest rates of suicidal thoughts (11.9%), intent (4.4%), and attempts (3.8%) compared to other age groups

Entre los Asiáticos- Americanos, los de edad 18-34 tuvieron las tasas más altas de pensamientos sobre suicidio (11.9%), el 4.4 % tuvo la intención, y el 3.8% lo intentó en comparación a los otros grupo de edad
- Asian-American college students were more likely than White American students to have had suicidal thoughts and to attempt suicide

Los estudiantes universitarios de grupo Asiático-Americano fueron más probables en haber tenido pensamientos de suicidio e intentarlo en comparación a los Estadounidenses blancos
- In 2017, suicide was the second leading cause of death for Hispanics, ages 15 to 34

En el 2017, el suicidio fue la segunda causa principal de muerte para los Hispanos de edad 15 a 34

Continued...

Continuation..

Reality La Realidad

- Among high school students, Hispanic students were as likely as non-Hispanic White students to report that they seriously considered suicide

Entre los estudiantes de preparatoria (High School), los estudiantes Hispanos tuvieron la misma probabilidad de reportar sobre pensamientos suicidas en comparación a los Estadounidenses blancos que no son Hispanos

- Among high school students, Hispanic students were slightly more likely to report attempted suicide than non-Hispanic White students

Entre los estudiantes de la preparatoria (High School), los estudiantes Hispanos tuvieron una probabilidad un poquito más alta en reportar el intento de suicidio en comparación a los estudiantes blancos no-Hispanos

- Hispanic adults are half as likely as non-Hispanic White adults to receive mental health services or prescription medication for their mental health concerns

Los adultos Hispanos tienen la mitad de probabilidad en recibir recursos y servicios para la salud mental o el medicamento para la salud mental en comparación a los blancos no Hispanos



But...
Pero...

- Asian American and Pacific Islanders are significantly less likely than Caucasians to mention their mental health concerns **to:**

Los Asiáticos-Americanos e isleños del Pacífico tienen significativamente menos probabilidad que los Caucasicos a mencionar sus preocupación sobre su salud mental **a un:**

- A friend or relative (12% v.s. 25%)
Amigo(a) o familia/ parientes
 - A mental health professional (4% v.s. 26%)
Professional de la salud mental
 - A Physician (2% v.s. 13%)
Médico
- Latinx with a probable need for mental health services report that they are less likely than Caucasians to seek treatment (27% v.s. 40%)
Los latinos con una probable necesidad de servicios de salud mental informan que tienen menos probabilidades que los caucásicos de buscar tratamiento (27% frente a 40%)



Barriers & Stigma

Barreras y Estigma

- Concerns less likely to be identified: physical and internalized symptoms
Preocupaciones menos probables de ser identificados: síntomas físicos e internalizados
 - May not always exhibit externalized behaviors that people consider problematic
Puede que no siempre presente comportamientos/síntomas externalizados que la gente considere problemáticos

I Continued...



Barriers & Stigma

Barreras y Estigma

- Cultural Barriers: Stigma and Shame
Barreras culturales: Estigma y Vergüenza
 - Mental illness = inherent weakness in character
Enfermedad mental = “debilidad inherente en el carácter”
 - Failure of the family on the upbringing of the child
Fracaso de la familia en la crianza del niño
 - Seeking professional help is a sign of disgrace, an inability to properly take care of your family
Buscar ayuda profesional es visto como un signo de vergüenza, una incapacidad para cuidar adecuadamente a su familia

II Continued.



Barriers & Stigma

Barreras y Estigma

- Lack of Awareness or Understanding of services
Falta de conocimiento o comprensión de los servicios
- Culturally Unresponsive Services: Lack of language availability, lack of ethnic match and poor cross-cultural understanding
Servicios culturalmente insensibles/barreras : falta de disponibilidad de idiomas, falta de coincidencia étnica (poder conectar a la persona según étnica) y escasa comprensión intercultural
- Limited access to care: Cost, Lack of Insurance
Acceso limitado a la atención: costo, falta de seguro

III Continued...



Barriers & Stigma

Barreras y Estigma

- Cultural Value/ **Valores Culturales**
 - Collectivistic cultures/ **Culturas colectivistas**
 - “Saving face” and fear of failing or being judged
“Protegiendo su cara” y el miedo de fallar o ser juzgado
 - The values and needs of the group (family, village, society to which you belong) taking precedence over individual values and needs
Los valores y las necesidades del grupo (familia, pueblo, sociedad a la cual perteneces) tomando prioridad sobre los valores y necesidades individuales

IV Continued...



Barriers & Stigma

Barreras y Estigma

- Perception/ **La Percepción**
 - Mental illness as a choice or character flaw; just “suck it up” or work harder (willpower and self-discipline)

La enfermedad mental como una elección o defecto de carácter; simplemente “enfrentarlo” o trabajar más duro (fuerza de voluntad y autodisciplina)

- Symptoms as being caused by external forces (environmental or spiritual reasons)

Síntomas causados por fuerzas externas (razones ambientales o espirituales)

V Continued...



Barriers & Stigma

Barreras y Estigma

- Perception (Cont'd)/Percepción (continuación...)
 - Medication as harmful or addictive
Medicación como dañina o adictiva
- High expectations, especially around education
Altas expectativas, especialmente en torno a la educación
 - Perfectionism, need to perform
Perfeccionismo, necesidad de desempeño
 - Ticket to better life, to success
Boleto a una vida mejor, al éxito



Challenges Youth are Facing

Retos que los Jóvenes enfrentan

- Youth are navigating and doing their best to succeed in the American system, while getting influenced by the stigmas that they grew up learning

Los jóvenes están navegando y haciendo todo lo posible para tener éxito en el sistema estadounidense, mientras se ven influenciados por los estigmas que crecieron aprendiendo

- 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

El 73% de los adolescentes ha sentido la necesidad de pedir ayuda en relación con su bienestar físico y mental, el 40% no pidió ayuda

- There has been disruptions in routines and loss of interactions, jobs, and loved ones

Ha habido interrupciones en las rutinas y pérdida de interacciones, trabajos y seres queridos.

- Fears regarding health and safety

Temores con respecto a la salud y la seguridad



What can we do?

¿Qué podemos hacer?

Do Not Ignore the Warning Signs:

No ignore las Señales de Advertencia:

- ✓ Difficulty sleeping / Dificultad para dormir
- ✓ Fatigue, less energy (burnt out) / Fatiga, menos energía
- ✓ Feeling easily overwhelmed / Sentirse fácilmente abrumado
- ✓ Irritability or sadness/ Irritabilidad o tristeza
- ✓ Changes in eating / Cambios en la alimentación
- ✓ Difficulty concentrating/ Dificultad para concentrarse
- ✓ Repetitive thoughts/ Pensamientos repetitivos
- ✓ Seem to be having less fun/ Parece estar divirtiéndose menos
- ✓ Changes in behavior/ Cambios en el comportamiento



What can we do?

¿Qué podemos hacer?

- Ask questions, listen, and don't judge
Haga preguntas, escuche a los jóvenes y no juzgues
- Empathize/**Empatizar**
 - **YES:** "It sounds like you're going through a tough time right now, what can I do to help?"
SI: "Parece que estás pasando por un momento difícil, ¿qué puedo hacer para ayudar?"
 - **NO:** "oh you're feeling sad? That sucks, should I get you this? Should I get you that? You should feel better afterwards."
Lo que NO HACER: ""¿Oh, te sientes triste? ¿debería conseguirte esto o eso? Después que te lo doy seguro que rápidamente vas a sentirte mejor



What can
we do?

¿Qué
podemos
hacer?

- How To Empathize(Cont'd...)
Como Empatizar (continuacion...)
 - **YES:** “That must be awful to go through that; I am here for you”
“Debe ser terrible pasar por eso; estoy aquí para ti”
 - **NO:** “It wasn't that bad, get over it... At least...”
Lo que NO DECIR: “ No fue tan malo, superalo”
 - **NOT:** “Why did you tell your teacher you were feeling sad?
Do I not provide you a home and everything you need to
succeed?”
“¿Por qué le dijiste a tu maestra que te sentías triste? ¿No te doy yo
un hogar y todo lo que necesitas para tener éxito?”
- It's important to experience uncomfortable emotions. Ignoring
them leads to longer-term problems.
**Es importante experimentar emociones incómodas. Ignorarlos conduce a
problemas a largo plazo.**



What Can We Do?

¿Qué Podemos Hacer?

- Have Patience /Ten paciencia
 - Connection before correction
Conexión antes de corregir
- Help youth do things that they enjoy
Ayuda a los jóvenes a hacer cosas que disfruten
- Develop a routine with the youth
Desarrollar una rutina con los jóvenes
- Talk to your school staff
Hable con el personal de su escuela



What Can We Do?

¿Qué Podemos Hacer?

For everyone/ Para todos:

- Practice mindfulness/ Practica la atención plena
 - Exercise/ Ejercicio
 - Find ways to be social/ Encuentra maneras de ser social
 - Get adequate sleep/ Duerma lo suficiente
- 



What do Therapists Do?

¿Qué hacen los terapeutas?

- Teach children to talk about their feelings and emotion
Enseñe a los niños a hablar sobre sus sentimientos y emociones
 - Through books, art, games, and talk
A través de libros, arte, juegos y charlas
- Coach children what to do when they have difficult emotions (angry, sad, irritable)
Instruya a los niños qué hacer cuando tienen emociones difíciles (enojados, tristes, irritables)
- Educate family how to respond when their child is having a hard time
Educar a la familia sobre cómo responder cuando su hijo está pasando por un momento difícil
- Provide linkages to other resources when beneficial to the child and family
Proporcionar vínculos con otros recursos cuando sea beneficioso para el niño y la familia



UPAC Multicultural Community Counseling Referral/ Recomendacion

Referencia de Consejería Comunitaria Multicultural de UPAC

- Criteria/ **Criterios**
 - 5-20 years old/ **años de edad**
 - Asian, Pacific Islander, or Latinx
Asiático, Isleño del Pacífico o Latino
 - Medi-Cal/ medical or Case by Case
Medi-cal o Caso por Caso
- Services provided at school, home, and in the community
Servicios/recursos provisto en la escuela, el hogar y en la comunidad
- Services also provided in the office or through telehealth
Servicios también ofrecidos en la oficina o a través de la telesalud



UPAC Multicultural Community Counseling Referral/ Recomendacion

Referencia de Consejería Comunitaria Multicultural de UPAC

- Referral Form can be found on UPAC website here:
<https://www.upacsd.com/programs/mcc/>
El formulario de referencia se puede encontrar en el sitio web de UPAC
- Call (619) 578-2211 and the referral will be taken over the phone
Llame al (619) 578-2211 y la referencia será atendida por teléfono
- Speak to child's school counselor
Hable con el consejero escolar del niño

A Final Word/ Una Palabra Final



- Mental Health is as important as Physical Health. Both are critical in supporting the youth to succeed
La salud mental es tan importante como la salud física. Ambos son fundamentales para apoyar a los jóvenes a tener éxito
- Children are like growing plants, they need the right amount of nurturing and water, and every plant needs different things
Los niños son como cultivar plantas, necesitan la cantidad correcta de cuidados y agua, y cada planta necesita cosas diferentes



QUESTION?



¿PREGUNTAS?



Resources/ Recursos

- <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/>



Scholar Spotlight

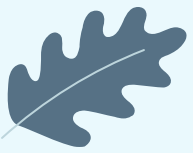




Playwrights Project Award Winners



Great news to end the week! Sabrina Haji and Mylinh Nguyen are Playwrights finalists, and Marlene Rojas-Renteria is a semi-finalist in Playwrights Project's 2021 *California Young Playwrights* Contest. Please recognize and congratulate these outstanding freshmen when you see them! And thanks for your support of the Playwrights Project!



Playwrights Project Award Winners



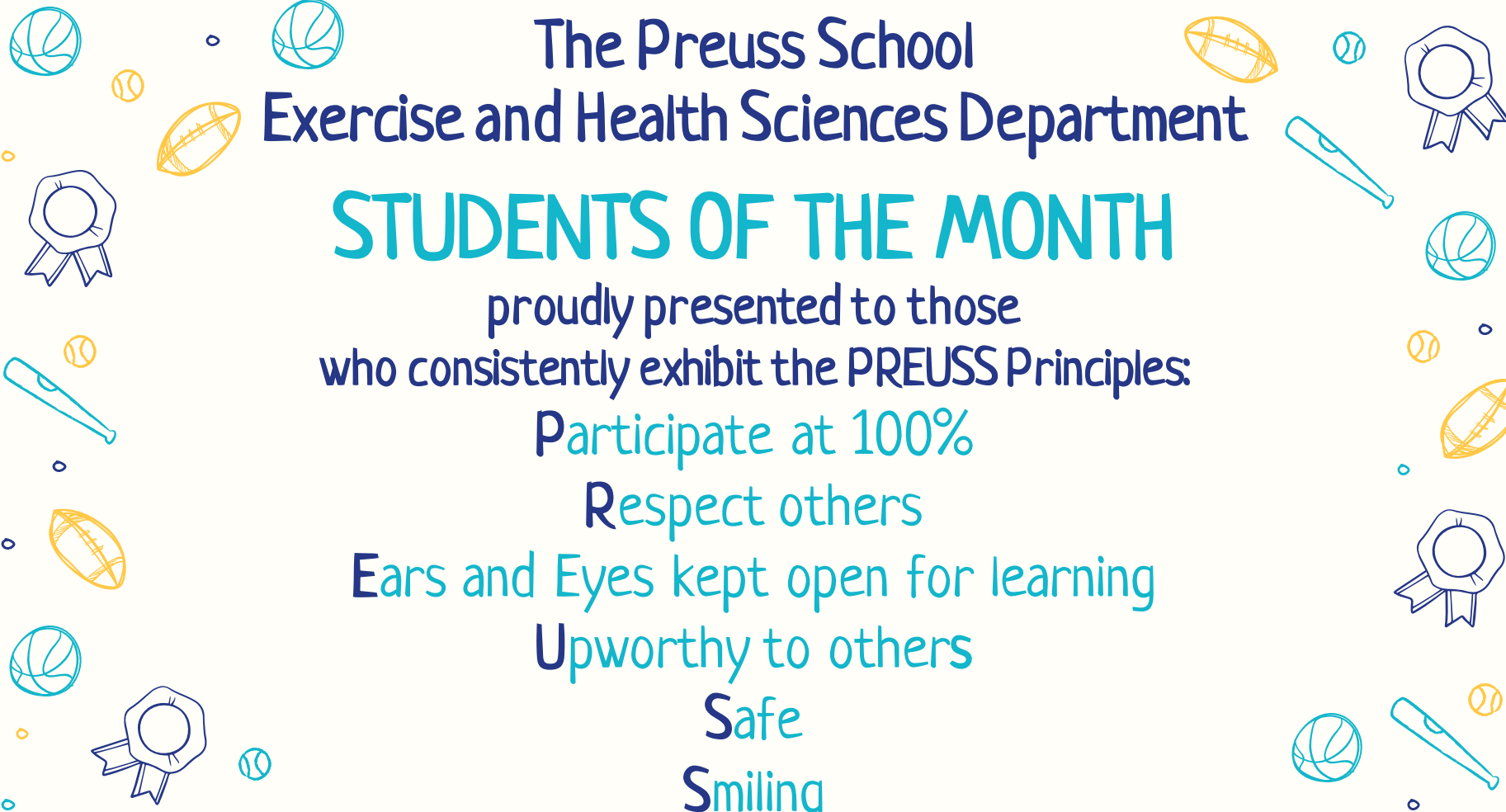
**Sabrina Haji
(Finalist)**



**Mylinh "Kelly"
Nguyen
(Finalist)**



**Marlene
Rojas-Renteria
(Semi Finalist)**



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 2

NOVEMBER EHS Student of the Month

CONGRATULATIONS TO:

Aziel Faji

Bianca Delgado



BLOCK 4

NOVEMBER EHS Student of the Month

CONGRATULATIONS TO:

Zamzam Alshahhoud

Richard Yiv



BLOCK 5

NOVEMBER EHS Student of the Month
CONGRATULATIONS TO:

Brianna Morales Raymond Lam



BLOCK 6

NOVEMBER EHS Student of the Month
CONGRATULATIONS TO:

Vanessa Venancio

Omna Gebredingle



BLOCK 8

NOVEMBER EHS Student of the Month
CONGRATULATIONS TO:

Delina Benyam

Peter Do



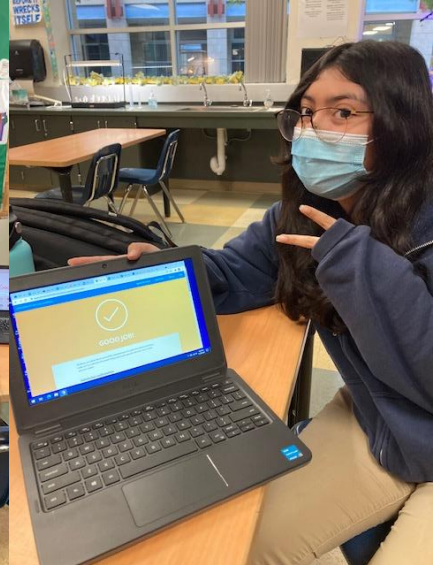


Preuss at the La Jolla Shores Tidepools (Ms. Bandy)



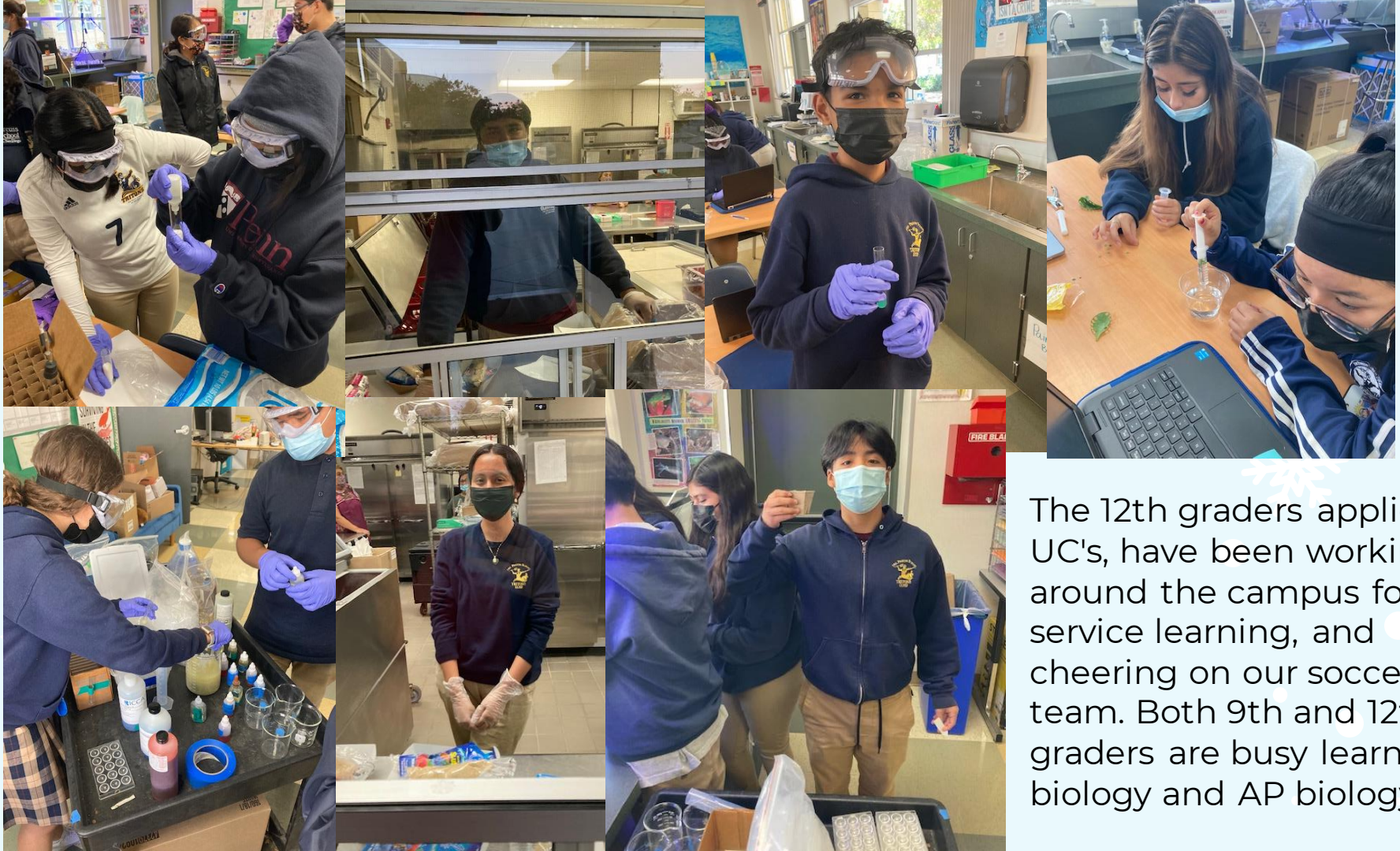
Preuss at the La Jolla Shores Tidepools (Ms. Bandy)





**Ms. Ackerman's
9th and 12th
grade students**





The 12th graders applied to UC's, have been working around the campus for service learning, and cheering on our soccer team. Both 9th and 12th graders are busy learning biology and AP biology.

THE GIFT OF MUSIC

The Preuss School
Music Department



INTRO TO GUITAR CLASS – ODE TO JOY





Raffle #3

Rifa #3



Among among people who are in attendance at this meeting. Must be present to win



Entre las personas que están presentes en esta reunión. Deben estar presentes para poder ganar



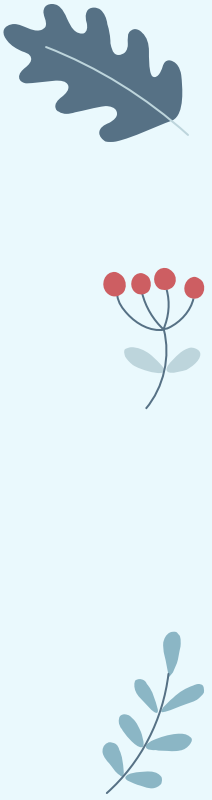


**Wishing you
Happy Holidays**

**Deseándoles unas
Felices Festividades**



Thank you for joining us!



Gracias por acompañarnos!

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