

THE PREUSS SCHOOL UC SAN DIEGO

# Insight Newsletter

Fall Edition  
(Aug-Oct 2024)

**Dear Preuss School UCSD Families,**

As we enter November, I wanted to share some exciting updates and important reminders about upcoming events. Here's what's happening this month:

- November 11 - Veterans Day - No school in observance of the holiday.
- November 13-14 - 2nd Mid-Semester Progress Report Cards will be distributed. Please review your scholar's progress as we continue through the semester.
- November 25-29 - Thanksgiving Break - School will be closed, and we hope all families enjoy this time with loved ones.

We're excited to announce that fall sports are wrapping up with remarkable achievements! Our Girls' Cross-Country team won their fourth straight Frontier League Title, and our Girls' Volleyball team claimed the Pioneer League Title. Congratulations to these talented athletes and their coaches for their hard work and dedication!

Looking ahead to school events, on November 8, our school will hold its first dance of the year, Fall Formal: A Moonlit Soiree. This magical evening will take place on campus along Manchester Lane, beautifully transformed by our ASB scholars, who are committed to creating a special atmosphere for all.

Additionally, we're already seeing exciting college acceptances! The college admissions season is in full swing, and it won't be long before all our seniors are making decisions about their future schools. For now, let's focus on finishing the semester strong and looking forward to the upcoming holiday season with cheer.

Warm regards,  
Dr. Matthew Steitz  
The Preuss School UCSD

# Attendance Notices

**Dear Parents and Guardians of our Esteemed Scholars,**

We are so excited to welcome our scholars and families back for the 2024-2025 academic year! I would like to take this opportunity to emphasize the value of daily attendance for student learning.

As a reminder, we ask parents to plan time off from school in accordance with our school calendar. Our next long break is Thanksgiving Break (November 25-29). We urge students and families to avoid absences before and after the scheduled breaks.

Regular attendance is critical to a student's success in school. Students who are frequently absent miss social interaction and direct instruction from teachers, even if written assignments can be made up.

As long as your child is healthy, please support the school by sending your student to attend class. If your child is struggling and needs support, please reach out to our nurse and counselors who can provide you with resources to better support your family. At the Preuss School, we are all committed to help your child learn, thrive, and succeed.

Thank you for your support. Please reach out to the Attendance Office or Front Desk for any questions or concerns regarding attendance.

Sincerely,  
Allie Lee  
*Attendance and Transportation Coordinator*

## VERIFICATION OF ABSENCES

Parents are required to verify an absence by calling or sending a note to the attendance office in order to validate the reason for the student's absence. You can report your child's absence to Ms. Allie Lee at (858) 822-0311 or e-mail to [attendance@preuss.ucsd.edu](mailto:attendance@preuss.ucsd.edu). If you verify an absence through ParentSquare, please make sure you clear the absence on the day the student missed school. For students that are out sick for longer than 2 days and students that are out due to medical appointments, we require medical excuse notes for their absences.

Parents may call to verify a child's absence up to 72 hours after the child has been absent. Absences that are not verified will be considered unexcused absences. After our attendance month accounting cycle closes, unexcused absences due to no verification cannot be changed. If you are not receiving the attendance notices, please make sure that you are registered in ParentSquare. The front office staff is available to assist if you have any issues with your account.

# New Staff Highlights!

★  
Mrs. Stipe

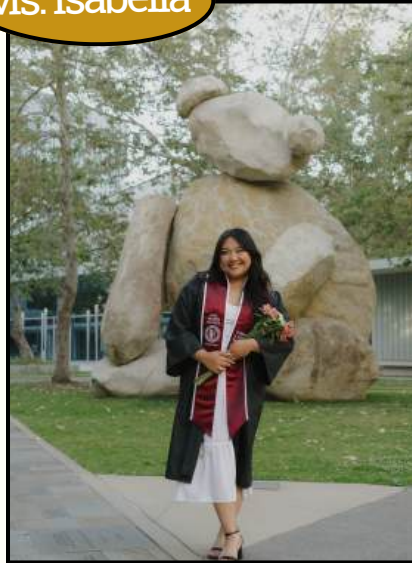


Hi Preuss Community! I'm Holly Stipe, and while this is my first year teaching English at this school, I have worked as a teacher since 1994. I began teaching in San Jose, California as a 4th grade teacher for several years before relocating to the San Diego area in 2001. I taught English in middle schools in North County while raising my two girls with my husband of 27 years. My husband's job took us to the rainy but beautiful Seattle area for 11 ½ years, and I am thrilled to be back here in sunny San Diego.

I didn't know I wanted to be a teacher until my mid 20's. After graduating from UC Davis, I worked with youth experiencing trauma, and while doing that work, I discovered my passion for the classroom. I decided to go back to school to get my credential, and enjoyed my time learning about teaching pedagogy at Santa Clara University. Early on in my teaching, a mentor encouraged me to become a National Board Certified Teacher, and I am proud to say I have been an NBCT since 2001. Since I love school, I went back to school for my Master's Degree in Education at Cal State San Marcos. While there, I studied methods to incorporate technology in the classroom.

I am passionate about helping students find their writing voices and developing their critical thinking skills and character to succeed in life both in and outside of the classroom. When not teaching, you can find me walking on the beach, riding my bike, and enjoying time with my family.

★  
Ms. Isabella



Hi! My name is Isabella Cayanan, and I am the new Administrative and Health Office Assistant! I was born and raised in Southeast San Diego, and I am a recent college graduate from UCSD (Go Tritons!), earning my BA in Human Developmental Sciences along with a minor in Education Studies. Being a first-generation student, I was determined to make the most of my education and to strive for more. As a product of being a part of countless educational outreach programs beginning in my sophomore year of high school and obtaining plenty work experience in all grade levels throughout my undergraduate career, I realized my passion lies within education and supporting students whose journeys are reflective of my own upbringing. I chose to join Preuss because of the diverse student population and the school's mission to provide exceptional education, opportunities, and support to first-generation students. I can't wait for all the new rewarding and fulfilling experiences to come in the following years!

★  
Ms. Romero



My name is Ms. Romero, and I am pleased to be a chemistry and physics teacher at The Preuss School. I got my bachelor's in chemistry and my master's in science education from SDSU. I decided to work in education because I have more to give as a teacher than working in the industry. I chose to work at The Preuss School because of its mission statement. The students at Preuss were a lot like me when I was their age.

# Student Services and Counseling Department

Dear Preuss Families,

It is a pleasure for the Student Services team to welcome you to the 2024-2025 school year! A special welcome to our new students. Our goal is to offer guidance and support to students in the Academic, Personal/Social, College/Career Planning areas. We are available to assist and meet with students about a variety of topics such as: anxiety, grades, academic organization, & college and career pathways. If you have any concerns regarding your student please contact us or your child's Advisory teacher.

At the beginning of the year the counselors went into the middle school and high school advisory classes to introduce ourselves and have students take a survey about what they need this year from our department. We also talked specifically to 10th/11th and 12th graders about their transcripts and their graduation status.

After gathering the information from our student's voices through our needs assessment we are scheduling presentations on preparing for college, FAFSA/CADAA workshop and academic motivation presentations.

Our Family Support Specialists are also using this data to help students that have identified as having stress or anxiety this year.

If you feel your child is in need of extra support, please reach out to their school counselor.

Our Family Support Specialists along with UPAC are providing direct therapy and counseling to students.

We look forward to another wonderful year with all of you!

## Student Progress Report Reminders

The second mid-semester progress report will be sent home with students and available to families online via Aeries on November 13/14. Please review your students progress report grades and discuss what improvements can be made, to make sure they pass at the semester. Counselors emailed families of high school students who received a D or F on their first progress report in September. The first semester ends on January 20, 2025, those will be permanent grades on your students transcript.

If you need to contact a school counselor or our college advisor, please make an appointment or email:

*Ms. Sara Silva (Last Name A - Ge)*

- [s3silva@ucsd.edu](mailto:s3silva@ucsd.edu)

*Ms. Allyson Cobbs (Last Name GF-Nguyen )*

- [acobbs@ucsd.edu](mailto:acobbs@ucsd.edu)

*Ms. Erin Patrick (Last Name NH-Z)*

- [empatrick@ucsd.edu](mailto:empatrick@ucsd.edu)

*Dr. Shaoni Bandy (College Advisor)*

- [sbandy@ucsd.edu](mailto:sbandy@ucsd.edu)

## High School Counseling Announcements

High School students have had the opportunity to experience different colleges across the US, on campus with many college visits happening from September to November. Dr. Bandy posts them weekly.

Seniors are submitting their CSU applications during the month of October and they will submit their UC applications at the end of November. Private college applications are open between October to February, depending on the school.

## **Financial Aid Workshop**

UPCOMING: TBD

Attend the Financial Aid workshop and get assistance with submitting your FAFSA or CADAA!

**Fall 2024**

<https://preuss.ucsd.edu/counseling/index.html>

October 10, 2024

We celebrated World Mental Health Day

Join us in celebrating World Kindness Day on November 13, 2024



October is National Bullying Prevention Month, and in November our 6th grade students will experience a play called Safa's Story which is a culturally responsive play that uses live music, storytelling and spoken word to get to know Safa- a Zimbabwean-American 5th grader who over the course of the show is isolated for being different than her peers. Safa's Story is a play for children and families and was designed to create dialogue about diversity and acceptance.

## Mental Health & Wellness Tips for Students

1. Get 8-10 hours of sleep nightly. Sleep is vitally important for your health and development and is essential for energy, mood, and attentional functions.
2. Develop and foster authentic social connections. Make it a regular routine to safely connect with others. Social support networks are key in managing stress.
3. Develop a daily routine and establish time for schoolwork, socialization, and other enjoyable hobbies. Developing a routine will increase a feeling of agency, control, and predictability.
4. Time management and organization will also help reduce stress associated with academic pressures.
5. Find time to exercise or move your body everyday. Routine exercise has been shown to reduce stress and depression and boost overall health. If you are feeling depressed, anxious, hopeless, or having thoughts of suicide, talk to a trusted adult, your advisory teacher, parent or counselor.



Fall 2024

<https://preuss.ucsd.edu/counseling/index.html>

# PTA Updates

Hello Preuss Families,

As we approach the holiday season, the Parent Teacher Association will need more help than ever with providing support for upcoming school events! If you would like to volunteer for a PTA-hosted event or join the PTA Board, please email Ms. Muños at [preussvolunteer@ucsd.edu](mailto:preussvolunteer@ucsd.edu) and she will put you in contact with the appropriate person.

Here is the current PTA Board for 2024-2025:

- President - Lizbeth Garcia
- Vice President - Blanca Angel
- Secretary - Lourdes Garcia Chepe
- Treasurer - Darlynn Nebril Butcher
- Auditor - Andrea Briones
- Historian - Daniel Perez
- Membership Chair - Jeannette Espinoza
- Events Chair - OPEN
- Hospitality Chair - OPEN
- Volunteer Chair - OPEN

## MEMBERSHIPS



The PTA invites you to purchase a membership for this academic year! With a membership, you have the right to vote at PTA Executive Board meetings and are demonstrating your commitment to making a positive difference in the lives of our students.

## BOXTOPS



A reminder that scanning your BoxTops is an easy way to make a difference for our school! Help our students and teachers get the resources they need by simply scanning your receipts. As of October 2024, our school has earned \$52.10! Thank you!

## IMPORTANT DATES!

Veterans Day (No School): Monday, November 11

Thanksgiving Break 2024: November 25 - November 29

Winter Break: December 23, 2024 - January 3, 2024

**As always, thank you to our Very Involved Parents!**

2024-2025  
PTA BOARD



Lizbeth



Blanca



Darlynn



Lourdes



Jeannette



Andrea



Daniel

# Whispers From the Library

## Welcome to the 2024-2025 School Year!

We checked out textbooks. Laptops, chrome books and hotspots (only for students who do not have any internet service) are only checked out to students who need a device at home. All classrooms have a laptop cart with a class set of laptops to use at school.

Students who checked out a device are responsible for the care of these devices. Intentional damage will result in fines added to their library account. It is very important to contact [tech@preuss.ucsd.edu](mailto:tech@preuss.ucsd.edu) if any problems arise.

- A broken screen or damaged keyboard is \$40.00
- A lost or chewed charger is \$20-\$33.
- A missing barcode is \$5.00.

Please encourage your student to carry the device with both hands and do not carry by the screen. Keep away from younger siblings, pets and minimize food and drink near the device.

Library notices are sent via email at the beginning of each month. Notices inform the students of any materials overdue and any fines they need to pay. Students may volunteer before school and at lunch to waive their fines. For every hour, we waive \$10.00. Online library information is on the [Preuss School website](#). Or, check us out under Campus Life > Library. We have links to our databases, the school catalog, and Sora by Overdrive (our eBook collection site). Students are also able to access eBooks by downloading the SORA APP on their phone, choosing Preuss as their library and using their student ID number to login.

Our Fall Scholastic Book Fair is taking place Monday, October 28th – Friday, November 1st, but online purchases made be made through November 14th. All Proceeds will be used to purchase new books for the library. Visit our Book Fair Homepage for more information.

If you have any questions or concerns, please do not hesitate to reach out via phone: 858.822.2150 or email: [librarians@preuss.ucsd.edu](mailto:librarians@preuss.ucsd.edu).

Keep Reading,  
Ms. Nance and Ms. Gonzalez  
[librarians@preuss.ucsd.edu](mailto:librarians@preuss.ucsd.edu)

# Fun with 6th Grade!

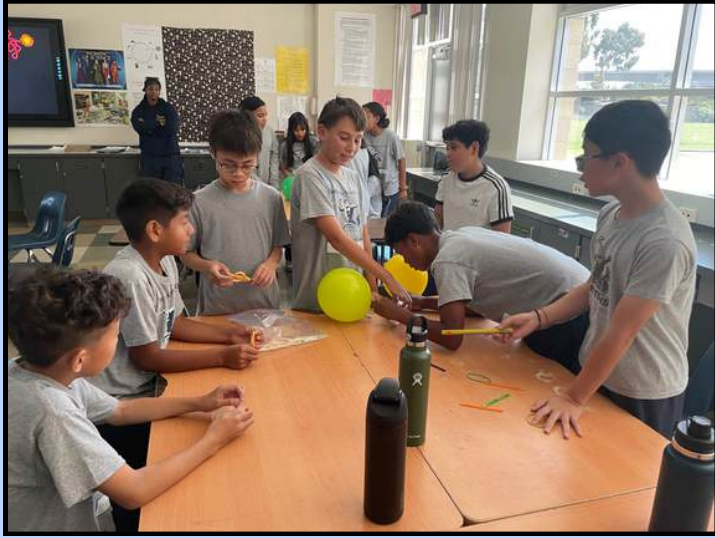
## 6th Grade Camp

109 Preuss 6th graders attended camp from October 14 - 18 in Julian. This was our 2nd consecutive year visiting YMCA Camp Marston for 6th grade camp, and the students had so many invaluable experiences. Camp Marston's curriculum is environmental science-aligned, so they attended outdoor classes like Earth & Water, Sustainability, Ecology, and Survival Skills. They also participated in activities including rock climbing, archery, candle making, and lots of hiking! Our 6th graders acted incredibly and made lifelong memories! Thank you to The Pincus Family Foundation and other donors for making this experience free for our students.



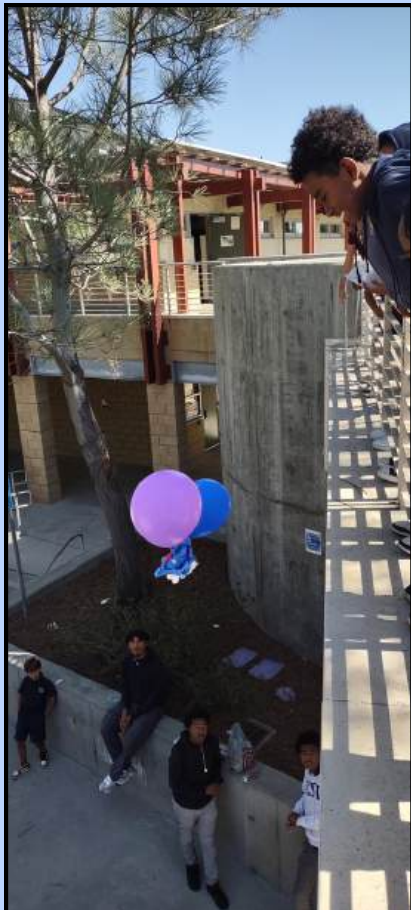


# Fun with 6th Grade!



## 6th Grade Intern Activity

109 Preuss 6th graders attended camp from October 14 - 18 in Julian. This was our 2nd consecutive year visiting YMCA Camp Marston for 6th grade camp, and the students had so many invaluable experiences. Camp Marston's curriculum is environmental science-aligned, so they attended outdoor classes like Earth & Water, Sustainability, Ecology, and Survival Skills. They also participated in activities including rock climbing, archery, candle making, and lots of hiking! Our 6th graders acted incredibly and made lifelong memories! Thank you to The Pincus Family Foundation and other donors for making this experience free for our students.




# ARC NEWS



This October, Arc hosted a Chopped Challenge, where four teams of student chefs competed against one another in a head-to-head battle. The teams received a list of ingredients and had to develop their own recipes with the resources they were given. The four dishes created were beef burritos, chicken and rice bowls, chicken soup and scrambled eggs. In the end, our judges decided that although every dish was great, the winner was the beef burrito created by Chef Anthony Osorio, Chef Gerardo Dominguez, Chef Stelios Corcotes and Chef Menelik Belaineh.

**Yearbook**

**PURCHASE ONLINE!**  
We are happy to remind you all that we are selling online now for \$40!  
Purchase your yearbook online @  
  
yearbookforever.com

**Yearbook Presales!**  
Presales are currently happening throughout this year. Please make sure to keep an eye out for any posters around the school campus or bulletin announcements for dates!

Location-	In front of the Walton center	Make sure to follow us on Instagram for more updates!!
Price-	\$40	@preussyearbook

**Reminders:**  
*#yearbook* If you are purchasing the yearbook we now accept bills up to \$100. Down payments are as low as \$10.  
If you have any questions or would like to make a purchase you can find us in E203 during Block 2

# FALL FORMAL :)

On Friday, November 8, ASB will be hosting their annual Fall Formal. Fall Formal is a dance for high school students to take a break from academics and have a night of fun with their friends and fellow peers. This year, the theme is Moonlit Soiree, combining elegance and formality with colors Purple and Silver.

The dance will take place at school right in front of the basketball courts between the buildings and the field. To enter, you will have to check-in with ASB members at the gate near E-building, so make sure to get here way before 7 to give yourself enough time. Once in, you will be amazed with top-notch decorations and a deluxe candy table. You will also find a professional DJ that will play music all night and take in requests from students. The final touch is a photobooth with unlimited photos and props where you can take pictures with your friends, teachers, and peers.

By the end of the night, at 9 pm, students will be kindly asked to leave the venue and make their way home.