2024–2025 PTA ELECTION RESULTS
2024-2025 PTA BOARD

PRESIDENT: LIZBETH GARCIA

SECRETARY: LOURDES GARCIA CHEPE

VICE PRESIDENT: BLANCA ANGEL

AUDITOR: ANDREA BRIONES

HISTORIAN: DANIEL PEREZ
UPDATES FROM PTA
PTA MEMBERSHIPS

- Membership sales will resume in May for the 2024-2025 academic year
  - Membership cards will be distributed starting in September 2024

WE SOLD 102 MEMBERSHIPS THIS ACADEMIC YEAR!
MEMBERSHIP BENEFITS

- Ability to vote for important decisions
  - PTA Executive Board Elections
  - Allocation of financial support from the PTA for the school: clubs, fundraisers, teacher donation requests
  - Executive Board Meeting decisions
- Easy way to support The Preuss School’s activities
  - Senior Dinner and Graduation Activities
  - Popsicle Social for Attendance Challenge Winners
  - 8th Grade Celebration of Learning
  - School clubs
PTA FRIDAY SNACK SALES

Every Friday after school
4:00pm - 5:00pm

Help with set up, selling snacks, handling cash, and clean up
BULLYING PRESENTATION
MS. SILVA & MS. DE LA ROSA
What I wish my parents knew about bullying

The Preuss School UC San Diego
April 20, 2024
Data

- 1 in 4 youth suffer from being bullied
- ½ of youth in San Diego will be bullied or harassed in the next year
- Bullying causes feelings of self-hate, worthlessness, anger, wanting revenge, depression, self-harm and even suicide
- Kids who bully often are or have been bullied themselves
- Bullying is a worldwide epidemic
Definition of Bullying

- Bullying is **unwanted, aggressive behavior** that involves a **real or perceived power imbalance**. The behavior is **repeated** and targeted.

- Bullying includes actions such as making **threats**, **spreading rumors**, **attacking someone physically or verbally**, and **excluding someone from a group on purpose** in **multiple occasions**.
Definition of Bullying

In order to be considered bullying, the behavior must be aggressive and include:

- **Imbalance of Power**: Kids who bully use their power - such as physical strength, access to embarrassing information, or popularity - to control or harm others. Power imbalances can change over time and in different situations, even if they involve the same people.

- **Repetition**: Bullying behaviors happen more than once or have the potential to happen more than once.

- **Targeted**: Bullies do things on purpose to hurt, embarrass, scare, harass or put you down.
The Three B’s

**The Bully**
33% of youth admit to bullying

**The Bullied**
33% of youth are bullied

**The Bystander**
70% of students reported being bullied
The 3 B’s: The Bully

Those involved with bullying may experience serious, chronic problems and are more likely to:

- Engage in violent or risky behaviors in adulthood
- Fight, vandalize, and drop out of school
- Abuse alcohol and other substances
- Be abusive towards family members
- Have criminal convictions
- Increased likelihood of SI and attempt
The 3 B’s: The Bullied

Those involved with bullying may experience serious, chronic problems and more likely to have:

- Mental health issues like depression, anxiety, sadness, and poor eating or sleeping habits
- Health complaints
- Decreased or poor academic progress
The 3 B’s: The Bystander

Those involved with bullying may experience serious, chronic problems and more likely to:

- Have mental health issues like depression, anxiety, sadness and poor eating or sleeping habits
- Miss or skip school
- Increased likelihood of using alcohol and substances
# Bullying vs. Being Mean

<table>
<thead>
<tr>
<th>Term</th>
<th>Description</th>
</tr>
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<tbody>
<tr>
<td>Rude</td>
<td>Inadvertently saying or doing something that hurts someone else</td>
</tr>
<tr>
<td>Mean</td>
<td>Purposefully saying or doing something or hurt someone once or twice</td>
</tr>
<tr>
<td>Bullying</td>
<td>Intentionally aggressive behavior, repeated over time, that involves an imbalance of power</td>
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</table>
Bullying vs. Being Mean

- Kids who bully say or do something intentionally hurtful to others and they keep doing it, with no sense of regret or remorse - even when targets of bullying show or express their hurt or tell the aggressors to stop.
Scenario Activity

- Student is walking into school and whispers under her breath “I don’t like you” while walking passed a former friend and walks away.
- 8th grade student purposely walked into the bathroom and tells a 6th grade student that they smell bad and shouldn’t be allowed to go to Preuss. The next day, similar scenario happens and this time it happens in front of her 8th grade class.
- 10th grade student posts on a fellow 10th grade student’s social media page “You’re ugly!” and 10 other students continue to make disrespectful comments.

Is this mean or bullying?
Is my child being bullied?

Some signs that may point to a bullying problem are:

- Lost or destroyed clothing, books, electronics or jewelry
- Unexplainable injuries
- Frequent headaches or stomach aches; feeling sick or faking illness
- Changes in eating habits, like suddenly skipping meals or binge eating. Kids may come home from school hungry because they did not eat lunch
- Difficulty sleeping or frequent nightmares
- Declining grades, loss of interest in school work, or not wanting to go to school
- Sudden loss of friends or avoidance of social interactions
- Feelings of helplessness or decreased self-esteem
- Self-destructive behaviors such as running away from home, harming themselves, or talking about suicide
Why doesn’t my child ask for help?

**Feeling Helpless**
- Wanting to handle it on their own to gain power/control of the situation

**Fear of being labeled a tattletale**
- Not wanting to be labeled or be called a “snitch”

**Humiliation**
- Not wanting to retell or restate their unpleasant experiences regarding bullying

**Fear of judgement or rejection**
- Not wanting to be judged or rejected by peers or adults

**Feeling socially isolated**
- Thinking that “no one understands”
What can I do as a parent?

- Teach
- Model
- Connect
- Build emotional immunity
- Reach out for help and encourage student to write incident report with front office or counselor (Incident reports are given to Vice Principals for investigation and follow-up)
Building Self-Esteem

Things parents can do with their children to help build self-esteem

- Journaling
- Finding an interest together
- Focus on their strengths, help them develop those
- Avoid putting your feelings on them! Help them to individuate by trying to understand their feelings in situations
- Model an idea that no one is perfect and that is not that expectation. Use words with your teen to help them move to a growth mindset
References

- U.S. Dept. of Justice
- Centers for Disease Control and Prevention, Youth Risk Behavior Surveillance System, 2011
- Centers for Disease Control and Prevention, Youth Risk Behavior Surveillance System, 2011.
PARENT INVOLVEMENT OPPORTUNITIES
6TH GRADE SWIM PROGRAM

April 16 - May 23: Tuesdays & Thursdays
8:55 am - 12:15 pm

- Helping students walk or take the bus to the pool (0.6 miles away)
- Help students get ready to swim
- Watch them on the pool deck when they’re not inside of the pool
- Help students walk or bus back to Preuss
BOX TOPS FOR EDUCATION
DOWNLOAD THE BOX TOPS APP
CREATE AN ACCOUNT USING YOUR PREFERRED METHOD
SELECT THE “FIND A SCHOOL” BUTTON
TYPE “PREUSS” & PRESS THE “SELECT SCHOOL” BUTTON
PRESS THE “+” BUTTON & SCAN YOUR RECEIPT WITHIN 14 DAYS OF PURCHASE
ALIGN THE RECEIPT & TAKE A PHOTO. FOR LONG RECEIPTS, USE THE “+” BUTTON TO ADD MORE SECTIONS
SUBMIT WITH THE CHECKMARK BUTTON
THANK YOU FOR COMING!

LAST MEETING: MAY 18, 2024 @ 9:30 AM

NEXT EXECUTIVE MEETING: MAY 9, 2024 @ 5 PM