PTA ANNOUNCEMENTS
PTA BOARD & COMMITTEES

Executive Board

President - Ana Gonzalez
Vice President - Blanca Angel
Treasurer - Lizbeth Garcia
Secretary - VACANT

Committees

Memberships - Andrea Briones
Historian - Lourdes Garcia Chepe
Hospitality - Maria Isabel Yañez
PTA MEMBERSHIPS

- Memberships can be bought in person with cash or check
- Memberships bought online have to be paid with a credit card
- Can make a donation (12th grade, clubs, etc.) while buying the membership
MEMBERSHIPS CONTINUED

A way to support the PTA
Write check payable to:
  - The Preuss School UCSD PTA
$12 per membership, $13 online
Anyone can become a member!
Drop off envelope with membership dues, your name, child’s name & grade at the front office, or send with your child

Membership cards are sent home with your scholar!
PRINCIPAL’S REPORT

DECEMBER 9, 2023
“I Ride the Preuss Way” update from MTS
Attendance Challenge Winner for October 8th Grade!! Thank you PTA
UC Apps - Done!
CSU Apps - Done!
Private School Apps - In Progress!

AND…
50% of the Senior Class has already been accepted into a college

And one student has received the Questbridge College Match – A Full Paid admission to Swarthmore College!
Swarthmore

- Founded in 1864
- Swarthmore, Pennsylvania, 11 miles southwest of Philadelphia
- Private, nonsectarian, liberal arts with engineering
- Tuition, Room, Board, Student Activity Fees -
  - $81,376 per Year!

Jackie Le Preuss ‘20
Career Exploration Field Trip
10th Graders - November 16
Petco Corporate Headquarters
Doc For A Day- UC San Diego Medical School

Nov. 4
Upcoming Events

Homecoming, December 14, 2023 (Liontree Arena)

Middle School Dance - December 15, 2023 (Candy Land)

Preuss Holiday Breakfast Extravaganza - December 15, 2023
STUDENT SUPPORT SERVICES
THE PREUSS SCHOOL
UC SAN DIEGO
STUDENT SERVICES DEPARTMENT

Parent Meeting
Saturday, December 9, 2023
Your School Counseling and Family Support Specialist Team

**Ms. Silva**
Students w/last name: A-GE
s3silva@ucsd.edu
(858) 822-2002

**Ms. Cobbs**
Students w/last name: GF-NG
cobbs@ucsd.edu
(858) 822-0409

**Ms. Patrick**
Students w/last name: NH-Z
empatrick@ucsd.edu
(858) 822-0996

**Ms. Bandy**
College Advisor
sbandy@ucsd.edu

**Ms. De La Rosa**
Family Support Specialist, LCSW
derdelarosa@ucsd.edu
(858) 822-1484

**Ms. Wendy**
Family Support Specialist, LMFT
wpanganos@ucsd.edu
(858) 822-0462
The **mission** of the Student Support Services Team is to offer **guidance** and **support** in:

- Academics
- **Personal/Emotional Issues**
- Social Issues
- College/Future Planning
Academic Assistance

- Monitor academic progress / grade checks
  - Report Cards - please refer to Grade Reporting Calendar (see student planner)
  - “At-Risk” student support (below 2.5 GPA)
    - SEA, tutoring, academic progress meeting
    - If a student receives a D or F in a high school English or Social Studies course, and/or needs elective credits they will attend summer school

- Encourage tutoring opportunities and communicating to teachers
- 4 Year Planning
- Classroom presentations
- Course selections
- Scheduling
Personal/Emotional Support

- Stress (Healthy coping)
- Grief and loss
- Crisis
- Anger Management
- Loss of motivation
- Unhealthy relationships and friendships
- Restorative Conversations
- Anxiety and depression
- Family related concerns
- Any situation or issue that requires our assistance and support.
FSS services and events

- Mental Health Services:
  Individual therapy
- Community referrals
- Crisis Response/Support
- Staff training and presentations
- Resources (Housing, Immigration, Health/Mental, Food Insecurity, Supplies - school/hygiene, etc)

- California Healthy Kids Survey
- Student/Family Homeless Liaison/ McKinney Vento
- Feeding San Diego Food Distribution (1-2x a month)
- School wide Mental Health presentations
- Clothes Drive 12/9 (Today)
Social Concerns

- Assist with transitioning to Preuss, new grade levels and courses
- Peer relationships and friendships
- Social skills
- Managing emotions
- Develop coping skills
- Anxiety/test anxiety
- Problem Solving
- Conflict resolution
College/Future Planning

Career Planning
- Goal Setting and Career planning
- Resume writing
- Guest Speakers
- NAVIANCE Program
- Enrichment Programs

College Advising
- College Exploration
- College Application Assistance
- College Visits
- Financial Aid Workshop
- Scholarship Information
Since returning to in person learning post online learning during the pandemic, students social emotional needs have been up 40%. Counselors push out a needs assessment to drive services for the school year.
Needs Assessment

School Counselors have used the needs assessment to do; personalized success plans, student focused groups, advisory classroom presentations, support grade level informational, as well as bring in community organizations to talk about issues or topics of interest. This includes:

- Respecting one another
- Grade Level Presentations
- Girls/Boy Self Empowerment
- High School Kick Off
- NCTRC presentation
- Academic Motivation
- Social Skills
- Mental Health Presentation with FSS
- Presentations from UCSD Child and Adolescent Psychiatry with FSS
School Counseling Services so far this year

This data was pulled from our student information system, Aeries.

Services Preuss School Counselors have provided to students so far this school year.
## Who To Contact

### Social / Emotional Issues
- (Bullying, gossip, depression, etc.)
  - **UP Teacher**
- **School Counselors:**
  - Ms. Cobbs, Ms. Patrick, Ms. Silva
- **Vice Principals:**
  - Ms. Agliam, Ms. Brown
- **Family Support Specialists**
  - Ms. De La Rosa, Ms. Panagos

### Academic Concerns
- (Class change, failing class, etc.)
  - **UP Teacher**
- **School Counselors:**
  - Ms. Cobbs, Ms. Patrick, Ms. Silva
- **Vice Principals:**
  - Ms. Agliam, Ms. Brown

### College or Scholarship Questions
- (Application, Financial Aid, etc.)
  - **UP Teacher**
- **School Counselors:**
  - Ms. Cobbs, Ms. Patrick, Ms. Silva
- **College Advisor**
  - Ms. Bandy

### Discipline Problems
- (Theft, rumor of a fight, etc.)
  - **UP Teacher**
  - **Principal**
    - Dr. Steitz
  - **Vice Principals:**
    - Ms. Agliam, Ms. Brown

### Attendance and Transportation Coordinator
- **Attendance and Transportation Coordinator**
  - Ms. Villanueva

### Executive Assistant
- **Executive Assistant**
  - Mr. Boris
- **Administrative and Health Office Assistant**
  - Ms. Allie

### General Questions
**Student Support Services Flowchart**

**Concern for Student**

Refer to School Counselor
- Referrals can be from self (student), parent/guardian, teacher, administrator, school nurse and other school staff.

Counselor assess concern by collecting/reviewing information from student and referral source.

**School Counselors**
- Academic/scheduling concerns, career planning, A-G requirements, college planning
- Basic coping skills
- Consultation/collaboration with student, parent/guardians, and/or teachers/other school personnel
- Refer to Family Support Specialists for higher need

**Family Support Specialists**
- Risk assessments (including follow-ups, parent calls, etc)
- McKinney Vento (unhoused/unsheltered youth)
- Foster youth
- Food Pantry and Food Banks
- Individual and Group Therapy
- Referral to outside community services for higher need
- Monitor well-being of students referred to/receiving support from outside community services

If school counselors are not available:
- Make an appt on calendly for a meeting
- Refer to FSS only if student is in crisis/distressed:
  - crying
  - anxiety
  - depression
  - panic attacks
Have any questions or concerns.
PARENT VOLUNTEER OPPORTUNITIES
PTA FRIDAY SNACK SALES

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

Help with set up, selling snacks, handling cash, and clean up

Isabel Yañez (Hospitality Committee)
isabelyanез1398@gmail.com
INTERTIDAL EXPLORATIONS
@ CABRILLO NATIONAL PARK

Wednesday, December 13
12:30pm - 4:00pm

3 parent chaperones to help with class
of 13 students
Ms. Ackerman - Lackerman@ucsd.edu
MIDDLE SCHOOL SOCIAL: WINTER CANDYLAND

Friday, December 15
1:30pm - 4:15pm

2-3 more parent volunteers to help with set up, supervision, activities, and clean up

Ms. Alcantar - mewiedemeier@ucsd.edu
THANK YOU FOR COMING!

Next PTA General Meeting: January 6, 2024 @ 9:30 am

Next PTA Executive Board Meeting: January 9, 2024 @ 5:00 pm