

JANUARY/FEBRUARY

Friday, February 14
Lincoln Day
Observance

Monday, February 17
Washington Day
Observance
*NO SCHOOL

**NEXT GENERAL
PARENT MEETINGS**
Saturday, February 22
Saturday, March 21
9:30 -11:00 AM
SCHOOL AUDITORIUM



A Message from the School Executive Director

Hello Preuss Families and Welcome to the Year 2020!

It is being hailed as the year of "Clear Vision" and for the past 3 months I have been enjoying the journey of getting to know each member of the Preuss Learning Community. Further, it's been exciting to learn and highlight what makes this a transformational school. Therefore, as we continue to celebrate our great accomplishments, it's time to reimagine what the future can hold for the Preuss School UC San Diego.

We want to ask all stakeholders to recall what has made us successful and what we can add to our current model that will keep us in line with preparing our scholars for a future that is rapidly changing. To accomplish this goal, we have begun a Visioning Campaign at Preuss that will include all of our stakeholders: Scholars, faculty, staff, board members, and you, our parents. In the coming days, we'll begin sending out the IdeaWave that is designed to capture all of the amazing ideas that you've been dreaming of. Please expect to receive the IdeaWave email from UC San Diego and be sure to check your spam or junk mail folder. Once you receive the email, please respond and share all of the ideas that are aimed at propelling Preuss to the next level of successful outcomes for our scholars.

In service to your family,

Dr. Helen V. Griffith
Executive Director
Preuss School UC San Diego

**VISIONING CAMPAIGN
2020**
Preparing our scholars
for the future

A Message from the School Principal

As we begin a new calendar year, it is a great time to reflect on what we have accomplished as a school community, and a great time to look forward to the future.

As a school community, we have accomplished great things over the last twenty years. We have amassed a great quantity of recognitions including the award for the National Blue Ribbon, California Distinguished School, Newsweek Magazine's "Top Transformative" ranking, and many more. Most importantly, nearly every single graduate has gone on to attend college.

Great sacrifices have allowed our school community to thrive. Community members donate their time and money to support this endeavor. Our faculty and staff give of themselves well beyond the school day to enrich our students' experiences. Parents give their time to support events, encourage their children to persevere, attend meetings to better support their kids, miss out on travel opportunities and events to be sure kids do not miss school and have time to study, and so much more. Of course, our students sacrifice as well. They put in the time studying, with a class schedule far more demanding than any typical school, and do so for a longer school day and year.

In my almost seventeen years at The Preuss School, I have seen this commitment to our mission build a culture that produces unprecedented results. As we look ahead to 2020, let us all recommit ourselves to maintain this level of success. Everyone wants to be a part of a school considered the best in the land, but not everyone may know how much dedication it takes to achieve this. It has to be a commitment of all stakeholders in our community. As we look ahead to the new semester and year, let us recommit ourselves to the high standards, hard work and sacrifice that it takes to achieve the outstanding success our school has always enjoyed.

Best wishes,
Pete Selleck
Interim Principal



Stay the Course: Support Attendance in the Winter Months

Happy Start of the Second Semester!

I hope you and your family are settled in after the holidays. This is the time of year when winter takes a toll on school attendance. Every winter, bad weather — freezing temperatures or even heavy rains in warmer climates — can present challenges to getting children to school. So do the colds, fevers and ear-aches that often come with the winter months. These tough, but common winter conditions mean it is even more important to remind parents about the importance of good attendance so we encourage you to make every effort to get your children to school despite the challenges! Absences, even if they are excused, can add up to academic trouble. Students miss out on learning if they aren't in class. These absences can result in lower test scores and grades.

There's not much we can do about the weather, but there are two key steps every family can take to help avoid absences this cold season.

Develop back-up plans for getting your children to school in winter weather. That could mean checking with other families who have a car that can manage in bad weather to transport your children to their bus stop or our school. If your child is absent due to transportation, call the school. We can connect you with other parents who may help.

Keep your children healthy. Dress them warmly for the cold weather and make sure they are wearing their school jackets. Encourage them to wash their hands regularly. If your children do get sick, talk to a doctor or the school nurse about whether they should come to school and when it is okay for them to return.



Above all, let us know how we can help. We want your children and all our students to succeed. And that means attending school every day possible.

Perfect and Excellent Attendance for the First Semester

The Preuss School is a distinctive educational environment with high academic standards and requires our students to be concentrated on study and to attend school every day. We truly believe that consistent school attendance is one of the most important factors in a student's academic success.

We congratulate and salute our students with Perfect and Excellent Attendance. Thank you for making your child's presence at Preuss a priority. Students have achieved this great attendance honor for this semester and we believe that they can strive and achieve excellent attendance for the whole school year. Students with Excellent Attendance will be honored with a certificate and their names will be displayed on our school bulletin.

Every day Counts! Encourage your child to keep up the good work as we look forward to being part of a big celebration in their honor as a result of their excellent attendance at The Preuss School. The End-of-the-Year Attendance Social will be held in June. We hope to see you there!

Patricia Villanueva
Attendance Office (858) 822-0311

Attendance Award

2019-2020 School First Semester

Perfect Attendance : 346 Gold Stars
168 Middle School Students
178 High School Students

Excellent Attendance: 137 Silver Stars
54 Middle School Students
83 High School Students

NEWS ABOUT THE TRANSPORTATION Z PASS ID CARD

Dear Parents,

The Preuss School is committed to the safety of our students, and we strongly support the application of the SDUSD transportation Z Pass Bus Card to ensure the safety of all of our students assigned to transportation. When it comes to riding the bus, the Z-Pass Card provides drivers with the ability to track a student. Consequently, parents can be reassured that their student made it to and from school safely.



HOW DOES THE TRANSPORTATION ZPASS ID CARD WORK?

- In the morning and in the afternoon students scan the Z pass card while entering and exiting the bus.
- SDUSD Transportation records the data, time, and location of the bus.



STUDENT RESPONSABILITIES:

- Every student who rides a SDUSD bus must be able to present a Z-Pass Card and scan on and off the bus.
- Students will get their FIRST Z Pass Bus Card at no cost.
- Students are responsible for their Z-Pass Card and should keep it in a safe place to prevent loss or damage. The Z-Pass Card will be deactivated if it is damaged.
- Students will continue using their Z-Pass Card throughout their school years at Preuss.
- Students and parents must check bus route information with The Preuss School Transportation coordinator, Mrs. Villanueva, and inform her of any changes.

Z PASS CARD RULES:

- Students MUST NOT share their Z-Pass Card. Students sharing their Z-Pass may be subjected to disciplinary action.
- If the Z-Pass Card is lost, damaged or stolen, students must notify Mrs. Villanueva immediately. The card will be deactivated to prevent unauthorized use, and a replacement card will be ordered.
- A fee of \$5 will be charged to the students for each replacement card. Students can order a replacement card in the Preuss School Transportation office with Mrs. Villanueva. A temporary pass will be issued to the student to ride the school bus.
- Students may ride the bus in the interim and should be prepared to provide their Preuss Student ID or a temporary pass for manual entry. Mrs. Villanueva will issue to the student a temporary pass to use during the replacement process.

For any questions about transportation and the student Z Pass ID Card, please contact Patricia Villanueva at (858) 822-0311.

February

Whispers from the Preuss School Library

The Library will be running its Annual Bookmark Contest. All Preuss students are welcome to participate. The theme this year is '**Favorite Inspirational Quote or Favorite Inspirational Book**'. Bookmarks can be picked up in the library starting Friday, January 17. The completed bookmark is due Friday, January 31st and students will vote on their favorite design from Monday, February 3rd through Friday, February 7th. **Winners will be announced Monday, February 10** in the Daily Bulletin. The top two bookmarks from middle school and high school will have their bookmark published for the whole school to enjoy and may also select a new book of their choice.

Monthly library notices are usually sent to students via email, except at the beginning of the fall and spring semester. If on the paper copy the student owes more than \$5.00 or has one or more late textbooks; the student will not be able to participate in any extra-curricular activities (dances, athletic events, and after school clubs) until some action has been taken to clear the account. An action can be returning late items, paying for some or all of the fine, or volunteering in the library before school or at lunch to work off the fine.

Eighth Graders will not be able to participate in "A Celebration of Learning" and seniors will not be able to receive their diploma unless their account is completely cleared. Notices regarding clearing accounts to participate in the end of the year ceremony will be sent home to all 8th and 12th grade parents after Spring Break, but do not wait. Now is the time to take care of any outstanding fines or lost books. Monthly notices of your student's account is sent to your student's email at the beginning of each month. Ask your student for this notice or call the library to check on your student's library account. If you need to replace lost textbooks, please call to discuss. Our phone number is 858-822-2150.

Karen Nance and Maria Gonzalez

kgnance@ucsd.edu or mgg001@ucsd.edu

Wise & Well

Jennifer Bryant RCSN | preussnurse@ucsd.edu | 858-822-2291



Heart Disease: includes any disorder of the heart and affects millions of Americans every year.

Facts about heart disease:

- Every 34 seconds in the U.S., someone has a heart attack.
- Every minute, someone dies from heart disease.
- About 79 million Americans have some form of heart disease.
- Heart disease is the leading cause of death in both men AND women; deaths are split evenly by gender.

Early Action:

Knowing the warning signs and symptoms of a heart attack is key to prevent death.

- Chest pain or discomfort.
- Shortness of breath.
- Upper body pain or discomfort in the arms, back, neck, jaw or upper stomach.
- Nausea, lightheadedness or cold sweats.

7 STEPS TO A HEALTHIER HEART

You don't have to make big changes to reduce your heart attack and stroke risk. Here are 7 healthy habits that could save your life:

- Live smoke-free.** If you smoke, quit.
- Monitor your blood pressure.** Keep your numbers below 120/80 mm Hg.
- Maintain a healthy weight.** Target a body mass index (BMI) of less than 25.
- Watch your cholesterol.** Strive for a total cholesterol less than 200 mg/dL.
- Control your blood sugar.** Aim for a fasting blood glucose less than 100 mg/dL.
- Get active.** Log 150 minutes of moderate intensity activity - like brisk walking - per week (or 75 minutes of vigorous-intensity activity).
- Eat a heart-healthy diet.** Make vegetables and fruits, whole grains, and fish mealtime staples. Limit sodium, saturated fat, and added sugar.

How much stress you experience and how you react to it can lead to a wide variety of health problems.

Try these tips to get out of stress fast.

- Count to 10 before you speak or react.
- Take a few slow, deep breaths until you feel your body unclench a bit.
- Go for a walk, even if it's just to the restroom and back. It can help break the tension and give you a chance to think things through.
- Try a quick meditation or prayer to get some perspective.
- If it's not urgent, sleep on it and respond tomorrow. This works especially well for stressful emails and social media trolls.
- Walk away from the situation for a while, and handle it later once things have calmed down.
- Break down big problems into smaller parts. Take one step at a time instead of trying to tackle everything at once.
- Chill out with music or an inspiration podcast to help you rage less on the road.
- Take a break to pet a dog, hug a loved one or help someone out.
- Work out or do something active. Exercise is one of the best antidotes for stress.



50-70 million Americans have sleep disorders and 1 in 3 adults do not regularly get the recommended amount of uninterrupted sleep they need to protect their health. Sleep plays a vital role in good health and well-being throughout your life. Getting enough quality sleep at the right times can help protect your mental health, physical health, quality of life, and safety.

The Preuss School UC San Diego – Recipient of the 2019 Department/Organizational Unit Inclusive Excellence Award

By, Jacqueline Azize-Brewer, Ph.D.
Coordinator, Volunteer Programs

On Tuesday, February 4, 2020, The Preuss School will be recognized as the recipient of the 2019 UC San Diego Department/Organizational Unit Inclusive Excellence Award. “The annual Inclusive Excellence Awards (formerly Equal Opportunity/Affirmative Action and Diversity Awards) honors staff, faculty, students, departments and organizational units or groups that make outstanding contributions in the areas of inclusion, equity, diversity, and the UC San Diego Principles of Community during the year.”

We are extremely happy and proud to have been selected as this year’s recipient and being able to highlight the efforts of our faculty, staff, volunteers, scholars, and parents towards creating an environment that “honors cultural differences, promotes equity, and demonstrates exemplary support of the UC San Diego Principles of Community.” Some of the things and events that were highlighted on the nomination form are, the Multicultural Empowerment Club and the school’s annual Multicultural Family Potluck, where families are invited to share their cultural dishes with other families and scholars showcase dances, music, native attire and artistic talent. In addition, the application highlighted how the school supports a diverse parent population by providing simultaneous translation from English to Spanish and providing childcare during the PTA meetings. Furthermore, the fact that these meetings are held on Saturdays and evenings to offer accessibility for working parents exemplifies how the school supports a diverse parent population.

Our volunteers are an essential part in providing the necessary support for our scholars. The school welcomes between 250-300 volunteers per year ranging from high school students to retirees with different backgrounds, languages and interests.

Thank you for being a part of The Preuss School UC San Diego!

Parent News by Dianne Villalvazo

Hello everyone. Elections will be held March 21. The PTA needs YOU!! We need to elect a President, Vice President, Treasure, Secretary, and Auditor. If you are interested in any of these positions, please email Diane Villalvazo at dianevillalvazo@yahoo.com.

Science Festival is also March 21. The PTA needs help with selling food and cleaning up.

Spring Nights Dinner and Dance will be April 25. This is the PTA's biggest fundraiser of the year. Please plan to join us.

PTA is accepting donations.:

Do you work for a company that would make a cash tax-deductible donation, or a gift card?

Do you own company, and would like to donate something for a raffle basket?

Do you have new items at home that you are not going to use and can donate?

School Counselors Section

National School Counseling Week

In honor of National School Counseling Week, February 3rd– 7th 2020, the school counseling team would like to share two of our favorite resources with you. These resources include an online tool called Pixel Thoughts and a website called calm.com



Pixel Thoughts pixelthoughts.co

Pixel Thoughts is a 60 second online tool that you can use to redirect your mind and help to get rid of a stressful thought .

Pixel Thoughts

A 60-second meditation tool to help clear your mind

Calm website—calm.com, or app

Our school counselors and teachers sometimes refer anyone who needs a stress reliever or mindful break to Calm's free resources. You can access Calm through the website or App on your phone. Enjoy!

This Winter the School Counselors are beginning the Course Selection process for the 2020-21 school year. Also 1st Semester Final Grades just came out. Please remember, we are here to help students and families with selecting classes, academic concerns or any other needs that you may have.

Please don't hesitate to reach out to us!

Ms. Hernandez —School Counselor for grades 9 and 10

ruthieh@ucsd.edu (858) 822-2002

Ms. Oka —School Counselor for grades 7 and 8

boka@ucsd.edu (858) 822-0409

Ms. Patrick—School Counselor for grades 6, 11, and 12

empatrick@ucsd.edu (858) 822-0996

AP Testing will be coming up in May!

If students have not yet done so, they should pay their AP Fees of \$5 for each test that they will take. Please bring to Ms. Hernandez's office as soon as possible!

Junior College Kickoff *College Information Meeting FOR THE CLASS OF 2021 PARENTS & STUDENTS*



Saturday, February 1st, 2020 from
9:00 am-11:00 am

The Preuss School UC San Diego Walton Center

This initial parent meeting will present an overview of the college advising program for the Class of 2021. 11th grade students and parents will receive information on the following topics: college options, financing college, SAT/ACT test requirements, and an overview of important events/deadlines.

This is mandatory for 11th Grade students and parents.

Free parking will be available in the Preuss School Lot-705 and in Lot #706

Some important reminders and information from the Family Support Specialist, Amanda Torre

If you have any questions or would like assistance with mental health resources, please contact Ms. Amanda Torre at 858-822-1484 or a1torre@ucsd.edu

What is Mental Health? This includes our emotional, psychological, and social well-being. Here are some links for self-education.

Each Mind Matters - www.eachmindmatters.org

NAMI San Diego - www.namisaniego.org

Here are some organizations we sometimes collaborate with for mental health services if you prefer to contact them directly:

Union of Pan Asian Community.com (under Services, click on Children & Adolescent Mental Health (CMH) and Multicultural Community Counseling (MCC))

SAY San Diego - www.saysandiego.org

Cornerstone - www.kickstartsd.org

211 San Diego - www.211sandiego.org

Family counseling is also available through the school. If you are interested, please contact me.

February is Teen Dating Violence Awareness Month!

One in three teens in the U.S. will experience physical, sexual, or emotional abuse by someone they are in a relationship with before they become adults.

Don't forget to educate your teens about TDVAM. Together, we can raise awareness and act towards a solution. Our NAMI on Campus Club will be raising awareness about healthy relationships during the month of February.

What are Healthy Relationships?

Relationships with either a parent, friend, partner, or even yourself include good communication, mutual respect, support, compromise, and love. Here are some links for self-education: www.loveisrespect.org

- Encourage your teens to talk about what it means to be in a healthy relationship vs a bad relationship
- Talk about ways violence can be prevented
- Allow a judgment-free zone



Preuss Studio Static...

Ms. Tamima Noorzay
Fine Arts Chair

The culmination of the semester found upper division Studio Art students at Thurgood Marshall College painting alongside UCSD students on the collaboration between the undergraduate Dimensions of Culture class, Preuss Studio Art and artist Jay Schlossberg-Cohen. Students helped to transform approximately 900 square feet of wall space into a vibrant historical and cultural narrative.

The story begins with the Kumeyaay and the “progress” of western expansion, which changed the course of indigenous history. It moves into the tradition of activism established by Angela Davis who attended UCSD, to more personal stories of families traveling by land and water to reach the educational and financial opportunities in the US. The immigration stories were, in part penned and brought into visual interpretation by Preuss students. The mural goes on to highlight struggle, protest, and activism, ultimately demonstrating the power of one voice standing up for change. The mural then brings a further message of hope in artist Schlossberg-Cohen’s reinterpretation of the painting *American Progress*, to reflect a celebration of diversity, inclusivity and activism. Faces of Lumumba, Zapata and Marshall along with Preuss and UCSD students are included in the mural to provide a reflection of the community. Interwoven throughout the narrative are acorns from the CA Live Oak tree, Desert Apricot blossoms, and Kumeyaay dancers in order to honor and acknowledge those who have stewarded this land from the beginning.

The visually dense mural also explores climate change, and the agency of a small group of people taking one action, which then leads to a paradigm shift. Finally, the mural celebrates what it means to be human, to be creative, and to communicate through music, dance and art. For Preuss students, the mural is the culmination of reflective writing, constructing personal artwork, and then taking those art-pieces, cutting them up and re-working those images into a new narrative as they collaborated with a group of their peers. The ripple effect of this process then continued out to the Marshall students and finally into the completed mural. What a journey it has been to include the voices of all those present at the table! Now our students, Marshall students and past and future generations can see that every single person counts, has value and is an integral part of our collective story!

Jay Schlossberg-Cohen returns in March to serve as the artist in residence at the La Jolla Symphony as well as to conduct another workshop for Preuss students. This workshop will focus on creating large-scale works for the gallery show at the San Diego Art Institute (Balboa Park May 2020), titled, *20 Years So Far....* Stay tuned for details. There will be also be an official dedication of the Marshall Mural for the entire community; consider yourself invited! Dates will be announced as they become available.



Upper Division Studio Artists at Marshall



Kevin Vo gets an interview with Jay Schlossberg-Cohen before the Channel 10 and Fox reporters do!



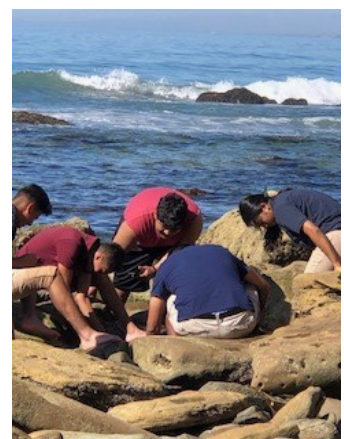
Julian, Brenda and Elijah painting



Analy and America

Students Explored Science in the Environment

Students in Mrs. Artz' AP Environmental Science class had an opportunity to do real science in the environment. Students signed up for one of four trips. Each trip explored a different aspect of the environment such as ecology, native plants, recycling and waste, and migratory birds. For some of the trips, students were encouraged to download a free app to their phone to help them identify plants and animals they observed. During the second semester, students will again explore areas of San Diego with an emphasis on pollution. Students can choose to go to Fiesta Island, Los Peñasquitos Preserve, Marian Bear Park, or visit UCSD's own community garden. It's a great way to apply what they are learning in the classroom.

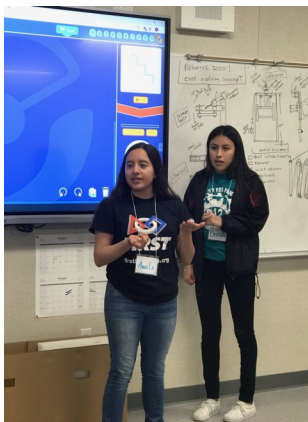
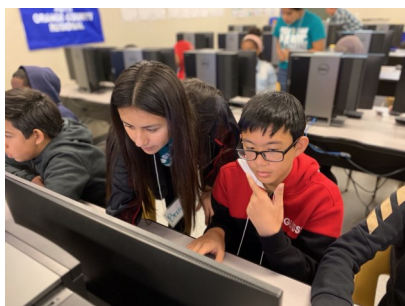


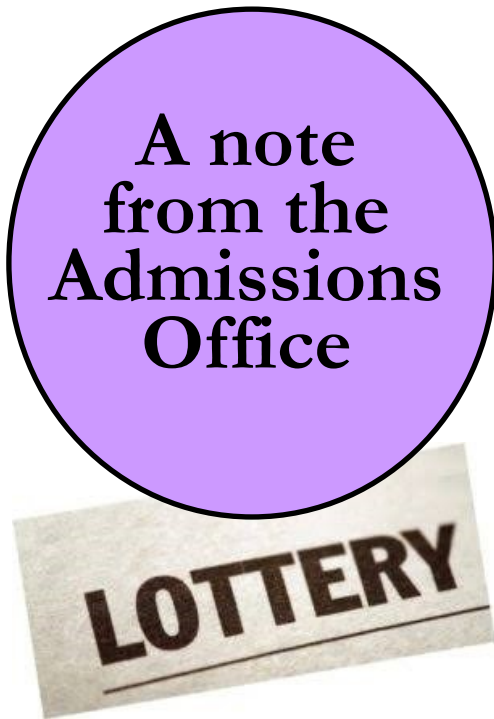
Mrs. Artz
Albert Einstein Distinguished Educator Fellow
[STEAM Coordinator](#)

The Robotics Team is getting ready for the next competition

We have about 50 HS students participating in Robotics this year. We look forward to competing at the Del Mar Fairgrounds this year during the weekend of March 7th and the weekend of March 14th. This past Saturday, we hosted our first STEAM Saturday program for 7th and 8th grade students, where we explored Ozobots and learned basic block coding.

Shaoni Bandyopadhyay, Science,
University Prep 12
Mentor, FIRST Robotics





The Preuss School UC San Diego Admissions Lottery

**February 12th, 2020 4:00pm -
5:30pm**

We invite all families who submitted a Fall 2020 application to join us for our lottery. We will be selecting students at random for admission. Families present will be able to know their student's admission status after the presentation. All families will be given their admission status after the lottery via mail and email.

Office of Admissions

preussadmission@ucsd.edu

858-822-0408

HEALTH SCREENINGS AT THE PREUSS SCHOOL

Greetings Parents!

As students from the UCSD Bachelors of Science in Public Health (BSPH) Program, we are proud of our continued collaboration with the Preuss School to better serve you and your family. In the last two years, we offered free health screenings in English and Spanish during the monthly general PTA meetings. We provided screenings and brief lifestyle counseling to over 150 PTA meeting attendees. We look forward to working with you again towards our mission of promoting healthy families at the Preuss School. **Upcoming events: January 25 and February 22 2020 from 9am to 1pm.**

Sincerely,

Student Health & Wellness
Group
UCSD BSPH Program



Health Screenings at The Preuss School

Saturday, January 25, 2020 9am-1pm
Saturday, February 22, 2020 9am- 1pm

Free Screenings

- Body Mass Index
- Blood Pressure
- Brief Counseling

Bachelors of Science in Public Health (BSPH) Program
Family Medicine & Public Health
University of California San Diego

You're invited to our Multicultural Festival

Saturday, February 22nd from 11:00- 1:00p.m
School Amphitheater.

We would like all the parents, students, and members of our school community to be part of this amazing event. This event highlights our cultural diversity. During the event, our amazing parents take the opportunity to highlight their cultural/traditional foods and share them with us. We invite you to bring a homemade dish to share with other families. Come and enjoy Preuss students' cultural performances!

This year, in addition to cultural performances, we will be unveiling our Multicultural Mural and we will be celebrating International Mother Language Day. We look forward to seeing you there!

Maria Wiedemeier, Spanish Teacher



UPCOMING EVENTS:

*Mark your calendars

January 27: 1st. Semester Final Report Cards
Mailed Home to Parents.

February 1: Junior College Kickoff Meeting:
9:00am-11:00am- School Auditorium.

February 4: PTA Executive Board Meeting: 5:30pm-
7:00pm.

February 4 & 5: Progress Reports to Parent for At-
Risk-Students. Attending SEA is required.

February 8: Saturday Enrichment Academy:
9:00-11:00am.

February 12: School Admissions Lottery: 4:00pm-
5:30pm.

February 14: Lincoln's Birthday. *NO SCHOOL

February 17: Washington's Birthday. *NO SCHOOL.

February 22: Saturday Enrichment Academy: 9:00-
11:00am.

February 22: General PTA Meeting and Multicultural
Festival: 9:00am-1:00pm.

Visit us on our Website:

<http://preuss.ucsd.edu>

Special Thanks to our Insight
Newsletter Contributors:

Michael P. O'Neill

BD Medical

Vice President, Manufacturing

Chip Mutza

Site Manager from Ikon Office Solutions

Philip Battle

Production Specialist

Jose Garcia

Preuss Former Parent, Class of 2004

BD Medical

10020 Pacific Mesa Blvd.

San Diego, CA 92121