

THANKSGIVING HOLIDAY BREAK

November 25-29
2019

**No School*

NEXT SATURDAY PARENT MEETINGS

SATURDAY,
NOVEMBER 16,
2019

SATURDAY,
DECEMBER 14,
2019

The Preuss School
Auditorium

9:30 AM - 11:00 AM

A Message from the School Executive Director

Dr. Helen Griffith



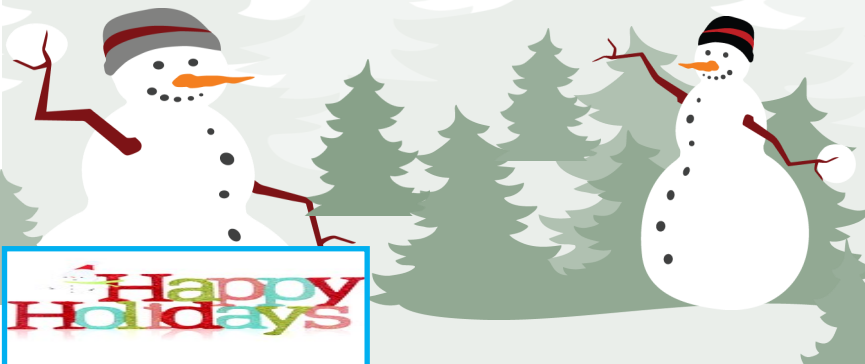
Dear Preuss Families,

It is an honor to begin my
journey as the inaugural

Executive Director of The Preuss School UC San Diego. Entering this new phase of life has been a dream come true for me as a graduate of UC San Diego, a real homecoming. My educational story growing up in Southeast San Diego parallels the students here at Preuss on so many levels. As a life-long educator my passion is for transformational scholar-outcomes, The Preuss School UC San Diego is positioned to revolutionize the face of public education and I am proud to be part of The Preuss Promise.

The Preuss Promise empowers low-income and first-generation students through an innovative college-bound culture. The program model thrives because of highly talented and skillful educators who have a passion for elevating the lives of our scholars. The success of the model includes the dedicated parents who support their scholars and the scholars who work tirelessly.

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WINTER BREAK

DECEMBER 23, 2019 THROUGH
JANUARY 3, 2020

CLASSES WILL RESUME ON
MONDAY, JANUARY 6, 2020

A Message from Dr. Griffith Cont'd

In honor of the Season of Thanks we are sponsoring a Thanksgiving luncheon for our scholars and you, our parents. On Wednesday, November 20 at both the middle and the high school lunch time, we are inviting parents to join with us and your scholar for a Thanksgiving meal. It is our hope you can join us as we say thank you for all that you do to support The Preuss School UC San Diego. The meal is complimentary, at no charge to all, and we are arranging for parking in lots 703 and 704 during this lunch time event. In order to provide enough food for all who want to attend, you must RSVP no later than November 14.

As the end of this year approaches my priority is to focus and learn more about the unique academic community that is Preuss. My goal is to collaborate with all Preuss team members, Faculty, Staff, Parents, Scholars and Donors as we reshape the face of public education. Our longer learning time, college-preparatory curriculum and unique connection to UC San Diego is a model that can be replicated across the nation and world to transform futures and change communities.

I am excited to lead our school and students to even greater heights in the New Year.

Sincerely,

Dr. Helen V. Griffith



NOTES FROM THE SCHOOL PRINCIPAL

Mr. Pete Selleck



Dear Parents,

The school year is under way and the results thus far are excellent. Students are taking their education seriously and attending school at a rate of 98.10%. This is a key factor in the success of The Preuss School.

Preuss was a top five winner in the Statewide 2018-2019 Race to Submit campaign sponsored by the California Student Aid Commission. The campaign took place from October 1, 2018 to March 2, 2019, and was aimed at increasing the number of high school seniors who complete the Free Application for Federal Student Aid (FAFSA) and the California Dream Act Application (CADAA). Our class of 2020 seniors and their families all met on Saturday, October 19 and submitted their applications this year with support of UC San Diego staff, Students Without Limits, other volunteers and our very own Preuss teachers. I was inspired by the level of dedication to our mission shown by all in attendance.

The seniors are not done yet. The Class of 2020 continues on their path to college. They are also completing their UC applications. All seniors will submit them with their advisory teachers on November 19 and 20. Seniors are also finishing CSU applications. The next important deadline is November 30. Teachers and counselors are also working diligently to write college letters of recommendations for our seniors. It is an exciting time for our future college students.

The Admissions application for The Preuss School 2020-2021 school year is available. The application is two pages and may be picked up in the front office or completed online at <https://preuss.ucsd.edu/admissions/index.html> on the Preuss website. The school distributed more than one thousand applications to families and schools throughout the county. Preuss preferences include 6th grade students who are low income, and the first generation in their families to graduate from a four-year college or university. 7th, 8th, and 9th grade preferences include having a sibling enrolled at Preuss. This year's Admissions application deadline is Friday, November 22 at 4:00pm, and the lottery date will be February 12, 2020.

As mentioned above attendance is critical to a student's educational success. Parents play a vital role in their student's academic success by helping them develop the habit of consistent attendance.

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News From Pete Selleck Cont'd

To help better monitor students' attendance we are using the automated communication system ParentSquare. The notification system sends a phone message to families' primary phone number, cell phone, and/or a text message. The system keeps parents informed about their student's attendance. Please, phone the school by 9:00am if your child will be absent. If a parent needs to discuss their student's attendance, we ask they call Mrs. Villanueva at 858-822-3011.

Preuss School students, parents, and teachers are always busy and Saturdays are no exception. Once a month there is the PTA General Meeting and all parents are invited to attend. As part of the PTA General Meetings, there will be speakers, parenting topics, and student performances. There are Saturday Enrichment Academy (SEA) activities two Saturdays a month for students. This year the Robotics club hosted the FLL tournament here on campus on Saturday, November 9. The Robotics club hosts teams from all over San Diego County. Families and friends are invited to view the tournament. This is always a fun event that displays our students' robotics talents and leadership skills.

Preuss students are motivated and focused on learning as we approach the end of the second mid-semester on November 8. Progress reports are distributed through Advisory classes on November 13 & 14.

The months of November and December are full of vacation days away from school. I want to take a moment to remind students and parents that while we will have breaks these next two months, learning is still our first priority. Students must stay focused as we approach all of the excitement of the coming breaks. School will not be in session November 25-29, 2019, and December 23, 2019 - January 3, 2020. We return to school January 6, 2020. Please do not extend your vacations. Students are expected to be in school when Preuss is in session. Enjoy your time off.

Sincerely,

Pete Selleck
Interim Principal



A Note from the Attendance Office

By Patricia Villanueva

Dear Families,

We are thankful!



As we prepare to take a break from school for Thanksgiving and Winter Holiday, we want to express our gratitude for everyone who makes it possible for as many students as possible to come to school every day, on time, ready to learn. We thank:

Our students and families for making daily attendance a priority since they know the habit of attendance will help them do well in the classroom, college, and eventually in their careers.

Our wonderful teachers who pour their energy into making each classroom an exciting place for exploration and knowledge so children do not want to miss out on learning.

Our support staff and community volunteers who provide the extra hands and attention our children need.

We appreciate each one of you so much. We look forward to seeing you after the Thanksgiving and Winter Holiday Break. We also hope you will keep in mind that school is closed during Thanksgiving Break on November 25, 2019 thru November 29, 2019 and reopens on Monday, December 2, 2019. The school will also be closed during Winter Break from December 23, 2019 thru January 3, 2020. School will resume on January 6, 2020.

We especially appreciate everyone's efforts to avoid taking extra days off during the Thanksgiving and Winter holiday. Just a few missed days here and there, even if they're excused absences, can add up to too much lost learning time and leave your child behind in school. This is as true in kindergarten as it is in high school.

We greatly appreciate your support! Have a wonderful and restful school break.

Sincerely,
Patricia Villanueva
(858) 822-0311



Whispers from the Copley Media Center

We featured Banned Books Week (September 22 – September 28, 2019) with a mini-book jacket contest. The mini-book jacket had to represent a banned book, why it was banned and an about the author section. Our winners were 10th grader Jenny Giang, 12th grader Josblan Chavez Martinez, 11th grader Sue Ha. Our winners will get a book of their choice. This year we had so many great entries that we have seven honorable mentions. Lilian Huynh 10th, Fatima Bahreldin 6th, Roberto Jimenez 7th, Carlos Bahena 11th, Solyana Michael 11th, Abigail Alemayeho 10th and Kaelynn Wang 6th. Each one received a prize from our prize cupboard.

Our Scholastic Book Fair was held November 4th through November 9th. Thank you to our Scholastic Crew and parents; Hang Nguyen, Lemlem Ghidey, Kim Phung Dang, Ayde Ariza and Liliana Belmonte. All our proceeds will be used to buy new books for the Preuss Library.

Monthly library notices are now sent via students' Preuss email on a monthly basis. If your student has late textbooks or fines over \$5.00 they are not allowed to participate in any extra-curricular activities. This includes athletics, after school clubs and school sponsored social events. Please encourage your student/s to bring in any late textbooks or to begin paying off their account a little bit at a time. We can also discuss volunteering time to cover fines.

A Few Reminders

1. Students have access to online eBooks. On the library page of the Preuss School website your student can click Overdrive to access these eBooks. The site will walk you through downloading the correct app for your device. All your student needs for access, is their student ID # on their planner or picture ID card.
2. The library has a great resource for researching online. Please visit the DCP on the library webpage of the Preuss School website. All materials have been reviewed by experts in their field and feature reliable information. You can use this resource for every subject matter. There are even eBooks, online magazines, tutoring sites for homework, and tutorials on how to do research.
3. Are you looking to know more about what your students have access to online or what social media sites are trending and how they might effect your student? Visit the library page of the Preuss School website and click on Common Sense Media. It is a not-for-profit site providing everything from book , movie and TV reviews to studies on what our teens are using on social media and its effects.



Happy Reading!

Ms. Karen Nance
and

Ms. Maria
Gonzalez



Flu season is here, and the flu is making people sick in our community. As of late October, there have been two flu-related deaths and 362 cases reported in the County.

Flu can make you very sick and cause you to miss work, school and other activities. You might get so sick you have to be hospitalized. Every year, some people die from the flu-related complications, like pneumonia.

Last season, 77 people died from complications from the flu and there was a total of 9,655 cases reported. Unfortunately, the flu is very easily spread. Someone with the flu can spread the virus to others up to 6 feet away. And, you can get it and spread it to others even before you have symptoms. Some people, like seniors, young children and those with chronic health conditions like heart problems, asthma and other lung conditions, are especially vulnerable to flu-related complications.

There's an easy way to reduce your chances of catching, and spreading, flu. Get flu vaccine. It's widely available now throughout the county, at doctors' offices, clinics, retail pharmacies, County Public Health Centers and other places. Flu immunization is also a part of the Building Better Health component of Live Well San Diego (LWSD), a countywide vision to improve the health and well-being of local residents.

Here are some other tips to help stay healthy this flu season (and all year long):

- cover your coughs and sneezes with a tissue or your arm
- wash your hands often with plenty of soap and warm water
- if soap and water aren't available, use an alcohol-based hand rub
- stay away from sick people
- stay home when you are sick
- avoid touching your eyes, nose and mouth.

To learn more about flu and flu vaccine, visit the County of San Diego Immunization Program Influenza Season 2019-20 web page at: <http://www.sdiz.org/Community/Features/Flu-2019-20.html>. For a list of some flu vaccine clinics, see <http://www.sdiz.org/Community/Features/Flu-2019-20-clinics.html>.

These are dark times - literally. From now until the winter solstice, the days will only get shorter. The winter blues are very common, with many of us experiencing a mood shift during the colder, darker days of winter. You may find yourself feeling more lethargic and down overall. Although you may feel more gloomy than usual, the winter blues typically don't hinder your ability to enjoy life. But if your winter blues start permeating all aspects of your life - from work to relationships - you may be facing Seasonal Affective Disorder. SAD is a recurrent type of depression associated with the change in seasons. It typically starts in the fall and persists through the winter months. Less natural light can cause the following problems:

- Dips in serotonin, a neurotransmitter that regulates mood.
- Disruptions in circadian rhythms (your body's internal clock), which help control sleep-wake cycles.
- Alterations in melatonin, a hormone associated with both mood and sleep.

Regular exercise and social engagement seem to be the two biggest factors in overcoming SAD, and can easily be encouraged in the workplace, school or home.

Maintaining a regular schedule during the winter months can help keep your hormones in balance and regulate your mood — whether you suffer with the winter blues or SAD. Follow these tips to help manage your winter mood:

- Go to sleep and wake up at the same time every day to help normalize your circadian rhythms.
- Structure eating patterns by eating three meals a day, around the same time every day.
- Avoid the common urge in the winter to overindulge in simple carbohydrates, such as starchy or sweet foods; eat a balanced diet of proteins, fruits and vegetables, and whole grains (e.g., brown rice, quinoa).
- Make (and keep) plans with friends and families to help you stay connected to your loved ones.
- Take time for yourself and engage in activities you enjoy.

School Counselors Section

Happy Fall Preuss Families

Fall can be a stressful time for many of us, and especially our Seniors who are applying to college! Student Support Services is working hard with Advisory teachers to make sure we educate students about stress management techniques and ways to stay on top of all the things we need to manage in our lives. As always, we really appreciate all of your efforts and support, and we are available to support students and families with any stressful situations you may have. Please don't hesitate to contact us at our email or number.

Ms. Patrick — Grades 6, 11 and 12th grade lead — empatrick@ucsd.edu, (858) 822-0996

Ms. Oka — Grades 7, 8 and 12 — boka@ucsd.edu, (858) 822-0409

Ms. Hernandez — Grades 9, 10 and 12 — ruthieh@ucsd.edu, (858) 822-2002

The School Counselors are thankful for our Preuss families ! This fall we are focused on helping our seniors apply for college. One of the tools we use to help students apply to college is Naviance.

Naviance is a website utilized by the school counselors to help students access college information, sign up for college visits and research scholarships.

Students and families can access Naviance here:

<https://student.naviance.com/preuss>



Welcome to Naviance Student

Email

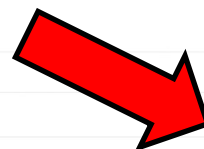
Password

Remember me

[Forgot your password?](#)

Login

If you would like to set up a Naviance account, please email your student's counselor for the registration code and then register here.



Are you new here?

[I need to register](#)

The Preuss School UCSD
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La Jolla, CA 92093
p: (858) 822-3000
preuss.ucsd.edu
[Privacy Policy](#)

PARENT NEWS

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

Thank you to our Parent Volunteers!

The community of Preuss parents is an integral part of The Preuss School UC San Diego. Parents who are engaged in their scholar's education, participate in school activities and donate their time to assist us at various events help us carry out the school's mission. It is a pleasure for me to work with each and every one of you and I sincerely thank you for all the support you provide to the school. Our parents quickly respond to requests for donations for different school events, sign up as volunteers for PTA and school events, assist in the library, drive scholar athletes to games and competitions, sell food at PTA meetings to raise funds for scholars' field trips and other activities, and much more!

Western BBQ was a success!

A group of parents recently helped out at the Western BBQ, a very popular event here at the school. Thank you for donating your time. Because of your involvement this event went very smoothly. A big thank you to our parent volunteers and to Maria Arroyo, Cafeteria Manager, and her staff for coordinating this very successful event. Scholars, volunteers, staff and teachers all enjoyed a complimentary delicious meal and this event presented an additional opportunity to build community. We look forward to the next one!

Upcoming PTA Meetings:

November 2019

5th - PTA Executive Board Meeting, 5:30- 7:00pm

16th - PTA General Meeting, 9:30 - 11:00am

At the November PTA General meeting we will have guest speaker William K. Busch discuss parts of his book, *The Money Ride*. You won't want to miss this informational talk! We look forward to seeing you!

December 2019

3rd - PTA Executive Board Meeting, 5:30- 7:00pm

14th - PTA General Meeting, 9:30- 11:00am

At the December PTA General meeting there will be presentations by The Preuss School's Choir and Rock Band. They will be leading us into the holiday season with beautiful music. You won't want to miss these great performances. We look forward to seeing you!



News from the PTA President Dianne Villalvazo

Hello parents, staff, and members of the Preuss family!

The Preuss School UC San Diego PTA has been off to a great start. We are currently at 66 PTA members. Our goal is 250. If you have not done so, please join the PTA! It is \$15 and the funds raised go right back to the students. You can pick up a membership envelope from Jacquie in the office, or at our monthly Saturday meetings. Donations are also accepted and very helpful!!

The PTA will be needing volunteers in the next few months. The Parent Dinner and Dance is on April 25 2020. We need parents to help get ready for this event. Some of the things needed done are sending out donation requests. These are done on line and by sending out flyers. We also need help getting flyers printed and ready to be sent home to the parents. This is our biggest fundraiser of the year. Our goal is to raise \$6000!

The PTA is also looking for parents who are interested in being part of the board. This is my last year here at Preuss. I am looking for parents who are interested in getting more involved. Next year, we will need a President, Vice President, Treasure, Secretary, and Auditor. We also need more parents to get involved in the committees. If you interested in helping please email me at dianevillalvazo@yahoo.com or call me 619-327-3424. Please leave me a message and I will return your call. English or Spanish is fine. Please just call!

ARTS INSIGHTS

By Ms. Tamima Noorzay

Imagine having the opportunity to visit one of the world's finest private contemporary art collections and receiving a private tour from the collector himself! AP Art History and AP Studio Art students were treated to their own personal tour of the Strauss Family collection by Matthew Strauss in September. Visiting the Strauss gallery, which is adjacent to the Strauss home in Rancho Santa Fe, students engaged with a broad range of contemporary art works, including paintings, installations and a walk through the impressive sculpture garden. Students said they each connected to one or more of the artworks in very personal ways ranging from emotions to aesthetic appreciation, inspired activism to understanding how medium informs meaning.

This once in a lifetime opportunity was orchestrated by our own fund developer, Tamika Franklin who set up the visit and coordinated all aspects of the experience.

In conjunction with Thurgood Marshall College and artist Jay Wolf Schlossberg-Cohen, upper division studio art students have participated in a series of six workshops with the artist. Cohen who was introduced to Preuss through Cecil Lytle, travels from Baltimore, MD to work with Preuss and UCSD students. Cohen's mural workshops across the country have provided communities a voice in creating social justice narratives in order to heal and empower the participating artists and their communities. Students journeyed through their own family histories, examined their own goals, and envisioned their future roles in creating change in their own communities. Art students demonstrated the clarity of their own understanding of the empowerment that education affords them and means by which they can harness that power to be the change. The resulting artwork created during these workshops are being used in conjunction with the art generated by Thurgood Marshall students to create a mural which both groups of students, families and staff will be painting in January at Thurgood Marshall College. A sister mural, on a smaller scale will be designed with Cohen and Preuss students for the Preuss Campus.



From the artist: As lead artist I teach that it is not about one's ability to paint, but one's ability to think. The mural making experience is designed to enhance positive school climate through: (1) deepening engagement in learning and the motivation to learn for understanding; (2) increasing student self-expression, self-concept, and self-awareness as community leaders; (3) increasing student and teacher self-efficacy and self-confidence, problem-solving skills, and team collaboration; and (4) experiencing goal setting, work ethics, and achievement-based success in an academic community and through producing a vibrant, aesthetic work of art to give as a gift to the school and/or broader community.

Most important, that the students, even though they may struggle, will discover that they can do anything. And do it at a high artistic and intellectual level. And they did!

ARTS INSIGHTS News from Ms. Noorzay Cont'd

Murals are one way to bring our collective stories together as one and to bring color and design to make our campus welcoming and beautiful. In collaboration with the Multicultural Empowerment Club, advisory and art students have started on a "Welcome" mural which will be unveiled during the Multicultural Festival in the spring. We have over thirty international languages spoken by our students and the goal will be to represent each of these languages in the mural.



Collaborating within the Preuss community, across disciplines, clubs and departments allows our campus culture to grow and thrive, creating a place and an identity for each of our students. It is the goal of the Fine Arts Department for each of our students to know they have value and add to our community in ways that are both seen and felt. In addition to our Preuss microcosm, connecting to the larger community allows students to see their worth and place adding to the narrative of the macroculture. Bringing guest artists are part of that mission and for the first time we have created an artist in residency program that extends across music, drama and visual art. Working with Art of Elan, a nonprofit that brings music education to schools in order to allow students to have access to classical music, Music, theater and art students are partnering with professionals bringing new traditions to Preuss! Not only are music students gaining an appreciation of live chamber music, they are learning about composers, instruments and what it takes to be a part of an ensemble and an orchestra. As an advocate for the benefits of music education for all students, and a violinist in the San Diego Symphony, Kate Hatmaker, the director of Art of Elan, has been very supportive of our students' and our goals. For the first time in Preuss history, the Fall Festival, a celebration of the Gothic Novel, will have a scene with live music played by a chamber ensemble! Plans for second semester include a continuation of the artist in residence program with a focus on jazz. Preuss students will be working toward composing music for Jazz June which will be recorded by Art of Elan musicians and accompany the Jazz June program. This year Jazz June will be themed around the Harlem renaissance and the work of Jacob Lawrence and the Great Migration with scripts created by our own English Language Arts students.

Connecting students with professionals provides another opportunity for finding their own purpose within the context of the communities of which they are a part. Seeing the world through different lenses becomes a unique bonding moment, creating global connections as Art and Mandarin students experienced firsthand meeting the Bravo! Chinese Master Artists at a workshop at La Jolla Country Day School in mid-September. As part of a diplomacy initiative, six master artists visited San Diego and also spoke at the Getty Museum in Los Angeles. Preuss and LJCDs students participated in a hands on workshop that included traditional inkwash painting, lectures by two of the artists and a Q & A session. Additionally, they visited the University Art Gallery at UCSD to engage with 50 amazing works of art exhibited by the master artists. Studio Art I and II students created ceramic works inspired by the show, incorporating nature designs and the artist's specific color palettes on their ceramic wares.



It is an amazing time to be a student at Preuss with so many departments, clubs and organizations collaborating to provide meaningful connections to education, community and, ultimately, the individual!

As highlighted by the guest speaker brought by MUN from the mayor's office, Preuss students must become active members of their communities in order to influence the future. Effective governing of our San Diego communities comes from the voices within the neighborhoods. The Fine Arts Department is excited and inspired to help our students find their voice through the arts in order to continue in this mission.



Yearbook Sales !!!

Come buy our yearbook at the presales during middle and high school lunch in front of the Walton Center for \$35! As the year progresses, make sure you buy a yearbook to reminisce over all the memories you made this year. Or buy your yearbook at yearbookforever.com.

Yearbook: \$35 (\$42 with a namestamp!) \$10 down payment minimum. (Or use a credit card online at yearbookforever.com)

Cash only if purchasing at Walton Center

No bills greater than \$20

Dedication Pages/Ads

Celebrate your wonderful students by purchasing a dedication in the yearbook. You may purchase up to a full page or as little as $\frac{1}{8}$ of a page. Your **down payment of 20% reserves your ad space!** The deadline to buy an ad or dedication is **December 13**. You may design your own page through yearbookforever.com or work with a Yearbook member to create the perfect page! If you have any questions, please feel free to contact yearbook adviser Dr. Ensberg by email at pensberg@ucsd.edu.

Dedication Prices

Full page	\$150
Half page	\$75
$\frac{1}{4}$ page	\$40
$\frac{1}{8}$ page	\$25

IMPORTANT SCHOOL DATES:

11/19 - 11/20/19: UC Application Submission Days for Seniors.

11/20: Thanksgiving Luncheon, Middle and High School Lunch Time. Parents are invited.

11/25 - 11/29/19: Thanksgiving Holiday–School Closed.

11/16/19, 12/7/19 & 12/14/19: Saturday Enrichment Academy- 9:00 A.M - 11:00 A.M

11/16/19 & 12/14/19: General Parent Meeting– School Auditorium– 9:30A.M-11:00A.M

12/23/19 thru 1/3/20: Winter Break– No School.

1/11/20 & 1/25/20: Saturday Enrichment Academy– 9:00 A.M - 11:00 A.M

1/13/20 - 1/16/20: 1st Semester Final Exams

1/17/20: 1st Semester Ends

1/20/20: Martin Luther King Jr. Day (No School)

1/23/2020: 1st Semester Final Report Cards are mailed home to parents.



Visit us on the web:

<http://preuss.ucsd.edu>

Special Thanks to Our Insight Newsletter Contributors:

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