

The
**Preuss
School**
UC San Diego

Insight Newsletter

9500 Gilman Drive, La Jolla, CA 92093-0536 Main Phone Line: (858) 822-3000



25

*Celebrating 25 years of
transformative education*

1999 - 2023

The Preuss Way
Kindness
Respect
Excellence

A Message From The Principal



THE PREUSS SCHOOL UC SAN DIEGO 25 YEARS OF TRANSFORMATIVE EDUCATION

Hello Preuss School Families,

I hope this letter finds you all in good health and high spirits. It is with immense pride and joy that I write to you today to celebrate a truly remarkable milestone in the history of The Preuss School UC San Diego - our 25th year of transformative education.

As we look back over the past quarter-century, we are reminded of the countless lives we have touched, the dreams we have nurtured, and the potential we have unlocked. From our humble beginnings in 1999 to the vibrant, diverse, and thriving community we have become, our journey has been nothing short of inspiring.

Over the years, The Preuss School has stood as a beacon of hope, providing underserved students with an opportunity to receive an exceptional education that opens doors to a brighter future. We have seen our students overcome challenges, break down barriers, and shatter expectations. We have witnessed their growth, their passion for learning, and their unwavering determination to succeed.

Our dedicated teachers, staff, and administrators have played a pivotal role in shaping the lives of our students. They have not only imparted knowledge but also instilled in our students the values of perseverance, resilience, and the belief that they can achieve greatness. It is through their unwavering commitment that we have been able to create an environment where every student can thrive academically and personally.

The Preuss School's connection to the University of California, San Diego, has been a unique and invaluable asset. Our students have had the opportunity to engage with a world-class university, providing them

with a glimpse of the endless possibilities that await them in higher education. This partnership has enriched our students' educational experiences and has further fueled their aspirations.

As we celebrate this 25th year, let us not only reflect on our past achievements but also look forward to the future with hope and determination. Our mission remains as relevant as ever, and we are committed to continuing to provide transformative education to the generations of students yet to come.

I want to extend my heartfelt gratitude to every member of the Preuss School community - students, parents, teachers, staff, alumni, and supporters. Your unwavering dedication and belief in our mission have been the driving force behind our success.

To our students, I want to say that you are the embodiment of our hopes and dreams. Your potential knows no bounds, and as you continue your journey, know that The Preuss School will always be here to support and champion you.

As we embark on this milestone year, let us come together as a community to celebrate our achievements, honor our history, and envision a future where every student has the opportunity to transform their life through education.

Happy 25th year, Preuss School! Here's to another 25 years of making a difference, one student at a time.

With warm regards and heartfelt thanks.

Dr. Matthew Steitz

Principal, The Preuss School UC San Diego

Note From The Editor

In 1998, the Preuss School UC San Diego was established with bright hopes for many students in the San Diego area to access high-quality education to prepare them for college. From the first bungalows on the UC San Diego campus where the first classes were held, to twenty-five years later, here we are celebrating many achievements by our faculty, staff, and most importantly, our students. Since 1999, the Parent Council (formerly PTA) has been preparing a newsletter to inform parents and other community members of the wonderful successes and activities involving our students. Initially, the newsletter was printed thanks to a generous contribution of Care-Fusion Corporation, employer of a former Preuss parent, Jose Garcia. The newsletter was such a success that parent over the years continue to request that the school produce the newsletter. Today in the new digital age, the *Insight Newsletter* is electronically delivered and remains an instrumental source in keeping the school community informed of all that is happening.

The first time the Parent Council issued the first school's newsletter – originally titled, *The PTA Newsletter* – is still a highlight for me personally. At that time, I was representing the Communications Department from the Parent Council, and they all were so enthusiastic about creating a publication that would keep families and the school community informed and engaged. We always kept up-to-date with the

school calendar about activities and news of student achievements to include in each issue. In addition to reporting on events, the newsletter has always included articles from faculty and staff on important relevant topics for parents about their child's education. As current editor, the purpose of the newsletter remains the same despite a change in design and new digital format.

In this commemorative year, we celebrate continued growth in producing a newsletter for the entire school community. Many thanks to everyone who has made the *Insight Newsletter* possible over the years. I would like to recognize our long-time contributors for their input to each issue: the school's Administration and Staff, PTA, Teachers, Librarians, Counselors, ASB students, Clubs and Organizations. A special recognition to Mrs. Karin Marsolais for her time in editing the newsletter and Mr. Garcia for many years volunteered in printing copies for our families.

We now turn our focus to what is currently happening at the Preuss School. As always, I invite you to check out the articles and enjoy reading about our wonderful school.

With fond memories and enthusiasm for the future,
 Patricia Villanueva
 Attendance & Transportation Coordinator

A Look Back At Previous Newsletters

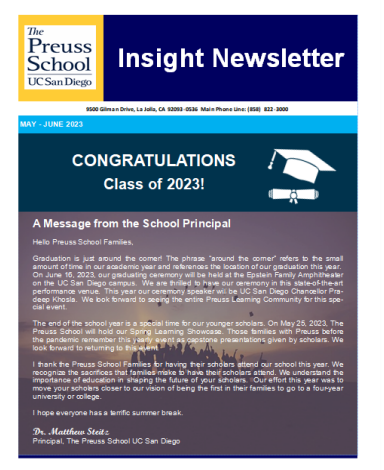
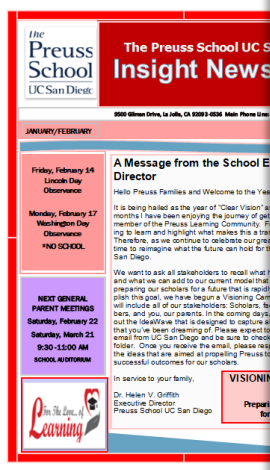
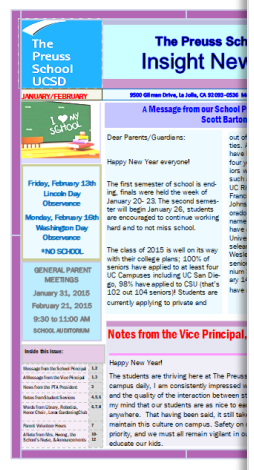
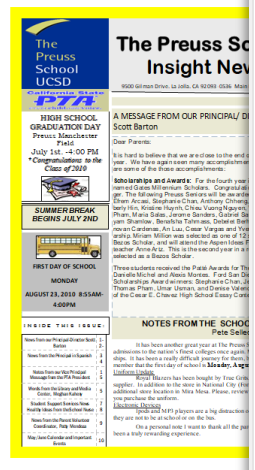
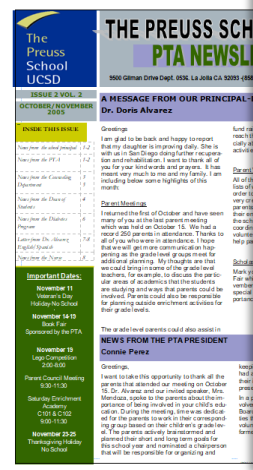
2005

2010

2015

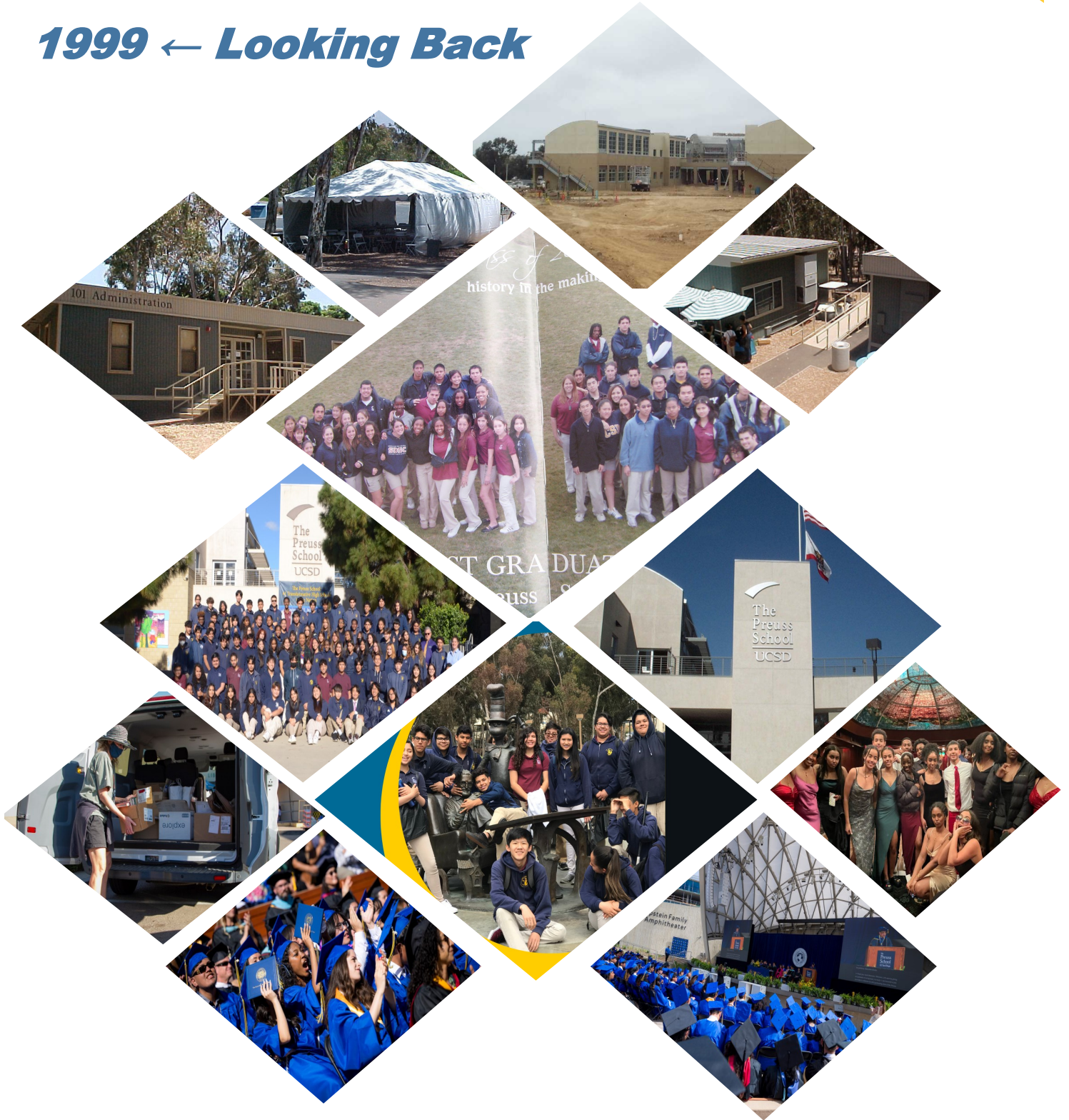
2020

2023



School History Snapshots

1999 ← Looking Back



Looking Forward → 2023-2024

Pay Attention to Attendance



Keep Your Child On Track in Middle and High School: Pay Attention to Attendance

Even as children grow older and more independent, families play a key role in making sure students access learning opportunities and understand why attendance is so important for success in school and on the job. Families can also advocate for resources to help students learn if they cannot attend in-person.

DID YOU KNOW?

- Students should miss no more than 9 days of school each year to stay engaged, successful and on track to graduation.
- Frequent absences can be a sign that a student is losing interest in school, struggling with school work, dealing with a bully or facing some other difficulty.
- By 6th grade, absenteeism is one of three signs that a student may drop out of high school.
- By 9th grade, attendance is a better predictor of graduation rates than 8th grade test scores.
- Missing 10%, or 2 days a month, over the course of the school year, can affect a student's academic success.

WHAT YOU CAN DO

Make school attendance a priority

- Talk about the importance of showing up to school every day.
- Help your teen maintain daily routines, such as finishing homework and getting a good night's sleep.
- Try not to schedule dental and non-Covid-19 related medical appointments during the school day.
- Keep your student healthy, and if you are concerned about Covid-19, call your school for advice.
- If your teens must stay home because they are sick or in quarantine, make sure they have asked teachers for resources and materials to make up for the missed learning time in the classroom.

Help your teen stay engaged

- Find out if your children feel engaged by their classes, and feel safe from bullies and other threats.
- Make sure your teens are not missing class because of challenges with behavioral issues or school discipline policies. If any of these are problems, contact the school and work with them to find a solution.
- Monitor your teen's academic progress and seek help from teachers or tutors when necessary. Make sure teachers know how to contact you.
- Stay on top of your child's social contacts. Peer pressure can lead to skipping school, while students without many friends can feel isolated.
- Encourage your teen to join meaningful after-school activities, including sports and clubs.
- Notice and support your students if they are showing signs of anxiety.

Communicate with the school

- Know the school's attendance policy – incentives and penalties.
- Check on your teen's attendance to be sure absences are not adding up.
- Seek help from school staff, other parents or community agencies if you need support.



Meet the New Staff



Kamilah Brown

A passionate educator and advocate, Mrs. Kamilah Brown has served students and families throughout Los Angeles and San Diego Counties for 15+ years. She has worked as a teacher, education specialist and school administrator in grades K-12. She currently volunteers with non-profit organizations that focus on literacy, youth leadership development, STEAM, equity and social justice. VP Brown believes access to high quality education to be a basic human right! VP Brown received her degrees and teaching credentials from CSU Dominguez Hills, Mount Saint Mary's University and CSU San Marcos. She is married to a Navy veteran and has two sons. VP Brown is fluent in Spanish and enjoys all things culture, food and travel.

I am a San Diego native who loves all the different cultures and people you can meet in this city. I graduated from UC Davis in 2017 and then moved to Japan to teach English and work in the translation department of the tourism board. My hobbies include cooking, reading, running marathons, and playing video games. I am currently working towards my Master of Education at UCSD and am excited to be at Preuss!



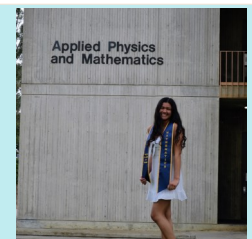
Michael Clogston

Alyson De La Rosa



Hi everyone! My name is Alyson De La Rosa, one of the new Family Support Specialists this school year. I am a Licensed Clinical Social Worker, and I am a proud Preuss alumna, class of 2011! I obtained my bachelor's in Social Welfare with double minors in Education and South/Southeast Asian Studies at University of California, Berkeley (Go Bears!), and I earned my master's in Social Work at San Diego State University with a Pupil Personnel Service Credential. Prior to graduate school and after obtaining my master's degree, it became a dream of mine to work as a school social worker at Preuss and here I am living that dream! I am so thrilled to be a part of the Preuss family again and I cannot wait to support and empower the students as much as staff/faculty/teachers supported me during my time here as a student. Outside of my role, I enjoy spending quality time with family, friends and my dog Simba. For self-care, I play or watch sports, go to Disneyland and travel the world! I have visited 20 U.S. states and 18 different countries thus far. I am looking forward to a wonderful year ahead!

Hi I'm a new math teacher here at Preuss! I love to bake, go to concerts, and spend time with my friends and family.



Aliya Eid



Yunlong Li

My name is Yunlong Li and I also go by Eddie. I am one of the UCSD interns teaching 6th Grade ELA, 6th Grade Writing Wheel, and 7th Grade English. In college, I majored in English Literature and minored in Education Studies. Right now, I am working on my Education Studies Masters. My favorite subjects in school have always been Literary Theory, Philosophy, and Political Science. In my free time, I like to draw and write. I absolutely adore La Jolla Cove and Blacks Beach. I came to Preuss to gain more experience as an educator and pursue my ambitions in teaching.

Meet the New Staff Continued



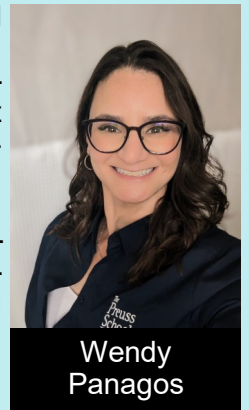
Bonni
Montevecchi

Bonni Montevecchi is the new Board/Scholar Support Liason. She previously worked in the Enrollment Management/Admissions Department at UC San Diego. She's a native of Central California and has even lived in Yosemite National Park. She has an undergraduate degree in Journalism and masters degree in Organization Development.

Ms. Panagos just joined our Preuss team in August 2023, and has worked in the mental health field since 2001. She is a licensed Marriage and Family Therapist and has worked in a variety of settings, including education, military installations, and non-profit organizations. Ms. Panagos has dedicated her career to serving youth and families via direct counseling services, advocacy, clinical supervision and mental health program management.

Ms. Panagos graduated from U.C. Irvine with a bachelor's degree in Psychology and Social Behavior. She furthered her education by pursuing her master's degree in Counseling from San Francisco State University. She is thrilled to be here at The Preuss School UCSD supporting and promoting the education and well-being of our students!

Outside of work, Ms. Panagos enjoys hiking, dancing, music, photography and spending time with friends and family. She especially enjoys travel and learning about new cultures, traditions, cuisines, languages, history and architecture. Ms. Panagos has lived overseas in Mexico and Japan and hopes to have another adventure abroad in the future.



Wendy
Panagos



Leslie Villalobos-
Hernandez

Growing up in the Bay Area I never imagined living anywhere else, but this year I found myself at Preuss experiencing life in San Diego. One of the biggest reasons for joining Preuss was the students. Being a first-generation student myself, I feel my personal experiences would allow me to empathize with my students and understand the challenges they may face. My goal for this year is to become one of the many resources on campus that students can look to for support whenever they may need it. My hope is to also foster an environment that educates and inspires students to lead healthy and active lives.

Outside of Preuss, you can find me spending most of my free time being active or doing some kind of outdoor activity. I have a very deep passion for health and sports, which is why I say I have one of the best jobs since I get the opportunity to teach my students through physical education. Whenever I am not teaching health concepts or sports to my students, you can find me at the beach, doing some long-distance running, or watching some of my favorite sports teams like the 49ers, SF Giants, and Warriors. I am really excited to see what this year will bring and being part of the Preuss community!

Hello! I am Miss Wang, the new Mandarin intern teacher at Preuss. I was born and raised in Taiwan and immigrated to California in elementary with my family. I attended UCLA for my undergraduate study, majoring in Japanese BA and minoring in Education Studies. I am currently attending UCSD as a graduate student, earning my Master of Arts in Education and teaching credential. I love language and am excited to teach languages to students. My hobby is writing, reading, and watching anime. I am excited to start my first year of teaching at Preuss!



Angel Wang

Whispers From The Library

Welcome to the 2023-2024 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 if any problems arise.

A broken screen or damaged keyboard is \$40.00

A lost or chewed charger is \$15-\$25.

A missing barcode is \$5.00.

Please encourage your student to carry the device with both hands, do not carry by the screen 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. 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 30th – Friday, November 3rd. All proceeds will be used to purchase new books for the library. Visit our [Book Fair Homepage](#) for more information

Keep Reading,
Ms. Nance and Ms. Gonzalez
librarians@preuss.ucsd.edu

SCHOLASTIC

WE'RE HAVING A BOOK FAIR!

PREUSS SCHOOL

9500 GILMAN DR DEPT 536, LA JOLLA, CA 92093-0536

FAIR DATES

Oct 30 - Nov 3

All purchases through the Book Fair benefit our school.
Thanks for supporting our kids! Happy reading!

If you have any questions or concerns, please do not hesitate to reach out



Phone: 858.822.2150

or



Email: librarians@preuss.ucsd.edu

Student Services & Counseling Department

Dear Preuss Families,





The School Counselors welcome you to the 2023-2024 school year! We also want to give 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, grief, academic organization, and other personal concerns. If you have any concerns regarding your student please contact us or your child's University Prep Teacher.

The student services department is happy to welcome our two new Family Support Specialists , Alyson De La Rosa and Wendy Panagos!



The Preuss School
UC San Diego

Counseling Department 2023-2024

LAST NAME A-GE Ms. Sara Silva s3silva@ucsd.edu (858) 822-2002 calendly.com/sarasilva-1 SCAN FOR APPT. 	LAST NAME GF-NG Ms. Allyson Cobbs acobbs@ucsd.edu (858) 822-0409 calendly.com/mscobbs SCAN FOR APPT. 
LAST NAME NH-Z Ms. Erin Patrick empatrick@ucsd.edu (858) 822-0996 calendly.com/mspatrick SCAN FOR APPT. 	COLLEGE WORKFORCE COORDINATOR Ms. Shaoni Bandy sbandy@ucsd.edu calendly.com/preussbandy SCAN FOR APPT. 

Degrees: Alyson-LCSW, Wendy-LMFT

Our names are Alyson De La Rosa and Wendy Panagos. We are the new Family Support Specialists (FSS). Our role as FSS includes Homelessness and Foster Youth Liaison, Mental Health Counseling and referrals, Crisis Intervention, resources to students and families (food, shelter, school supplies, backpacks, uniforms, etc) and so much more. If you would like to get connected with us, please reach out to your school counselors. We're looking forward to meeting you!

Mental Health Support Lines and Websites:

- <https://www.sandiegocounty.gov/hhsa/programs/bhs/>
- <https://988lifeline.org/current-events/the-lifeline-and-988/>
- <https://sandiego.networkofcare.org/mh/index.aspx>

Self Care is the best care, please utilize our Triton Calming room for coping skills and activities for parents, teachers, and students:

<https://sites.google.com/preuss.ucsd.edu/tritoncalmingroom/home>



Student Services & Counseling Department Continued

Contact the Student Services Department

Ms. Sara Silva
School Counselor, A-GE.
s3silva@ucsd.edu
(858) 822-2002

Ms. Allyson Cobbs
School Counselor, GF-NG.
acobbs@ucsd.edu
(858) 822-0409

Ms. Erin Patrick
School Counselor, NH-Z.
empatrick@ucsd.edu
(858) 822-0996

Ms. Alyson De La Rosa
Family Support Specialist-LCSW
ardelarosa@ucsd.edu
(858) 822-1484

Ms. Wendy Panagos
Family Support Specialist-LMFT
wpanagos@ucsd.edu
(858) 822-4512

Ms. Shaoni Bandy
College Workforce Coordinator
sbandy@ucsd.edu

Ms. Paty Macedo
Registrar
preussregistrar@ucsd.edu
(858) 822-2525



College Applications:

College application season is here! Applications for CSU and UC began on August 1st. Seniors please make sure to take time to fill out your applications. Please let us know if you need assistance with that.



Transcript Review

The counselors have been meeting with students in 10th, 11th and 12th grade to make sure they are on track to graduate. We are visiting advisory classes this week to discuss their classes as well. Make sure to ask your student to see their updated Grad Check form!



Progress Report Calendar

Progress reports will be coming out on the following dates this year. Please make sure to check Aeries in the Parent Portal and your mailbox!

September 27 and 28th
November 15 and 16th
January 22- Report Cards mailed out
March 6 and 7th
May 1 and 2nd
June 25-Final Report cards mailed home

Parent News

Notes from the Volunteer Coordinator

Hello Preuss Family,

I hope the 2023-2024 academic year has been off to a great start for everyone! We are officially back to having all of our PTA meetings on campus and I am excited to get to know you all.

Our first PTA General Meeting was on August 26, in which we had 47 parents attend! I invite all of our families to attend these monthly meetings in order to stay informed about school events, learn about ways to be involved, and learn how to best support your scholar in a holistic way through our Parent Academy.

Our next PTA General Meeting will be on September 16 from 9:30 am - 11 am in the Walton Center, followed by our first Parent Academy session! The topic will be "Preuss Best Practices."

PTA Memberships



The PTA would also like to encourage our families to purchase a PTA membership for the academic year as a way to support the school. They can be bought in person at the front office or online.

I hope to see many of you at our next meeting, and keep an eye out for any ParentSquare announcements! If you have any questions or comments, please don't hesitate to contact me.

Warm regards,

Vanessa Muños Campos

preussvolunteer@ucsd.edu || 858-822-0020

Yearbook Dedication Sale!

Yearbook Dedications 2024

Dedication pages for sale! Buy your student, friend, or mentee a page, or part of a page, in the yearbook to show how proud you are of the achievements of your student during their years at Preuss. Dedication pages can include words of encouragement, pictures of the student, and messages from family members. See prices and examples below. You are able to design your own dedication page or have the yearbook staff design it for you. For more information, feel free to contact the yearbook staff at pensberg@ucsd.edu.

¡Páginas dedicadas a la venta! Comprele a su estudiante una página, o parte de una página, en el anuario para mostrar cuán orgulloso está de los logros de su estudiante durante sus años en Preuss. Las páginas de dedicación pueden incluir palabras de aliento, fotos del estudiante y mensajes de miembros de la familia. Puede diseñar su propia página de dedicación o hacer que el personal del anuario la diseñe para usted. Para obtener más información, no dude en comunicarse con el personal del anuario en pensberg@ucsd.edu.

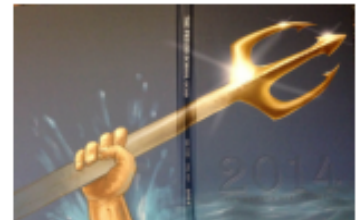
Grades 6th - 11th

Full Page \$250

Half Page \$175

Quarter Page \$100

Eighth Page \$60



Cash ONLY: No bills greater than \$20.

Deadline to order Dedications for the 2023-2024 yearbook is Friday, December 1!!

These are some examples of dedication pages from the 2016 school year, you can buy a whole page, or a part of the page and write something meaningful! The yearbook staff can design it, or you can contact the staff to get the perfect dedication for your student.

Estos son algunos ejemplos de dedicatorias del año escolar 2016, puedes comprar una página completa o una parte de la página y escribir algo significativo. El personal del anuario puede diseñarlo, o puede comunicarse con el personal para obtener la dedicatoria perfecta para su estudiante.



Spanish National Honor Society Members

Congratulations to the following scholars who were accepted into the *Xochimilco* Chapter of the Spanish National Honor Society for the 2023-2024 school year!

The *Sociedad Honoraria Hispánica* (SHH) is an honor society for high school students. The mission of the SHH is to recognize academic achievement, promote the study of the Spanish language and engage in community service. Any secondary school student who has maintained an honor grade point average and has taken a minimum of three semesters of advanced Spanish is eligible to be a member of the SHH.

NEW MEMBERS

Joshua Hernandez
Fabian Garcia
Jenisha Semexant
Emmy Nong
Yared Fente
Sabrina Haji
Andy Phan
Hector Vargas
Brianna Sandoval
Moises Garcia
David Estrella
Abel Ramirez Jr.
Rebeca Beltran
Diana Mercier

HONORARY MEMBERS

Stacy Arribeno
Marely Montejo
Johan Camarillo
Yeshua Montano
Ashley Lopez
Sofia Garcia
Jenny Sanchez
Evethe Montano
Darian Juarez
Angela Gomez
Christian Juarez
Jessica Mariano
Kamila Ramirez
Valerie Colin
Amayrani Calderon
Daniela Aguirre Ambario
Sabrina Ayala
Anali Centeno Aragon
Gael Herrera
Jessica Mariano

AMBASSADOR MEMBERS

Gabriel Betancourt
Yansely Flores Urzua



Join The Preuss School academic community!
Applications for new scholar enrollment for Fall
2024 are currently open.

Submissions will be accepted until Friday,
December 15, 2023 at 11 p.m.

Apply at:

www.preuss.ucsd.edu/admissions



Important Dates

September 16
Saturday Enrichment
Academy
9:00am - 11:00am

September 16
PTA General Parent
Meeting
Walton Center
9:30am-11:00am

September 16
Parent Academy
Walton Center
11:15am -12:00pm

September 18
ASB CADA Leadership
Conference in Escondido
9:15am-2:00pm

September 27 & 28
1st Mid-Semester Progress
Report Cards Distributed in
Advisory Class

September 30
Saturday Enrichment
Academy
9:00am-11:00am

October 3
PTA Executive Board
Meeting
5:30pm-6:30pm

October 12 & 13
Progress Report to
Parents for At Risk
Students

October 14
Saturday Enrichment
Academy
9:00am -11:00am

October 14
PTA General Parent
Meeting
Walton Center
9:30am-11:00am

October 30 - November 3
Scholastic Book Fair
Preuss School Library



Parent Academy

Saturday, September 16th
11:15 am - 12:00pm
Walton Center

Topic:
Preuss 101 - Best Practices

Visit us on our Website:
<http://preuss.ucsd.edu>

CONTACT US

To contact the Preuss School Office Staff,
see contact information below.

Front Office Line for general questions
(858) 822-3000
all039@ucsd.edu.

Attendance and Transportation
(858) 822-0311
pavillanueva@ucsd.edu

Admissions
(858) 822-0408
preussadmission@ucsd.edu

Registrar
(858) 822-2525
preussregistrar@ucsd.edu