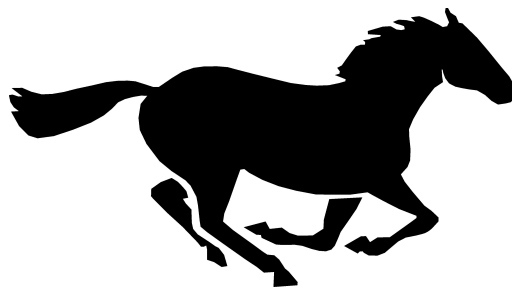


**SAN DIEGUITO
HIGH SCHOOL ACADEMY**
A CALIFORNIA DISTINGUISHED SCHOOL



PARENT RESOURCE BOOK

Fall 2014 Revision

SAN DIEGUITO HIGH SCHOOL ACADEMY
800 SANTA FE DRIVE, ENCINITAS CA 92024
760-753-1121 www.sdacademy.net

This booklet is no longer being printed by San Dieguito Academy and is provided online as a parent resource. For the most up-to-date information, please call the school.

This resource book was compiled in 2012 by the Student Support Service Council of the Foundation to raise awareness about select aspects of SDA. It is not intended to be an all-inclusive document and may not be up-to-date.

Please refer to SDA's website at www.sdacademy.net for additional information.

We wish to thank the SDA staff and administration for their contributions to this resource book.

SAN DIEGUITO HIGH SCHOOL ACADEMY

800 SANTA FE DRIVE, ENCINITAS CA 92024

760-753-1121

www.sdacademy.net

PHONE NUMBERS YOU WILL NEED:

| | |
|--|---------------------|
| Attendance Office | ext . 5020 |
| | ext . 5026 |
| | ext . 5027 |
| Asst .Principal's Office | ext . 5004 |
| ASB Office | ext . 5155 |
| Athletics Office | ext . 5167 |
| Counseling Office | ext . 5076 |
| Finance Office | ext . 5028 |
| SDA Foundation Office | ext . 5085 |
| Media Center | ext . 5172 |
| Nurse's Office | ext . 5021 |
| Principal's Office | ext . 5002 |
| Principal's Office Fax | 760-753-8142 |
| Reception Desk | ext . 0 |
| Registrar's Office | ext . 5011 |
| Registrar's Office Fax | 760-943-3555 |
| Spanish Hotline, En Español | ext . 5288 |

1 GENERAL INFORMATION

Mission Statement

San Dieguito Academy is a learning community that nurtures the individual, promotes academic rigor, provides varied opportunities for success, values excellence and celebrates creative expression.

History

San Dieguito High School was established in 1937 and has operated continually in the community for seventy-five years. In 1996 the school district turned SDHS into a “school of choice,” meaning it became a school that any student within the district may attend, not just those who live nearby. (If more students apply than there is room, a lottery is held.) To indicate its new status as a school of choice, the District appended the term “Academy” to its name.

4x4 Schedule

Students may take 80 credits per year, rather than 60 per year on a block schedule. This allows more opportunities to choose electives for personal interests and/or academic concentration. Students usually take four classes per term, completing what is traditionally a yearlong course in half a year. Classes are 90 minutes long. Students attend each class every day.

Term

The academic year consists of two terms, fall and spring. Each term has two quarters. Each quarter’s grades go on the permanent record. All classes are two quarters in length to meet University of California and California State University requirements, with the exception of Economics and Government.

Graduation Goals

SDA supports its students in becoming:

Successful Learners who: Practice effective study skills; identify and build on their individual learning styles; reflect on and monitor their own academic and personal growth; apply their learning outside the classroom.

Critical Thinkers and Creative Problem Solvers who: Analyze information effectively; demonstrate open-mindedness, flexibility and creativity; tolerate uncertainty.

Effective Communicators who: Convey ideas and information clearly, confidently and persuasively through writing, speaking, etc. Understand, analyze and evaluate ideas and information through reading, and listening, etc. Use self-expression to explore ideas and emotions.

Responsible Community Members who: Respect and appreciate individuality and diversity. Collaborate effectively; play active roles in improving communities. Act with integrity and honesty.

Resilient Individuals who: Overcome difficulties and setbacks; seek balance, meaning and joy in their lives.

Bell Schedules

The bell schedules will change during the year. Please refer to the website www.sduhsd.net for the current schedule. Click on “Bell Schedule” on the left side of the page.

2 SCHOOL COMMUNICATIONS

Listed below are the various sources of information and communication tools that SDA families can use to stay informed and connected to school.

Address:

San Dieguito High School Academy
800 Santa Fe Drive
Encinitas, CA 92024

Telephone:

760-753-1121
Principal’s office fax: 760-753-8142
Registrar’s fax: 760-943-3555

School Website

Visit www.sduhsd.net and click on “More Quick Links” to find links to the Weekly Bulletin and quarterly newsletters to learn about what is happening at SDA. Explore the “Current News and Announcements” link as well as other program links.

School Calendar

From the school’s home page, click on “SDA Events Calendar.” The Google calendar allows you to save individual events or the entire calendar to your own Google calendar. If you use iCal or similar programs, you may subscribe to the school calendar in PDF format, but remember that the calendar will change and should be checked frequently for updates.

Naviance

From the school’s home page, click on “Counseling” in the Quick Links to find instructions to access Naviance, a comprehensive management tool designed for students and families to assist and enhance the college preparation and career planning process.

Aeries Parent Portal

This is an essential tool for parents. Check class assignments, attendance, homework, grades, graduation status, transcripts, and more at <http://parent.sduhsd.net>. To create an account, a valid e-mail address, password and student ID number is needed. Once an account is opened, visit www.sduhsd.net and click on “Aeries Portal.” Not all teachers provide information on Aeries Portal. Some may have another website or use Blackboard to communicate to students and families. Please check the

“Teachers and Staff” page at www.sduhsd.net for individual teachers’ websites, or contact the teacher directly by phone or email.

All-Calls

Frequently throughout the school year, automated school-wide telephone messages are sent from SDA to all SDA students and families, providing important information from the principal.

E-Option News

E-option news is available through email every Friday. Time sensitive information is sent from the administrative office regarding news, calendar items, sports schedules, etc. for the upcoming week. To sign up for E-Option, visit www.sduhsd.net and click on “More Quick Links” and then on “Weekly E-Newsletter” for the E-Option information or call the Principal’s office at ext. 5002.

First Friday

On the first Friday of each month, parents are invited to join the principal for an informal discussion of school-related topics in the Conference Room at 8:00 a.m. Sessions last approximately 45 minutes. Please call ext. 5002 for more information.

New Parent Orientation

This is a must for new parents. Held during the freshmen “Taking Care of Business” day in August. This is a chance to meet school administrators and other SDA parents while learning about SDA culture and how to navigate through high school. Topics include student support and independence, clubs and sports, college preparation and parent engagement.

School Newsletter

The SDA newsletter is available online each quarter. This newsletter identifies upcoming events, activities and provides updates to the school calendar. Parents who sign up for the E-Option will automatically receive the newsletter. Visit www.sduhsd.net and click on “More Quick Links” and then on Weekly E-Newsletter or call the principal’s office at ext. 5002

Spanish Hotline

For a directory of Spanish speaking staff, please contact the Spanish hotline at ext. 5288. For additional information in Spanish, go online to the school home page and click on the “Español” link.

En español: Para el directorio escuelas de contactos del personal que habla español en SDA, por favor llame a la línea de información en español a la extensión 5288.

3 THE BUSINESS OF SCHOOL

Attendance

- **Excusing All-Day Absences** Call 760-753-1121 ext. 5026 on the day of the absence. Spell the first and last name of the student, give your name and relationship to the student and the reason for the absence (medical or personal).

- **Excusing Tardies** Call 760-753-1121 ext. 5026 before your student arrives at school. Spell the first and last name of the student, give your name and relationship to the student and the reason for the tardy.

Tardy students must sign in at the attendance office before going to class.

- **Off-Campus Pass** District policy states that the Attendance Office needs 24-hour notice for an Off-Campus Pass. To request a pass call 760-753-1121 ext 5026. Spell the first and last name of the student, give your name and relationship to the student, the reason for the pass, the time the student needs to leave school, and whether or not the student will be returning to school. Students must pick up the Off-Campus Pass in the attendance office before leaving school. It is the student's responsibility to pick up the pass; we do not deliver passes to classrooms. Students must show the pass to the teacher before leaving the classroom. Students must have an Off-Campus Pass to leave school. **STUDENTS WHO LEAVE WITHOUT A PASS WILL BE MARKED TRUANT.**
- **18-Year-Old Contract:** Students with this contract may excuse their own absences. To be eligible, students must be 18 years of age or older, have good attendance, have permission from parent and assistant principal, and absences must meet the guidelines established by the state and school district. For more information see the Attendance Office.
- **Make-up Work:** Make-up work is granted to students who have medically excused absences, court-ordered appearances or for religious observation. Make-up work for personal absences (verified by the parent) is left to the teacher's discretion. Teachers may choose not to grant make-up work to a student who has truanancies, suspensions or uncleared absences. Please contact the teacher for more information.
- **Illness At School:** Students who are ill **must ask the teacher for a pass to the nurse.** The nurse will call the parent/guardian for permission to send the student home. Students who leave school without a pass or without permission from the nurse will be marked truant.

Back To School Night

At the start of each term, parents are invited to an evening program to meet their student's teachers and to learn about specific class expectations, grading criteria, and other pertinent information. For individual questions or concerns, parents may make an appointment at a later time to speak with their student's teachers. Prior to the class visits, there is a short presentation from the SDA Principal and staff.

CAHSEE

Each student must pass the California High School Exit Exam in order to receive a high school diploma. It is taken for the first time in tenth grade and is usually administered in February. Students may take the test 5 times. For more information visit www.sduhsd.net and click on "Counseling", and then on any of the grade level links for 9th, 10th, or 11th grades. The "CAHSEE" links will be under the "Testing Information" heading on the right side of the page.

Career Pathways

Designed to connect academics to the world of work, Career Pathways helps students to identify relevant classes and supporting courses to prepare for a specific field of interest or career. This program connects curriculum and classroom technology with local business and community organizations, providing hands-on opportunities for qualified students. Please visit www.shuhsd.net and click the link on “Career Pathways,” or contact Dr. Jeanne Jones at ext. 5006.

Career Tech Exploration (Tech Wheel)

This required 10-unit class for freshmen is designed to provide an introduction to visual and performing arts and applied technology courses. The students attend five mini courses over the term, each taught by a different teacher. Students who are interested in learning more about any of the subjects may choose to take a full term course as an elective. Subjects include photography, woodshop, metals and robotics, technical theater and visual and performing arts, among others.

Course Codes

- **Regional Occupational Program (ROP):** Some ROP classes offer a student community college credit and a certification of competency upon successful completion.
- **P:** Indicates College Preparatory class.
- **Honors:** An honors class indicates more challenging advanced level course that is open to all students. Some honors classes require a prerequisite course. Check with the counselor or visit the counseling page at www.sduhsd.net.
- **Advanced Placement (AP):** An AP class is a college level course taught in high school. Once the course is completed, students have the option to take the AP exam. Some colleges may give credit or may waive a requirement for a student depending on the scores earned on an AP exam. There is a fee for taking an AP exam and students must register in advance. Exams are given in May. Please check with the counselor or teacher for more information.

Homeroom

One of the most popular and unique features of SDA is the 20-minute homeroom period that meets four times each week and provides academic and personal support to students. Announcements and school business are discussed. Many homerooms are theme-based. Students choose their homerooms to be among peers with common interests and/or to develop ongoing advisory relationships with staff. They may choose to stay in a specific homeroom multiple years.

Lost and Found

Inquire in the Attendance Office for lost and found items.

On-line/ District Approved Classes

Please check with your counselor before registering for any on-line classes to ensure that they meet District requirements.

Outside Credits

A student may add up to 30 pre-approved credits from outside institutions during the four high school years. Please contact your counselor for more information.

Personal Property Limits

The San Dieguito Union High School District is not responsible for personal property belonging to students or employees. Items such as clothing, equipment, vehicles, or other personal property such as cell phones or iPods are brought on campus at the risk of the owner.

School Pictures

Pictures for student ID cards and undergraduate school portraits for the yearbook are taken during “Taking Care of Business Days” in August. For those who missed school pictures during this time, a make-up session is offered later in the semester. Make-up pictures are required for student ID cards and must be taken during Homeroom or at lunch. For more information see Taking Care of Business Days below or contact ext. 5002.

Speaker’s Bureau

Parents and community members volunteer to serve as guest speakers, mentors, and career contacts to connect the classroom to the world of work. For more information please contact assistant Principal Jeanne Jones at 753-1121 ext. 5006.

Taking Care of Business Days

In August, each grade-level is assigned a time and date to come to school to take care of business before the school year begins. Necessary forms must be downloaded from the district and SDA websites prior to students attending TCB Days. Yearbook pictures and student ID pictures are taken at this time. The following items may be paid for at TCB Days: yearbooks, ASB membership, parking permits, school pictures, etc. Please make checks payable to “San Dieguito Academy”. Donations to the school may be made out to “SDA Foundation.” Visit www.sduhsd.net for more information.

Tardy Policy

Attendance is important for student success. All students are expected to be in class on time. SDA will send an automated call home after every tardy. Parents may give their cell phone number to the attendance office if preferred. Students who are habitually tardy will be placed on the “Loss of Privileges” list. Some examples of lost privileges are listed below.

*ASB, *Athletics, *Band, *Battle of the Bands, *Comedy Sportz, *Drama, Javas, Pals, Peer Tutor, School Dances (including guest at other schools), Special Events/Activities, *Speech and Debate, Work Permit, 18-year-old privilege.

**Still able to practice – ineligible to compete, perform or participate*

Excessive tardies will result in loss of off-campus privileges. Students may earn their way off the Loss of Privileges List by signing up and attending detention.

Please visit www.sduhsd.net and click on “Policy” tab and then on “Attendance Policy” for more information.

Tutorial

Offered each week during homeroom, students may meet with their teachers for individual help. *Students must get a pass from their teacher **prior** to a tutorial session.*

4 SUPPORT SERVICES**Support Groups**

Support groups are based on student need and are available for students to share their thoughts and feelings with those who may have had similar experiences. All the groups are confidential and led by a counselor. For more detailed information on support groups, contact the student's counselor.

Some support groups include: General, Grief and Loss, Self Esteem, Boys' Issues, Girls' Issues, Identity Issues, HAV (Having A Voice), Relationships, READI - chemical dependency group.

PALs

Peer Assistance Listeners are students trained to help other teens who would like to talk with another student about a concern. For more information about PALs go to the school website at www.sduhsd.net and click on "Student Programs" and then on "PALs". If a student is interested in becoming a PAL, contact the counseling department.

READI Program

The **Recovery Education and Alcohol/Drug Instruction Program** is a district wide program for families dealing with substance abuse. Students may refer themselves or may choose READI if they are found under the influence or in possession of alcohol/drugs or paraphernalia. For more information go to the school website at www.sduhsd.net and click on "Departments" tab. For more information, please contact the assistant principal or the counseling department.

English Learner Advisory Committee

ELAC is a committee of parents, teachers and community members who advise the school administration on issues involving the education of students who are English language learners. ELAC is required by law and meetings are usually held monthly for middle school and high school parents in the district. Each meeting includes a guest speaker and break-out sessions by individual school committees, to discuss issues of concern. Parents of students identified as English language learners and members of the committee are notified of all meetings through district mail and phone calls home. Dates and times of the meetings are also posted on the schools website at www.sdacademy.net under "Announcements and Coming Events".

Writing Lab

The Writing Lab is a free on-campus writing tutorial service, funded by the SDA Foundation. The Lab helps students with all writing needs, including research papers, DBQ writing and college essays. Students may make appointments using the sign-in binders in the library. For more information, visit www.sduhsd.net and click on "Student Programs", then "Writing Labs" or see the school counselor.

5 STUDENT LIFE

ASB (Associated Student Body) Membership

Students who join ASB receive discount admissions to all ASB sponsored events, including dances, Battle of the Bands, talent show, film festival, concerts, plays and a discount off the price of a yearbook as well as a free t-shirt and agenda. There is a membership fee. An ASB sticker is placed on the student's ID card and must be shown to receive discounts. If a student is interested in becoming active in ASB s/he must sign up for leadership (ASB) class. ASB officers are elected by the student body midyear to serve for one year. For more information on ASB membership visit:

www.sdacademy.net and click on "Student Programs" and click on "ASB".

Clubs

SDA has more than 60 clubs on campus. Many clubs meet either during lunch or after school. If there is not a club that a student is interested in they may create their own. For a list of clubs go to the school website, www.sduhsd.net and click on "Student Programs", then click on "ASB" or "Club Information" or contact the Commissioner of Clubs in ASB at 760-753-1121 Ext. 5155. The clubs listed below are examples of some of the popular and diverse clubs/academic teams on campus.

- **Comedy Sportz:** Comedy Sportz is a student-governed organization that meets for the purpose of learning improvisation. The students elect leaders, run the practices, and select representatives to perform at each "game". To participate in the games a student must attend weekly practices and workshops. Comedy Sportz games are held once a month on a Friday night. Tickets are available in advance at the Finance Office and at the door, first come first served. For more information, visit www.sduhsd.net, click on the "Departments" tab, then click on "Theater" and then on "Comedy Sportz".
- **Mustang Minds:** An academic team that is open to all students. Try-outs for Freshman, Junior Varsity and Varsity Mustang Minds occur in December or January. Selected students then participate in the Academic League buzzer-style games. Teams practice after school and competition takes place against other schools during February and March. For more information, visit www.sduhsd.net, click on "Student Programs" and then "Mustang Minds".
- **Robotics Team:** Is a club open to all students interested in the science of engineering, computer technology, and building robots. Meetings are held after school. During the "build season" team members spend many hours building their robot with the guidance and support of local businesses and community organizations. Regional competitions follow. . For more information, visit www.sduhsd.net, click on "Student Programs" and then on "Robotics".
- **Speech and Debate:** Speech and Debate is an elective class and a club, open to all students. Throughout the year there are several tournaments that students have the chance to attend, but these tournaments are not a class requirement. The Debate class lasts only one semester, but the tournaments continue for most

of the school year. For more information, visit www.sduhsd.net, click on “Student Programs”, and then on “Speech and Debate”.

- **Surf Team:** The Mustangs San Dieguito Surf Team is a part of the San Dieguito Surf Club, which is not affiliated with SDA. The surf team is a nationally ranked team. For more information about the surf team visit www.sduhsd.net, click on the “About” tab, click on “Teachers and Staff”, scroll to “Teisher.bob”, click on “Webpage” and scroll to “Surf PE” website.
- **Thespian Society:** Membership in this international organization is available to SDA students interested in the various aspects of theater. Students are invited to participate in a week of spirit and confidence-building activities followed by an awards night celebrating membership in the Thespian Society. Parents are encouraged to attend this event. For more information, visit www.sduhsd.net, click on the “Departments” tab, then click on “Theater” and then on “Thespian Troop 2196”.

Dances

SDA typically has four dances each year, planned by Associated Student Body (ASB). There are two casual dances in the school gym: the Welcome Back Dance and the Homecoming Dance. There are two formal dances held at an off- site location: Winter Formal and Prom. Every student may attend every dance except the Prom, which is for juniors and seniors. Sophomores or freshmen may attend Prom if invited by a junior or senior. Students may attend dances on their own, with a date or with a group. Ticket prices vary and can be purchased at the Finance Office prior to the event or online at www.sduhsd.net, click on “Quick Links” and then on either “ASB” or “SDA Web Store” or “Buy Tickets Here”. Student ID is required at the door.

Elective Fair Day

Held prior to students selecting courses for the coming year, all students have the opportunity to learn about available elective courses.

Exhibition Day

Usually held in spring, this day is a highlight of the year. Shortened classes allow for four exhibition periods during which students can move freely from exhibit to exhibit. Exhibition Days have featured student bands, science fair projects, sign language demonstrations, poetry readings, dramatic scenes, skateboarding demos, academic team demonstrations, and woods/metal/photo exhibits, just to name a few. Parents and community members are invited to this celebration highlighting skills and interests that may not be evident during the traditional school year.

Grade Level Student Meetings

Grade level meetings with counseling offer classroom presentations for each grade level followed by hands-on homeroom tutorials in specific areas of Naviance. These include:

- Seniors (September): College Applications/Financial Aid and Scholarship Resources/ Post High School Planning.
- Freshmen (November): Personality Assessment and Four Year Planning.

- Sophomores (January): Career Assessment/Connecting with the Community and Planning.
- Juniors (February): College Search and Post High School Preparation.

Homecoming

Although SDA does not have a football program, homecoming is a week of popular traditions that include a homecoming court, Friday flag football games and a Saturday night homecoming dance in the gym. All students are eligible to form a team and play in the flag football games. The games are single elimination and the winning team plays the staff in the last game of the day.

Junior and Senior Audits

The purpose of Junior and Senior Audits is for students to review their transcripts and post-secondary options and to talk about the College Application Process. An informative power point tutorial is available on the school website, www.sduhsd.net, click on the “Department “ tab, click on “Additional Counseling Links” and then on “Junior Audit”.

Junior and Senior Java

A social time which includes food and beverages during Homeroom with parent contributions. It is a chance to present important information to Juniors and Seniors.

Music

The music department offers Symphonic Band, Jazz Band, Wind Ensemble, Pit Orchestra, Instrumental Music, and AP Music Theory. For information on the music program go to www.sduhsd.net, click on “Departments” then scroll down and click on “Music”.

Open Campus at lunch

SDA is an open campus at lunch and all students may leave campus at lunch only. Many students choose to remain on campus, Wednesday’s longer lunch, known as the Mustang Hour, allows staff to collaborate and to hold department meetings.

School Newspaper

The Mustang is the school newspaper produced by SDA journalism students. For the past several years The Mustang has earned top honors nationally. For more information, see your counselor or visit www.sduhsd.net, click on “Student Programs” and then on “The Mustang Newspaper”.

Theater

Students interested in participating in theater may choose from various visual and performing arts electives such as Acting, Drama Production, and Musical Theater. Some classes may require extra hours after school and on weekends prior to a performance. For more information on theater at SDA go to www.sduhsd.net, click on “Departments” then scroll down and click on “Theater”.

Yearbook

This course is offered to students who would like to participate in the production of the school yearbook called Hoofprint. It is a full year elective. For more information please

see your counselor or visit www.sduhsd.net, click on “Student Programs” and then “Yearbook”.

6 ATHLETICS

The purpose of athletics is to contribute to the overall educational experience of the balanced and total student. Concepts learned through athletics include teamwork, integrity, sportsmanship, restraint, persistence, leadership, self-esteem, discipline, and humility.

Fall, Winter, and Spring Sports

SDA students have 19 varsity/ junior varsity level sports offered to them:

Fall

- Cross Country
- Girls Field Hockey
- Girls Golf
- Girls Tennis
- Girls Volleyball
- Boys Water Polo

*Tryouts held mid-August, two weeks prior to the 1st day of school

Winter

- Boys Basketball
- Girls Basketball
- Boys Soccer
- Girls Soccer

• *Tryouts held mid-November

Spring

- Baseball
- Boys Golf
- Boys Lacrosse
- Girls Lacrosse
- Boys Tennis
- Boys Volleyball
- Girls Softball
- Track and Field

*Tryouts held mid-February.

The Academy is a Division III school and a member of the Avocado East League within the North County Conference. Schools in the Avocado East League include:

- Escondido
- Mission Hills
- San Dieguito Academy
- San Marcos
- San Pasqual

*SDA’s mascot is the mustang. Official colors are navy and white.

Online and Contact Information

SDA Website: www.sduhsd.net, Click on “Athletics.”

The following items can be found on the website: Parent/Player Athletic Handbook, Avocado East Conference, Athletic PE Credit Process, Driving Directions (to games, tournaments and meets), Eligibility Rules and Regulations, Paperwork (Sports Packet), Tryout Information, History, and general information regarding fall, winter and spring sports.

Contact:

SDA Athletic Office, Administrative Assistant

Phone: (760) 753-1121 X 5167

FAX: (760) 943-3553

Athletic Director

Phone: (760) 753-1121 X 5005

Sports Packet and Eligibility

Any student who wants to try out for a sport at SDA must complete a Sports Packet and have it on file in the Athletic Office. Packets are available on the Mustang Athletics website. (Website address above.) Click on “Eligibility and Paperwork”, and then on “Sports Packets.” Packets are also available on the table outside the Athletic Office.

- **Physical Exam:** The Sports Packet requires that a student athlete obtain a physical examination by a medical doctor before being eligible to tryout, practice, or participate in any California Interscholastic Federation (CIF) regulated sports activity. The Pre-participation Physical Evaluation Form in the Sports Packet must be completed and signed by a physician.
- **Proof of Medical Insurance:** The district requires that a photocopy (front and back) of medical insurance card be turned in with the Sports Packet. No student-athlete will be allowed to participate in try-outs without this on file.
- **Minimum GPA of 2.0:** A photocopy of the current, official grade report with a minimum grade point average (GPA) of 2.0 is required by CIF to try out. GPA requirements must be maintained throughout a student athlete’s season of sport to remain eligible for play. A one time only waiver is available, but must be approved by the Athletic committee. Students who have failed two classes in any given grade report are ineligible even with a 2.0 grade point average. If a student takes only three courses in a semester and fails one course, they are ineligible to play, even with a 2.0 grade point average.
- **District Transportation:** Teams may utilize district transportation (buses) to and from sporting events to promote camaraderie and ensure safety. A student athlete may not drive himself/herself to and from competitions but may be transported by a parent if advance notification is provided to the coach.

Try-outs

- **Sports Packet:** Submit completed Sports Packet and required paper work to the Athletic Office in exchange for a blue eligibility card signed by the Athletic Director or Administrative Assistant.
- **Blue Card:** Give the blue eligibility card to the coach at try-outs. *A student must have a blue card in order to participate in try-outs.*
- **Try-outs:** Try-outs are held for a minimum of 3 consecutive days and athletes are expected to attend all try-out sessions. Please note, because of the increased number of students participating in sports at SDA, students are not guaranteed a spot on a team.

Sports Night

Parents of student athletes are asked to attend a seasonal Sports Night to meet the coaches and learn about the athletic program at SDA.

- **Financial Contributions:** At Sports Night, parents learn of the need for donations to help fund their student's team sport. Donations are not required but SDA's sports programs would not exist without them. This money funds uniforms, equipment, tournament fees, team pictures, awards, a trainer and depending on the sport, floater coaches. None of these things are possible without donations.

Please note, no student will be denied access to team sports if unable to make a donation.

Off-Season Sport Opportunities for High School Athletes

CIF does not allow high schools to carry school teams or hold practices in the off-season. Coaches may know of opportunities for students who are interested in playing a sport in the off-season. Contact information for coaches may be found at www.sduhsd.net, click on "Departments" and then "Athletics," or by contacting the Athletic Director.

Playing Sports in College

If a student athlete intends to play a sport in college, s/he must meet certain eligibility requirements set by the National Collegiate Athletic Association (NCAA). For information, visit the NCAA website www.ncaa.org/wps/portal. Click on "Academics and Athletics", "Eligibility and Recruiting", and then click on "Guide for the College-Bound Student-Athlete". Information may also be obtained from a student's counselor or coach.

7 SENIOR INFORMATION

Internship

Available to interested juniors and seniors. Class registration is required. See your counselor for more information.

Senior Pictures

At the end of junior year each student will receive a letter in the mail with information about senior pictures. Students are invited to make an appointment at the photo studio. The yearbook picture is free and additional pictures can be purchased. Be sure to watch for deadlines.

Caps and Gowns

Cap and gowns can be ordered through San Diego Graduate Supply at www.sdgrad.com. Graduation announcements and class rings are also available.

Graduation Ceremony

Takes place at the SDA track and field in the afternoon on the last day of the school year. Allow approximately one hour for the ceremony, two hours for the event. Parking is available in the main lot at 11:00 a.m. or in the student lot after students are dismissed. Arrive early for best parking. Some families bring lunch and picnic before the ceremony begins. Graduates' families and guests are seated in bleachers, so stadium seats, hats, drinks, and sunscreen are recommended.

Grad Night

A safe, sober, all-night celebration for graduating seniors. Seniors gather at SDA for a night of fun and games on campus. This event is planned, coordinated, and chaperoned by SDA parents under the direction of the SDA Foundation. Dress code is casual. Check-in is between 8:30 p.m. and 10:00 p.m. Festivities end at 5:00 a.m. when students are picked up by their parents/guardian. Watch for ticket sales in the spring. There are scholarships available for eligible students. See your counselor for details. All graduating seniors are encouraged to share this very special time together as they leave SDA.

8 THE COLLEGE PROCESS: AN OVERVIEW

This resource book was compiled by parent volunteers and is not meant to be an exhaustive explanation of the college process. For further information, please visit your counselor or the counseling webpage at www.sdacademy.net and click on "Departments" and then on "Counseling."

The college preparation and admissions process is complex and ever changing. Additionally, what is good advice for one student may not necessarily apply to another. There are many educational opportunities after high school, so parents and students should begin their research early. Additionally, throughout the school year, students and parents receive information about aspects of the college application process. Visit the website frequently, www.sdacademy.net and click on "Departments" and then on "Counseling."

Family Connection/Naviance

SDA students and families have access to Family Connection from Naviance, a college and career management tool that allows users to explore career interests and conduct college and trade or technical school searches. Family Connection is a comprehensive management tool that allows students and families to access all necessary college planning components in one centralized location.

Family Connection will allow you to:

Get involved in the planning and advising process- Build a resume, complete on-line surveys, and manage timelines and deadlines for making decisions about colleges and careers.

Research colleges- Compare GPA, standardized test scores, and other statistics to actual historical data from our school for students who have applied and been admitted in the past.

Sign up for college visits- Find out which colleges are visiting our school and sign up to attend those sessions.

Family Connection also lets counselors share information with you about up-coming meetings and events, local scholarship opportunities, and other Web resources for college and career information. Additionally, you can use the site to send counselors an e-mail message.

Our counseling website will provide you with instructions for accessing Family Connection.

Advanced Placement (AP) Courses and Honors Classes: Understanding the Difference

An **AP** class is a college level course that is taught in high school. Once the course is completed, a student has the option to take the AP exam. Some colleges give credit or waive a requirement for a student depending on scores earned on the AP exam. Tests are held in May. There is a fee. Please check with the counselor for more information.

Honors classes are advanced-level courses that are open to all students but college credit is not earned.

College Entrance Exams

PSAT/NMSQT (Preliminary Scholastic Assessment Test/National Merit Scholarship Qualifying Test)

This is a 2¼ hour practice test for the SAT Reasoning Test (given in the fall), one of the main entrance exams used in the college application process. The PSAT also provides information to help students in their career and college planning.

- Recommended for freshmen, sophomores and juniors. Juniors who score exceptionally high are automatically considered for the National Merit Scholarship. For more information, go to <http://www.nationalmerit.org>.

PLAN is a 2-hour practice test (given in the fall) for the ACT, the other main college entrance exam. The PLAN provides information to help students in their career and college planning. There is a testing fee.

- Recommended for all sophomores and juniors—although any student may test.
- Scores are not sent to colleges.
- Visit www.collegeboard.com for more information or check with the school counselor.

SAT Reasoning Test (The Scholastic Assessment Test) is one of the main college entrance examinations, generally taken during the spring of the junior year and/or fall of the senior year. The SAT is approximately 5 hours and includes an essay. There is a testing fee.

- Offered on several Saturdays throughout the school year. Students can take the exam as often as they like.
- Register for the SAT online at www.collegeboard.com. Registration deadlines are generally a month before the test but register early to get your preferred testing location.
- Each student will be notified through www.collegeboard.com when his/her scores are available. Students are responsible for sending their scores to each college of interest.

ACT (American College Test)

This test is 4 hours and 30 minutes with a 30-minute essay that most colleges require. It is the other widely- accepted college entrance exam and it can be taken in a student's junior year and/or fall of their senior year. It is designed to measure general educational development. There is a testing fee.

- Register for the ACT online at www.actstudent.org or pick up a registration booklet in the counseling office. Registration deadlines are generally a month before the test but register early to get your preferred testing location. Students register by mail or online at www.actstudent.org.
- Scores available at www.act.org.
- Students are responsible for requesting their scores be sent by ACT to each college of interest.

SAT Subject Tests

These are one-hour tests that measure a student's knowledge of specific subjects offered in 14 different subjects. Students are responsible for sending their scores to each college of interest. There is a testing fee.

- Are not required by University of California schools. (Certain majors may suggest that students take specific SAT Subject Tests.)
- Selective colleges may require three subject tests
- Administered several times each year. Sign up at www.collegeboard.com
- Best if taken immediately after student has taken the course s/he will be testing in.

NOTE: When signing up for the SAT/ACT exams at www.collegeboard.com, use the proper school code when asked. SDA school code is 050-865. Be sure to keep track of online password and user name. Although most colleges accept either the ACT or SAT, some colleges may prefer one test to the other. Check first with each school that you're considering. It's generally recommended to take BOTH tests. Also, the ACT, SAT, and SAT subject tests can be repeated for better scores. Both the ACT and SAT are offered several times throughout the year at various locations throughout the county.

For more information, contact Educational Testing Service (ETS) at www.ets.org; the

College Board, at www.collegeboard.com ; ACT, Inc. at www.act.org , or the counseling office at SDA.

The Day Of the Test

- Get driving directions to the test center.
- Bring a photo ID, your admission ticket, two #2 pencils, an acceptable calculator, watch without an alarm or calculator, snacks for breaks
- Arrive thirty minutes before the test.
- Don't sit with friends. It could be distracting.
- Don't spend too much time on one question – skip it and return to it later.
- Guessing – There is no penalty to guess on the ACT (and PLAN). Only make “educated guesses”, eliminating one or two answers as incorrect, on the SAT, (and PSAT). A percentage of each wrong answer is deducted from the total.
- Relax and do the best you can.

Scores

When applying to colleges you must request scores be sent from SAT (contact www.collegeboard.com) and/or ACT (contact www.act.org) to each college to which you have applied. Use code #3594 to send scores to multiple CSU's for one price.

FAFSA – Free Application for Federal Aid

File the FAFSA form at www.fafsa.gov. Carefully check the application deadlines. Students and parents complete the FAFSA to determine what type of financial aid package a college might offer the student, including grants, low-interest federal loans, and work/study programs. Parents and students will each need a PIN (personal identification number) to file an electronic signature. To estimate if you will qualify for financial aid, calculate your Expected Family Contribution (EFC) at www.collegeboard.com/parents. Visit www.pin.ed.gov or www.fafsa.edu.gov to request the pins.

CSS/PROFILE:

PROFILE is the financial aid application service of the College Board. Many private colleges require the PROFILE to help them award nonfederal student and funds. For more information, go to <https://profileonline.collegeboard.com>.

Transcripts

Students must get a **transcript request form** from SDA to submit transcripts to colleges. Transcripts may be requested by visiting the registrar's office. Students must provide an addressed, stamped envelope to the Registrar for each transcript requested. Do not put a return address on the envelope. The Registrar's Office will mail the first 5 transcripts at no charge. There is a minimal cost for each additional transcript. Copies of transcripts may be obtained through Parchment Online Transcript Service, (<http://www.parchment.com/>). There may be a fee associated with this service. For more information, please contact the Registrar at ext. 5011.

Selecting a College

Each student should conduct a personal evaluation, which includes identifying interests, academic abilities, and financial considerations. This will offer an opportunity to see how each of these aspects will contribute or limit a student's choices of colleges and/or universities. Also, start the college search early. If possible, begin exploring and visiting

colleges in sophomore and junior years. For more information, visit Family Connection / Naviance.

Financial resources are a major consideration in choosing a college. Have a detailed family discussion to identify what options are available to you, and how much help is available. Estimate approximate earnings during summers and after school jobs. Research financial aid, scholarships, work-study programs, grants and loans. Be sure to get financial advice early. For more information, contact the counselor, or visit www.sdacademy.net and click on “Departments” and then on “Counseling.”

Research as many schools as possible to find the perfect fit for you. Ask yourself...**What type of institution is best for me?** You can choose from:

Specialized Professional or Trade School

The specialized school provides training for a particular vocational area such as drama, clothing design, dancing, cosmetology, modeling, data processing, commercial art, auto mechanics, and many other occupations. The program of study may last a few months or years, depending on the occupation involved. It usually does not lead to a degree, but it may lead to a certificate or license, or prepare you for special examinations in a particular field. For more information check with the counseling office.

Community Colleges

The California Community Colleges are comprised of 72 districts and more than 100 colleges, and offer a two-year program of study beyond high school. The curriculum is of two basic types: (a) college parallel for those planning to transfer to four-year colleges or universities, (b) associate or certificate programs in workforce training and basic skills education. For more information, visit www.cccapply.org or www.sduhsd.net and click on the “Departments” tab and then click on “Counseling”.

Transfer Students

All community colleges offer a full range of academic courses that enable a student to transfer to a four-year college or university. Not all community college courses transfer to four-year universities so careful planning with a college counselor is required. With careful planning, a student may enter a four-year university as a junior after two years of community college work. One such program is called **TAG (Transfer Admission Guarantee)** offered by several of the University of California campuses. For more information, go to Family Connection/Naviance, or see your Counselor.

California State Universities (CSUs)

Ranging from Humboldt near the Oregon border to San Diego near the Mexican border, the 20 plus campuses of the California State University and Colleges constitute one of the largest systems of higher education in the country. The CSU’s have more than two dozen campuses throughout California and offer bachelors, masters and PhD programs in 240 subject areas. Some certificate programs are also offered. For more information on meeting requirements and researching individual campuses, go to www.clstate.edu or www.csumentor.edu .

University of California

The University of California (UC) system has ten campuses throughout California and offers instruction in a wide range of fields. Bachelors, masters and PhD degrees are offered in a wide variety of subjects. For more information on researching individual campuses, subjects

of study, and requirements for admission, go to www.universityofcalifornia.edu/admissions/ or check with the counseling office.

Independent Colleges (Private) and Universities

The hundreds of independent (privately supported) institutions in the United States have a wide range of characteristics. Since the tuition is paid by the student rather than public tax dollars, the cost to the family may be greater than the cost of a public university, but not always. Some are large and offer both undergraduate and graduate programs, but most are relatively small and offer students a personalized community life. In addition to the typical admission requirements, these colleges often take a closer look at individual students by requiring letters of recommendation and personal interviews. Go online to research individual private colleges and universities, or check with Family Connection/Naviance or see your counselor.

Technical Institutions

These are colleges that emphasize the physical sciences and engineering. There are many such institutions, some public, and some private, where you may specialize in science and engineering. Examples are California Institute of Technology, Rensselaer, and Massachusetts Institute of Technology. For more information, visit the counseling office.

Other factors to consider in selecting a college

- Geographic location
- Campus setting
- Campus safety
- Religious vs. non-denominational
- Size of school
- Extracurricular activities
- Public vs. private
- Structure of academic program
- Strength in major you may be interested in

On-Campus Visits from College Admissions Officers

College representatives from around the country visit San Dieguito Academy throughout the school year to meet with students. These visits can be extremely helpful in helping a student learn more about a school and to develop contacts with an admissions representative. College visits may be posted by the counseling office and are on the website. For more information, visit www.sdacademy.net and click on “Departments” and then on “Counseling,” or visit the weekly calendar section of E-Option.

Admission Options:

Many colleges and universities offer a variety of application options:

- **Early Decision:** An opportunity for a student to submit credentials early to one college. If accepted, the student must agree to withdraw all other applications and to accept the **college's** offer of admission. The acceptance, denial or deferral is mailed well in advance of the usual notification date. Student is honor bound to attend the college if accepted. If application is deferred, student will be reconsidered along with the rest of the applicant pool.
- **Early Action:** A procedure similar to Early Decision in time frame, but student does not need to commit to attend the college if accepted. If admitted, student does not

need to withdraw applications to other colleges and does not need to reply to the college until the May 1 deadline.

- **Rolling Admission:** Some colleges review applications as they are received and make admission decisions throughout the application period.
- **Regular Decision:** Students submit an application by a certain date and receive an admission decision by a clearly stated deadline. The majority of applicants apply in this admission option.
- **Deferred Admission:** Some colleges allow a student to postpone enrollment for a semester, year, or even two years later than the semester for which student had applied. Students often wish to defer matriculation for travel, work, or to complete other projects. Matriculation at another college is generally not an acceptable reason to defer admission.
- **Wait Listed:** A student may need to accept admission to another college while waiting to know if they are accepted to a college where they are wait listed.

Counselor and Teacher Recommendations

Students applying to out of state universities and private colleges must complete a College and Scholarship Recommendation Form. A letter of recommendation is required from their counselor. Forms are available in the counseling office or on the counseling webpage. Provide your counselor or teacher with the completed form several weeks before the deadline. Begin collecting student's academic and extra-curricular information freshman year. For more information, go to www.sduhsd.net, click on "Departments", click on "Counseling" click on "Naviance" and then click on the "College" tab or visit your counselor.

9 WAYS FOR PARENTS TO BE INVOLVED

San Dieguito Academy Foundation (SDAF)

The San Dieguito High School Academy Foundation (SDAF) was established in 1997 as a 501c(3) California non-profit corporation. Our mission is to support the unique culture and qualified academic programs of San Dieguito Academy through generating financial resources and promoting active parental and community involvement. Detailed information about Foundation councils and board committees including meeting times and contact information can be found on www.sdafoundation.com

Contact Information

Website: www.sdafoundation.com

Email: sdafoundation@sduhsd.net

Phone: 760-753-1121 ext. 5085

Address: SDAF – 800 Santa Fe Drive, Encinitas CA 92024

Parent Foundation

We have an active Parent Foundation, dedicated to enriching our school through the involvement of SDA parents in a variety of activities and events. Each year the SDA Foundation coordinates the efforts of hundreds of parents who generously provide their time, talents, energy and financial resources to support programs and activities at SDA. The continued success of our school and our students depends upon the generosity of our community to sustain and advance the mission of SDA. We hope that you will join us. For more information, please visit www.sdafoundation.com.

Board of Directors

SDAF is governed by an elected Board of Directors with both school and student representatives in addition to a paid Executive Director. It is the only non-profit 501 c (3) fundraising organization at SDA and is the umbrella organization for all parent groups at SDA. The board works hand-in-hand with the school administration to identify and support student program priorities.

Board Committees

Committees focus on specific board management areas such as Alumni Relations, Communications, Development and Fundraising, Finance, and Grants. Board committees meet on an as-needed basis.

Foundation Councils

Councils are made up of parents, students and community members. Councils fundraise for and support specific activities, teams, clubs, or programs at the school. They depend on the participation of parents and community members to sustain and grow these programs. All councils meet monthly. Check the Weekly Bulletin or go to www.sdafoundation.com for meeting times and locations.

- **Academic Council:** Supports Speech & Debate, Mustang Minds, and Robotics Team
- **Athletic Council:** Supports our student athletes and 19 athletic programs
- **Grad Nite:** Plans, coordinates and chaperones a safe and sober Grad Nite celebration
- **Music Council:** Supports our student musicians and encourages the development of music programs at SDA.
- **Student Support Services:** Promotes the efforts of students, parents, counselors, administrators, staff and the community in working together to develop programs and promote resources that address the issues of the SDA community.
- **Theater Council:** Supports our student thespians and promotes the development of a dynamic theater department.

New members are always welcome to attend and participate.

Volunteer Support

There are many ways to contribute. You can send in food and drink donations or cash contributions for dances and staff hospitality, participate on the Board and/or committee work, or help with fundraising, grant writing, event planning, senior activities, athletic

team support, band and theatre boosters, finance and book keeping, public relations and marketing, and community/alumni outreach - and all of the other needs of a small business!

Financial Support

The high quality education for our students is dependent on the financial support provided by the Foundation. These financial resources come primarily from parent donations, fundraising events and corporate gifts. We ask that every family contribute in whatever way they can and 100% participation is our goal.

Opportunities for providing support include:

Annual Appeal: Contribute at the beginning of the school year to our annual appeal. We ask every family to make a contribution to help support programs at SDA. You may contribute to the general fund, councils or direct your donation to a specific department. This is our largest single source of funding.

Fall Dinner Auction: Purchase tickets, secure underwriting sponsors, solicit donations for the silent auction. This is a great socializing event for new parents as well as a fundraising opportunity to support our kids.

eScrip: Help to raise funds through purchases made at participating stores. For details, go to the www.sdafoundation.com/donate and click on the link to eScrip.

Company Matching Funds: Ask your employer to match your generous gift. For a list of companies with matching fund programs, go to www.sdafoundation.com and click on the link to corporate partners.

Council Events: Support the fundraising efforts of the various councils throughout the school year:

- **Cabaret Night:** Supports performing arts programs at SDA and showcases the talents of our students.
- **An Evening for the Athletes:** Supports athletic programs at SDA and provides an opportunity for parent to socialize in a fun environment.

However you choose to give, your generous support will enhance your students' learning experience at SDA and leave a legacy for years to come.