



San Dieguito H.S. Academy



Welcome to the 2018-19 School Year!

Dear Mustang Families,

Welcome to the 2018-2019 school year! My name is Adam Camacho, proud principal of San Dieguito High School Academy. It is my absolute honor to enthusiastically welcome you, and it is with my deepest gratitude that I thank you for choosing SDA. As I begin my 19th year in the San Dieguito Union High School District and embark on my second year as principal of SDA, I can't help but think how fortunate I am to serve a learning community that is extremely student centered and is passionately supported by parents, foundation, alumni, community members, and, of course, our award winning teaching and support staff to decidedly remain one of the finest high schools in the state. SDA is an amazing place with a magical culture that celebrates all students. It is a place where students are encouraged to explore and express who they are in a nurturing, physically and emotionally safe environment. It is an institution with a rich history, a tradition of excellence, and proven record for providing all students with rigorous academics, athletics, clubs, leadership, community engagement, and many other enrichment opportunities that are hosted in and out of the classroom. SDA does an excellent job and prides itself on preparing its students for college, career, and beyond. SDA is a dream school — it is OUR school. Welcome home, Mustangs!



Getting to Know the Assistant Principals' Office:

Welcome back to the 2018-19 school year, Mustangs! Our goal as administrators is to support our teachers, guide our students, and when necessary, help students learn from their decisions and support them in making positive choices for their future.

Assistant principals Katie Bendix, Bobby Caughey, and Celeste Barnette (Pictured below) strive to create a safe learning environment, support the development of our learning community, and uphold the traditions and values of SDHSA. Our goal is to ensure that each student feels connected to SDA and to serve as a resource for students, staff, and families in various capacities. Administrative secretaries Leslie Luna and Andrea Strickland support the administration office in scheduling appointments, issuing student work and parking permits and more.



Each Assistant Principal oversees a variety of programs and operations within the school. Although we work collectively with all SDA students, each Assistant Principal directly supports a specific alphabetic breakdown, by student last name: Bobby Caughey A-G; Celeste Barnette H-N; Katie Bendix O-Z. Dr. Caughey's responsibilities include student safety, site facilities, and College Board testing. Dr. Barnette's coordinating duties include student connectedness, AVID, and English Language Learners. Ms. Bendix oversees areas including statewide testing, CTE pathways, attendance, and LOP/detention.

If you want to know more about any of these programs or policies, please visit our website on the SDA website under Departments.

We look forward to a successful 2018-19 school year!

Counseling Corner



Pictured (l to r): Vicki deJesus, Duncan Brown, Chelsea Levron, Carolyn Lee and Ann Nebolon

Counselors:

Ms. Ann Nebolon, A-Fo, ext. 5017

Mr. Duncan Brown, Fr-L, ext. 5016

Ms. Carolyn Lee, M-Sh, ext. 5165

Ms. Vicki deJesús, Si-Z, EL/AVID, ext. 5015

Secretary: Ms. Chelsea Levron, ext. 5076

Here at SDA, counselors strive to provide a comprehensive counseling program addressing the academic, career and personal/social development of all students. Our counselors are professional advocates who provide support to maximize student potential and academic achievement. We are committed to our students being college and career ready when they graduate. We are also mindful that high school is much more than simply getting ready for college. There is also a social and personal impact which can influence the way students view the world. In addition to helping to guide students through their academic goals, we also try to guide them into making appropriate and healthy choices. Our goal is to help each child be a happy, healthy, responsible and productive person.

Aeries Portal

Aeries provides access to student grades, assignments, teacher contacts, transcript and graduation status. We encourage regular use of Aeries to monitor classroom performance and address any potential problems before progress reports and final grades. Parents can update their own email addresses in the Aeries Parent Portal to continue to receive all notices and information from sduhsd.net.

Counseling Website

The counseling website has had a makeover! Make sure to stop by to gather college and career information, academic resources, and much more. One such resource is the Announcements section at the bottom of the homepage. We will be adding information about any school-based or local resources you should know about. By clicking on any of these announcements, you can get all the details about that particular opportunity.

The Stay Up to Date section which will keep you informed of what is happening in SDA's Counseling Office. On this tab, you will find two great items. The first item is a calendar that we will keep up to date with our presentations, key deadlines, and links to additional information on these topics. The second item is information about Remind.com. Remind.com is a text-based program that lets us communicate with students and parents alike. There is a separate sign-up link per grade level and each month we will text you with the three to four most important things for you to know from our office.

All of these resources are a great way for you to keep up with what is happening here in our office and around campus. As always, we love to be able to work with our students and families directly, so our contact information is there as well.

Financial Aid Night!

Thursday, October 11, 6:00-7:00 p.m.

Mustang Commons for our English presentation
Conference Center for our Spanish presentation.

All seniors applying to college should complete the Free Application for Federal Student Aid (FAFSA) between October 1 and March 2. Students and parents complete the FAFSA to determine how much the family can pay the following school year for college and to help determine what kind of financial aid package the college will offer the student. For step by step instructions for completing the FAFSA, as well as other helpful information,

DATES AND DEADLINES ACT AND SAT

Seniors: take the tests by December

ACT (ACT.ORG)

Sept. 8, Oct. 27, Dec. 8 (See website for deadlines)

SAT (COLLEGEBOARD.COM)

Oct. 6, Nov. 3, Dec. 1, (see website for deadlines)

ANXIETY KEEPS GOING UP

Stress and anxiety are increasing for our students.

In 2017 the results of our Senior Exit Survey showed that 40.8% of our students had experienced some level of anxiety while in high school.

In 2018 that number rose to 52%. The top two contributors to that increased anxiety? School, classes, tests, academics is number one. This makes sense since it is the biggest part of their world right now. The second highest is the pressure to keep grades up. They put a lot of pressure on themselves and need your support in maintaining a balanced lifestyle. On the school website under Communication look for the Parent Education link. You will find a webinar all about anxiety and stress. It might even be a great tool for a conversation starter with your teen.

BACK TO SCHOOL NIGHT

Wednesday,
September 5

5:00 pm—8:00 pm

5:00—6:00 pm
Counselor Presentations

Freshman/Sophomores: (Gym)

Graduation and A-G college requirements, course selection and preparation for higher education, college option overview, and school resources.

Juniors: (Liggett Theatre)

Preparing for college, A-G requirements, the college search, testing and financial aid/scholarships.

Seniors: (Mustang Commons)

College process, A-G requirements, selecting colleges, applying to colleges, testing, and financial aid/scholarships.

Session en Español, Conference Center, Student Services Bldg,

6:00-6:20 pm
Math/Science Courtyard

Welcome & Introductions, Mr. Adam Camacho, Principal
Mr. Larry Perondi, Superintendent
San Dieguito H.S. Academy Foundation

Meet fellow parents and visit information tables.

6:30-7:55 pm
Classroom Visits

Counselors are available in their office except during homeroom.

**PLEASE BE SURE YOUR STUDENT PROVIDES YOU
THEIR SCHEDULE WITH ROOM NUMBERS**

ASB NEWS

In early August, the San Dieguito Academy ASB class went to Palm Springs for a summer leadership retreat. There were 32 students and 8 teacher/staff chaperones that attended. The students acquired leadership skills and training to take back to school as they facilitate and run the leadership class this fall.

Included in the 32 students that attended were the student body executive officers:

Student Body President- Jeremy Romero

Vice President- Val Telnack

Treasurer- Nancy Saltamachio

Secretary- Jack Read

School Board Representatives - Gabby Glener & Jamie Cruz

We are excited about the upcoming school year and hope to serve the school and student body in ways that will build upon the proud and unique atmosphere of the Academy. Above all, our mission is to create school activities and events so that all of our student body will feel connected and valued at school.

Upcoming ASB events that students can get involved with:

Welcome Back Dance- is Friday, Sept 14 - will be outside in front media center. 7-10pm.

3 vs 3 soccer tournament - Sept 24-28 during lunch. Need to form a team of 3 and sign up in asb room

Club Fair - Friday Oct 5 during homeroom and lunch.

Homecoming Week- Oct 15-19 variety of different dress theme days and activities.

Homecoming Dance- Oct 19 at SDA- in front of new math/science building.

Flag Football tournament - Friday, Nov 2 from 3:30-8:00pm. Form team of 8-10 students and sign up in ASB room.

Battle of the Bands- late Oct- mid Nov. SDA Bands will perform during HR and Lunch. Sign up in ASB room to participate.

Ping Pong tournament- singles and doubles- Nov 27-Dec 1 during lunch.

Winter Formal Dance - Feb 9 at Natural History Museum. All grades can attend this formal dance.

From August 12th to the 23rd, 12 SDA students visited Japan for 11 days. Students had the chance to traverse beautiful sights, eat delicious foods, and be welcomed by the kindness of host families within the Kyoto, Toyama, and Tokyo prefectures of Japan. Temples and shrines within Kyoto held tourist eyes when they fell upon such location such as the Great Buddha Hall (Daibutsuden) or the golden temple of Kinkakuji. Students also visited the Iwatayama Monkey Park as well as some of the busiest streets in Tokyo, including the Takeshita Shopping Center and Shibuya Crossing.

The host family truly made the experience special. Every family had a different take on hosting, such as, setting off fireworks or trying eel for the first time. Families opened their houses and everyday lives to each and every student with kindness and respect that made students feel at home.

SDA students joined Toyama Minami high school (TMHS) students in their classes, being challenged to speak Japanese while TMHS students were challenged to speak English. SDA students also created windchimes, made Takoyaki, and presented about Encinitas in Japanese at the end of the year assembly.

SDA and TMHS students created a friendship that won't soon be lost. Students continue to communicate with each other long after departure, and many plan to visit one another in the future.



SDA Speech and Debate Team Looks Forward into New Year **By Joice He, Team Secretary**

As the first day of school approaches, the SDA Speech and Debate team has been busy getting a headstart on the upcoming debate season. The team's captains and cabinet members met during the summer to prepare for the school year; they plan to host more fundraisers, create more team merch, and make the debate season as successful as possible.

Newcomers to the Speech and Debate program were able to receive advice and instruction from the varsity members at the team's summer camp. The novices chose their events, participated in mock rounds, and competed in a full tournament on the final day of the camp.

According to team coach Ms. Lily Bolig, the team will be participating in four invitational tournaments in LA in addition to the 12 annual league tournaments. This year, the state tournament will be held in Long Beach, and hopefully, the team will send members to the national tournament in Dallas. This past season, SDA Speech and Debate took 3 students, Josh Tashoff ('19), Veronica Vilicich ('20) and Brian Titcomb ('18), to the National Tournament in Ft. Lauderdale, Florida, where Tashoff and Titcomb made it to the top 20 teams in the nation. Furthermore, SDA will be hosting the state qualifiers speech tournament on in March of 2019.

"I'm so excited...I know that our speech and debate team [and I] have an amazing year ahead of us," said Bolig.

MUSTANG ATHLETICS - ON THE MOVE

As the doors open for the 2018-19 school year lots of excitement surrounds the SDA athletic program. Although we enjoyed competing against our fellow schools Torrey Pines, La Costa Canyon, and Canyon Crest, this year we are moving to the Avocado East and playing teams like El Camino, Oceanside, RBV, Vista, and Sage Creek.

We have a couple new coaches this Fall Season. Coach Evans moves up from the JV Field Hockey team to take over as Varsity coach. She is excited about the opportunity and building the program. Coach Raschke, a new addition to SDA, takes over a young Girls Volleyball team with lots of potential led by senior Chloe Pejouan. The Cross Country team always has a huge turnout for the team and this year isn't any different. Last year's Boys team was the first to go to the state tournament in many years and return almost everyone. Girls Tennis returns everyone from a team that went to the Division 1 championship, and is chomping at the bit to bring the title home this year. The Girls Golf team is always competitive and looks forward to the change in league. The Boys Water Polo team reached the CIF finals a couple of years ago and think that this team is the one that can get the elusive championship to SDA for the first time.

Come out and support your Mustangs!!!



FROM THE SDA FOUNDATION

On Behalf of the San Dieguito Academy Foundation, welcome to the 2018-2019 school year.

The SDA Foundation is a 501(c)(3) non-profit organization that supports the programs of San Dieguito High School Academy. All SDA parent groups, teams, and councils including Athletics, Academic, Grad Nite, Music, Theatre Arts, the Alumni Association, Student Support Services, and our Veterans Advisory Committee operate under our non-profit umbrella.

Our goal is to enrich the SDA experience for every student.

As a parent, whether you are returning or arriving at SDA for the first time, there are many ways to connect and contribute to our school and our community. Your help is critical in maintaining our programs and unique culture.

There is a significant gap between state funding and what is needed to enrich your child's educational experience. Your contributions close that gap; please see the included donor form. Your donations are not required, but your support helps further our tradition of excellence.

In addition to a donation, I urge you to get involved. Your gift of time and energy will benefit your children and their classmates by helping them pursue their interests and passions. We have a wide range of volunteer needs.

Please look for our board members on campus; we would love to connect with you. We welcome your ideas and questions.

For more information please visit our website, sdafoundation.com, connect with us on social media, or contact Leslie Saldana, our Executive Director, at sdafoundation@sduhsd.net or 760-753-1121, ext. 5085.

We make a living by what we get, but we make a life by what we give. –Winston Churchill

Sincerely,

Robert Zimmer

President, SDA Foundation

WELCOME NEW TEACHERS!



Shown above: Kian Aburto-Pratt (Math), Stacy Bilben (Science), John Herman (Math),
Collin Elliott (Social Science), Daniel Reitz (English) Riley Median (Math), Zach Ramirez (Art),
Not shown: John Pecoraro (PE)

Staying connected at SDA

Information is continuously updated on the website at sd.sduhsd.net. **Each Friday an email is sent home** to all families with the next week's news and important dates. These weekly up-dates are sent to the email address that is on the contact page of your student's Aeries account (Parent Portal). You can also sign up for the weekly emails by going to the Communications tab on the website and clicking on Weekly E-mail News.

On **Facebook** we post lots of fun activities going on around campus as well as current information. Each Friday there is a new **Weekly Bulletin** as well as **Quarterly Newsletters** which you can find on the website and the Friday Weekly E-mails.

You can also follow Mr. Camacho on **Twitter**: <https://twitter.com/CamachoEduADM>

It is the policy of the San Dieguito Union High School District to prohibit discrimination on the basis of sex, disability, race, color, national origin, religious creed, age, marital status, or sexual orientation in its educational programs and the activities which it operates.

CC = Conference Center in Student Support “B” Building

HR = Homeroom

MC = Mustang Commons (Media Center)

August/September 2018

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October 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
30	1	2 Ext. Homeroom: Link Crew activity <i>Theater Council, 6:00 pm, CC</i>	3	4 Alumni Committee, 5:30 pm, CC	5 <i>First Friday with Mr. Camacho, 8:00 am, MC</i> SSS Council, 9:00 am, CC Club Fair, lunch	6
7	8 Music Council, 6:00 pm, CC <i>Athletic Council, 6:30 pm, MC</i>	9 SDA Foundation, 4:30 pm, Flex Lab	10	11	12 Ext. Homeroom: Homecoming Assembly <i>Comedy Sportz, 7:00 pm, Theater</i>	13
14	15	16	17 Family Forum, 6:30-8:00 pm, MC	18	19 Homecoming Dance, 7:00-10:00 pm, gym	20
		Homecoming Week				
21	22	23	24 Canine Unwind, 3:15 pm, Bell Tower <i>Grad Nite, 5:30 pm, CC</i>	25 Founders Day Reception/Hall of Fame, 1:30-3:00, MC	26 HR: Senior Java	27
				Show, 7:00 pm, Liggett Theater		
28	29	30	31 First Quarter Ends MIMUM DAY	1	2	3
		Battle of the Bands, lunch				