



The Lighthouse Reflector

January 12, 2024

"Therefore if any man be in Christ, he is a new creature: old things are passed away; behold, all things are become new."--2 Corinthians 5:17

San Diego Academy Alumni Panel

Last week, sixteen alumni from the recent graduating classes of 2022 and 2023 visited with our high school students to reflect on the impact of San Diego Academy on their future. Participants were interviewed and asked questions such as "How did SDA prepare you for college and the real world?" "What advice do you have for high school students to prepare for college?" Enjoy some photo highlights and reflections by several members of our Publications class.



Alyssa, a 10th grade Publications student shared, "There were a lot of alumni that visited and I think it was really nice. They all sat around in a half circle and Mrs. Jewel asked them questions, something that I noticed from almost all of them was that when you get to college you are fully responsible for yourself and what you do or plan to do. The college students all shared some funny stories, and they also helped us be aware of some realistic struggles they might have had also. Something I need to learn to do better is make a schedule for myself and stick to it. For me it can be hard, but this year I hope to get better at my study habits. Something I think is cool in college is how you always have the chance to change your major. It gives a lot of breathing room in a way and if you have a class you realize isn't for you you can try something new. For people who are a little bit indecisive, I would say this really helps them out. They all gave such amazing tips! I really enjoyed hearing about their experiences, it was fun and really helpful."



Sam, a 10th grade Publications student shared, "The alumni panel presentation thing was very nice. I personally really enjoyed it since it was sort of a glimpse into the future and what I should expect. For the most part, I already had the idea that there will be many sleepless nights and no time for anything much except for the work and daily housekeeping tasks. It was really interesting to learn about some colleges having different color cards representing when a person is struggling with substance abuse or suicide and helping them with it. An interesting idea that I heard from an alumni was that he worked throughout the week but on Fridays to Sundays he just did nothing schoolwork related and just recuperated. So it seems the mental strain is a bit more than I thought it was actually a problem. I was kinda intrigued that when asked what their majors are, pretty much all of them said they wanted to be something in the medical field, either a nurse or a doctor of some sort. It seems that the medical field is a pretty enticing job opportunity with lots of different things you can specialize in. Just hearing their stories and advice was really nice to be able to know what could happen in colleges, adventist or not."



Rosie, a 10th grade Publications student shared, "What stood out to me was how you need to start setting schedules for yourself and work on time management now. If you don't and get to college it's going to be tricky keeping up to date with your assignments; you'd probably drown in assignments. Also you're going to have to be your own adult, so you won't have your parents around. I also learned to appreciate your time with your family as you'll miss them deeply. Overall I thought it was really interesting. I took in a lot of information. It would be great if they did it again."

Promesse, a 10th grade Publications student shared, "What stood out to me from yesterday's panel of alumni is when you're in college I realize that you're on your own with no parent to help you wake up, no one is going to cook you food and no one is doing your laundry, and in college you're on your own no parents but new people in college. You have to set a schedule for yourself because the schedule will be helpful for you to know what time to wake for class, and if you have enough time for breakfast and what time to study, of course you'll be able to get out and have some fun. I see

why my parents are giving me chores or telling me to do my homework and they do sometimes wake me up for school but other times I gotta do it on my own, and I hope future me is doing great and I hope I'm happy."

Josue, a 10th grade Publications student shared, "I thought the presentation was cool, I actually really appreciated it because I got to see a close friend that I didn't get to say bye to. Some expectations I had actually happened like I expected most of them to say that they weren't ready for college and it was a wake up call for them. Ms. Jewell actually asked them to share some things that SDA helped them out with in college. The top two answers that stood out to me were taking AP classes, especially AP English so that helped me decide whether to go for AP classes or not. Another thing that they said was helpful was being able to approach the teachers and asking for help. Another thing I learned was that one of the alumni was explaining that you should start doing stuff for yourself and not relying on others to do it for you like your parents washing dishes or making food. All the examples that the alumni gave of things you'll have to do yourself and learn to do yourself are things that I myself already do by myself at home so I was happy to learn that I'm already preparing myself for college."



Bianca, an 11th grade Publications student shared, "The panel of alumnus is always interesting to listen to because we get to hear the different experiences of the alumni. They share what they've learned so far, as well as answer questions. It's really helpful to us as highschool students because we are able to get a sense of what college will look like, and we get an idea of the many challenges that college presents. We hear from various students that are from different schools, so there's a lot to learn from all the different experiences. Something that stood out to me was the emphasis on saving time for your mental health. Most of them are constantly busy with school work and school activities, yet they still find time to set apart to take breaks. It's useful to hear the importance of it because I struggle with that even now. Many of the things they said, in fact, I can prepare for now, so it's really helpful to hear those things now. It's comforting to know that although they are doing well they also struggle at times, so as I go into college next year it's okay to struggle. I love that the school does this and I look forward to it every year."

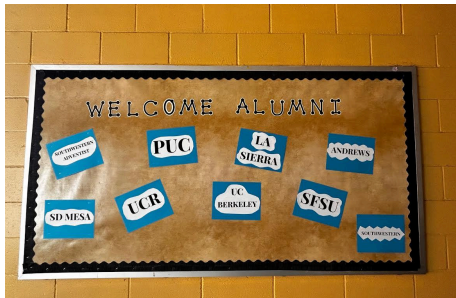


Carole, a 10th grade Publications student shared, "The information I learned from yesterday's panel gave me an insight into what life is like after high school. The alumni on the panel spoke heavily about life skills that students need in college, and their comments motivated me to put a greater emphasis on them in my life. Specifically, they emphasized the importance of time management skills, and this really resonated with me. I have a lot to improve on in that area as I get distracted easily and procrastinate a lot. The panel discussed their majors and career paths. I was rather surprised by how many of them had gone pre-med. After high school I am planning on joining a pre-med program and the information the panel provided expanded my view of the possibilities there are for pre-med students. I also found their ideas on changing one's major to be very reassuring. The panel was very open about the struggle of transitioning to adulthood, and they provided a broad overview of the transition to adult life and college work ethic. The alumni panel helped me to better understand and anticipate what my life will look like after I graduate high school."



Dania, an 11th grade Publications student shared, "Honestly this Alumni Presentation thing was very helpful and they did come last year but i think it didn't really apply or make sense yet in a way since i was a sophomore but now that i'm getting closer to that period in my life where i actually have an idea of what's going what i want to do and how to do things. I feel like all the feedback was very helpful, especially how to manage your time while still having time to like to do self-care, and I've been struggling with that recently and if I want to be successful and have that schedule that i can follow everyday during college, I should start now rather than later and face the consequences if I don't. I especially liked hearing back from Katherine and Nahomi because the majors that they chose is something that I would also like to go into and it was very interesting how they literally had to change every highschool habit they had."

Kenny, a 10th grade Publications student shared, "I thought the presentation was cool, I actually really appreciated it because I got to see a close friend that I didn't get to say goodbye to. Some expectations I had actually happened like I expected most of them to say that they weren't ready for college and it was a wake up call for them. Ms. Jewell actually asked them to share some things that SDA helped them out with in college. The top two answers that stood out to me were taking AP classes, especially AP English so that helped me decide whether to go for AP classes or not. Another thing that they said was helpful was being able to approach the teachers and asking for help. Another thing I learned was that one of the alumni was explaining that you should start doing stuff for yourself and not relying on others to do it for you like your parents washing dishes or making food. All the examples that the alumni gave of things you'll have to do yourself and learn to do yourself are things that I myself already do by myself at home so I was happy to learn that I'm already preparing myself for college."



Finally, Harmony, a 10th grade Publications student shared, "I loved the alumni presentation, it was insightful and I appreciated seeing the people I have looked up to. One thing I felt grateful about what Kat said is to appreciate and truly get to know your parents. A few things I learned was time management, making time for your social life, it's okay if you aren't sure what career you want, and that it's similar to middle school since it's a new beginning. A tip that was emphasized is to build good habits now, so when we are in college we aren't struggling. First off is time management, the importance of time management is to have time to do everything without stressing. Secondly, is making time for friends. In order for us to be healthy, we need to socialize and have fun. A lot of the alumni would dismiss their health for their assignments. The results, of course, were straining and terrible. Third is that it's okay if we don't know what career we want. We should still plan because you want to have a goal and progress to it. Without direction you will end up wasting money. So if you feel unsure don't go into college right away, take time off to figure out what you want to do with your life. Lastly, is being open minded that college will feel uncomfortable at first. The transition to a parent telling their kid to finish their homework to going to college and being the person to discipline yourself is difficult. However, with time, we will adapt."

San Diego Academy Roof Upgrade

story and photos by Jesus Herrera, parent of Lakshmi and Priyanka, 2nd graders

Recently Mr. Herrera shared with me that he flew over the academy and took this aerial view of our new roof. He has been instrumental in working with the crew to survey the situation and come up with a solution. I asked him to write up more details to share with our newsletter. I appreciate when parents step forward and embrace our school in a personal way to contribute where they can to improve it! Thank you, Mr. Herrera!--Mrs. Avitia, newsletter editor

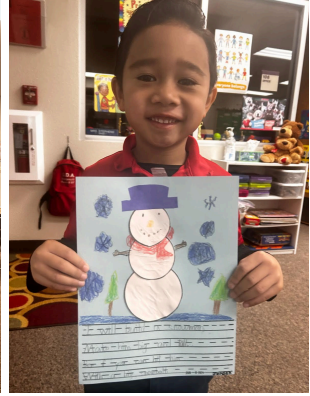
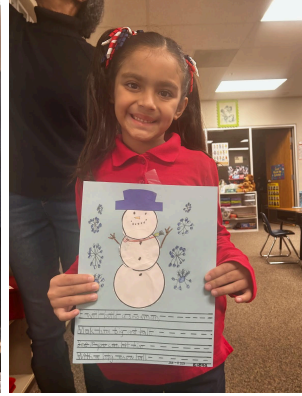
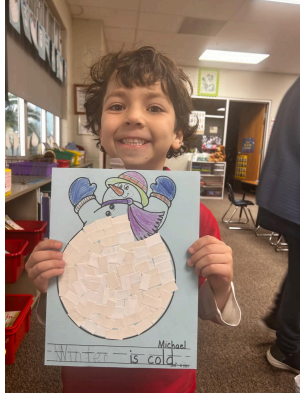
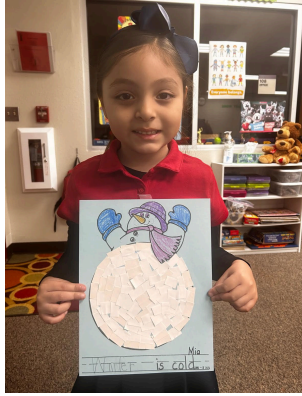
"The school's roof was installed nearly 20 years ago, and over time, signs of wear and tear have become evident with leaks occurring throughout the building. After conducting thorough research and consulting industry experts, a more cost-effective and non-intrusive solution has emerged: silicone coating. Silicone coating is a type of roofing material that is applied as a single component. It is a solvent-borne, moisture-cure substance that forms a weather-resistant, highly reflective, and rubber-like membrane on roof surfaces. This coating is capable of withstanding ponding water and offers unparalleled protection to the roof. This solution was selected as it will give us at least another 15-20 years of roof life."--Jesus Herrera

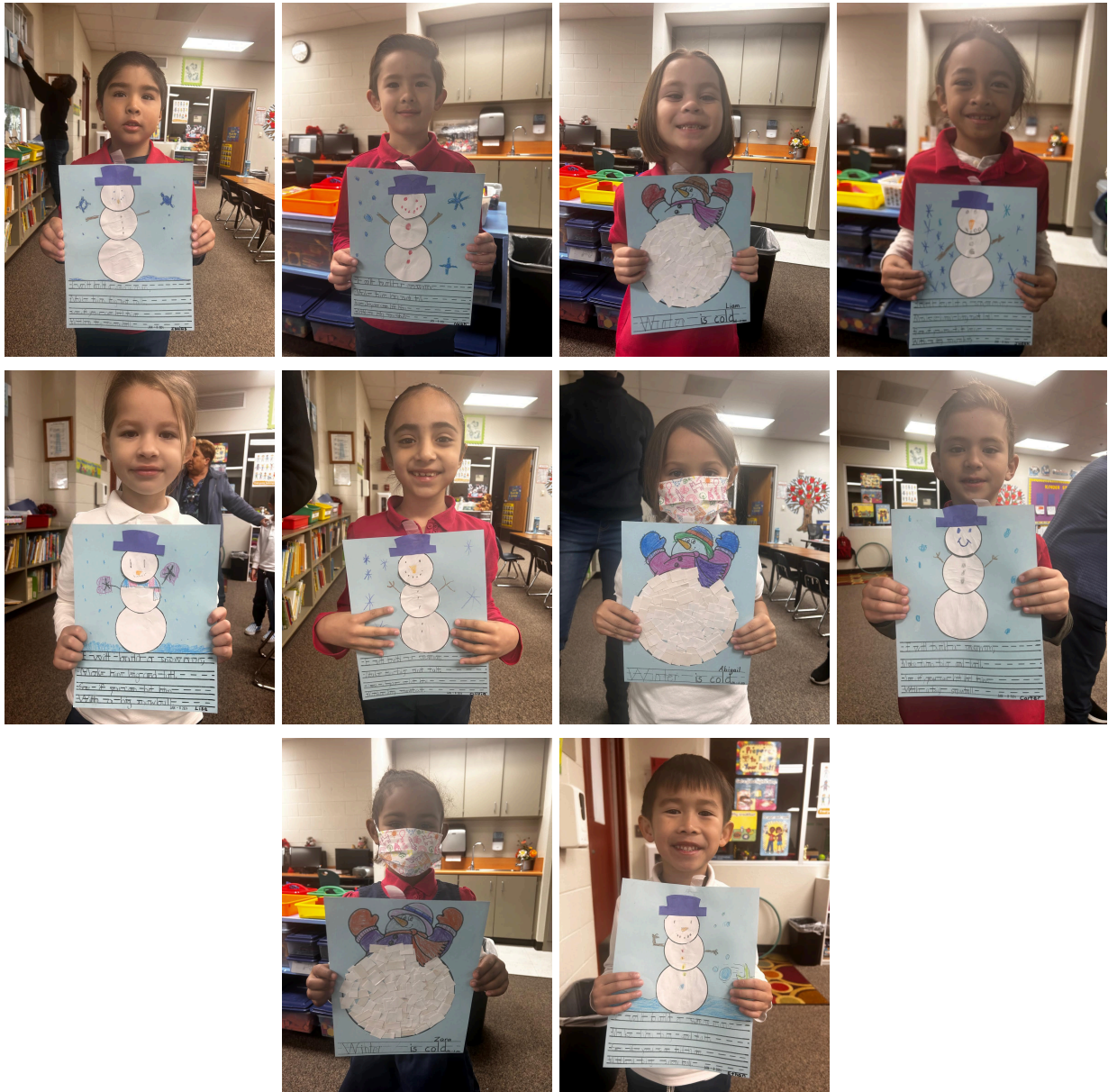


Elementary Activities

1st Grade Winter Art Project

This week the kindergarten and 1st grade students worked on a Winter art project. Kinders pasted small pieces of white paper onto a snowman and wrote "Winter is cold". First graders created a snowman and wrote "I will build a snowman, make him big and tall. See if you can hit him with a big snowball."





3rd Grade Explorers

story and photos by Nancy Verduzco, 3rd grade teacher

The 3rd grade class participated in a classroom transformation this week. The theme was Exploring our World. The class dressed up as explorers as they did missions to explore the oceans, continents. Learned about different clouds, used a compass and even made their own binoculars! We also explored fun facts about rocks and minerals.

It was fun having Ms. Thomas join us for the scavenger mission!





6th Grade Group Bible Reading

Recently, the 6th graders were reading their Bibles together for worship. Mr. Clark, their teacher, said they were allowing the Holy Spirit to lead their reading. I encourage each of you this new year to schedule time to read His word and also ask for the Holy Spirit's guidance in understanding and following His leading.



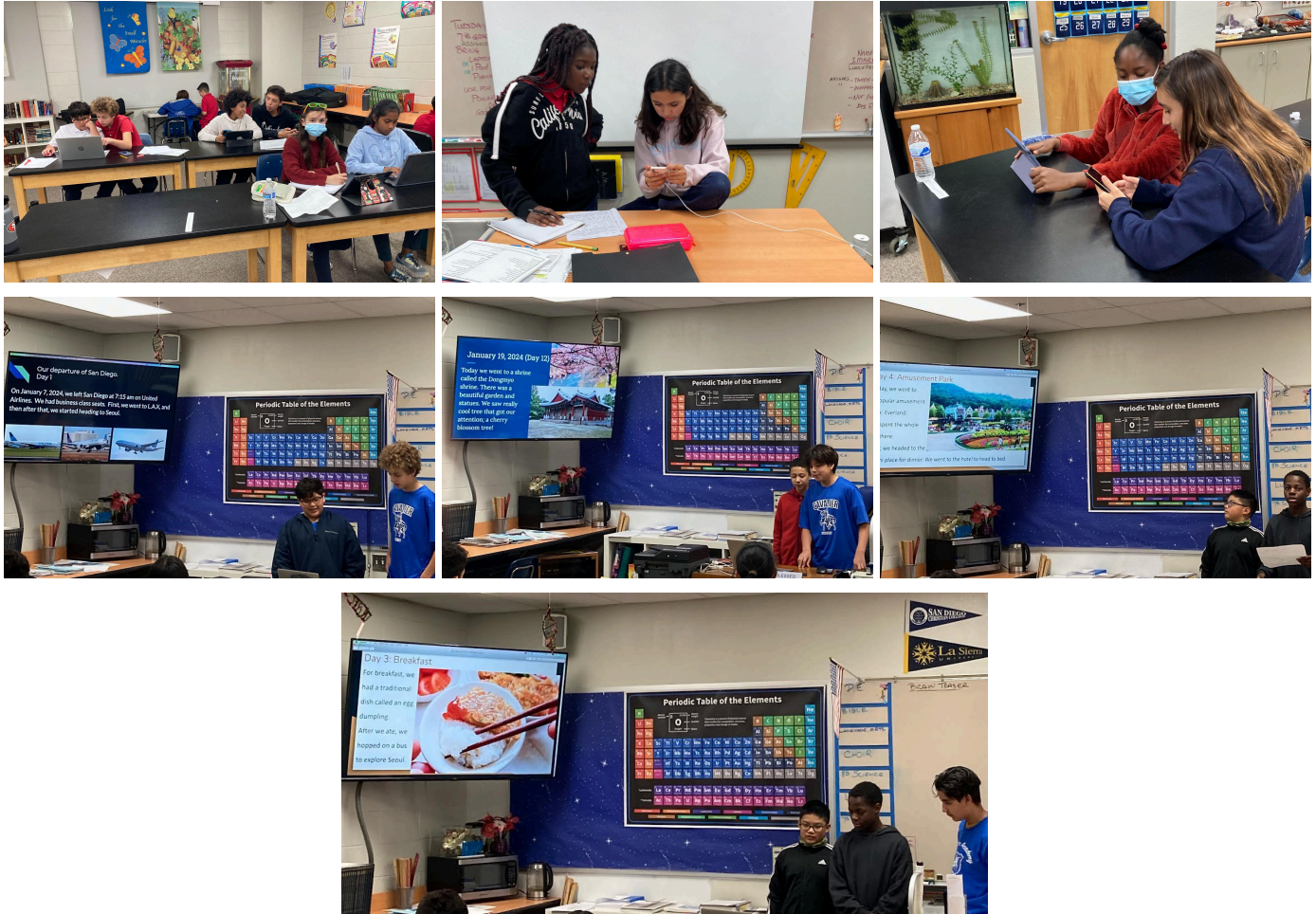
Junior High Activities

Korea Travel Brochure Project

story and photos by David Roysdon, 7th grade teacher

The students are working in pairs on a Social Studies project that takes place in Seoul, South Korea. Each group is tasked with compiling a travel itinerary over a TWO WEEK period in which they are to EXPERIENCE all aspects of the culture of that country and present it in a Google Slides format. They must include Food, Art, Customs, Religion, Language, and Dress and travel in their presentations. Each group will be presenting their project on Friday 1/12/24. Each group worked very hard on their research project.

—Mr. Roysdon



Yesterday we welcomed 18 Korean students to San Diego Academy. Today was their first day in the classrooms. My family is hosting two boys, one in 6th grade and one in 7th grade. I had five freshmen in my Art Appreciation class. I am looking forward to getting to know them better and sharing our school with them for the next month. We will highlight details in next week's newsletter.--Mrs. Denise Avitia, Publications instructor

San Diego Academy Calendar of Events

NO SCHOOL Martin Luther King Jr Day.....Monday, January 15
K-12 Awards Chapel.....Friday, January 19
K-12 Spirit Week.....Mon, Jan 22 to Fri, Jan 26
Fifth Grade Field Trip to the History Center.....Tuesday, Jan 23
JH Bible Camp at Indian Hills.....Fri, Jan 26-Sun, Jan 28
Music Performance at ETA Church.....Sabbath, Jan 27
JR/SR Bible Camp.....Wed, Jan 31 to Sabbath, Feb 3
Fifth Grade Field Trip to Living Coast.....Thurs, Feb 8
Chorale Music Hymn Festival

San Diego Academy Athletics

Girls Varsity Basketball game at High Tech NC.....Tues, Jan 16
Boys Varsity Basketball HOME game vs. SET.....Tues, Jan 16 at 4 p.m.
Girls Varsity Basketball HOME game versus Gompers Prep...Thurs, Jan 18 at 4 p.m.
Boys Varsity Basketball game at King Chavez.....Thurs, Jan 18



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January Hours:
SUN-THU: 10 a.m. – 2 p.m.
FRIDAY: 10 a.m. – 3 p.m.
Sabbath We Rest
Closed New Year's Day

*Call Denise's cell for **extended hours**: 619-618-8984.
We are often here in the afternoon and early evening.*

Manuel & Denise Avitia
Owners

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****Did you know you can place an order by phone and have it delivered to the school? Call Denise at 619.618.8984****

**Celebrating 125 years!*

ALUMNI WEEKEND

March 1-2, 2024

Friday, March 1

7 p.m. Vespers at
San Diego Academy



Guest Speaker: Don Dudley

Former San Diego
Academy teacher,
principal, and SECC
Superintendent of
Education

Sabbath, March 2

10 a.m. Church service in the Academy Gym
12 p.m. Lunch
6:30 p.m. Alumni vs. Cavaliers
Girls Volleyball, Boys Volleyball,
Girls Basketball, Boys Basketball

Honor Classes

1954 (70 years), 1964 (60 years), 1974 (50 years),
1984 (40 years), 1994 (30 years), 1999 (25 years),
2004 (20 years), 2014 (10 years)

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SAVE THE DATE FOR OUR ALUMNI WEEKEND! HOPE TO SEE YOU THERE TO CELEBRATE

125 YEARS!