

## Parent Resources



### Does Your Student Work?

Your student could be earning credit while working in the form of elective credits if they sign up for Work Experience. Thirty-six work hours equals one credit of school work. Weekly worksheets are also part of the Work Experience requirement.

In California, all minors under the age of 18 must have a Work Permit to be employed (including minors employed by parents).

Work Permits serve as an age certificate and state the maximum hours a minor may work based on their age.

The school is the issuing authority for all Work Permits. This Permit may be revoked or work hours may be reduced if the school believes a minor's health, education or welfare is in jeopardy.

Work Permits expire 5 days after the start of each new school year and must be renewed annually.

For further information, see Gary Beare. 858-748-5900 ext 2105.

### GED Practice on-line [GEDpractice.com](http://GEDpractice.com)

Now students can go online and preview questions from each content area on the GED. There are 15-18 questions per content area that provide immediate feedback. This will allow students to focus on areas of greatest need in preparing for this test.

## S.A.F.I.R.

### Supporting Adolescents & Families in Recovery

#### Free & Confidential

#### PREVENTION-INTERVENTION- AFTERCARE

Alcohol and drug use impact the entire family. Vista Hill's program offers education, information, support and guidance from well trained staff, trained volunteer parents and most importantly, from each other. SAFIR is an ongoing, no cost program available to participants for as long as support is needed.

PLACE: Abraxas High School  
12450 GlenOak Rd  
In the Media Center

TIME: 6:30 p.m. - 8:30 p.m. Tues

REQUIREMENTS: Students must be clean and sober for at least 24 hours and must be accompanied by a parent.

APPROVED BY: courts, probation and recovery programs in San Diego County

SPONSORED BY: Vista Hill Community Service Programs  
TO ENROLL call 619-668-4250 or 619-668-4201

[www.vistahill.org](http://www.vistahill.org)

### Medication at School



No medication can be carried at school unless an authorization is signed by the parent and a medical doctor. This form is available at school or at this website: [www.powayusd.com/admin/lss/health/](http://www.powayusd.com/admin/lss/health/). Unfortunately, this includes over the counter medicines such as ibuprofen, aspirin, Tylenol, Roloids, etc.



### No-/Low-Cost Children's Health and Dental Coverage

#### Medico Gratuita o a Bajo Costo

1-800-675-2229

San Diego Kids Health Assurance  
Network

### School Dress Code

Items that are **NOT** permitted include, but are not limited to:

- Metal chains of any length
- Dangling or hanging belts
- Hats or caps altered in any way from the original manufacturer
- Bandannas, hair nets and "do-rags"
- Clothing that reveals cleavage, bare midriffs and that does not adequately cover underclothing
- Clothing advertising weapons, drugs, alcohol, tobacco products or other illegal substances
- Clothing with profanity and/or lewd pictures and/or pictorial representations, or clothing worn in such a way as to be intimidating to others
- Pajamas and slippers, tube tops, strapless and backless tops
- Shoes with heels higher than 2"
- Any items deemed by the school administration to be inappropriate, pose a health or safety risk, or to be distracting to the learning environment

**Students arriving in inappropriate attire will be asked to call a parent to bring in other clothing.**