

WEDNESDAY, OCTOBER 23, 2019

TODAY'S ACTIVITIES (as time allows)

Digital Citizenship (continued)

- Finish up digital citizenship activity discussion if needed:
 - [PPT Presentation Discussion Activity](#)
- If not needed, take any extra time to get to know your students better

ANNOUNCEMENTS:

- REMINDERS:
 - **Winter Sports Physicals:**
 - Physicals will take place on Wednesday, Oct 30th at 3 pm. Coast is \$25 CASH ONLY and all paperwork must be filled out prior to seeing the MD. Clearance information is located on the Helix webpage under the Athletics tab.
 - To see times for Winter Sports tryouts click [here!](#)
 - **Finance Office Hours this week:** For Oct 24th, 25th and 28th, the Finance Office hours will be adjusted as follows:
 - Thursday Oct 24th: open before 1st period, during nutrition break and during lunch only
 - Friday Oct 25th: the Finance Office will be closed
 - Monday Oct 28th: open during lunch only.
 - **Are you taking an AP exam?**
 - Please remember to purchase your AP exams as soon as possible. Sales at the Finance Office window for exams will end at lunch on Thursday, October 24th
- UPCOMING EVENTS:
 - **Haunted Helix:** Are you one of those rare Highlanders that haven't seen a Helix Choir show? Well, now is your chance! Don't miss our creepy, kooky and spooky singers in **Haunted Helix** on Tuesday, October 29th and Wednesday October 30th at 7 pm in the PAC.
 - Tickets are \$5 cash for students at the door. Dare to see you there!
 - Red Ribbon Week is next week!
 - Here are the dress up days planned in honor of Red Ribbon Week:
 - Monday 10/28: **Twin Day** "Pair Up Against Drugs"
 - Tuesday 10/29: **Tie Dye** "Say Peace Out to Drugs"
 - Wednesday 10/30: **Jersey Day** "Don't Play with Drugs"
 - Thursday 10/31: **Halloween** "Wear Your Costume and Say BOO to Drugs"
 - Friday 11/1: **Red Out** "In Awareness of Drug and Alcohol Abuse"
- COMMUNITY SERVICE OPPORTUNITIES:

- The [Fall festival volunteer opportunities](#) document is located on your Canvas page. Please check it for updates. So far we are up to 7 different opportunities to help out at a local Fall Carnival!
 - Don't forget to bring a community service form!
 - **NEW TO THE LIST: Fletcher Hills Elementary**
 - This Friday from 4:45 to 8 pm
 - CHECK IT OUT!
 - **NEW TO THE LIST: Murray Manor Elementary**
 - This Saturday from 2 to 6 pm
 - CHECK IT OUT!
- **La Mesa Community Bike Rodeo**
 - The city of La Mesa is looking for volunteers at the Community Bike Rodeo on Saturday November 2, from 10:00 am - 1:00 pm. Volunteers will assist in set up, break down, pass out snacks to participants, assist in the bike skills course, bicycle checks, helmet checks, and registration.
 - For more information, go to the City of La Mesa Special Events page: cityoflamesa.us/specialevents