

WEDNESDAY, OCTOBER 16, 2019

TODAY'S ACTIVITIES (as time allows)

Happy Digital Citizenship Week!

- “Who are digital citizens? Digital citizens think critically about what they see online, understand the benefits and risks of sharing information, and balance screen time with other activities. In honor of digital citizenship week, we would like you to reflect on your social media use and think about how your actions online might affect others.”
- [PPT Presentation Discussion Activity](#)
 - The link above will take you to a presentation that will help guide the classroom discussion:
 - Agree/Disagree discussion (use opposite sides of the room: agree on one, disagree on the other)
 - Video (link in presentation)
 - Discussion questions (pair shares, circles, or small group)

ANNOUNCEMENTS:

- **REMINDERS:**
 - ASB is an excellent opportunity to help improve our school by being leaders on this campus. If you join ASB, you'll have the opportunity to participate in and plan Homecoming, Airbands, pep rallies, and other school events. Interested? [Click here](#) to fill out an ASB application!
 - P.S. There is a **MANDATORY** meeting for all applicants at lunch in room 1200 on Thursday, October 24, 2019
- **UPCOMING EVENTS:**
 - The Sound of Music has only a few more performances left:
 - Thursday Oct. 17th @ 6pm
 - Friday and Saturday Oct. 18th-19th @ 7pm
 - Saturday Oct 19th @ 2pm
 - Winter Sports Try-Out Times
 - Try-out times for Winter sports have been announced!
 - [Boy's Basketball](#): Saturday November 9th
 - Varsity: 10 am to 12 pm
 - JV: 8 am to 10 am
 - Frosh: 6 am to 8 am
 - [Girl's Basketball](#): Saturday, November 9th from 12 pm to 3 pm
 - [Boy's Soccer](#): November 11th at 3:30 (lower field)
 - [Girl's Soccer](#):
 - November 11th at TBD (based on football practice)
 - Tuesday, November 12 thru Friday November 15th
 - Varsity: Lower field at 3:30 pm

- JV: Stadium field at 5:30
- Girl's Water Polo: November 12th
 - 3:15 to 5:15 for ALL returners
 - 5:30 to 7:15 for Freshmen/New Players
- Wrestling:
 - Varsity: November 11th at TBD
 - First year Wrestlers: November 12 at 3:15 in Multipurpose room
- **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.**
- **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 6 different opportunities to help out at a local Fall Carnival!
 - Don't forget to bring a community service form!
 - **There's a new addition: Clay Elementary school!**
 - [Pee Wee Sports](#) at the Lemon Grove Recreation Center is looking for volunteers! Flag football, soccer, basketball and baseball sessions begin in October and run through May. Contact Coach Mark Horton for more information at (619) 823-3754.
 - [Christian Church of Lemon Grove Fall Family Feast Event](#): 11/17 from 3-8 pm @ 6970 San Miguel Avenue, Lemon Grove
 - Volunteers needed for food service, kitchen help, event set up, and event clean up
 - Text (619) 977-1969 or email pmudge07@yahoo.com by Oct 30th!
 - Spots are limited!