

Parent/Guardian Newsletter

Issue 18

New Decade, New Beginnings

It is with a heavy heart that I write my last Parent/Guardian Newsletter for the Class of 2022. As of Monday, I will begin my career as a School Counselor for Garfield High School. It is a bittersweet feeling, especially after being an Academic Advisor for 13 years at Helix Charter High School.

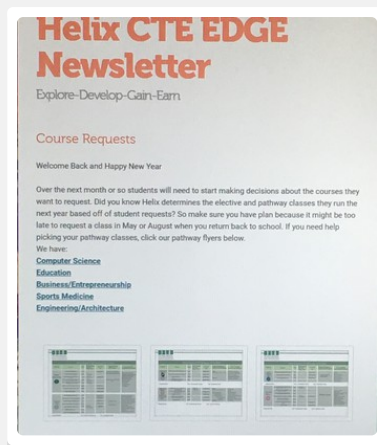
Thank you for allowing me to be a part of your students' academic success. It takes a village and I am proud to have been a part of yours. In spite of my departure, you are left with an amazing team (please be patient with them during this transition). Mrs. Trevino, Mr. Gonzalez, and Mrs. Urich are all amazing and will ensure that the next Academic Advisor is the best fit for our Grade Level Team.

Once a Scottie, Always a Scottie-
Yolanda Street

What's happening this month....

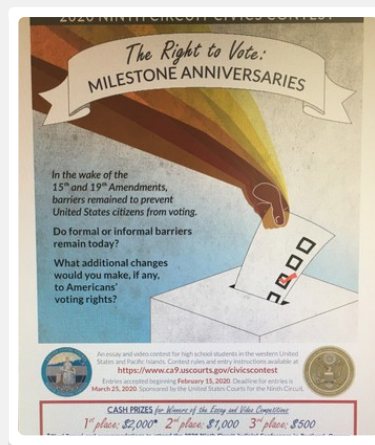
We are currently working on a few things for our Grade Level Team. In January we started our Course Request presentations for all sophomores, and our parent night will be tomorrow, Thursday January 30th at 6pm in room 1600/ExL. We encourage you to be on time to ensure you do not miss out on any important information. Your students course request form is due on Sunday February 2nd and all the information can be found on the Class of 2022 Canvas page.

Lastly, we are almost at the finish line for our Sophomore Interviews. All Sophomores will be interviewed on Wednesday February 26th. We will be on an adjusted bell schedule (more information to follow). Please visit the Class of 2022 Canvas page to visit our Sophomore Interview [webpage](#) or visit the active webpage link.



EDGE Newsletter

Course Requests are happening now. Learn more about our [CTE EDGE Pathways](#) to ensure you are selecting the CTE courses you are interested in.



2020 Civics Contest

Application process opens February 15, 2020.

Each year, the court chooses a topical theme and has students submit either a 500 to 1,000 word essay or a 3-5 minute long video related to the theme. This years theme is: "The Right to Vote: Milestone Anniversaries". This was chosen because 2020 is the 150th anniversary of the ratification of the 15th amendment and 100th anniversary of the ratification of the 19th amendment. In their essay or video, students are asked to respond to the following prompt: "In the wake of the 15th and 19th Amendments, barriers remained to prevent United States citizens from voting. Do formal or informal barriers remain today? What additional changes would you make, if any, to Americans' voting rights?".

Students are given a list of cases and acts that will assist them in researching this topic. I have attached more details to this email including the flier and contest rules.



Kaiser Permanente Summer Program

The Kaiser Permanente Junior Summer Program is now accepting applications.

We are excited to be able to offer this opportunity to students in our community. **The application window will close on February 28th, 2020**

Here is a link to the application.
<https://tinyurl.com/KPJr2020>

If you have any questions, please contact: Stacie Scheet
858-266-2675

Students finalist at the district level will win cash prizes and be sent for consideration as a circuit level finalist. Those who win at the circuit level will win cash prizes and be invited to the 2020 Ninth District Judicial Conference in Portland, Oregon (travel and accommodations included).
Civics Contest:
<https://www.casd.uscourts.gov/civic-contest.aspx>

A poster for a 'MOCK ACT' event. The text is written in a dark red, serif font on a light-colored, lined background. The event is scheduled for Saturday, Feb. 1st, at 7:45 AM, at 7323 University Avenue, La Mesa, CA. A map shows the location of Felix Charter High School with a red pin. A 'Get Directions' link is provided. A note states that registration requires payment at the Dawg House or emailing the Grade Level Team for a fee waiver.

MOCK ACT

WHEN
SATURDAY, FEB. 1ST, 7:45AM

WHERE
7323 UNIVERSITY AVENUE
LA MESA, CA

MORE INFORMATION
You must be registered by paying at the Dawg House or emailing your Grade Level Team for a fee waiver.

Felix Charter High School

[Get Directions](#)

Dia de la Familia @ Grossmont College

There is an upcoming event at Grossmont College called Dia de Familia: Careers in Public Service & Nonprofit (Carerras en el Servicio Público). This event is open to the public and will take place on campus on Thursday, March 5th, 2020 from 5:00-8:00pm. Our purpose is to promote careers and higher education opportunities to the Latinx community in San Diego county. This is a great opportunity for students to find out about Grossmont's programs and support services offered and there will be FREE tacos for all!

Although this event is geared towards Latinx families, please note all students and families are welcome.



FREE TACOS

Dia de Familia

Careers in Public Service

THURSDAY, MARCH 5TH, 2020
4:00-8:00 PM
MAIN QUAD

Open to the Community, Bring your families!

This FREE event will include:

- Public Safety and Law Enforcement
- Outdoor Crime Scenes
- Grossmont Programs and Careers
- Forensics Lab & Fingerprint Lab
- Corrections Academy March
- Engagement Activity
- Nonprofit Organizations
- And more!

For Agenda & Updates Click On This Link:
<https://tinyurl.com/diadefamiliagc>

FREE PARKING IN LOT 7

GROSSMONT COLLEGE
 VIA RAPIDA FIVE

GROSSMONT COLLEGE

Annual Black College Day

BSU Access Coordinators will be having their Annual Black College day on Thursday, February 13th, from 9 am - 4 pm. The purpose of the event is to encourage High School students to pursue higher education. We will have workshops led by our students that will shed light on the experience of a black undergraduate student and tips on self-care, time management, etc.



For more information please contact the coordinators below:

Olusheun Precious Akinrimisi

Access coordinator

Clinical psychology | UC San Diego

o1akinri@ucsd.edu

3106580871

Cameron Haywood

Access coordinator

SAND VOLLEYBALL ASPIRE

MONDAY, TUESDAY, THURSDAY

3:00-5:00 @ sand courts



Open to anyone, come join the fun!!!



**SAN DIEGO STATE
UNIVERSITY**

College of Engineering

SDSU College of Engineering Tours

The SDSU College of Engineering Student Leader Program offers tours of the College of Engineering for students, parents, and community partners throughout the school year. The Student Leader tour guides are current Engineering students who are active in one or more Engineering student organization and are passionate about sharing the exciting and innovative opportunities within the College of Engineering.

If your student is interested in touring the college, please feel free to pass this email along and follow the link below to the tour registration form, or find us on the [SDSU College of Engineering website](https://forms.gle/WaUxNSvLYwc6EuNV8).

Register here: <https://forms.gle/WaUxNSvLYwc6EuNV8>

Best,

Bianca Aviña, M.A.

School Programs Manager

Women in Engineering

College of Engineering Femineer® Program

San Diego State University, ED100K

Shout out to our Sophomore!!

This past weekend, 8 of our top competitors were invited to represent Helix at one of the top competitions in the country, the MLK Invitational at James Logan High School in the Bay Area. Most of the top teams in California were there and several from other states (AL, FL, MS, NV, TX, WY). The students did very well, each reaching break rounds in one or more events.

One of our very own, Owen D, was a quarterfinalist in two areas; Dramatic Interpretation and Oratorical Interpretation.

Congratulations Owen D. !!



CREATIVE WRITING ASPIRE

TUESDAY 2:45 TO 4:45

RM:1630



A Bridge For Kids

A Bridge For Kids
8th Annual Essay Contest



Essay Topic and Judging:

Students may enter the 2020 A Bridge for Kids Essay Contest by submitting an original essay of 750 words or fewer describing their thoughts on the following:

What have you done in your life that you are the most proud of and how has this accomplishment impacted your life or the life of someone else?

A panel of volunteers will judge the essays and the winners will be picked based on the creativity, originality, clarity and overall impact of the essay.

2020 Contest Prizes:

- 1st Place- \$2,500 sponsorship
- 2nd Place- \$1,000 sponsorship
- 3rd-5th- \$250 Amazon Gift Card
- 6th-10th- \$100 Amazon Gift Card

Note: Deadline for entry is midnight on March 1, 2020. Winners will be announced week of April 13, 2020.

Past Winners

2019 Essay Contest Winner- [Alexandra Morales](#), The Preuss School, UCSD

2018 Essay Contest Winner- [Kevin Banks](#), Lincoln High School
2017 Essay Contest Winner- [Jonathan Bojorguez](#), Helix High School
2016 Essay Contest Winner- [Kiara Gomez](#), The Preuss School, UCSD
2015 Essay Contest Winner - [Andria Montgomery](#), Patrick Henry High School
2014 Essay Contest Winner - [Virginia Reyes](#), The Preuss School, UCSD
2013 Essay Contest Winner - *Laura Castro*, The Preuss School, UCSD

[2020 Contest Rules and Eligibility](#)



**10 MILLION
STUDENTS**
have signed up for
Official SAT Practice
on Khan Academy!

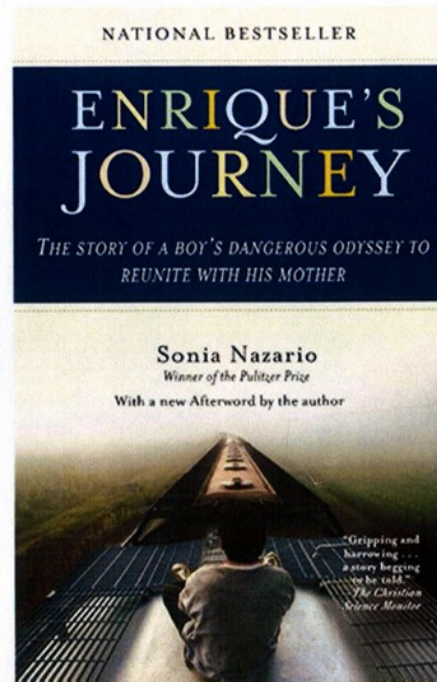
Help your students join the free SAT® practice movement! Use PSAT/NMSQT® scores to unlock a free SAT study plan on Khan Academy®.

It's SAT Practice Kickoff Week, and we're celebrating the more than 10 million students who've tried Official SAT Practice on Khan Academy. As a school leader who helped your school offer the PSAT/NMSQT, you're invited to participate in Kickoff Week from January 27–31 by encouraging your students to sign up for Official SAT Practice and send their PSAT/NMSQT scores to Khan Academy.

After sharing their scores, your students' Official SAT Practice experience will be completely customized to their strengths and weaknesses. All it takes is a few steps to link their College Board and Khan Academy accounts while signing up.

SIGN UP BY CLICKING HERE

ONE BOOK, ONE HELIX



SONIA NAZARIO AUTHOR TALK

HEAR SONIA NAZARIO SPEAK ON FEB 25 2020.
POINT LOMA NAZARENE UNIVERSITY| 7PM

Student Tickets Only \$5
Get yours now! plnu.universitytickets.com



Guitar Aspire

Wednesday 3:00-4:30

Room 150





The poster features a dark green background with a starry sky. At the top left, a stylized orange comet with a green atomic symbol nucleus is shown. At the top right is the Cal Poly College of Engineering logo. On the right side, an astronaut in a green suit is floating, holding a magnifying glass and looking at a glowing lightbulb. At the bottom right, a small green robot with a single antenna is peeking out from behind a grey rock.

ENGINEERING POSSIBILITIES IN COLLEGE

EPIC

Engineering Possibilities In College, or EPIC, is a one-week engineering summer camp for students currently in grades 6 - 11. EPIC introduces campers to the varied fields of engineering through hands-on labs taught by university professors and industry professionals. Every student attends eight labs tailored to their selected engineering focus. There are labs with a focus in the following types of engineering:

**AEROSPACE • CIVIL • ENVIRONMENTAL • MATERIALS
ARCHITECTURAL • COMPUTER • INDUSTRIAL • MECHANICAL
BIOMEDICAL • ELECTRICAL • SOFTWARE • MANUFACTURING**

SESSION 1 Grades 6-8 • July 5-10	SESSION 2 Grades 9-11 • July 12-17
SESSION 3 Grades 9-11 • July 19-24	SESSION 4 Grades 9-11 • July 26-31

* All grades are based on Spring 2020 Enrollment Status

ABOUT EPIC

Your EPIC experience will include designing, building and testing your own engineering project! You'll experience life on a university campus and meet new friends during activities that may include rock climbing, bowling, lawn games and hikes to the Cal Poly "P." Campers will hear from great speakers including industry leaders, professional engineers and staff from Cal Poly Admissions.

EPIC SUMMER CAMP DETAILS

Camp sessions are residential only from Sunday to Friday. All students stay in the Cal Poly-San Luis Obispo dorms. Tuition is \$1,720. Scholarships are available based on financial need.

Transportation is provided at no extra charge from Oakland, San Jose and Hawthorne, California.

CONTACT

Email: epic@calpoly.edu
Phone: 805-756-6579

APPLY ONLINE BY APRIL 15 • EPIC.CALPOLY.EDU

Helix Parent University Parent Interest Survey

We are in the process of planning our first ever Helix Parent University! The conference will take place here on campus next school year on Saturday, August 29th 2020. The HPU conference will provide the opportunity for Helix parents/guardians/grandparents to gain information on topics of their choosing in what we hope will be a more flexible and convenient delivery style than we have previously offered.

We are looking to hold four breakout sessions at 40 minutes each (running from 9:00 am to 12:00 pm). The number of sessions offered during each time slot will depend on what our departments choose to present. Presenters will be assigned presentation times and a classroom in which to hold their session(s). Additionally, a College Fair and our Helix Tech Squad will be available to families as needed.

Is your department or you individually interested in hosting a session? Please fill out the attached survey!

We look forward to providing this new opportunity to our families and encouraging the collaboration we know is so pivotal for success at Helix. Thank you for your continued support!

HPU Parent Interest Survey

