

Parent/Guardian Newsletter

Issue 5



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When is Sick Too Sick for School?

As we enter cold and flu season, you may have to decide when it is safe to send your student to school and when it is necessary to keep them home to manage their illness. Here are some tips to provide clarity to a sometimes difficult decision.



Send me to school if...

I have a runny nose or just a little cough, but no other symptoms

I haven't taken any fever reducing medicine for 24 hours and I haven't had a fever during that time

I haven't thrown up or had diarrhea for 24 hours

Keep me at home if...

I have a temperature higher than 100 degrees even after taking medicine
I'm throwing up or have diarrhea
My eyes are pink and crusty

Call the doctor if...

I have a temperature higher than 100 degrees for more than two days
I've been throwing up or have diarrhea for more than two days
I've had the sniffles for more than a week, and they aren't getting better
I still have asthma symptoms after using my asthma medication

2018-2019 CHKS School Parent/Guardian Survey (English)

California School Parent Survey, 2018-2019

Helix High



Your school needs you to complete this online survey to learn more about your opinions about it. This survey is an opportunity to communicate your perceptions about your child's school. This letter explains the survey and, at the bottom of the page, provides your login, password and access instructions. If you have any questions about this survey, contact Mrs. Paula Ann Trevino via email trevino@helixcharter.net.

The purpose of this survey is to obtain parent perceptions about the school.

Your participation is voluntary. It is also very important. The information you provide will help guide district and school efforts to promote safety, enhance learning supports, and improve student achievement.

· **This is an anonymous survey.** It is designed so that no one can be identified from the data. You do not have to respond to any questions that you feel could be used to identify you. Simply skip any such questions.

· **All questions apply to this school only.**

· **The results are for the use of your district.** The California Department of Education and WestEd will preserve data confidentiality and refer any data requests to the district.

INSTRUCTIONS FOR ACCESSING THE SURVEY

If you have more than one child at this school, you will only need to complete one survey for this school. Please fill out just one survey about the school using your oldest child as a reference.

Access the survey using the following URL:

surveys.wested.org/csps/KR493CJ

Troubleshooting

If you are having trouble taking the survey, check the following:

- Make sure you are entering the web site address correctly.
- Does the survey welcome page show the correct name of your school?

- Make sure you have entered the URL (in the URL bar, NOT THE SEARCH BAR) and School Code correctly.
- Make sure that your survey window is open. You should be able to find the start date on this form.
- Still having trouble? Contact your **survey coordinator** (trevino@helixcharter.net)

Thank you for taking this important survey!



2018-2019 CHKS Encuesta de Padres/Tutor de Familia

Encuesta para los Padres de Escuelas en California, 2018-2019

Helix High

Su escuela necesita que usted llene una encuesta en línea para aprender más acerca de sus opiniones sobre la escuela. Esta encuesta es una oportunidad para comunicar sus percepciones acerca de la escuela de su niño(s). Esta carta explica la encuesta y al final de la página, le da su clave de ingreso, su contraseña y las instrucciones de acceso. Si tiene alguna pregunta sobre esta encuesta, comuníquese con Senora Trevino por correo electronico-trevino@helixcharter.net

El propósito de esta encuesta es obtener percepciones de los padres acerca de la escuela.

Su participación es voluntaria. También es muy importante. La información que proporcione ayudará a guiar los esfuerzos del distrito y de la escuela para promover la seguridad, mejorar las cosas que respaldan el aprendizaje, mejorar los logros de los alumnos.

· **Esta es una encuesta anónima.** Está diseñada para que nadie pueda ser identificado a través de la información que proporciona. No tiene que responder ninguna pregunta que piense que se pueda usar para identificarlo. Simplemente pase por alto esas preguntas.

· **Todas las preguntas se refieren solamente a esta escuela.**

· **Los resultados son para que su distrito pueda usarlos.** El Departamento de Educación de California Y WestEd mantendrá la confidencialidad de la información y referirá cualquier petición de datos al distrito.

INSTRUCCIONES PARA ACCEDER A LA ENCUESTA

Sí usted tiene más de un niño registrado en la escuela, por favor sólo complete una encuesta sobre esta escuela.

Para entrar a la encuesta, use la siguiente dirección en Internet:

surveys.wested.org/csps/KR493CJ

Resolución de problemas

Si tiene algún problema para llenar la encuesta, por favor verifique lo siguiente:

- Asegúrese de ingresar la dirección correcta del sitio en Internet.
- ¿Se lee el nombre correcto de su escuela en la página de bienvenida a la encuesta?
- Asegúrese de que ingresó correctamente la dirección de Internet en la barra donde se coloca la dirección del sitio web, NO EN LA BARRA DE BÚSQUEDA y el código de la escuela.
- Asegúrese de que su ventana de la encuesta esté abierta. Podrá encontrar la fecha de inicio en este formulario. La ventana permanecerá abierta durante algunos días a partir de esta fecha.
- ¿Sigue teniendo problemas? Comuníquese con **el coordinador de su encuesta, Sra. Trevino**

Gracias por llenar esta importante encuesta.

American Legion Oratorical Contest

About the Oratorical Contest

“A constitutional speech contest”



The American Legion Oratorical Contest exists to develop deeper knowledge and appreciation for the U.S. Constitution among high school students. Since 1938, the program has presented participants with an academic speaking challenge that teaches important leadership qualities, the history of our nation’s laws, the ability to think and speak clearly, and an understanding of the duties, responsibilities, rights and privileges of American citizenship. The program has featured numerous politicians and prominent contestants over the years, including former president candidate Alan Keyes and CNN anchor [Lou Dobbs](#).

Young orators earn some of the most generous college scholarships available to high school students. Over \$138,000 in scholarships can be awarded each year. The overall national contest winner gets an \$18,000 scholarship. Second place takes home \$16,000, and third gets \$14,000. Each department (state) winner who is certified into and participates in the national contest’s first round receives a \$1,500 scholarship. Those who advance past the first round receive an additional \$1,500 scholarship. The American Legion’s National Organization awards the scholarships, which can be used at any college or university in the United States.

The Prepared Oration

The oration must be on some aspect of the Constitution, with emphasis on a citizen’s duties and obligations to our government. The same subject and oration used in the department contest must be used in the national contest.

Contestants may have a copy of their prepared oration while waiting in the first holding room. They may consult the copy until they exit to begin the contest. The copy will then be surrendered to the contest official monitoring the first holding room.

Quotations must always be indicated as such. Where quotations are more than 10 words in length, the author’s name must be given in the manuscript and cited orally.

It is acceptable to utilize or incorporate short phrases in a foreign language to develop the argument, establish a point, etc. It should be understood that the vast majority of the prepared oration and/or assigned topic must still be delivered in English. Singing is not permitted and will result in immediate disqualification. The contestant may, however, quote a verse(s) of a song(s) provided proper attribution is made.

For information on assigned topics please view the attached document below. In addition, if your student is interested in participating please have them attend the Information session on January 4,



2019 Assigned Topics.docx

[Download](#)
14.0 KB

HEFAR Cash for College

The HEFAR Group is a 501 (c)(3) non-profit company that helps families and individuals plan financially for the skyrocketing cost of college. HEFAR helps to both lower out-of-pocket costs and increase eligibility for financial aid by helping families qualify for more in grants, scholarships, endowments, and other aid that is available. The HEFAR Group is a FREE service dedicated to helping make a college education more affordable and manageable for all and to keep families from making costly mistakes when navigating through the complex financial aid process.

Mark your calendars for February 21, 2019 to come in and learn about your options. Its never too early to start planning for your students!

<https://www.youtube.com/watch?v=bvvx-r2KfZc>



HEFAR Cash for College Event

When

Thursday, Feb. 21st 2019 at 6pm

Where

Helix Charter High School-Room 1600
(ExL)

A graphic featuring the silhouettes of a family of five (a man, a woman, and three children) standing against a warm, golden sunset background. The family is positioned on the left side of the graphic. To the right of the silhouettes, there is text detailing 'Helix Family First Events' for January and February. At the bottom right, there is a note about contacting the GLT for more information.

Helix Family First Events

January
10th-C/o 2022 Course Requests @6pm, RM1600
17th-C/o 2020 Course Requests @6pm, RM1600
17th-Excellence in Education Tour @530, RM LIB
24th-Back to School Night @530, HCHS
31st-C/o 2021 Course Requests @6pm, RM1600

February
21st-HEFAR Group @6pm, RM1600

For more information on Family First Events, please contact your GLT.

REMINDERS



Finals 12/20 & 12/21

Finals are upon us. Please encourage your student to attend tutorials on Tuesday and Wednesday morning with his/her teacher as well as attending our after school Aspire Tutorials. Its never too late!

Finals Schedule:

Period 1 - 7:50-9:00
Period 2 - 9:05-10:15
Period 3 - 10:35-11:45
Period 4 - 11:50-1:00



Friendly Reminder

- Don't forget to wear your ID cards.
- Be on time to class, let's reduce the number of lockouts.
- Remember to stay in campus bounds during break and lunch. We are not an OPEN campus. You must have an off campus pass to leave school grounds early.
- Make sure you have submitted your lunch applications. To be eligible for Free Lunch, students must reapply each year. [Click here for the online application.](#)



Clear your attendance within 24 Hours

A Parent note, Dr's note or Legal note can clear an absence when a student gets a readmit slip the next school day of attendance.

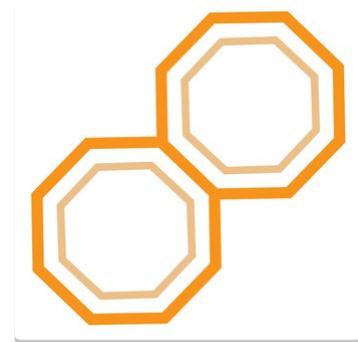
Parents/Guardian's can email Mrs. Alicia Melendez @ amelendez@helixcharter.net or call her directly @ x232.

Please do not leave a message on the main line.

Honeycomb by EDGE - A Helix Business

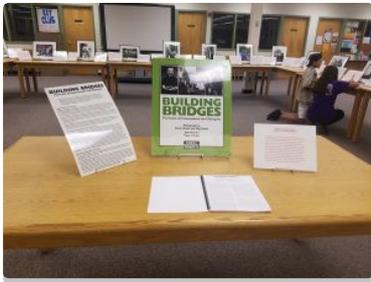
[Honeycomb by Edge](#) is a business run by students at Helix Charter High School. Students take the Grossmont College class, Business 109, and show interest in entrepreneurship. The students are working with two Helix teachers, Mr. Asimos, and Mr. Moore to meet the needs of the school and community.

In order to start this business venture, two pieces of equipment were purchased, a laser cutter and screen printer. By having these two new machines in our Edge Lab they are able to engrave almost anything and make professional level t-shirts, for the community.



The goal is to learn about the inner workings of a business by getting first hand experience. Students love working with members of the community and hope to see you all as their next client!

Looking for unique gifts for Christmas? Click [HERE](#) for their catalog.



Building Bridges - Photo Exhibit

This fall, the Helix Library will be hosting the following events to continue exploring the themes of [Enrique's Journey](#), our new 9th grade One Book, One Helix book. All are Welcome! This event is not just for freshman, we would LOVE to have a variety of student, parents/guardians, and staff attend.

December 14th: "Building Bridges", photo exhibit in the Helix Library. Stop by the library to see the traveling exhibit featuring the photos & stories of refugees & immigrants who have settled in the U.S. for a wide variety of reasons. The exhibit showcases 20 people/families along with background information & personal stories. More information about the exhibit [HERE](#).

Thanks to everyone for their continued support of the [One Book, One Helix](#) program.

Highland Holidays

The Helix Vocal Music would like to cordially invite you to the "Highland Holidays". Performances will begin on Monday, 12/7/18 & Tuesday, 12/18/18 in the Helix Performing Arts Center.

Ticket Sales at the Door:

- \$10 - Adults
- \$5 - Children & Helix Students with ASB Cards

Discount Tickets Available [HERE](#)





Highlander Fling

Please visit [The Highlander Fling website](#) to read the current issue and more!

As always, thank you for your continued support of, *The Highland Fling*.

Winter Break - 12/22/18-1/8/19

Helix Charter High School will be on winter break from Saturday 12/22/18 - Tuesday 1/8/18.

Enjoy the time off! Take time to relax, recharge, and volunteer in the community.



Spring Semester 2 - Wednesday 1/9/19

Don't be late! Class starts at 8:55am.

We will be in the Quad in front of the Administration Building & PAC Building distributing schedules from 7:30am-8:45am.

The Wonders of Science - Literary Magazine

The wonder of Science is a literary magazine where you can express your creativity and views as it relates to Science.

The Magazine is looking for any Helix student taking Science to write a poem, script, journal, short story, etc..that represents an idea that relates to the topic of Controversy and Pseudoscience.

To apply submit a digital copy to duncan@helixcharter.net Submissions are due by January 9, 2019.

For more information please visit the [link](#).

The Wonders of Science

a literary magazine where you can express your creativity and views as it relates to science

This year's topic is: **Controversy and Pseudoscience**

Why? add to your college applications as a published author
express your viewpoint on the science topics of the day

Who? any Helix student who is taking a science course

What counts? any written text (poem, script, journal, short story, etc.) or a photograph that represents an idea or is a copy of an original painting, sculpture, etc. that relates to the current topic.
of science and pseudoscience

Want to Apply?

1. Submit a digital copy to duncan@helixcharter.net
2. The **subject line** must say: Art and Science
3. The **body of the email** must include: name, grade, 4th period teacher, room number, and an explanation of what you are submitting and how it relates to the current topic along with your attached submission

Submissions due by January 9, 2019

Common Questions:

What is considered controversial or pseudoscience?
It is controversial if there are two sides that don't agree with one another. Pseudoscience does not use the scientific process or methodology to prove its point, therefore there is no real evidence.

Will my submission be automatically accepted?
If you have corrected all grammar and spelling mistakes, it is presented in a professional manner, and it is quality work, you will have an exceptional chance. The staff will not be excluding any points of view.

If I still have more questions? Contact Mr. Duncan at duncan@helixcharter.net

HELIX HIP HOP DANCE TEAM

3H Hip Hop Dance Team Auditions

January 23rd, 2019
3:00pm - 5:00pm
Dance Room

FACEBOOK: 3HDANCE
INSTAGRAM: 3HDANCE

3H Hip Hop Dance Team Auditions

Auditions are coming up-contact Mrs. Katie Pipes @ pipes@helixcharter.net for detailed information and practice.

Save the Date for Auditions: Wednesday, 1/23/2019

Online Meal Application

You may be eligible for a whole lot more than free lunch-APPLY TODAY!

California School Dashboard - Helix SOARS!

Helix Charter High School is a college preparatory charter high school dedicated to supporting each student in the attainment of his or her highest academic potential. The educational focus is designed to foster each individual's capacity for self-development and personal responsibility that will prepare students for success in college, career, and adult life. Helix Charter High School recognizes that a student's education is a responsibility shared by school and family.



<https://youtu.be/-3-qr19A54c>



"Let the Conversations Begin"

[California School Da...](#)

www.caschooldashboard.org

The State Board of Education is the K-12 policy-making body for academic standards, curriculum, instructional materials, assessments and accountability. The SBE adopts instructional materials for use in grades kindergarten through eight. The SBE also adopts regulations (Title 5) to implement a wide variety of programs created by the Legislature, such as charter schools, and special education.

