

WEDNESDAY, AUGUST 22, 2019

Announcements:

- La Mesa's Youth Advisory Commission: There will be several vacancies on the City of La Mesa's Youth Advisory Commission in September. The applicants must live within the city limits of La Mesa and be at least 13 years old, but not more than 20 years old, at the time of appointment. Commission meetings are currently held on the second and fourth Monday of each month at 4:30 p.m. in the Community Center, 4975 Memorial Drive, La Mesa.

The purpose of the Commission is to serve as an advisory body to the City Council on matters pertaining to programs, projects and issues that address the concerns of the youth in our community. It is also the Commission's responsibility to explore and develop activities that will promote positive youth relations in the City.

Completed applications must be returned to the City Clerk's Office, La Mesa City Hall, 8130 Allison Avenue, no later than Friday, September 13th to be considered in the September 24th interview and appointment process.

If you have any questions about the Commission, please call Josh Gomez, Recreation Supervisor and Staff Liaison to the Commission at 619.667.1307 or me at 619.667.1120. Thank you for your assistance.

For applications please visit the Class of 2022 page

- Cuyamaca College is hosting an Encuentros Leadership and Education Conference on Saturday, 9/21 for Latino middle and high school boys and their families. The mission of Encuentros is aimed at implementing culturally relevant programs to decrease the Latino male dropout rate in secondary education and increase Latino male post-secondary education participation, retention, and graduation rates.

Please encourage students and their families to join Encuentros Leadership and Cuyamaca College for a day of parent and student workshops on college and career opportunities. The day will feature information about the importance of education and its relationship to a successful future career.

To sign-up, students/families can visit:

[HTTPS://ENCUENTROSCUYAMACAEVENTBRITE.COM](https://encuentroscuyamacaeventbrite.com)

For more information, please contact Jesús Miranda, Associate Dean of Student Equity and Engagement, via email: [jesus.miranda@gcccd.edu](mailto:jesus.miranda@gcccd.edu) or by phone: (619) 660-4007.

- **HCHS Football:** The first football games of the week will kickoff Friday at 4:30 and 7:00 pm. We will be hosting Cajon H.S. from San Bernardino. All students need their id card to get in to the game. Students with an ASB card are free, those without an ASB card are \$7. Adults tickets are \$7.

If you cannot make the game, it will be broadcast on the NFHS Network (there is a subscription fee). The link for that broadcast is:

<https://www.nfhsnetwork.com/events/cifsdsgamb5e641b63c>

- **Did you know Helix Charter has Career Tech Pathways!**

These include:

- **Sports Medicine**
- **Computer Science**
- **Business/Entrepreneurship**
- **Engineering (Architecture)**
- **Education**

Please click on the Pathway of your interest above. The flyer will show you all the awesome classes we offer here at Helix for CTE. Students will enroll in a 1/2 course and then a capstone 3/4 course and that will satisfy hours to complete the pathway. We encourage students to take several classes in the pathway because the more experience the easier it will be to transition into college and internships!

For more information please email [edge@helixcharter.net](mailto:edge@helixcharter.net) and watch the video below.

- **Throw Back to School Dance:** Don't miss out on the first Helix Dance of the school year in the NEW GYM! This Friday, August 23rd. \$2 w/ASB, \$4 w/out ASB, and \$5 @ the Door. See you all there!

**Activity: SAT vs ACT** Please distribute the PSAT FALL 2019 Student Guide to those who registered over the summer.

SAT vs ACT: Which Test is Right for You?

Many students and parents begin the college prep process by comparing the ACT and SAT tests. The **SAT** and **ACT** generally cover the same topics. Both ACT and SAT

scores are used for college admissions decisions and awarding merit-based scholarships. Most colleges do not prefer one test over the other.

Compare the ACT and SAT tests

- ACT includes a Science section
- SAT includes one SAT Math Section on which you may not use a calculator

	SAT	ACT
<b>Why Take It</b>	Colleges use SAT scores for admissions and merit-based scholarships.	Colleges use ACT scores for admissions and merit-based scholarships.
<b>Test Structure</b>	Reading Writing & Language Math Essay (Optional)	English Math Reading Science Reasoning Essay (Optional)
<b>Length</b>	3 hours (without essay) 3 hours, 50 minutes (with essay)	2 hours, 55 minutes (without essay) 3 hours, 40 minutes (with essay)
<b>Reading</b>	5 reading passages	4 reading passages
<b>Science</b>	None	1 science section testing your critical thinking skills (not your specific science knowledge)
<b>Math</b>	Covers: Arithmetic Algebra I & II Geometry, Trigonometry and Data Analysis	Covers: Arithmetic Algebra I & II Geometry, Trigonometry, and Probability & Statistics
<b>Calculator Policy</b>	Some math questions don't allow you to use a calculator.	You can use a calculator on all math questions.
<b>Essays</b>	Optional. The essay will test your comprehension of a source text.	Optional. The essay will test how well you evaluate and analyze complex issues.
<b>How It's Scored</b>	Scored on a scale of 400-1600	Scored on a scale of 1-36

Should I Take the ACT or SAT?

Students are increasingly taking both the SAT and ACT . Changes made to the SAT

in 2016 have made it easier than ever to prep for both tests concurrently - and earn competitive scores on both!

The best way to decide if taking the SAT, ACT, or both tests is right for you is to take a timed [full-length practice test](#) of each type. Since the content and style of the SAT and ACT are very similar, factors like how you handle time pressure and what types of questions you find most challenging can help you determine which test is a better fit. Try our [QUIZ: SAT, ACT, or Both?](#) to learn more.