

WEDNESDAY, AUGUST 27, 2019

Activity: Sophomore Interview Introduction

The Sophomore Interview is an opportunity for students to reflect on their freshman and sophomore years of high school. Through the reflection process students will examine their growth within Helix's School-wide Learner Outcomes (SLO's) and will investigate potential career paths. Additionally, students will set goals for their junior and senior years of high school, which will include a written "Statement of Educational Purpose." The Statement of Educational Purpose will serve as a guide as they set academic and personal goals over the course of their next two years.

This work will be completed through Advisory activities about the Sophomore Interview, which will be integrated into their Helix Digital Portfolio and shared in the Sophomore Interview with a panel of 2-3 Helix Staff members in Spring Semester I of the sophomore year.

We will begin our Sophomore Interview process on 9/25 in Advisory. For all new students to Helix please attend our mandatory workshop on September 4th in room 1340 @ 7:50am. You will need your fully charged laptop :)

**(ONLY TEACHERS WHO HAVE NEW STUDENTS WILL HAVE A PINK WORKSHOP INVITATION WITH A LIST OF NAMES IN THEIR MAILBOXES).**

Please take a minute to visit our Sophomore Interview [webpage](#). You will be able to find the weekly activities and resources.

9/25/19	"GETTING TO KNOW ME" - Soph Interview
10/2/19	"GETTING TO KNOW ME - Soph Interview (HW: Think about what you might include on a resume - brainstorm list and bring to next advisory)
10/9/19	"RESUME" - Soph Interview
10/16/19	"RESUME" - Soph Interview
10/23/19	SCHOOL-WIDE LEARNER OUTCOME & DIGITAL PORTFOLIO Review/Discussion/Circle & Continue working on Resume
10/30/19	SCHOOL-WIDE LEARNER OUTCOME & DIGITAL PORTFOLIO Review/Discussion/Circle & Continue working on Resume
11/6/19	"Create/Edit Digital Portfolio Website" - Soph Interview

11/13/19	"Create/Edit Digital Portfolio Website" - Soph Interview
11/20/19	REVIEW
11/28/19	THANKSGIVING BREAK
12/4/19	Career Cluster- Naviance Strengths Explorer
12/11/19	Career Cluster- Naviance Strengths Explorer
12/18/19	Fall Semester 1 Reflections, Finish Strength Explorer
1/8/20	Fall Semester 1 Reflections, Finish Strength Explorer
1/15/20	Yes Test - Soph Interview (Paper)
1/22/20	Statement of Education Purpose Worksheet (Parent Shadow Day)
1/29/20	Statement of Educational Purpose Transcripts/Update Resume/Add Reflections - Soph Interview
2/5/20	Yes Test - Soph Interview & Review Interview Questions
2/12/20	Mock Interview Pairs - Sophomore Interview (Interview tips, what to wear, etc)
2/19/20	Final Preparation
2/26/20	<b>SOPHOMORE INTERVIEW</b>

### Announcements

- **MOCK ACT - SATURDAY, 8/31/19**
  - Student may CRASH the Mock ACT @ Helix on Saturday, 8/31/19
  - Please arrive in front of the 10's Building @ 7:30am.
  - Bring \$10 Cash, unless you qualify Free & Reduced Meals.
  - The test
- **PSAT - SATURDAY, 10/19/19**
  - Registration is **OPEN** for the PSAT at Helix on *Saturday, 10/19/19*.
  - The PSAT can be purchased for \$20 at the Finance Office/Dawg House until **MONDAY, 9/16/19**.

- If you qualify for a **FEE WAIVER** please see Ms. Villegas or Ms. Markey to register.
  - **DO NOT GO TO THE FINANCE OFFICE/DAWG HOUSE TO REGISTER.**
- To qualify for a fee waiver you must have APPLIED and QUALIFIED for FREE & REDUCED MEALS.

## REMINDERS

- **NO SCHOOL - LABOR DAY**
  - In observance of Labor Day, there is no school on Monday, 9/2/19.
- **ASPIRE KICKOFF**
  - TODAY, Wednesday, 8/28/19 from 1:30pm - 3:00pm
  - Come find out about all the different Aspire Programs offered.
  - There will be FREE PIZZA, bouncies, a rock wall, a DJ, dancing & a raffle for a chance to win prizes!
- **HELIX FOOTBALL VS HERRIMAN HIGH SCHOOL**
  - Friday, 8/30/19 & is a
  - JV starts @ 4:30pm & Varsity starts @ 7:00pm
  - Tickets prices are:
    - \$7 for Students (High School) & Adults
    - \$3 for Kids (ages 7-12) & Senior Citizens
    - FREE with Helix ASB Card OR Kids 6 & under
  - Please review the policies for attending a Home Football Game @ Helix.
    - **ALL STUDENTS MUST HAVE A VALID CURRENT HELIX ID CARD TO ENTER, NO EXCEPTIONS.**
- **LOCKERS**
  - Both Preferred Top & Bottom Lockers are now available.
  - Lockers will ONLY be issued before school, at lunch & after school by Mrs. Carroll, the receptionist in the Administration Building.
  - Preferred Lockers are \$10 for the school year.
    - To purchase a Preferred Locker, see Mrs. Peterson in the Finance Office/Dawg House.
    - To be issued your locker, you must bring the receipt from the purchase of the Preferred Locker.
  - There is NO COST for Bottom Lockers.
- **PICTURE MAKE-UP DAY**
  - TOMORROW, Thursday, 8/29/19 in Room 600 (Multipurpose Room).
  - ONLY for students who did not take their yearbook picture during Summer Registration.
  - See link for assigned times to take picture.

- CYBER SAFETY - JON MOFFAT
  - TOMORROW, Thursday, 8/29/19 @ 6:00pm in the PAC (Performing Arts Center)
  
- APPLY NOW FOR FREE & REDUCED MEALS
  - Apply for free and reduced price meals today at <https://onlinemealapps.guhsd.net/> or see your Grade Level Team for an application.
  - Get your application in early to avoid a processing delay.
  - Benefits of qualifying include:
    - Breakfast & Lunch in the Cafeteria
    - Fee Waivers for AP Tests
    - Fee Waivers for ACT/SAT Tests
    - Fee Waivers for College Applications
  
- COMMUNITY SERVICE OPPORTUNITIES
  - LEMON GROVE COMMUNITY CLEAN UP DAY
    - The Lemon Grove Improvement Council is looking for volunteers to help them with the Lemon Grove Community Clean Up day on Saturday, 8/31/19 from 8:30am - 11:30am.
    - Join them to remove graffiti, clean up trash, and make the area look & feel better.
    - If interested or for more information contact 619-991-1004 or [improvinglemongrove@gmail.com](mailto:improvinglemongrove@gmail.com)
  
  - SURVIVORS OF SUICIDE LOSS WALK IN REMEMBRANCE OF HOPE
    - Sunday, 9/8/19 from 6am-12pm
    - If interested in volunteering please email [michele@sosisd.org](mailto:michele@sosisd.org)
      - In your email please include your name & email address
  
  - LA MESA YOUTH ADVISORY COMMISSION
    - There will be several vacancies on the City of La Mesa's Youth Advisory Commission in September 2019.
    - 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.
    - 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 13, 2019 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.

## ATHLETIC EVENTS

### ● BOYS WATER POLO

- *Novice*
  - Thursday, 8/29/19 vs La Costa Canyon High School @ 6:00pm
  - Saturday, 8/31/19 @ Fall Invitational TBD
- *JV* - Thursday, 8/29/19 vs La Costa Canyon High School @ 4:00pm
- *Varsity* - Thursday, 8/29/19 vs La Costa Canyon High School @ 5:00pm

### ● CROSS COUNTRY

- *Varsity* - Friday, 8/30/19 @ Wolfpack Invitational @ 3:30pm

### ● GIRLS GOLF

- *Varsity*
  - Thursday, 8/29/19 vs Monte Vista High School @ 3:30pm
  - Thursday, 8/29/19 vs Mount Miguel High School @ 3:30pm

### ● GIRLS TENNIS

- *Varsity* - Thursday, 8/29/19 @ Valhalla High School @ 4:00pm

### ● FOOTBALL

- *Frosh* - Thursday, 8/29/19 @ Oceanside High School @ 5:00pm
- *JV* - Friday, 8/30/19 vs Herriman High School @ 4:30pm
- *Varsity* - Friday, 8/30/19 vs Herriman High School @ 7:00pm