

## WEDNESDAY, SEPTEMBER 11, 2019

### ● SUICIDE PREVENTION MONTH

- This year's theme is *Finding Purpose - Taking Care of Ourselves and Others*.
  - It reflects both a focus on the power of protective factors, as well as the role we all play in helping others.
- **Protective factors** are personal and environmental characteristics that help protect people from harm. These include:
  - Connectedness to family, community and social institutions
  - Problem-solving and coping skills
  - Access to effective behavioral health care
  - A sense of purpose or meaning in life.
- It is easy to forget all the good things that are happening in our life and sometimes we need to be reminded.
- Please Pass out Yellow bookmarks (*will be delivered to you*) and have students fill them out.
- As students fill out bookmark play **Video** from Logics VMA performance of 1-800-273-TALK (8255).
- **Highlight:**
  - The importance of identifying their strengths or what is going well in their lives. As well as the importance of identifying safe coping skills.
  - The back of the card about ACT (Acknowledge, Care, Tell)
    - **Acknowledge**. Listen to your friend, don't ignore threats.
    - **Care**. Let your friend know your care!
    - **Tell** a trusted adult that you are worried about your friend
- Please remember your GLT, Teachers, and School Social Workers are here to help.

### REMINDERS

- ADJUSTED BELL SCHEDULE - THURSDAY, 9/12/19
  - Please review the adjusted bell schedule for Thursday, 9/12/19.
  - There will be an extended 2nd Period for lesson on the dangers of vaping & e-cigarettes.
  - Students who start **2nd Period** - please note **CLASS STARTS @ 9:26am**
- SAT/ACT PREP COURSE
  - Wednesday's from 6pm-7:30pm in Room 1300. Please bring your chromebook!
- 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 **LAST DAY TO REGISTER - MONDAY, 9/16/19.**
- If you qualify for a **FEE WAIVER** please see Mr. Gonzalez or Mrs. Street 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.
- 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 a delay in your services
  - 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
- CLUB & ASPIRE PROGRAMS 2019-2020
  - Students can view this link to see all the Clubs & Aspire Programs

#### COMMUNITY SERVICE OPPORTUNITIES

- 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 SAND VOLLEYBALL
  - *Varsity* - Thursday, 9/12/19 @ Point Loma High School @ 3:45pm

- **BOYS WATER POLO**

- ***Frosh/Soph***

- Saturday, 9/14/19 in Helix Tournament A @ TBD
    - Saturday, 9/14/19 @ Santana High School @ 8:00am
    - Saturday, 9/14/19 vs Olympian High School @ 9:30am

- ***Novice***

- Saturday, 9/14/19 in Helix Tournament A @ TBD
    - Saturday, 9/14/19 vs San Dieguito Academy @ 8:45am
    - Saturday, 9/14/19 vs Mission Hills High School @ 11:45am

- **FOOTBALL**

- ***Frosh*** - Thursday, 9/12/19 @ Cathedral Catholic High School @ 4:30pm
  - ***JV*** - Friday, 9/13/19 vs Cathedral Catholic High School @ 4:30pm
  - ***Varsity*** - Friday, 9/13/19 vs Cathedral Catholic High School @ 7:00pm

- **GIRLS FIELD HOCKEY**

- ***JV*** - Thursday, 9/12/19 vs Olympian High School @ 6:15pm
  - ***Varsity*** - Thursday, 9/12/19 vs Olympian High School @ 5:00pm

- **GIRLS GOLF**

- ***Varsity*** - Thursday, 9/12/19 vs El Capitan High School @ 3:15pm

- **GIRLS TENNIS**

- ***Varsity*** - Thursday, 9/12/19 vs Grossmont High School @ 4:00pm

- **GIRLS VOLLEYBALL**

- ***Frosh*** - Wednesday, 9/11/19 @ Patrick Henry High School @ 4:00pm
  - ***JV*** - Wednesday, 9/11/19 @ Patrick Henry High School @ 4:00pm
  - ***Varsity*** - Wednesday, 9/11/19 @ Patrick Henry High School @ 5:00pm