

# Parent / Guardian Newsletter

Issue 10

We're not Freshmen anymore.....well, almost.

We are in the home stretch - Our once shy and quiet freshmen are now entering their second year of high school. It's been a journey for all, but they did a great job.

Let's finish the year off strong!

## Online Enrollment & Scheduling Summer Conference Online

Helix Charter High School **REQUIRES ONLINE ENROLLMENT**. The student registration process requires the following key steps:



1. Log into your **PARENT PORTAL** account to access the Online Registration. Please update, verify and **submit** your student data for each student. Once you have submitted the Online Registration and it is processed by our staff, you will receive an email with a link to AppointmentQuest.
2. Schedule a Summer Conference appointment on the AppointmentQuest website. Use your students information as described below to log in to AppointmentQuest.  
  
**USER NAME** = STUDENT ID# (####)  
**PASSWORD** = STUDENT BIRTH DATE (MMDDYYYY)
3. When scheduling siblings conferences, please schedule each conference at least **30 minutes apart.**
4. Attend your student's **MANDATORY Summer Conference** in June 2019.

### **SUMMER CONFERENCE DATES:**

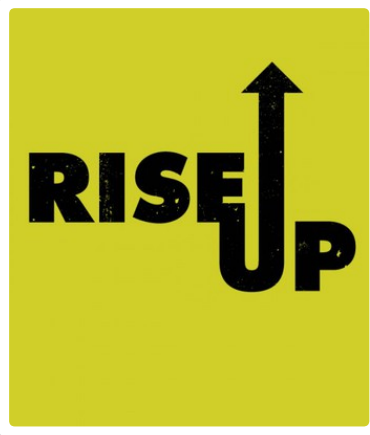
**June 11-14 7:00 am - 2:30 pm**

**June 17 - 21 7:00 am - 2:30 pm**

**June 24 - 28 7:00 am - 2:30 pm**

**July 1 - 2 7:00 am - 2:30 pm**

## FAMILY FIRST EVENTS - for a list of of FFE for the month of May please view the PDF below



### Rise Up Information Night

Helix Charter High School would like to invite you to learn about our FREE Summer RiseUp program for 10th grade students.

Please join us for our Rise Up Family First meeting on May 2nd in room 1600 @ 6pm for more information.

Sign-up form will be explained at our Family First meeting and available on Friday May 3rd via an email from Mrs. Street.

We hope to see you all there!



### Summer School Parent/Guardian Information Night

If your student failed one or more classes this school year and is not currently re-mediating the course please plan being at our Summer School Parent Information meeting on Tuesday, May 14th @ 6pm in ExL.

Summer School will run from June 10th to June 28th.

More information will be provided at our meeting- hope to see you there!



### NCAA Information Night

Please join us for our NCAA information night on May 16th @ 6pm.

For more information on what NCAA is please click on this [link](#).

We hope to see you there!



Family First Events for May 2019.pdf

[Download](#)  
164.5 KB

## May is Mental Health Month

May is Mental Health Month and NAMI (National Alliance of Mental Illness) Club is encouraging everyone to join the cause and help reduce



mental health stigma. Please take some time to watch the video below for a better understanding of the cause. With numbers, we can make a difference.

### [Reduce Stigma Video](#)

We have several events taking place in May. We hope some of you can join us. Our first event is a Mental Health Fair. We have a couple of outside agencies and school staff participating. Let me know if anyone else would like a table.

#### **Mental Health Fair**

Helix Charter High School-Science Quad

Thursday, May 2, 2019

Time: 3:30-4:30pm

#### **End the Silence Presentation**

##### **NAMI San Diego Chapter**

Brought to you by: Helix NAMI Club

Friday, May 3, 2019

Time: Lunch 12:50-1:40 pm

Location: Room 20

#### **Each Mind Matters film Review and Reflection**

Helix NAMI Club

Friday, May 17, 2019

Time: 12:48-1:18 (Lunch)

Location: Wellness Center



## **Youth Adult & Family Center-Grit X**

At the Young Adult and Family Center they provide adolescents and young adults with the very highest levels of mental health care, so they can become their very finest selves, with a deep love of life and an abiding connection to others and the world around them. They inspire grit, teach them how to find resilience, and to tell their own stories, their own way.

Take a minute to view the great resources they have on their website by clicking the button below.

## GRITX



### Blood Drive

The third and final **blood drive** of the school year will take place on **Thursday, May 2, 2019**. We are looking for Helix students, staff, and parents to help save a life by donating blood. Please use the form below to sign up to donate.

[CLICK HERE](#) FOR THE BLOOD DRIVE SIGN UP FORM  
(Use this form to request a donation appointment)

[CLICK HERE](#) FOR THE APPOINTMENT SCHEDULE OPENINGS  
(Use this spreadsheet to see open appointment times)

Students must meet the following requirements to donate:

1. **17 years of age or older**
2. **114 pounds and above**
3. **Be in good health**

Students under the age of 18 **MUST** complete a permission slip in order to donate. Permission slips will be delivered once an appointment is scheduled and confirmed. Please email Mr. Krzywicki ([krzywicki@helixcharter.net](mailto:krzywicki@helixcharter.net)) with any questions. **Save a life, sign up to donate blood today.**

## Links to College Support

For 9th - 11th Graders



[Tons of Practice AP Exams](#) - AP exams are a few weeks away. But did you know that the College Board publishes practice exams for DAYS? Practicing with old exams is a GREAT way to get closer to scoring that 4 or 5. And, lucky for us, the CB publishes tons of Free Response Questions from previous years. To access them, [click here](#), then click on the exam you're taking, then click on the Exam Practice tab on the top right. Choose an exam year, and get to it. (Keep in mind a couple of the exams have changed slightly over the years, like AP US History.) Another bonus: The College Board also publish tons of awesome sample answers to the Free Response Questions that scored super well. Study those.

[How to Create a Great College List](#) - With acceptance rates dropping every year to record lows, it's super important to have a balanced college list. Why? Every single year I hear from students who didn't get admitted to their "target" schools and yes, even what they called their "safety" schools (I'm thinking of the UCs this year). Here's my guide on how to figure out what you're looking for and ultimately make

sure you have a balanced college list, plus a handy-dandy spreadsheet with tips on where to research and how to track everything.

**[How to Get a Great Letter of Recommendation from Teachers](#)** - If you're a junior, the end of the year (after APs and finals) is a great time to give your teacher a heads up that you'd like to ask them for a recommendation when application time comes around next fall. *But how do you ask and ultimately get a solid recommendation letter?* It starts with building authentic relationships with your teachers. The blog post linked above provides a step-by-step guide.

Learn more about our College Center by clicking  
**HERE**

## Excellence in Education Tour

We invite you to a one-hour tour and program during which we will share our vision of excellence in education.



Do you know that Helix's educational program focuses on college preparation for all students?

Do you know how Helix's test scores and other data compare to some of the top schools in the county?

Have you heard from Helix students about how Helix changed their lives?

Are you interested in becoming involved in helping Helix meet the objectives of our mission and vision?

Are you willing to hear our story and provide us with feedback on how we are telling it?

This is more than just a look at our facility! Please join us for a program that highlights the history, goals, accomplishments, and needs of Helix Charter High School. Prepare to be inspired! All tours begin in the Helix library. Please visit [Tour Page](#) for more info and to RSVP.

## ParentVue...what else can I use it for

Every year when registration opens up for the following school year parents tend to forget about using ParentVue. Many families believe that ParentVue is only used for registration purposes, but it has SO MANY MORE function!

On ParentVue you are able to do the following:

[Messages](#)

[Calendar](#)

[Attendance](#)

[Class Schedule](#)



[Course History](#)

[Discipline](#)

[Fee](#)

[Health Report Card](#)

[Student Info Report](#)

[Attendance Online](#)

[Registration Documents](#)

## May/June Happenings....

### May

6th - Progress Reports Due - Spring Semester

8th - Athletic Eligibility Determined

8th - Spring Fling

27th - Memorial Day - No School

28th & 29th - Senior Boards - Minimum Days (please plan accordingly for drop off/pickup)

### June

5th & 6th - Final Exams - Spring Semester 2

6th - Graduation

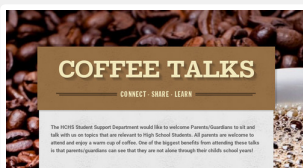
7th - **Faculty Workday (*Non-Student Day*)**

10th - Summer School Begins at Helix

## Coffee Talks

The HCHS Student Support Department would like to welcome Parents/Guardians to sit and talk with us on topics that are relevant to High School Students. All parents are welcome to attend and enjoy a warm cup of coffee. One of the biggest benefits from attending these talks is that parents/guardians can see that they are not alone through their child's school years!

For more information, please view the link/newsletter below.



### Coffee Talks

[www.smore.com](http://www.smore.com)

Coffee Talks - Connect - Share - Learn by Monica Olivari

## Perfect Attendance

A graphic featuring a red apple with a green leaf on the left. To the right of the apple, the word "ATTENDANCE" is written in large, bold, black capital letters, and the word "matters" is written below it in a smaller, red, cursive font. A large, light gray checkmark is positioned behind the text.

If your student is participating in the FREE Summer RiseUp program they will have the opportunity to visit more Universities this summer.

