

WEDNESDAY, OCTOBER 16, 2019

TODAY'S ACTIVITIES:

● SOPHOMORE INTERVIEW - RESUME

- This week students will continue to work on their "Resume." This is a tool that will be used for Senior Boards, college applications and hopefully down the road when they seek employment. In advisory we will be visiting it, on occasion, to update information so as to keep it current.
- If a student in your class has a resume that he/she created in HF (Helix First) last year please make sure that he/she updates it. There is no need to create a new one. Please make sure that they are saving their resume in the correct folder.
- STEP 1: Have student make a copy of the "[Resume Template](#)" go to: bit.do/helixresume
- STEP 2: Change the title of the Google Doc to "Resume: Last Name, First Initial (ID#)"
 - Example: Resume: Dawg, S (1234)
- STEP 3: Save/Organize the Resume into your Google Drive "Portfolio" folder
- STEP 4: Edit the Resume to include your information for each category
 - Use the [Resume Example](#), [Writing a Resume](#), and [Resume Breakdown](#), to complete each section of the resume.
 - Please keep in mind that for many students there will be a lot of blank spaces. Consider the blank spaces as opportunities for places where you can get involved and do things that may be of value for your college & career goals.

REMINDERS

● HCHS HALLOWEEN COSTUME GUIDELINES

- Students are permitted to wear Halloween costumes to school on Thursday, 10/31/19. We encourage you to be creative, dress up with friends, and have fun with the spirit of the holiday.
- All regular **HCHS Dress Code Policies** apply including:
 - **NO** face-paint or costumes related to clowns
 - **NO** weapons or pretend props/replicas of weapons
 - **NO** masks - you must be able to see, breath, and hear. Any mask that prevents Helix Staff from identifying students are not allowed.

- **NO** head-gear - unless it is CLEARLY part of the theme of the costume
 - **NO** inappropriate apparel - costumes cannot promote the use of drugs, alcohol or violence of any kind. Costumes may not be offensive or inappropriate in any way.
 - **NO** revealing costumes
- **FREE CAL SOAP COLLEGE FAIR**
 - Wednesday, 10/23/19 from 6pm-8pm @ the Scottish Rite Masonic Center in Mission Valley.
 - You do not need to register for this FREE event. Parking is also FREE.
 - Meet representatives from 100+ colleges, universities and non-profit organizations.
 - Attend Workshops! Topics to be covered include:
 - Financing Your College Dream
 - Navigating the CSU Application
 - The UC Personal Insight Questions
 - The Promise Scholarship
 - And many others!!!!
- **HELIX DANCE PRESENTS - DANCE LAB**
 - Join [Helix Dance](#) for Dance Lab on Wednesday, 10/23/19 & Thursday, 10/24/19.
 - Shows start at 7:00pm in the Helix PAC (Performing Arts Center).
 - Tickets can be purchased [HERE](#). Online ticket sales end 12 hours prior to evening performance:
 - \$8 - Presale
 - \$10 - At the Door
- **SAT/ACT PREP COURSE**
 - Wednesday's from 6pm-7:30pm in Room 1300. Please bring your chromebook!
- **RED RIBBON WEEK**
 - Wednesday, 10/23/19 - Thursday, 10/31/19 is set aside each year to kick-off a red ribbon campaign that symbolizes a commitment to raising awareness around the consequences of drug abuse.
 - We encourage all families to start the conversation in order to prevent drug abuse in our youth.
 - NAMI Club & ASB have planned a [Red Ribbon Spirit Week, see FLYER](#) for info about the dress up days. .
- **ADJUSTED FINANCE OFFICE HOURS FOR THURSDAY, 10/24/19 - MONDAY, 10/28/19**
 - Mrs. Peterson will be out of the office from Thursday, 10/24/19 - Monday, 10/28/19.

- The finance office hours during that time are as follows:
 - **Thursday, 10/24/19:** 7:15am-7:50am; 11:00am-11:15am; 12:45pm-1:30pm
 - **Friday, 10/25/19:** CLOSED
 - **Monday, 10/28/19:** 12:45pm-1:30pm
- **ASB APPLICATIONS**
 - Applications for ASB are now available.
 - ASB is an excellent opportunity to help improve Helix by being leaders on campus. By joining ASB, you have the opportunity to participate in and plan Homecoming, Airbands, Pep Rallies, and other school events.
 - Applications are due on **Thursday, 10/24/19 @ NOON**.
 - A **MANDATORY MEETING** for **ALL** applicants will be on **Thursday, 10/24/19 @ Lunch** in the ASB Room, Room 1200
- **HELIX ASB BLOOD DRIVE**
 - Monday, 10/28/19 - We are looking for Helix students and staff to *Help Save a Life by Donating Blood*.
 - [CLICK HERE](#) for the Blood Drive Sign Up Form & to request a Donation Appointment Time.
 - [CLICK HERE](#) to view open appointment times.
 - In order to donate blood Helix Students **MUST** meet the following requirements:
 - Be 17 years of age or older
 - Weight 114 pounds or more
 - 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 & confirmed.
 - If you have any questions, please email Mr. Krzywicki at krzywicki@helixcharter.net.
- **REFLECTIONS ART COMPETITION**
 - The Helix PTSA is hosting the [Reflections Art Competition](#) for ALL Grade Levels for a chance to win \$100 & recognition at the National PTA Convention.
 - Not only could this prize buy you a sweet new pair of sneakers, this award also looks fantastic on resumes & college applications.
 - This year's theme is **LOOK WITHIN**.
 - There are 6 different categories to enter that range from Dance Choreography to Literature.
 - For a complete list of categories & rules [CLICK HERE](#)
 - The contest is open from Monday, 10/21/19 - Friday, 11/1/19.

- Please submit your entry & [the Reflections Student Entry Packet](#) to Ms. Shaw in her mailbox or email kshaw@helixcharter.net.
 - All entries must be received by Friday, 11/1/19.
- **DAUGHTERS OF THE AMERICAN REVOLUTION: CHRISTOPHER COLUMBUS ESSAY CONTEST**
 - Daughters of the American Revolution is having an Essay Contest that is open to ALL Grade Levels 9-12.
 - The topic for 2019-2020 is Christopher Columbus. The title of the essay is "A Sailor's Experiences as Part of Christopher Columbus' First Expedition to the Americas".
 - Describe your impression of Christopher Columbus & perception of the purpose of his expedition. Talk about your experiences on the voyage, detailing places & people that you encountered, & what you see as the significance of the discoveries made.
 - All entries must be submitted by Friday, 11/1/19.
 - For more information and/or to submit your essay please contact Mrs. Debbie Williams via:
 - TEXT ONLY: 619-647-5108
 - EMAIL: dardeb22@hotmail.com
- **SDSU'S PACIFIC ISLANDER STUDENT ASSOCIATION (PISA) HIGH SCHOOL CONFERENCE (HSC)**
 - On *Saturday, November 2, 2019* - We welcome high school students from all over Southern California to join in this celebration of promoting higher education for Pacific Islander youth.
 - This is PISA's biggest & most impactful event for Pacific Islander (PI) youth that we hold during our fall semester. We invite both PI & non-PI students to our campus for a day filled with wonderful workshops and community speakers.
 - During these workshops and talks, different topics that will be discussed include academics, financial resources, and different aspects of PI culture.
 - The main goal is to promote higher education to PI youth by offering scholarship opportunities & other resources.
 - Students interested in attending must submit an [Individual Student Registration Form](#) by *Saturday, 10/26/19*.
 - If you have a group that would like to participate in the [Talent Show/Exhibition Act](#), please submit the Talent Show/Exhibition Act form.
 - If you have any questions or concerns, please contact Jesilyn Renei Ferrer, Academic Coordinator, PISA SDSU @ pisa.academic.sdsu@gmail.com.

- **HELIX VOCAL MUSIC PRESENTS - HAUNTED HELIX**
 - Join Helix Vocal Music for a creepy, kooky and spooky show on Tuesday, 10/29/19 & Wednesday, 10/30/19.
 - Shows start at 7:00pm in the Helix PAC (Performing Arts Center).
 - Tickets purchased at the door with CASH ONLY cost:
 - \$5 - Helix Student w/ASB Card
 - \$5 - Child Ticket
 - \$10 - Adult Ticket
 - For discounted tickets go [HERE](#).
- **COLLEGE VISITS**
 - It is never too early to start learning about different colleges.
 - Remember to check [Naviance](#) daily to see what colleges will be on the Helix Campus.
 - Colleges are visiting Helix daily so make sure you sign up for the visit, attend the presentation & ask questions.
 - Students who pre-register, attend & stay till the end of the presentation will be entered in a raffle for gift cards!

COMMUNITY SERVICE OPPORTUNITIES

- **FLETCHER HILLS ELEMENTARY FALL FESTIVAL - FRIDAY, 10/25/19**
 - Fletcher Hills Elementary Fall Festival is this Friday, 10/25/19.
 - They are looking for some extra helpers to help with games from 4:45pm - 8:00pm. If anyone wants to up their hours, you can stay for tear down too!
 - The staff will write you a letter to take with you when you leave to get your hours.
 - Volunteers will get pizza and water.
 - If you are interested in volunteering or have more questions please email the PTA president at emily.liebig@gmail.com.
- **ROLANDO ELEMENTARY FALL FESTIVAL - FRIDAY, 10/25/19**
 - Rolando Elementary is looking for volunteers for their Fall Festival on Friday, 10/25/19 from 3:00pm - 9:00pm.
 - A FREE MEAL will be provided to those you volunteer.
 - If you are interested please contact Darci Payne, Rolando PTA VP of Volunteers at darci.v.payne@icloud.com
- **OAK PARK ELEMENTARY FALL FESTIVAL - FRIDAY, 10/25/19**
 - Oak Park Elementary is looking for volunteers for their Fall Festival on Friday, 10/25/19 and various events during the 2019-2020 school year.
 - If you are interested please contact Cathleen Mingo, Oak Park Elementary and Music Conservatory PTA Volunteer Coordinator at volunteerwithyouroakparkpta@gmail.com.
- **CLAY ELEMENTARY FALL FESTIVAL - FRIDAY, 10/25/19**

- Clay Elementary is looking for volunteers to help with their Fall Festival on Friday, 10/25/19 from 5:00pm - 7:00pm.
- The Volunteer Positions include: Set Up, Game Booths & Clean Up. For more information about each position & the available times [CLICK HERE](#).
- If you are interested in volunteering, please email Clay Elementary PTA at clayptavolunteer@gmail.com with what position you are most interested in & 1 or 2 alternate positions.
- **LEMON AVENUE FALL CARNIVAL - FRIDAY, 10/25/19**
 - Lemon Avenue is looking for volunteers for their Fall Carnival on Friday, 10/25/19.
 - If you are interested in volunteering [CLICK HERE](#).
- **LA MESA ARTS ACADEMY FALL CARNIVAL - SATURDAY, 10/26/19**
 - La Mesa Arts Academy is looking for volunteers to perform various functions at their Fall Carnival on Saturday, 10/26/19 from 10:00am - 10:00pm.
 - If you are interested in volunteering please sign up here: https://signup.com/mobileweb/2.0/vspot.html?activitykey=996989014634294030#anonymous_invite_page
- Lemon Grove Rec Center PEE WEE Sports
 - Help out your community by giving back to PEE WEE Sports. Join Coach Mark Horton from 6-7:30 pm at the Lemon Grove Rec Center

ATHLETIC EVENTS

- **CROSS COUNTRY**
 - *Varsity* - Friday, 10/25/19 @ Mt. SAC Invitational @ 3:30pm
- **BOYS WATER POLO**
 - *Novice* - Thursday, 10/24/19 @ West Hills High School @ 6:00pm
 - *JV* - Thursday, 10/24/19 @ West Hills High School @ 4:00pm
 - *Varsity*
 - Wednesday, 10/23/19 vs Monte Vista High School @ 5:30pm
 - Thursday, 10/24/19 @ West Hills High School @ 5:00pm
- **FOOTBALL**
 - *Frosh* - Thursday, 10/24/19 @ Granite Hills High School @ 5:15pm
 - *JV* - Friday, 10/25/19 vs Granite Hills High School @ 4:30pm
 - *Varsity* - Friday, 10/25/19 vs Granite Hills High School @ 7:00pm
- **GIRLS FIELD HOCKEY**
 - *JV* - Thursday, 10/24/19 vs Santana High School @ 6:15pm
 - *Varsity* - Thursday, 10/24/19 vs Santana High School @ 5:00pm
- **GIRLS VOLLEYBALL**
 - *Frosh* - Thursday, 10/24/19 @ Monte Vista High School @ 4:00pm

- **JV** - Thursday, 10/24/19 @ Monte Vista High School @ 4:00pm
- **Varsity** - Thursday, 10/24/19 @ Monte Vista High School @ 5:30pm