

Parent / Guardian Newsletter

Issue 13

September Already?!

We've been going strong this month and there is so much going on. Please take a minute or two...or maybe ten, to go over our Parent/Guardian Newsletter. There is A LOT of information and a lot going on.

Have a great September and don't hesitate to contact a member of the GLT if you have any questions or concerns.

Don't forget to visit our Canvas page, we are updating daily!



All Class Picnic

Helix Alumni Committee will be hosting the All Class Picnic again this year on Sunday, October 13th from 11:00 to 3:00. Class of 1989 will be having their reunion picnic that day as well, here on campus, along with the Car Show, Live Music and our Tour of Excellence. All are welcome!



Lockers are now AVAILABLE

Lockers are available! Both - preferred-top and bottom lockers. Preferred-Top Lockers are \$10.00 for the school year. Please see Mrs. Peterson in the Dawg House to make the payment and she will provide students with a receipt. Students will then need to bring the receipt with them in order for Ms. Carroll to issue a locker as proof of purchase.

Lockers will be issued before school, during lunch and after school.



September Family First Events

SEPTEMBER

- 5th - Signs of Suicide - Check your mood week SD County youth services: Room 1600
- 12th - HEFAR Group: Room 1600
- 19th - Screenager's Showing: Performing Arts Center (PAC)
- **26th - Sophomore Interview and Naviance: Room 1600**



Sophomore Interview Workshop for NEW Students

We hope all of our NEW Helix student have been transitioning well these past few weeks. In order to ensure their success for their Sophomore Interview we want to make sure they know all about the digital portfolio.

Mr. Gonzalez & Mrs. Street will be holding a mandatory workshop for all NEW students on Wednesday, September 4th during tutorial in room 1340. All new Helix students will be notified of the event and will need to have a fully charged laptop at the workshop.

If you have any questions, please contact a member of the 2022 GLT.

Attendance MATTERS

Thank you to all those families that have made efforts to ensure their student is to school on-time. Our data shows that excellent attendance leads to higher grades in classes.

In August,

- Classes of 2020, 2021, & 2022 were recognized for good attendance for the end of the 18/19 school year.
- All students with perfect attendance the first 9 days of the school year received a "free slushie" from the Dawg House.

In September,

- Sept 3rd - all students with perfect attendance in August can come to the quad to play for their reward
- Sept 16th - all students with perfect attendance the first 9 days of September will receive a reward at lunch.



Every day counts at Helix. Studies as well as our Helix data shows a very strong relationship between student grades and positive attendance.

Lets keep up the good work!

Helix Aspire

The Helix High School ASSETs program – ASPIRE – is an after-hours program available to all students to assist in remediation of a core-content material, provide enrichment opportunities, encourage participation in physical activities, and develop health and wellness habits. This program is free, voluntary, and open to all Helix students. Check out the current calendar of events and see where you can plug in!!

For a detailed list of our ASPIRE events please view the attachment below and don't forget to visit our Helix Aspire page.



ASPIRE Q1 Calendar

[Download](#)
188.4 KB

[LEARN MORE ABOUT HELIX ASPIRE](#)

Helix in the Spotlight!

Junior Achievement of San Diego County was established in 1950, serving San Diego and San Diego County.

Since 1950, Junior Achievement of San Diego County has provided life-changing programs to more than 1 million young people—in the classroom and after school—to foster an understanding of how the “real world” works. To ensure young people are prepared for their future, JA teaches them how to get a job, start a business and how to manage money. JA programs reach every ethnic and economic demographic. For many students, the JA experience is a major highlight of their academic year. More than 5,000 volunteers annually, including 38 board members and a staff of 20 help to keep the JA experience relevant for young people

Helix played a huge role in JA Company program last year. Thank you to everyone on the Business Entrepreneurship team for continuing our students success.

If your student is interested in the Business/Entrepreneurship CTE Pathway or any CTE pathway please have your student contact Mrs. Bullock bullock@helixcharter.net

Impact Partnership Spotlight - Junior Achievement and their JA Company Program!



Helix EDGE

What is CTE? What is Helix EDGE?

- A program of study that involves a multiyear sequence of courses that integrates core academic knowledge with technical and occupational knowledge to provide students with a pathway to postsecondary education and careers.
- If you clicked the pathway links above, you noticed we offer a multitude of courses that are geared towards a career. Students are encouraged to start 9th grade off with an interest and choose a class that will steer them into the direction of their pathway. We even parallel some core classes to our CTE program. Take a look and choose an awesome path to success.

To learn more, please view our EDGE newsletter below.



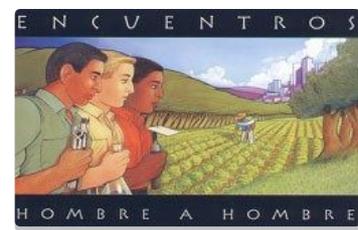
[Helix EDGE: CAREER PAT...](#)

www.smore.com

Helix EDGE: CAREER PATHWAYS - EXPLORE-- DEVELOP-- GAIN-- EARN by Jennifer Bullock

Encuentros Leadership & Education Conference

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, please visit: [HTTPS://ENCUENTROSCUYAMACA.EVENTBRITE.COM](https://encuentroscuyamaca.eventbrite.com)

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

Free NAVIANCE courses, sign up TODAY!

FREE Naviance CCLR Live by Kaplan Courses

Naviance CCLR Live by Kaplan provides students with interactive livestreaming courses that develop the mindsets and skill sets needed to succeed in life. Naviance students can register for these courses for FREE! Check out the upcoming live offerings:



[Get College Ready: For First-Generation Students & Families](#)

Thursday, September 5 from 7:00-8:00 pm ET

Join our ACT and Kaplan education experts as they discuss the admissions process, the opportunities available for anyone preparing for college, and what it means to be the first person in your family to go to college.

[College Essay Essentials with Story2](#)

Saturday, September 21 from 2:00-4:00 pm ET

Start with finding a topic. Finish with a full essay. Admissions experts from Story2 teach you how to write powerful college essays using proven storytelling methods.

[PSAT Prep Live](#)

Multiple Lessons Offered Starting October 12

Stream must-know PSAT math, reading, and writing strategies with free live sessions right up to test day. Expert teachers, Boris and Stephanie, tackle the key content like word problems and grammar rules. Start studying before lessons begin with a free practice test, quizzes, and our study plan. Please share these courses (and more!), including [free on-demand courses](#) available now, with students and families in your school or district!

Social media linked to rise in mental health disorders in teens

A national survey shows how social media may be a factor in rising mental issues among young people. NBC's Savannah Sellers sits down with a group of teenagers to hear their take on their anxieties.



🔗 Social media linked to rise...

www.today.com

A national survey shows how social media may be a factor in rising mental issues among young people. NBC's Savannah Sellers sits down with a group of teenagers to hear their take on their anxieties.

Scholarship Night

Cal-SOAP is dedicated to providing information about post-secondary education and financial aid to elementary through high school students while raising their academic achievement levels. In particular, Cal-SOAP is committed to providing services to students from any of the following backgrounds:



- Low income families
- Families in which they would be the first to attend college
- Schools with documented low eligibility or college participation rates or
- Geographic areas with documented low eligibility or college participation rates

Cal-SOAP will be having a Scholarship Night on September 16th, 2019 at Monte Vista High School. For more information about the event and to RSVP, please view the attachment below.



Scholarship Night Sept. 16th 2019

Register online at: <http://www.calsoapsandiego.org/>

Download

489.9 KB

Ethical Torch Essay Scholarship

Better Business Bureau (BBB) seeks to award students at your high school with the Ethical Torch Essay Scholarship! The Torch Essay Scholarship is a one-page essay (400 words) on "The Importance of Ethics & Integrity in our Community."



- Five local Southern California students will be awarded **\$1,500, \$1,250, \$1,000, \$750, & \$500**
- No GPA requirements, open to **all students in grades 9-12**(graduating classes 2020-2023)
- Incorporate BBB's personal narrative essay prompt into your **course curriculum** & submit student essays together to **increase your school's chance** at having a winning submission
- Students gain practice for **state exams & college applications**
- BBB's Ethical Torch Essay Scholarship **encourages conversation** on ethics amongst students, teachers, & parents

Winners recognized at annual [Torch Awards for Ethics](#) event on Oct. 9th

Students may submit applications & essays torchessay.bbbcommunity.org through **September 10th**.

Athena Racing

[Athena Racing](#) is a new nonprofit in San Diego dedicated to helping young women enter careers in the STEM fields through motorsports. To put it another way, Athena Racing is the first all-female racing team in San Diego, and they are currently accepting applications for the 2019-20 team!



The 10 team members accepted will receive training in advanced driving, safety, and racing theory along with race car construction and engineering. They will undergo intensive media training, conduct on-camera interviews with both local and national media outlets, and will be booked for public speaking engagements making them confident spokespersons for the Athena brand. The value of team membership is \$50,000 per student, and Athena Racing will cover all expenses for accepted students.

Program Details

Who is eligible: Young women high school students in San Diego County with a demonstrated interest in automotive technology and engineering

Application due date: August 31st, 2019 (BEEN EXTENDED) Sept 30th

Cost: FREE

To apply* and learn more: <https://athenaracing.org/2019-team>

**Note that the application has multiple components and will require significant time to submit.*

Please make sure students plan accordingly.

September is Suicide Awareness Month

September is National Suicide Prevention Awareness Month—a time to share resources and [stories](#) in an effort to shed light on this highly taboo and stigmatized topic. We use this month to reach out to those affected by suicide, raise awareness and connect individuals with suicidal ideation to treatment services. It is also important to ensure that individuals, friends and families have access to the resources they need to discuss suicide prevention. NAMI is here to help.



If your student is interested in joining NAMI please have them contact Mrs. Fernandez

fernandez@helixcharter.net



Helix Parent Flyer (1).pdf

September is Suicide Awareness Month: Parent presentation on "Check your Mood" Sept. 5th, 2019 @ 6:00pm. in the Library



Download

720.5 KB



Helix Parent Flyer spanish (1) (1).pdf

Septiembre es el Mes de Conciencia sobre Suicidio: Habra presentacion para padres de familia "Compruebe su estado de ánimo" 5 de Sept. 6pm -biblioteca

[Download](#)
788.9 KB

Check your mood week!

When

Thursday, Sep. 5th, 6pm

Where

Helix Charter High School, University Avenue, La Mesa, CA, USA ROOM 1600

More information

September is Suicide Awareness Month and we are kicking off the month of September with a presentation for parents on "Check your Mood" on September 5th, 2019 at 6:00 pm. in room 1600.

Fourpenny House gives back to Helix!

The Scottish restaurant supporting the Scottish high school - this seems like a no-brainer! Please stop in one or both nights to support Helix, the Helix High School Foundation, and the La Mesa community, all at once!

15% of sales on Wednesday September 4th & 18th will benefit the Helix Foundation!

Fourpenny House opens at 4pm and closes at 12am, but the kitchen closes at 9pm. Take a day off from cooking dinner and stop in to support the Helix High School Foundation and the La Mesa Community!

For more detailed information please view the image!

"Once a Scottie, Always a Scottie"



Join PTSA - Make a difference in YOUR STUDENTS school

It's soooo easy to join Helix PTSA! Just hover your phone's camera over this QR code, and you'll be directed to the membership document. So easy!



PTSA Amazon wishlist

A few of the Helix teachers have created an Amazon Wish Lists! ✨
Click the links below to purchase items from these lists. ✨ You can deliver the items yourself or send directly to:
7323 University Ave, La Mesa, CA 91942.

✨ More lists will be posted on the Helix Charter High School PTSA Facebook page, go follow them TODAY!

Kat Shaw:

<https://www.amazon.com/hz/wishlist/ls/MHEKJJD2QP5B...>

Kristine McKenna:

<https://www.amazon.com/hz/wishlist/ls/359Y40NE2X8T5...>

Rusti Lang:

<https://www.amazon.com/hz/wishlist/ls/2FM08GLGW0MYD...>

Katie Pipes: <https://amzn.to/2Lhck2T>

Important Parking Lot Information

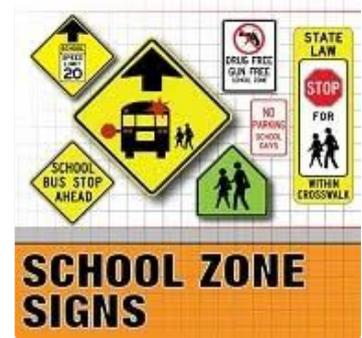
IMPORTANT!

This sign ↷ was recently posted at the entrance to the Helix student parking lot. The La Mesa Police Department can (and will) ticket drivers who do not follow the rules of the road in the parking lot.

Do not park along the red and yellow curbs. △ Yellow curbs are for ACTIVE loading and unloading (not sitting in your vehicle and waiting for your student). Red curbs are fire lanes and no parking zones.

Also, do not make U-turns in the middle of the driving lanes.

This information was shared at the Helix PTSA Board Meeting by Kevin Osborn (Helix Charter High School Executive Director).



VOLUNTEER OPPORTUNITY

Next weekend, Cayenne Wellness is having a Sickle Cell Educational Seminar and they need some student volunteers to work the registration tables on Thu., Fri., & Sat. For more information visit <http://cayennewellness.org/>