

# Parent/Guardian Newsletter

Issue 8



## Spring Break 2019

Helix will be on Spring Break from Friday March 15th to Friday March 29th, with students returning April 1st. When students return we will begin Spring Semester 2, our final semester of the year!

## Community Service

Spring Break is an excellent time to do community service!

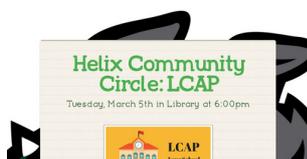
As a graduation requirement, Helix students are required to complete a minimum of 40 community service hours. We encourage students to take advantage of this time off in order to get involved.

We've attached the community service form below so that students are able to track their hours and get all of the required signatures from their supervisors.



New Community Service Form.docx

[Download](#)  
35.3 KB



### Helix Community Circle: LCAP

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

Helix Community Circle: LCAP - Tuesday, March 5th in Library at 6:00pm by Helix Class of 2021 | This newsletter was created with Smore, an online tool for creating beautiful newsletters for for individual educators, schools and districts



## **This Month: Try to SOCIALIZE GOODNESS!**

Every ten seconds social media gets a new user. On average, each new user creates five social media accounts and spends two hours per day engaging in them. Many argue that social media is a good thing. It allows people to use their voices in new ways. It connects us and helps us create relationships. And it allows us to learn about both past and current events. On the other hand, many argue that it has been a bad thing. It has become a channel for bullying and negativity. It has made us more disconnected and is keeping us from developing true connections and relationships. And it breeds jealousy, insecurity, and loneliness. The tricky thing is, there is truth to both sides of the argument. So this month, we want to challenge you to decide who you will be online and SOCIALIZE GOODNESS.

[READ MORE AND BE GOOD](#)

## **SCHOLARSHIP OPPORTUNITIES**



## Pacific Arts Movement – Reel Voices Program

Pacific Arts Movement is looking for high schools interested in learning the art of digital storytelling in their FREE summer program. Students receive a **\$500 scholarship** to produce a documentary short that premieres at the San Diego Asian Film Festival in November. No background in filmmaking necessary and equipment is provided.

Informational videos and additional resources are available on their [website](#).

## A Bridge for Kids 7th Annual Essay Contest – March 10, 2019

Students may enter the 2019 A Bridge for Kids Essay Contest by submitting an original essay of 750 words or fewer describing their thoughts on the following:

***What is the greatest adversity you have had to overcome and how did it help make you into the person you are today?***

A panel will judge the essays and the winners will be picked based on the creativity, originality, clarity and overall impact of the essay.

### 2019 Contest Prizes:

First Place: \$2,500 sponsorship

Second Place: \$1,000 sponsorship

Third-Fifth Place: \$250 Amazon Gift Card

Sixth-Tenth Place: \$100 Amazon Gift Card

*Note: Deadline for entry is midnight on March 10, 2019.*

*Winners will be announced during the week of April 8, 2019*

## Interesting in Pursuing a Trade?

The Mike Rowe Work Ethic Scholarship Program is open for people willing to learn a trade that's in demand. The program is looking for the next generation of aspiring workers who will work smart and hard. It's about people who share their values and understand the importance of work ethic, personal responsibility, delayed gratification, and a positive attitude.

Check the [link](#) for program and application requirements. The deadline to submit applications is **Thursday March 28th, 2019**.

## College Board Opportunity Scholarships

Students can be entered into drawings for scholarships just by completing different tasks in Big Future and Naviance! Earn the opportunity to earn money by just answering some questions-its that EASY!

<https://youtu.be/2CPku32bj5I>



## College Is For Me Conference 2019

The Early Assessment Program (EAP) at CSU San Marcos will be hosting their annual “College Is For Me” Conference on Saturday, March 16, 2019 from 9 am to 1 pm.

The conference is for middle/high school students and their families. The conference will be held in the USU Ballroom with the three breakout sessions in nearby classrooms. There will be various breakout sessions. The College Is For Me conference is designed to demystify the inaccessibility of higher education for members of marginalized populations in our society. This conference is an opportunity for people who have never considered college to learn how higher education can be a means for self-empowerment.

It is highly encouraged that guests register for the event, so they can have a headcount for breakfast, lunch, and t-shirts. You can register for the event by visiting:

<https://collegisforme2019.brownpapertickets.com/>



CIFM2019\_Flyer.pdf

[Download](#)  
556.3 KB



## A Note about Taking College Classes at Helix

If your student is planning to take a college class on the Helix campus, they will be taking what is known as a *dual enrollment class*. Dual enrollment classes are taught on campus during normal school hours. Additionally, there are no fees for a student taking a dual enrollment class.

If your student is planning to take a class at the college campus or online through the college in the future, they will be taking a *concurrent enrollment class*. In this case, your family may be responsible for the fees. The College Center on Helix's campus can determine whether or not fees may be waived for your student. If your student owes fees and does not pay them, they may not receive college credit for the class and may not be able to register for classes in another semester until those fees are paid.

## San Diego Festival of Science and Engineering

The 2019 Expo Day at Petco Park is quickly approaching!

The San Diego Festival of Science & Engineering kicks off with its largest event EXPO DAY, a daylong celebration at PETCO Park on **Saturday, March 2, 2019 from 10am to 5pm**. EXPO DAY is the Festival's signature event, with more than 130 local businesses, corporations, and organizations providing interactive, hands-on science, technology, engineering and math exhibits and activities to budding K-12 science lovers.

The fun continues with Festival Week (March 2-10) – eight days of learning, interaction and behind-the-scenes opportunities for pre-k through gray! Students, families, young professionals, passersby are all invited to join us for Festival Week to ignite their passion for STEM education.

For more information visit <https://lovestemsd.org/>



## ABC San Diego Spring Career Day and Open House Event

Learn about your future in construction!

The Associated Builders and Contractors San Diego Chapter will be hosting their Spring Career and Open House on Saturday, March 9th from 10am-2pm. This event is open to the public but high school junior and seniors (and their parents) are highly encouraged to attend! There will be a short presentation about ABCSD, a facilities tour, and a meet and greet with a few of the instructors. There we be mini labs conducted for student's to participate in along with food and drinks.



RSVP is required through Taryn Hood at [taryn@abcbsd.org](mailto:taryn@abcbsd.org) or (858) 486-5149.



ABCSD\_Career Day & Open House.pdf

 Download  
547.1 KB

# Family First Event – Discover Majors and Careers

## WHEN

**Thursday, March 7th, 6pm**

## WHERE

**7323 University Avenue  
La Mesa, CA**

## MORE INFORMATION

Join us for our Family First Event: Discover Majors and Careers. Learn more about opportunities for your student after they graduate from Helix. This event is located in Room 1600.



Adjusted Bell Schedule for BrightBytes Student Parent Memo - 2019.03.07.pdf

[Download](#)  
52.6 KB

## Do Not Disturb: How I Ditched My Phone and Unbroke My Brain



**Do Not Disturb: How I Ditched M...**

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

I couldn't read a book, watch a full-length movie or sustain a long conversation. Late last year, I decided enough was enough.

## Colorado State University–College Information

CSU loves 9th graders

Ninth graders seem to be surrounded by firsts: First years of high school, first job, first car, first broken heart ... And all these new experiences can be so immediate that college isn't even on the horizon.

Yet it's such an important time to help them catch a vision for their future and see the steps they can take now. You are essential to casting that vision and outlining a pathway, creating talented, motivated students who are ready to experience new firsts here.

We are thankful for your role in their journey and hope these resources will support your efforts. Take a minute to view some of the wonderful resources that Colorado State University has for all families, whether you are interested in CSU or not, these are great tools for all families.



## College Prep 101

Here's a quick overview of the key actions students can take each year of high school as part of the college search process to maximize their options for long-term success.



## Choosing a University

We outline location, learning style, community, support, financial fit, and academic fit/admissions as factors beyond majors for choosing a college/university.



## What's the difference between a major and a minor?

Everyone starts their college search needing to understand basics. These short posts are a great entry point for students and families.

[College Prep 101](#)

[Choosing a University](#)

[What's a major?](#)

## Devil Pups – Youth Program for America

The Devil Pups Encampment is held annually with the cooperation and support of the United States Marine Corps. Due to their limited facilities and active military training schedule at Marine Corps Base Camp Pendleton (near San Diego). The Marine Corps will only allow Devil Pups, Inc. permission to bring 640 Devil Pups aboard their base to conduct the 10 Day Good Citizenship – Physical Development Program during the month of July each year.



A youth may only graduate from Devil Pups once as we have limited space for the number of qualified applicants we get. We are proud to have graduated 53,176 Pups and counting since 1954.

After all the qualifications have been met, acceptance is on a first-come, first-served basis. Each area is given a specific quota of participants to admit. If you didn't get accepted this year, you are welcome to try again next year, as long as you are still between the ages of 14-17 and meet the rest of the qualifications.

If you are interested contact one of the following volunteers:

- LtCol. (ret) John Geary Room 1625 [geary@helixcharter.net](mailto:geary@helixcharter.net) 619-223-3455 (Helix Staff)
- Col. (ret) Mario Enriquez [menriquez17@cox.net](mailto:menriquez17@cox.net) 619-757-0678
- SgtMaj (ret) Ernesto Salgado [ecse9@att.net](mailto:ecse9@att.net) 858-560-8041
- MGySgt (ret) Don Welter [don@donewelter.com](mailto:don@donewelter.com) 619-207-5288
- MGySgt (ret) Ed Cervantes [ed.delia@cox.net](mailto:ed.delia@cox.net) 619-623-4766



### Devil Pups

[devilpups.com](http://devilpups.com)

Devil Pups is a non-profit organization designed to help boys & girls from all backgrounds gain self-confidence & learn to take responsibility for their actions

## Summer Medical Academy Accepting Applications for 2019 Summer and Weekend Programs

**Opportunity for students at Rady's. There is a cost associated with the program, but students may apply for a scholarship.**

The Summer Medical Academy is accepting applications for the 2018 summer program! The programs provide learning and growth opportunities for high-school students with an interest in pursuing careers in healthcare. They are taught by healthcare professionals, and feature hands-on skills and interactive learning opportunities. They are offering two sessions of the signature 2-week Summer Medical Academy, in addition to weekend medical academies for students interested in a mental/behavioral health or nursing career. Scholarship opportunities are available.



Visit [www.sdhealthscholars.org](http://www.sdhealthscholars.org) or contact the Center for Healthier for Healthier Communities at 858-966-7748 for application and additional information.

This is Part One of a five-part series about how to support and accommodate middle-schoolers, high-schoolers and adults with dyslexia. I've had many older students confess to me that they would rather be thought of as defiant than stupid. Many students with undiagnosed dyslexia suffer from anxiety. Depending on the severity of their language challenges, the student may opt out of activities to avoid being put on the spot or placed under pressure to perform.

## Summer time is coming!

It's time to volunteer, explore, and visit!

**VOLUNTEER** - at 2-3 places for 3-5 days.

**EXPLORE** – find Free options at local museums, go for a hike, discover the public library, learn the history of your city, region, or state

**VISIT** local colleges. At this age - best to just sign up for a guided tour and not stay for the information session. keep it light, easy, and fun.