

Wednesday, March 4th, 2020

Announcements

**NEW Academic Advisor**

The class of 2022 has a new academic advisor, Ms. Lopez-Barajas (you may call her Ms. Lopez). Feel free to drop by if you have any questions about sophomore interviews, community service or if you just want to say hi!

**Sophomore Interviews**

Sophomore Interviews are finally complete! We're very proud of all the hard work you put into your portfolios. If you did not attend an interview or did not pass, make sure to talk to Ms. Lopez about it.

**2020-2021 Schedule**

Your Advisory teacher should have given you a copy of your 2020-2021 (Junior) Course Request. If you need to make any changes, return the Student Course Request Profile form to Mr. Gonzalez or Ms. Lopez with parent/guardian signatures. If everything looks accurate, keep for your records. Last day to make any changes to course requests is March 12th (next Thursday).

**Finals & Spring Break**

Finals are NEXT week, March 11th and 12th. Make sure to remember that those are MINIMUM days. Spring Break will begin March 13th. SCHOOL RESUMES MONDAY, MARCH 30TH.

<b>Final Exam Schedule</b>	
Period 1	7:50 – 9:00
Period 2	9:07 – 10:17
Period 3	10:33 – 11:43
Period 4	11:50 – 1:00

**SAT/ACT Prep**

On Wednesday, March 4th in room 1300 from 5:30-7:00pm our very own Ms. Robinson (Helix Chemistry teacher) will review the ACT Science section.

Also, please note there is NO test prep during finals week. SAT prep will resume on April 1st (and that's no joke!).

Opportunities

### Mock SAT- April 18th (check email for details)

\$10 (Fee waiver available)

Sales open: March 1st at the Dawg House (No refunds)

Sales close: April 10th

### Women in Gaming

WHEN: Sunday, March 8th, 2020

12:00pm-3:00pm

WHERE: Microsoft Store Fashion Valley

7007 Friars Rd, Suite 860

San Diego, CA 92108

WHY: Learn from industry renowned experts, network with like-minded gamers, and connect with a community that supports the inclusion and advancement of women in the game industry.

After the panel, take part in gaming challenges, free play, and networking. Food and drink provided.

Registration:

<http://akams/WIG2020>

### FREE Heart Screening

WHO: ALL youth ages 12-25

WHEN: Sunday, April 26, 2020, 9:00 am-2:00 pm

WHERE: Helix Charter High School

HOW: Sign-up at [epsavealife.org/register](http://epsavealife.org/register)

#### MOST IMPORTANT, WHY?

Sudden Cardiac Arrest (SCA) is a leading cause of death in youth under 25 and the #1 killer of student-athletes but heart screenings are not part of regular medical or pre-sports exams, San Diego County alone loses at least 12 youth each year! The Eric Paredes Save A Life Foundation has provided over 33,000 free heart screenings for youth age 12 to 25, finding about 1 in 300 at risk from an undetected abnormality or risk factor. This syndrome can happen without symptoms or warning signs. And it is preventable...

### UCSD Research Experience

WHEN: JUNE 22-AUGUST 14, 2020 (EIGHT WEEKS)

For the eleventh year, the San Diego Supercomputer Center (SDSC), at the University of California, San Diego, will offer its volunteer internship program for high school students entitled Research Experience for High School Students (REHS). As part of this program, students will be paired

with SDSC mentors and will work as part of a research team dedicated to a particular area of computational research.

From Parkinson's and diabetes research to neuroscience research, data analytics, science writing, social media and more, there are plenty of opportunities to choose from. Follow the links below to get started!

For detailed information about the program, visit [http://education.sdsc.edu/studenttech/?page\\_id=657](http://education.sdsc.edu/studenttech/?page_id=657)

### **Reel Voices 2020**

Reel Voices is a free high school summer filmmaking program open to any teen wanting to learn the art of documentary filmmaking. It's an 8 week program hosted by Pacific Arts Movement. After students complete their film, it screens in the fall at the San Diego Asian Film festival and participants receive a \$500 scholarship. No previous experience necessary! Visit their website for more details. Apply at [pacarts.org/reel-voices](http://pacarts.org/reel-voices)

### **Athletic Events**

#### **Boy's Baseball**

**Frosh:** Thursday, March 5th at 3:30pm vs. Santana

**JV:** Wednesday, March 4th at 3:00pm @ Mater Dei

**Varsity:** Wednesday, March 4th at 3:00pm vs Mater Dei

#### **Girl's Softball**

**JV**

Thursday, March 5th at 3:00pm @ Mission Bay

Friday, March 6th at 3:00pm vs Oceanside

**Varsity**

Wednesday, March 4th at 3:00pm @ Southwest EC

#### **Boy's Golf**

**JV:** Thursday, March 5th at 3:00pm @ Steele Canyon

**Varsity:** Thursday, March 5th at 3:00pm vs. Granite Hills

#### **Boy's Tennis**

**JV:** Thursday, March 5th, TBD time, vs Grossmont

**Varsity:** Thursday, March 5th at 3:30pm vs. Grossmont

#### **Girl's Lacrosse**

**JV**

Wednesday, March 4th at 5:30PM @ San Dieguito

Friday, March 5th at 5:30PM @ Coronado

**Varsity**

Wednesday, March 4th at 7:00PM @ San Dieguito  
Friday, March 6th at 7:00pm @ Coronado

### Boys Lacrosse

#### JV

Wednesday, March 4th at 5:30PM vs Granite Hills  
Friday, March 6th at 5:30PM vs Grossmont

#### Varsity

Wednesday, March 4th at 7:00PM vs Granite Hills  
Friday, March 6th at 7:00PM vs Grossmont

### Girl's Sand Volleyball

Varsity: Thursday, March 5th at 3:30pm vs. Grossmont

### Boys Volleyball

Varsity: Friday, March 6th at 4:00pm @ Serra

### Track & Field

Varsity: Thursday, March 5th at 4:00pm vs. El Cajon Valley

### Swim & Dive

#### JV

Boys: Friday, March 6th at 4:30pm @ Granite

Girls: Friday, March 6th at 4:30pm @ Granite

#### Varsity

Boys: Friday, March 6th at 4:30pm @ Granite

Girls: Friday, March 6th at 4:30pm @ Granite