

PARENT/ GUARDIAN NEWSLETTER

ISSUE 25: OCT. 2020



October



HELLO CLASS OF 2022 FAMILIES

As we begin the month of October, we are beginning to wrap up Fall Semester Term 1. Like most of our students, we are eager to return to campus.

We currently have two weeks left in this term so please encourage your students to attend tutorials and after-school tutoring as needed.

As mentioned in Advisory, Junior year grades are a critical component of the college application process so let's make them count!

Your Grade Level Team,
Paula Ann Trevino, Hugo Gonzalez, Alondra Lopez-Barajas, and Joan Urich

*Fall Semester Term 1
Final Exam Week:
10/12-10/16*

Oct. 19th is the first day
of Fall Semester Term 2

AN UPDATE ON C4ME (COLLEGE 4 ME)

Junior year is typically an exciting time for our students as they are presented with the opportunity to attend C4ME. For many years, College for Me has allowed Helix Juniors the opportunity to embark on a week-long road trip during Spring Break up and down the California Coast to visit some of the colleges and universities this golden state has to offer.

With the announcement of CSU campuses closing to the public for the 2020-2021 school year, as a Grade Level Team we have made the decision to cancel our C4ME trip this year.

We have begun, and will continue to, look for opportunities to support your student's college endeavors through Advisory. We will also continue to host opportunities for students to meet with college recruiters through webinars hosted by Helix's College Center.

Please visit the Helix College Center's website for more information regarding college preparatory workshops, recordings of past College information sessions, and much more.

VISIT THE HELIX COLLEGE CENTER'S WEBSITE.



STUDENT ATTENDANCE

During Distance Learning, student attendance is tracked via student engagement in Distance Learning. Since students are not physically in a classroom, teachers track student attendance based on how much the student is engaged in the Synchronous (zoom) and Asynchronous (assigned in Canvas) work.

For classes that meet would normally meet every day, the expectation is for students to have 5-7 hours of engagement per course. Two of those hours can be through the Synchronous (zoom) classes. The remaining hours are from student submission or completion of the assigned Asynchronous work in Canvas and/or attending tutorial.

For classes that would normally meet every other day (A Day and B Day classes), the expectation is for students to have 3-5 hours of engagement per course. One of those hours can be through the Synchronous (zoom) class. The remaining hours are from student submission or completion of the assigned Asynchronous work in Canvas and/or attending tutorial.

Parents/Guardians will be notified via a phone caller if their student missed any of their Synchronous zoom classes. If your student is absent, having technical difficulties, and/or ill, please email or call the appropriate attendance technician to have the absence excused.

9th/10th grade Attendance Tech. - Mrs. Denison (denison@helixcharter.net) (619) 644-1940 x231

11th/12th grade Attendance Tech. - Ms. Melendez (melendez@helixcharter.net) (619) 644-1940 v232



HAVE YOUR STUDENT FEATURED IN THE YEARBOOK

"We are looking for the following:

- Pictures of you before the quarantine and pictures of you now.
- You in your favorite Mask...(Covid Mask)
- Siblings (You and your sibling who attend Helix)
- Your cars (With you in or around it)
- Jobs (Picture of you in your uniform or at work)
- Fashion (Quarantine looks)
- Best Friends
- Couples
- Halloween Pics (You in your costume)
- You and your pet
- You Zooming (School Setups)
-

Make sure when you upload the pictures that you fill out everything so that we can know who it is from.

Visit [Josten's Website](#) to submit your photos.

OPPORTUNITIES ON CAMPUS

CHECK OUT THE EDGE OCTOBER NEWSLETTER

DOES YOUR STUDENT HAVE EXTRA ROOM IN THEIR SCHEDULE DURING THE SPRING SEMESTER?

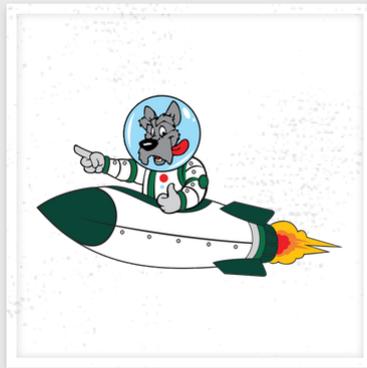
Earn college credit by signing up for one of these classes!

- AOJ 206 Period 4 T/TH
- MCOM 120 Period 4 M/W
- SPAN 121 Period 4 (Days to be determined)
- THTR 110 Periods 1 & 4 B Days
- Hist 137 Period 1 B Days



JOIN JOURNALISM CLUB!

Journalism Club will meet from 12:30pm - 1pm every Monday in Zoom. All students are welcome! Interested students can email Ms. Vozely for the Zoom ID/Password.



JOIN THE ASTRONOMY CLUB!

- Finally, learn what a parsec is!
- Discuss other dimensions!
- Discover wormholes!

Zoom meetings are every other Wednesday at 12:10, starting Sept. 9!

Want more info?

- text @helixac to 81010
- follow our Instagram @helix.astronomy



JOIN MESA!

Our mission is to help underserved and underrepresented students achieve success in STEM studies and careers. Our vision is to see California's STEM workforce reflect the diversity of its population.

- Provide you opportunities to practice the field of engineering
- Shows commitment
- Tour colleges and discover new passions
- Make connections with other people

Instagram: officialhelixmesa

IS YOUR STUDENT DEALING WITH GRIEF?

Grief Group is being offered by Elizabeth Hospice Semester 2:

Fridays 2:00 to 2:55pm October 16-Dec 11

To sign up for group or ask questions, Email: yee@helixcharter.net

[What is Grief Group like?](#)



JOIN SADD!

Are you looking for a club that promotes:

- Community
- Support
- Empowerment
- Involvement
- STUDENT DRIVEN?

Then the SADD Club is for you!

- Meet new friends!
- Earn community service hours (even virtually)!
- Learn more about leadership and community support!

CHECK OUT THEIR VIRTUAL MEETINGS!

Wednesdays

12:15pm - 1:15pm

Email Ms. Tyler (tyler@helixcharter.net) for the Zoom Link

ANXIETY SUPPORT GROUP

Brought to you by Helix Wellness Center



Lets Get Calm

**Come and
Learn tips on
how to manage
your anxiety.**

Remember that everyone
experiences anxiety, your
are not alone!

Wednesdays
@2:00 pm zoom
meetings. Email Mrs.
Fernandez for zoom
information @
fernandez@helixcharter.net
or text at (619) 405-
2386

HELIX ASPIRE

Program Name	Day(s) & Time Offered
Creative Writing	Weds & Fri 2-3pm
Tap	Wednesday 2-3:30pm
ACE (Architecture, Construction & Engineering)	Tuesday 3-5pm
Helix Doodle	Monday 1-2:30pm
Diverse Voices Book Club	Wednesday 2-3pm
Aspire Fitness	Tues & Thurs 3-4pm
SMASH Gaming Club	Fridays 3-5pm
Aspire Anime	Fridays 3-4pm

Helix ASP

Academic Support Program Drop In Tutorials



Distance Learning Support

Free Tutoring available to all Helix Students

Helix Academic Coaches are available for free academic support, in all subject areas, 5 days a week. You just need to ask!

Step 1. Sign up on the appropriate google form (column 3) and a zoom link will be promptly emailed to you.

Step 2. Prepare your materials and questions.

Step 3. Log on to the zoom meeting link for one on one support.

Day	Subject Area	Google Form Link
Monday 12:45 - 3:00	All Subjects All Grade Levels	Sign Up Here https://forms.gle/hpBDiDer56ubo7wM7
Tuesday - Friday 1:45 to 3:00 PM	All 9th Grade Subjects and Algebra 1 Ayuda en español disponible	Sign Up Here https://forms.gle/FQMjKhnjtqeJXm9
Tuesday - Friday 1:45 to 3:00 PM	Grades 10 - 12 All Subjects Ayuda en español disponible	Sign Up Here https://forms.gle/MioQwKZTiJwqabDp8
Evening Drop In Tuesday - Thursday 5:30 - 7:00 PM	Any Subject All Grade Levels	Sign Up Here https://forms.gle/gmgYUubTEoKuCAtc8

Check your school email for this document with links or follow us @helixacademicsupport
Contact milburn@helixcharter.net or oneal@helixcharter.net with questions.

**FOLLOW HELIX WELLNESS CENTER ON
INSTAGRAM @ HELIXWELLNESSCENTER**

JOIN NAMI CLUB (NCHS) at Helix High School

Mondays at 2:00 pm

Email Mrs. Fernandez for Zoom information at
fernandez@helixchart.net



Interested in the Mental Health Field, want to become an advocate? Join NAMI and help stomp out stigma and advocate for all.

OPPORTUNITIES IN THE COMMUNITY &
BEYOND



CSU The California State University

CSU WEEK

123 Campuses | 1 Week



Each campus will present a short live session to provide a campus overview, information about the admission process and a question and answer portion. If you are not able to attend, all sessions will be recorded.

October 5 - 9, 2020

Register at WWW.CALSTATE.EDU/APPLY/CSUWEEK

Visit site to check out when each campus will present to transfer and high school students. Don't miss out on your chance to connect with us.

Date	Time	Campus
October 5, 2020	2:00PM	East Bay
October 5, 2020	3:00PM	Los Angeles
October 5, 2020	4:00PM	San Diego
October 5, 2020	5:00PM	Fresno
October 5, 2020	6:00PM	Humboldt
October 6, 2020	2:00PM	San Francisco
October 6, 2020	3:00PM	San Luis Obispo
October 6, 2020	4:00PM	San Marcos
October 6, 2020	5:00PM	San Jose
October 6, 2020	6:00PM	Northridge
October 7, 2020	2:00PM	Fullerton
October 7, 2020	3:00PM	Channel Islands
October 7, 2020	4:00PM	Monterey Bay
October 7, 2020	5:00PM	Stanislaus
October 7, 2020	6:00PM	Cal Maritime
October 8, 2020	2:00PM	Chico
October 8, 2020	3:00PM	Sonoma
October 8, 2020	4:00PM	Long Beach
October 8, 2020	5:00PM	Bakersfield
October 8, 2020	6:00PM	Sacramento
October 9, 2020	2:00PM	San Bernardino
October 9, 2020	3:00PM	Dominguez Hills
October 9, 2020	4:00PM	Pomona



UCLA OPEN HOUSE

Monday, October 5, 2020 at 4:00 PM until Saturday, October 10, 2020 at 5:00 PM PST

Monday through Friday 4:00 - 7:00 PM PST

Saturday 1:00 - 5:00 PM PST

Join students and staff to learn more about UCLA! You will have an opportunity to learn more about admission, financial aid, housing, academic programs, resources and student life. Live sessions will be recorded and posted on the Fall Open House website after the event with closed captioning.

EARN COMMUNITY SERVICE BY LEARNING HOW TO SAVE A LIFE

Suicide Prevention Training for students.

Learn skills to help a friend or classmate

90 min training, receive 3 hrs of community service!

60 days to complete training, www.lwyouthsummit.com/access



VIRTUAL TEEN DATING VIOLENCE 101 (LA VIOLENCIA ENTRE PAREJAS ADOLESCENTES)

The Teen Dating Violence Subcommittee of the San Diego Domestic Violence Council is excited to share a virtual training opportunity on the topic of Teen Dating Violence. This virtual training will provide information on what teen dating violence is, the different warning signs to be aware of, and how it affects the well-being and safety of youth. This training will also provide statistics, prevalence rates, and information on how to approach our youth about teen dating violence.

The training will take place on **Wednesday, October 7, 2020**, and will be offered three times throughout the day. The training is 1 hour long and will be offered twice in **English (1:00-2:00 PM; 5:00-6:00 PM)** and once in **Spanish (5:00-6:00 PM)**. It is **FREE** and open to all school staff, teachers, teens, and parents.

To register, please visit <https://sdcoe.k12oms.org/918-190916>.

Para el taller en español regístrese aquí: <https://forms.gle/C1Z7hVQmuG6pgYF1Z>

Teen Dating Violence 101: Tools and Resources to Support our Youth

A county-wide, virtual training brought to you
by the Teen Dating Violence Subcommittee of
the San Diego Domestic Violence Council for all
school Staff, Teachers, Teens, and Parents!!!

To Register please visit:
<https://sdcoe.k12oms.org/918-190916>

DATE: Oct 7, 2020

- 1:00-2:00 PM PST
(English)
- 5:00-6:00 PM PST
(English and Spanish)

Presenters:

Luis Canseco, M.A

Community Resource Center

Sabrina Van Zuiden

Center for Community Solutions

Moderators:

Diane Doherty, DCA

Supervising Deputy City Attorney

Violeta Mora, MPA

San Diego County Office of Education

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For more information, contact us

at teendv.sddvc@gmail.com or call

Diane Doherty at 619-533-5548 or call

Sabrina Van Zuiden at (619)-768-9012.



SAN DIEGO
DOMESTIC VIOLENCE
COUNCIL



What we do:

LEDA brings together a community of student leaders for a completely free seven-week residential program at Princeton University that includes academic preparation for college, leadership training, college guidance based on individual fit, SAT/ACT preparation, help with college applications and scholarships, and a chance to experience life on a college campus. This year, the Aspects of Leadership Summer Institute was entirely virtual, and while we are planning for an in-person program in the Summer of 2021, we are fully prepared to offer a virtual program again if necessary.

LEDA is for life. After the summer institute, the LEDA team continues to work with Scholars intensively on all aspects of their college applications and their transition to and through college. The LEDA community is a network that will continue to provide support and opportunities beyond college graduation.

Why LEDA:

Students who attend our program feel more prepared to apply to selective colleges, pursue competitive scholarships, and make a positive impact on their communities with their leadership skills. Our individualized college guidance support has helped enroll **86%** of LEDA Scholars in an Ivy League or Most Competitive college supported by excellent financial aid and scholarships.

Who should apply?

LEDA is looking for juniors in high school who want to be challenged academically, have demonstrated a commitment to their studies, have the desire to be a leader in their families, schools, and communities, and embody LEDA's core values of excellence, integrity, compassion, and community.

Applicants must be a junior attending a public high school in the U.S. graduating in 2022, a U.S. citizen, permanent resident, or have DACA Status, have an annual household income under \$90,000, and a minimum unweighted GPA of 3.5.

Submit the [application](#) by **December 14, 2020**.



2020 YOUTH LEADERSHIP ACADEMY FROM PRIDE AND PROJECT YOUTH

Youth Leadership Academy

Saturday, November 14th - Sunday, November 15th

11am-3:30pm

FREE ([Apply here](#))

Apply for this wonderful opportunity!!

BULLYING PREVENTION

WHEN

WEDNESDAY, OCT. 7TH, 3-4:30PM

WHERE

THIS IS AN ONLINE EVENT.

MORE INFORMATION

Attend this webinar geared for parents to learn strategies and receive resources on bullying.

[Register Here!](#)

College Counseling Webinar on Demand:

What Matters Most to Colleges:
Test Scores, GPA, Extracurriculars, Recommendations
and more

Panelists:

Mai Nhia Xiong-Chan, VP of Enrollment,
Hamline University

Johnnie Johnson, VP Enrollment,
Transylvania University

Elena Hicks, Executive Director of Enrollment,
Southern Methodist University

Watch This Webinar On Demand Now



Bio-Influencer DISCOVER ...

Monthly
Digital STEM
Workshop Series



Potential
certificates!
Great for
college
applications
and resumes

Clarify what jobs fit
you.

Connect with like
minded people.

Compete in the
marketplace.

All genders
welcome

Network with
Industry Leaders



Meetings are held the
2nd Wednesday **6-7pm**
of every month

STEM Workshop Series

Discover YOUR Passion
Discover YOUR Influence
Discover the STEM Future
Discover YOUR Impact
Discover STEM Innovation
Discover the Arts in Science
Discover YOUR Potential

register at <https://www.womeninbio.org/event/SoCalSTEMSeries>



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STAY IN TOUCH!

Follow us on Social Media:

Instagram- Helixsucce22

Facebook: Helix Class of 2022

