

Parent/ Guardian Newsletter

Issue 29: February 2021

Hello Class of 2022 Families!

February might be the shortest month of the year but it definitely does not mean it will be any less busy.

We have many important events going on this month that you do not want to miss out on! As always, we are here if you have any questions.

Class of 2022 Updates

Course Request Meetings are well-underway!

Mr. Gonzalez and Ms. Lopez-Barajas have begun meeting individually with students regarding their Senior Course Requests. Once your student has met with either Mr. Gonzalez or Ms. Lopez-Barajas, students AND parents can view their confirmed course request through StudentVue and ParentVue.

How to access:

- Go to www.helixcharter.net & click on Parent/Student Portal
- Students: Use Helix Login Credentials: Helix ID & Helix Password
- Parents: Use login credentials from online enrollment

Once logged on:

Click on "Course Request" to view your requests

Note: You will not be able to make changes through StudentVue or ParentVue. To make changes, please email Mr. Gonzalez or Ms. Lopez-Barajas.

The deadline to make any changes is March 8th.

 Search this site

- Students
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- Staff
- Parent/Student Portal**
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- ▼ About HCHS
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EXCELLENCE IN EDUCATION TOUR

We invite you to a one-hour tour and program during which we will share our vision of excellence in education. This is more than just a look at our facility! Join us for a program that highlights the history, goals, accomplishments, and needs of Helix Charter High School. Prepare to be inspired!

All tours begin in the Helix library. Please visit the [Tour Page](#) for more information and RSVP.



ANNOUNCEMENTS

1/29 COMMUNITY UPDATE - Please review the 1/29 Community Update for information about one important way the Helix Administration recommends that parents support their students' distance learning efforts.

Posted Feb 1, 2021, 4:21 PM by Brian Kick

HELIX AS A CHARTER



CHARTER BOARD COMMUNITY REPRESENTATIVE OPENING

The Helix Charter Governing Board has one Community Representative position open starting April 1, 2021. If you are interested in submitting your application, please click on the Declaration of

SCHOOL CALENDAR

Today February 2021 Print Week Month Ag

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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ParentVUE and StudentVUE Access



[I am a parent >](#)



[I am a student >](#)

- Home
- Messages
- Calendar
- Attendance
- Class Schedule
- Course History
- Course Request**
- Report Card
- Student Info
- Test History
- State Tests
- Documents

COURSE REQUEST

Welcome to the 2021-22 Online Course Request process. Students will be meeting with counselors and receiving course selection instructions beginning the week of January 20th, 2021.

Helix Charter High School (519-644-1940)
2021-2022 School Year, Grade: 12

Selection Time Period: 1/20/2021 - 3/11/2021
Counselor: Hugo Gonzalez

Ln	Department	Course ID	Course Title	Elective	College Prep	Credit	Comment
1	Business	2626	ECON 1C			5,000	
2	Business	8195	BUSINESS 195			10,000	
3	English	1617	ENG BUSINS 1C			5,000	
4	General, Non-Specific	1151	TEACHING AND LEARNING 3			5,000	
5	Mathematics	8402	STATS 1C			5,000	
6	Social Science	5225	POL SC 1C			5,000	
Total						35,000	



SAT/ACT Updates

UCs and CSUs have both announced that they will not be considering the SAT or ACT in the admissions process for the Class of '22. Due to this decision, the 2022 GLT is currently having discussions with Administration as to whether or not this graduation requirement will be waived. We will release more information when we have it.

If your student is interested in going out-of-state for college, it is possible that their desired institution will still require these exams. Please refer to their website for more information.

College Board has also recently announced that they will no longer be offering SAT Subject Exams.

If your student is currently signed up to take one, their registration will be canceled and a refund will be issued.

SAT will also be Discontinuing the Optional Essay

Students can still take the SAT with Essay through the June 2021 SAT administration.

Students who are registered for the SAT with Essay this Spring can cancel the essay portion at any time, free of charge.

PSAT Updates

We will not be offering the PSAT on campus this school year. The PSAT might be offered at other schools and students might be able to register with them, but students would need to contact the school offering the test directly. You can look up what schools will offer the PSAT by using the [PSAT School Search](#). If we are back to campus before the end of the school year, we might have a chance to offer a Mock SAT/ACT, but it will depend on our reopening plan. Here are some links in case you need them:

- [SAT](#)
- [ACT](#)
- [PSAT website](#)
- [SAT Exam Dates](#)- 2021-2022 test dates at the bottom of page
- [ACT Exam Dates](#)- It looks like the 2021-2022 dates have not been updated.

We recommend using [Khan Academy for SAT Prep](#). It's free and they work directly with College Board who are the creators of the SAT.

Community Service Graduation Requirement

As of right now, students are still being required to complete 40 hours of community service in order to meet the Helix Graduation Requirement. If this changes, we will be sure to send out an announcement.

We do have online opportunities available for students to partake in. For more information, please visit our Community Service page below.



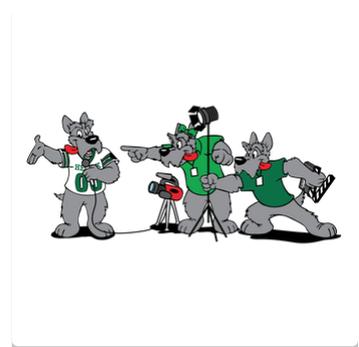
Helix Community Service Page

Helix Juniors Doing Big Things!

Each year the Elks Lodge hosts an Annual Drug Awareness Program. This year we are excited to announce that one of our very own Juniors won **first place** in this year's contest, "Drug Abuse? No Excuse!"

Fun fact, this video was created as part of a Film Production assignment by our Film Production teacher, Mr. Guarnotta!

Other Juniors doing big things? Check out our Fall Semester 2 Honor Roll Recipients below!





CLASS OF 2022 PRESENTS:

**FALL SEMESTER 2
HONOR ROLL
RECIPIENTS:**

8061					9567
8332	8208	8198	8138	8049	8391
8154	8661	7899	8399	7934	7969
8188	8426	8451	8393	8652	8094
7942	7970	8261	8046	8225	8306
8224	9612	8678	8366	8433	7972
7896	7999	8716	8089	8040	8064
8214	8328	8189	8431	8308	8181
8395	7937	8268	8704	8320	8193
8071	8155	8056	7947	8226	8763
9548	8079	8337	8078	8237	8228
8494	7964	7950	7987	8199	7965
9593	8654	8330	8274	8005	8297
8417	8144	8636	7918	8315	9611
8280	8039	8312	7951	7953	8170
8344	8269	10383	8404	8736	8058



7956	8151	8178	8239	8742
8242	8676	8070	8123	8406
8425	7957	8023	8480	9585
8179	8127	8689	10331	8714
8110	8090	8741	8257	8120
8505	9609	8338	8486	9580
7912	8491	7983	7981	7973
7931	7901	8358	7980	8470
8114	8322	8381	9639	8439
8124	7952	8091	7976	8307
8205	9511	8143	8206	7929
8136	8035	8037	8125	8500
9510	8063	8183	8097	8369
8436	8340	10320	8118	8219
7928	8521	9616	9614	7930



8403	8043	7913	9459	8153
8047	8163	8691	8458	8126
8081	8000	8260	8304	8372
8192	8350	7885	8472	8492
8286	7986	8164	7955	10350
7894	7958	7933	8616	9546
8722	8331	7998	8156	9561
7948	8251	8457	8385	8416
8684	8455	8445	8453	8422
9716	8036	9493	8467	8015
7908	8038	9494	8747	8030
8166	8508	8092	8243	8027
8068	8510	7907	8400	8462
8119	7975	8267	8298	8410
8428	8342	8479	8050	8456



7978

8146	8255	8141	8105	8668
8359	8018	8448	8137	8066
8277	10355	9624	8335	8238
8288	8413	8165	8052	8102
8631	8518	8329	8690	10362
8021	7997	9604	8517	8016
8460	8757	8441	8701	8489
8396	8232	8719	8653	8145
8161	7982	8681	8259	7910
8098	8356	8318	8314	8182
8640	9513	8437	8357	7903
8213	7993	9586	7960	8222
8201	8013	8008	8109	8728
8686	8041	7939	8019	7886
9576	7922	7915	8488	8122



Picture Day has become Picture Week!

We are excited to announce that we will be hosting Picture Week from February 23rd- February 26th during the following times:

Times are based on Last Name.

Tuesday, Feb. 23rd: 11am-7pm

A-C

Wednesday, Feb. 24th: 2pm-7pm

D-H

Thursday, Feb. 25th: 11am-7pm

J-Q

Friday, Feb. 26th: 11am-7pm

R-Z

We will have two Campus Supervisors handling check-in. They are scheduled to take place in the Gym.

Important Dates this Month!

SUN	MON	TUE	WED	THU	FRI	SAT	
	1	2	3	4	5	6	
7	8 Progress Reports	9	10 Eligibility Determined	11	12 No School	13	
14	15 No School	16	17	18	19	20	
21	22	23	24	25	26	27	
28	Junior Picture Day						FEB 2021

Students will follow the Adjusted Schedule for 2/15-2/19

Time	Tuesday	Wednesday	Thursday	Friday
7:50-8:30	Student Work Time			
8:30-9:35	Period 1/1A Zoom Classes	English/HF/Perf Arts Online Tutorial	Period 1/1B Zoom Classes	English/HF/Perf Arts Online Tutorial
9:35-9:50	Break			
9:50-10:55	Period 2/2A Zoom Classes	Math/Fam & Con Sci Online Tutorial	Period 2/2B Zoom Classes	Math/Fam & Con Sci Online Tutorial
10:55-11:10	Break			
11:10-12:15	Period 3/3A Zoom Classes	Science/PE/Art Online Tutorial	Period 3/3B Zoom Classes	Science/PE/Art Online Tutorial
12:15-12:50	Lunch Break			
12:50-1:55	Period 4/4A Zoom Classes	Social Studies Bus/Tech/LOT E Online Tutorial	Period 4/4B Zoom Classes	Social Studies Bus/Tech/LOTE Online Tutorial

Helix Updates

February is Black History Month

Black History Month is an annual time to celebrate and recognize the amazing achievements and contributions of African American people. To honor Black History Month this year, Helix wanted to highlight both influential Black individuals from history as well as Black Helix alumni who are making a difference in their communities. Be sure to check our social media account to see the profiles of those we are highlighting!



Helix ASPIRE

ASPIRE is back with BOTH In-Person and Online Programs!

Program Name	Day(s) & Time Offered	Start Date On Campus
ACE (Architecture, Construction, Engineering)	Tuesdays 3:00pm - 4:30pm	February 2nd
Crafts & Creativity	Thursdays 2:45pm - 4:45pm	February 4th
EDGE Lab	Thursdays 2:00pm - 3:00pm	February 4th
FITNESS	Mondays & Wednesdays 3:00pm - 4:00pm	February 1st
MESA	Fridays 11:00am - 12:00pm	February 5th
Softball (Beginning)	Mondays 3:00pm - 4:30pm	February 1st
Softball (Advanced)	Wednesdays 3:00pm - 4:30pm	February 3rd
Sports Medicine Lab	Wednesdays 2:00pm - 3:00pm	February 3rd
Tap	Tuesdays & Thursdays 2:30pm - 4:00pm	February 2nd
The HUB	Tuesdays, Wednesdays & Thursdays 2:30pm - 4:00pm	February 2nd

ONLINE-ONLY PROGRAMMING

Program Name	Day(s) & Time Offered	Start Date
Academic Bowl	Tuesdays 2:30pm - 3:30pm	January 26th
Anime	Fridays 3:00pm - 4:15pm	January 15th
Creative Writing	Tuesdays & Thursdays 3:00pm - 4:00pm	January 19th
Doodle	Fridays 11:00am - 12:00pm	January 22nd
ESports	Fridays 6:00pm - 8:00pm	January 15th
Gaming Club	Fridays 3:00pm - 5:00pm	January 15th
New Year, New YOU	Tuesdays & Thursdays 3:15pm - 4:15pm	February 1st



YEARBOOK 2021

**HELIX STUDENTS WE
NEED YOUR PICS!**

CHECK YOUR EMAIL



<http://bit.do/fMtRh>

Yes--- There will still be a Yearbook!

Interested in buying one? Please visit the link below for more information!

[2020-2021 Yearbook Information](#)

Helix Sports are Back!

We have a select number of sports starting back up on February 1st, including Cheer, Cross Country, Field Hockey, and Boys/Girls swim!

To stay up to date on all things athletics visit <https://helixathletics.net/>

To view the complete Athletics Schedule, click below!

Athletics Schedule



Is your Student Taking an AP Test this Year?

If your student is currently enrolled in an Advanced Placement (AP) class and is planning on taking an AP exam, payment is due 2/12/21. Students who have not paid by that date will not receive an exam. Please keep in mind that signing up through the College Board/AP Central website is only step one - students must purchase their exam through the [Web Store](#) (or in-person through Ms. Peterson) in order to receive their exam.

STEP 1: Sign up through the College Board/AP Central website

STEP 2: Purchase your exam through the Web Store (or in-person through Ms. Peterson)

Finance Office Hours:

Mondays and Wednesday by appointment only

(rpeterson@helixcharter.net)

Tuesdays and Thursdays: 8am - 12pm

Fridays: 8am - 12pm and 1pm - 3pm

Updates from the Helix Wellness Center



Black Pioneers in Mental Health

In honor of Black History Month, we want to highlight [Black American Contributions to the Field of Mental Health](#).



Stay Strong for Ourselves and our Children

Be Strong Families hosts a variety of webinars available for parents. Their latest webinar is: [Stay Strong for Ourselves and Our Children](#)



Coping with a Pandemic

National Alliance on Mental Illness is the nation's largest grassroots mental health organization dedicated to building better lives for millions.

Check out this helpful guide: [NAMI California Family Guide: Helping Parents and Children During the Covid-19 Crisis](#)

PBS: Presents Coping Advice for Parents and Teens.

Helping Kids with Missed Milestones

Presented by the American Psychological Association.

7. Dance IT OUT

PLAY

1. a power nap
2. a walk in the rain
3. a 10 minute time-out
4. several deep breathes
5. in a hammock game (with a spouse or professional)
6. a bubble bath and play soft music in the background

8. give white noise, water or nature sounds
9. an old school outdoor game like double dutch or hopscotch
10. chores with the kids

GIVE

11. yourself permission to have a nap or your favorite ice cream or treat
12. yourself or schedule a massage (pedicure)
13. yourself an inspiring facial by making a batch of fresh avocado, water and honey
14. Snuggles (yourself & others)

100 WAYS

GO!

22. to an animal rescue shelter (i.e. PMS) and spend some time with the dogs
23. for a walk
24. for a drive
25. to bed early
26. weekend hiking on the beach
27. to your local library and read to the children for story time

Have

15. an indoor/outdoor picnic
16. a pillow fight with the kids
17. a knock knock jokes contest with the kids!
18. a good cry
19. a pajama n' movie day at home
20. date night with your spouse/partner

28. Make-it with your spouse or partner after the kids are asleep
29. host an improv night
30. be a support group or start one of your own
31. Call a friend
32. Try a new dance class
33. Indulge in a long, passionate kiss
34. Seek professional counseling

to reduce TOXIC STRESS

Create

35. a red peacock
36. a frog painting
37. your student list
38. some daily "me time"
39. a funny story or poem
40. a quiet space in your home
41. thank you notes to your children
42. a themed collage or vision board
43. a pizza from scratch with the kids
44. a batch of spearmint tea, chill it and enjoy!
45. a batch of cookies for your neighbor and have the kids create a decorative fix for the cookies

47. Indulge in your favorite movie
48. Spend 15 minutes stretching
49. Start a garden
50. Answer 10 minutes early
51. Spend time in nature
52. Indulge in a heavenly bath-soak
53. Schedule a full hour body massage
54. Spend some time reading your favorite book
55. Count to 10
56. Start a gratitude jar
57. Indulge in a glass of wine

58. Create A To-Do List

59. Sleep in late
60. Fly a kite
61. People watch
62. Make lemonade
63. Listen to a sermon
64. Exhale AHHHHH
65. Watch the sunset
66. Journal-freestyle
67. Plant some flowers
68. Feed the ducks
69. Jog in place
70. Ride a bike
71. Blow bubbles
72. Soak up the sun
73. Watch the sunrise
74. Listen to an audiobook
75. Splash in the rain puddle
76. Skip pebbles on the lake

MAKE

77. Snap pictures of nature and frame them
78. Write a love letter to yourself, your child or a loved one
79. Temporarily disconnect from social media and technology
80. Make an impromptu visit to the museum or planetarium
81. Make a doctor's appointment
82. Make a cool compress with a few drops of lavender oil and place it across your forehead

83. READ inspirational quotes or scripture

84. Rearrange the furniture in your home & create a new look

85. Pay someone's toll (pay it forward)
86. Fire up the grill and have a barbecue
87. Treat yourself to dinner out
88. Leave your bed unmade

89. Change your scenery plan a day trip
90. Hike the trail at a forest preserve
91. Replace negative thoughts with positive ones
92. Binge watch your favorite TV or Netflix program

BE STRONG FAMILIES

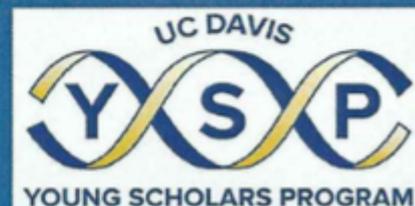
93. Build a snowman with the kids!
94. Send yourself a flower delivery
95. Serve at a soup kitchen
96. Sing or hum a soothing tune

97. Break out the crayons and color!
98. Shop for a new shade of lipstick
99. Clean out your closet or food pantry
100. Light a scented candle and pray or meditate

Opportunities for your Student

UC Davis Young Scholars Program

<https://yssp.ucdavis.edu>
yssp@ucdavis.edu



Summer Research Opportunity for High School Students

Remote Programming for 2021!

Participants in the Young Scholars Program will work one-on-one with research faculty and research groups with state-of-the-art laboratories for six weeks. Each student will work on an individual project and prepare a journal quality paper and symposium presentation about their work.

Application period:

December 1, 2020 – March 15, 2021

Application fee: \$25



A Bridge For Kids 9th Annual Essay Contest

Essay Topic and Judging:

Students may enter the 2021 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 one life experience that has best prepared you for your future? How did this experience impact you?

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

2021 Contest Prizes:

1st Place- \$2,500 sponsorship
2nd Place- \$1,000 sponsorship
3rd-5th- \$500 Amazon Gift Card
6th-10th- \$100 Amazon Gift Card

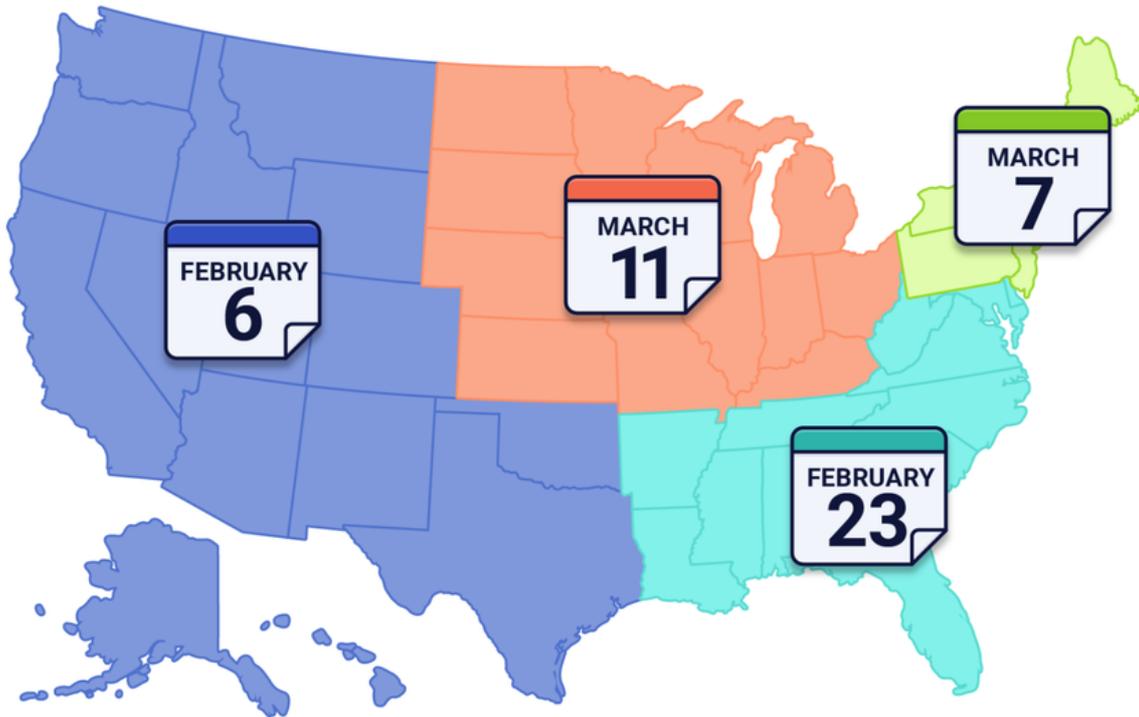
BigFuture Days

College Board is hosting virtual events for high school students to connect directly with college admissions representatives and take action on the most important steps for college.



What to Expect

- Explore colleges in a way that's not overwhelming, and show them you're interested.
- Take action on key college planning steps like searching for colleges and exploring careers and majors.
- Listen, learn, and participate in live Q&A and online chat with admissions representatives and current students who have been through it all.
- Download college planning resources, and drop in with questions for a college adviser.



Experience Berkeley Program is Now Accepting Applications 2021

Application Due Date: Monday, March 26th, 2021 by 11:59pm

Applicant Requirements:

1. Must currently be a High School Junior (3rd year of high school)
2. Must self-identify as Black, Latino, and/or Native American
3. A 3.5 unweighted GPA or higher
4. Attends a California High School
5. UC Berkeley must be one of the applicant's top 3 choices for school



What the Program consists of:

- Program Participants will receive 1-on-1 and group mentorship, led by a current UC Berkeley student. Individual and group interactions will take place on a monthly basis, virtually via Google Meet and Zoom.
- Attend a 90-minute virtual workshop, one Saturday a month from June – November 2021. During these workshops you'll learn about special topics such as: "How to Write a strong Personal

Statement”, How to Choose a College Major”, “An Intro to Campus and Student Life”, and “Applying for Financial and Securing Scholarships”. Additionally, during program workshops, participants will also engage in personal development and networking activities with UC Berkeley Staff, Admissions Offices, their program mentor, and fellow Experience Berkeley participants.

- Participants will receive 1-on-1 support with their entire UC Application, including their UC PIQs (Personal Statements), June 2021-December 2021.
- Program participants will receive 1-on-1 support throughout their college acceptance and admissions decisions process. (Jan. 2022 – May 2022).

Visit their [website](#) for more information.



Summer at Smith 2021 Applications are OPEN!

Remote learning or on-campus offerings:

[Summer Science and Engineering](#) | [Creative Writing Workshop](#) | [Sustainable Futures Women, Gender and Representation](#) | [College Admission Workshop](#)

New for Summer 2021:

- [Writing Fantasy: A Workshop in Writing Reality-Bending Fiction](#)
- [Rebellious Women in American History](#)
- [Shaping a New World: Analyzing Race, Gender and Feminism in Science Fiction for a Better Tomorrow](#)
- [Sentinels in the Sky](#)
- [Sustaining Positivity in an Age of Climate Anxiety](#)

[Click here for All Programs](#)

All programs are for young women, female-identified or gender-nonconforming students who will be entering grades 9, 10, 11 or 12 in fall 2021.



Students of all racial and ethnic backgrounds can learn more about postsecondary options while **possibly getting a scholarship or on-the-spot college admission** by participating in this month's Black College Expo..

The expo will include representatives from about 50 historically black colleges and universities.

High school students can [register for free](#).

Students who plan to attend also have the chance to win a [scholarship from the National College Resources Foundation](#) by submitting a short essay by Feb. 8.

Marine Corps' Educators' Workshop

What is it? A chance to become better informed on the Marine Corps recruiting process, entry-level training, career/educational opportunities while on active duty, and after a Marine's active duty service has ended. Additionally, you'll have the opportunity to build networks and friendships with educators from your area that accompany you on this adventure.



What's in it for you?

1. This is an all-expenses-paid, one-week immersion program in beautiful, sunny San Diego, California
2. Stand on the legendary yellow footprints
3. Observe and talk to recruits in training
4. Shoot the Marine Corps service rifle and participate in the Bayonet Assault Course
5. Interact with drill instructors
6. Witness a recruit graduation ceremony and see the transformation of our nation's finest into United States Marines
7. Meet other educators from your area

For a peak into what the program is all about, check out this YouTube video from the link below.

[YouTube: Marine Corps Educators Workshop](#)

If this interests you and you think you're up to the challenge, please email the 12th Marine Corps District directly at DG-12MCD-D2DHQ-Educators-Workshop@marines.usmc.mil. In your email, please provide the following:

- Name
- School

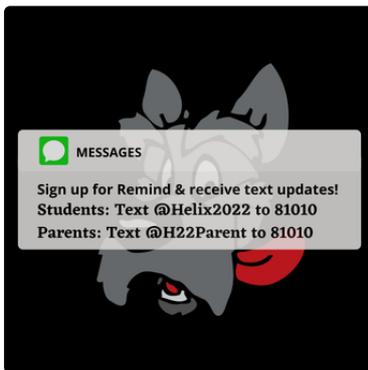
- Phone Number
- Location

For more information and the contact list for your nearest Workshop Coordinator, please visit this page: [12thMCD Educators Workshop Information & Contacts](#)

How to Bring More Ease, Joy, and Purpose to Your High School Life: 5 Practical Tips for 9th-11th Graders

Feb, 10th @ 4-5pm Pacific Time (7-8pm ET)

- How to Discover Your Superpowers (in ~20 Minutes)
- How to Identify a Community Service Project That Matters
- How US Colleges Perceive Students Who Are Uncertain of Their Major or Change Their Mind
- What to Do If You Feel Your Interests Are Common or Boring
- Finding Your Why (aka Considering the Benefits of Skipping College or Taking a Gap Year)
- A Walk-Through of Two Outstanding College Applications By Students Who Did Some of These Things + What You Can Learn from Them
- Q&A



Stay Connected with Us!

Email

Grade Level Principal: Paula Ann Trevino, trevino@helixcharter.net

Counselor: Hugo Gonzalez, gonzalez@helixcharter.net

Academic Advisor: Alondra Lopez-Barajas, lopez-barajas@helixcharter.net

Administrative Assistant: Joan Urich, urich@helixcharter.net

Attendance Technician: Alicia Melendez, melendez@helixcharter.net

Instagram

GLT: @Helixsucce22

College Center: @helixcollegecenter

Facebook

Helix Class of 2022

SUCCCE22

