

WEDNESDAY, AUGUST 28, 2019

TODAY'S ACTIVITIES:

- WELCOME PARENTS!
- LETTER TO MY SENIOR SELF
 - Today students will be writing a letter to their future, senior selves (that they will receive as seniors!). These letters should reflect on their personal goals and accomplishments during their time in high school as well as their plans for the future.
 - Here are some suggestions to provide to students:
 - Predictions of what I accomplished during high school academically, etc.
 - "I bet you worked really hard to pass Algebra 2"
 - "How did yearbook interviews go? I bet you did a great job on the varsity sports pages."
 - What sport or extracurricular did you participate in? What accomplishments do you hope to be able to celebrate from those sports or activities?
 - "I bet you enjoyed being the lead in the spring musical"
 - What do you plan on doing after you graduate high school?
 - "I hope you're ready to start barber school soon."
 - "Are you all packed up and ready to move to Arizona to attend ASU?"
 - How do you think you have changed over the last four years? Predict what you think will be different about you as you prepare to graduate from high school.
 - If you could give your future self one piece of advice, what would it be?
 - Encourage students to have fun with this activity but to take it seriously. This is a really neat memento they can use to reflect on their time in high school at the end of their senior year.
 - If you would like to hold on to these letters yourself to give to your students during their senior year, feel free. Otherwise, you can bring them to Ms. Meza's office or mailbox for safekeeping until that time.

ANNOUNCEMENTS:

- REMINDERS:
 - There is no school on Monday September 2 in observance of Labor Day.
 - Progress reports are quickly approaching! Remember that in order to participate in sports you must remain eligible. Athletic eligibility will be determined on September 11th. If you are determined ineligible, you may not participate in your sport, even if your grades change between then and final grades for Fall Semester 1.
 - This your last chance to run for Freshman class officer! Check your email for an application from Mr. Krzywicki.
 - Follow us on Twitter: @Helix2023 & Instagram: HelixClassof 2023
- UPCOMING EVENTS:
 - ASPIRE KICK OFF
 - Join us in the Science Quad **today** from 1:30 to 3:00 for the Aspire kickoff! Come check out this year's Aspire programs, grab some free food, and

participate in activities including: bouncies, a rock wall, dancing, a DJ, prizes, and FREE PIZZA! Come have fun and JOIN ASPIRE!

- **COMMUNITY SERVICE OPPORTUNITIES:**

- Lemon Grove Community Clean Up
 - Join the Lemon Grove Improvement Council on Saturday, August 31st from 8:30 to 11:30 at the Lemon Grove Community Center for a Community Clean Up! Join the community in order to remove graffiti, pick up trash, and make the area look and feel better. Food and beverages will be provided!
 - Contact improvinglemongrove@gmail.com or (619) 991-1004 for more information