

WEDNESDAY, SEPTEMBER 18, 2019

TODAY'S ACTIVITIES:

- **BALANCING EXTRACURRICULARS**
 - We are thrilled that many of you are interested in getting involved with extracurricular activities, but want you to remember the reality of pursuing these dreams professionally and the importance of your education.
 - Check out the [Estimated Probability of Competing in College Athletics Chart](#) courtesy of the NCAA.
 - The top 3% of the most popular YouTube channels earn approximately \$16,800 a year; that's less than one-third of the US median household income (average of college grad in California BA \$70,000 and BS \$80,000).
 - According to the Atlantic, 0.0086% of the global population is considered "famous"
 - Did we show you these statistics to discourage you? Absolutely not! There are wonderful benefits of participating in extracurriculars including:
 - Ability to explore your interests and create broader perspectives
 - Higher self-esteem
 - Social opportunities
 - Productive breaks from school work and academics
 - Essential life skills
 - Resume and application builders
 - We have all heard about the benefits of extracurricular activities. Whether it be performing arts, sports, or clubs we can all benefit from getting involved in some way outside of normal school hours. However, it's important to remember that we are STUDENTS first: STUDENT athletes, STUDENT performers, involved STUDENTS.
 - **Remember! There is nothing wrong with pursuing the dream of an athletic scholarship, dream role, etc, AND working hard to achieve that goal. Just make sure the effort you put in on the court, field, or stage is equaled in the classroom!**
 - Athletes: the FIRST thing a college recruiter asks for is your transcript.
 - Athletes: Check out the email from Ms. Gunion in your inbox (sent out Wednesday morning before Advisory) with information from the NCAA regarding how you can best prepare yourself to play sports in college
 - Keep up the excellent work Scotties!
- **[2019 HELIX HOMECOMING REVEAL \(click to show video\)](#)**
 - Click on the link above & show the video from ASB to reveal the 2019 Helix Homecoming Theme.
 - **SAVE THE DATE - 2019 HELIX HOMECOMING**
 - Saturday, 10/5/19 from 7pm-10pm in the Helix Science Quad
 - Buy your tickets now at the Dawg House/Finance Office
 - \$15 **WITH** ASB Card
 - \$35 **WITHOUT** ASB Card
 - Remember you must get [CLEARED](#) to attend Homecoming.

- Pick up your clearance form & guest passes (if you plan on bringing someone from another school) from the Attendance Office TODAY.

ANNOUNCEMENTS:

- **REMINDERS:**

- [Adjusted bell schedule](#) this Friday, September 20th
- Please report to the Science Quad right after 3rd period and before lunch for a presentation on Global Climate Change Awareness

- **UPCOMING EVENTS:**

- First Freshman home football game TOMORROW at 5:15!
- **Screenagers** showing TOMORROW at 6:00 pm in the PAC.
 - Screenagers: An award-winning film that probes into the vulnerable corners of family life and depicts messy struggles over social media, video games and academics. The film offers solutions on how we can help our kids navigate the digital world.
 - ***This film can only be seen at Screenagers-sponsored viewing events. You DO NOT want to miss this opportunity.*
 - Both parents/guardians AND students are encouraged to attend.

- **COMMUNITY SERVICE OPPORTUNITIES:**

- Rolando Elementary School is seeking Volunteers for their annual Fall Festival - Friday October 25th
 - This event runs from 5 pm to 8pm, but set up starts at 3 pm.
 - Volunteers are needed for set up, break down, etc. as well as during the event
 - Meals will be provided for all volunteers
 - If interested, contact Ms. Payne at darci.v.payne@icloud.com
 - MAKE SURE TO BRING A COMMUNITY SERVICE FORM WITH YOU IN ORDER TO OBTAIN A SUPERVISOR SIGNATURE