

# 2022 Parent/Guardian Newsletter

## Issue 2

### We've made it to September...Fall is in the air

We've made it through a month of school, PHEW! We are off to a great start. Our Freshmen are learning the Helix way by attending tutorials, joining clubs, and participating in sports. Our Football team has put up a great fight, we look forward to watching them conquer their next opponent.

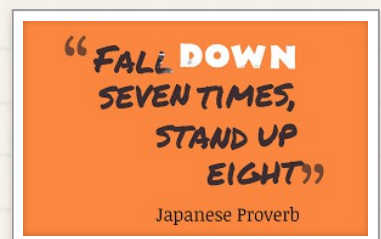
We have a lot going on this month, but we also started off strong by introducing our Freshmen to our Helix First presentations, as well as our word of the Month.

Thank you all for being so proactive with your students. Please continue to communicate with us as well as encourage your students to communicate with us as well as their teachers.



### August word of the Month: **PERSISTENT**

This year our GLT SUCCE<sup>22</sup> has continued with the good work of BE 2021 who implemented a "BE" theme asking our students "Who will you BE?". We are continuing to utilize a CharacterCounts kind of education with 12 words we would like to emphasize with our students throughout the year. Every three weeks we will present the word to students and families.



We are hoping to take the 12 words schoolwide...the first word is **PERSISTENT**

What can you do to make this happen:

- Explain the "why" of this word and how it has helped you in your past

- Discuss the term and definition; give some examples
- Show videos if you have the opportunity
- Share examples of your own

Here are a few videos and an article for you:

- [Stanford News](#)
- [Grit: The Power and Passion of Perseverance](#)
- [Never Give Up: Persistence](#)
- [The Power of Persistence](#) - Ted X Talk
- [What does it mean? Apply it](#)
- [Persistence & Skateboarding](#)
- [Show Persistence](#)
- [Persistence](#)
- [Getting the Reward](#)

## DEFINITION

per·sist·ent

pər'sist(ə)nt/

*adjective*

1. continuing firmly or obstinately in a course of action in spite of difficulty or opposition.
2. continuing to exist or endure over a prolonged period.  
"persistent rain will affect many areas"



## Helix First Presentations: HIGH SCHOOL TRANSITION

The Student Support team participated in presentations over two days in our Helix First (HF) Classrooms to ensure all of our Freshmen had the proper tools to transition into High School. I've attached a few slides for you to review, as well as one of the videos we showed during the presentation. We believe in your student and we will ensure they are SUCCE22(FUL).



HF Presentation.pdf



Download

856.0 KB

<https://www.youtube.com/watch?v=mk48xRzuNvA&feature=youtu.be>

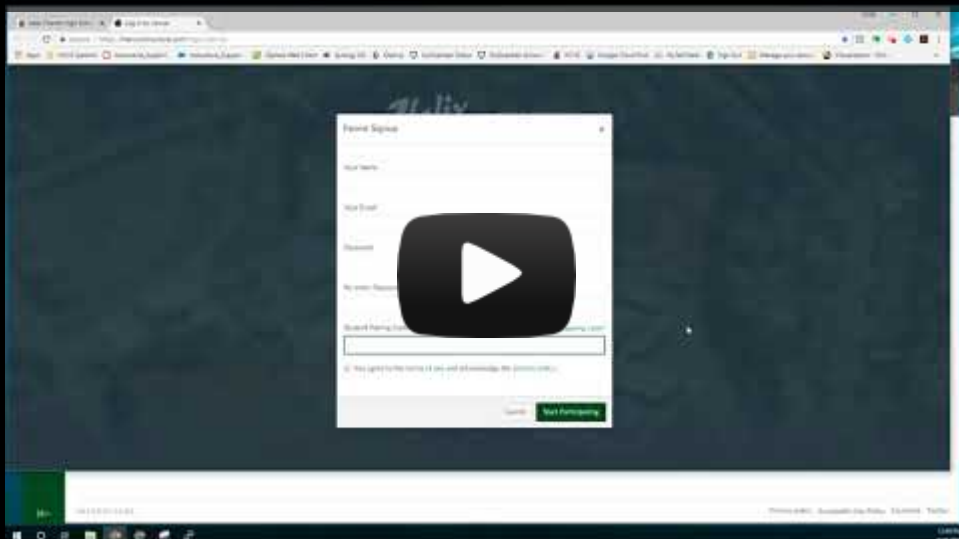


## How to create a Canvas Parent/Guardian observer account

As your students are completing work their teachers are meticulously imputing their grades. Your student can log on to their account to show you their grades, but please be aware that students have the capability to enter "what-if" grades which can then change what you will see. It is important that you create your own account to ensure you are viewing the correct grades.

Our amazing tech department created a short video on how to create your Parent/Guardian observer account. Please take a few minutes to watch the video to ensure you are able to check your students grades.

[https://www.youtube.com/watch?v=Of5Y\\_qDKa\\_M&feature=youtu.be](https://www.youtube.com/watch?v=Of5Y_qDKa_M&feature=youtu.be)




# Q1 Aspire & Algebra Support

Helix provides amazing amounts of support, whether its before school, or after school, students can stay involved. Our Aspire program offers after school activities such as; Science Support, Math lab, Weight Training, Tap, Gaming, or even learning how to create custom apps in our NEW EDGE lab. Please view our Q1 Aspire Calendar below.



Q1 Aspire Calendar & Math Club.pdf

 [Download](#)  
123.3 KB

## Family First Event: CyberSafety Presentation

We will have a Helix Family First Event - On Thursday, September 6th. All 9th graders will attend an assembly on CyberSafety during the day. Topics covered will be Managing your Digital Reputation, Cyber Bullying and Social Networking. A parent/guardian presentation will also be offered the same day at 6:00 PM in the Performing Arts Center.



[Jon Moffat](#), an expert in the field, will present, "Digital Mediation Services for Families. He will share strategies on how to keep our children safe when using the internet. Family and students of all grade levels are welcome to attend the evening event.

## Helix Family First Events: SEPTEMBER

6th: Cybersafety - [John Moffat](#), 6:00 PM in The PAC (Performing Arts Center)

6th: [Excellence in Education Tour](#), 5:30 PM in The Library

13th: [HEFAR Group](#), 6:00 PM in Room 1600 (ExL classroom)

20th: Graduation Bling Information: Parent/Guardian/Students, 6:00 PM in The PAC

27th: (Tentative) Suicide Prevention Presentation, 6:00 PM in The Library

## F List, and the automated phone caller

Helix runs the F list report on Monday morning and sets the phone caller to go out on Monday evening. There may be times when some teachers input grades over the weekend while others wait until sometime later. Our phone call system will always be generated on Monday morning as we want to be sure to notify families so that they can plan accordingly, and ensure students attend tutorials for that week. Should you notice



that grades change (in either direction) on Monday night then feel free to disregard the messages.

If you have any additional questions regarding our F list process please feel free to contact any member of the GLT.

## ExL Online Planner

Our Helix ExL program has been working tirelessly with our Freshmen to ensure Academic Success. All students in the ExL program are keeping an online planner that is shared with his/her Academic Coach. To view a copy of the planner, please view the attachment below.



If you have any questions about the ExL program you can contact any member of the GLT.



ExL Quarterly Goals.docx



Download

16.0 KB

## Helix First/Freshmen Football Game

### WHEN

Thursday, Sep. 6th, 5:15pm

### WHERE

7323 University Avenue  
La Mesa, CA

### MORE INFORMATION

Join Helix First in rocking the HOUSE on September 6th. We are not sparing any detail for this [football](#) game. See you all there!

## Spotlights of the Month!

As you already know Helix is an amazing school. We have so many programs for your student to get involved in. Here are this month's club "spotlights".

Aspire Culinary Club-The Culinary Club meets Monday & Thursday from 3:00-4:30 in room 500. Your student can learn the basics about Culinary Arts and make you a delicious meal at home!

Wrestling Fundamentals-Has your student always wanted to know more about Wrestling? Well, this is the time for him/her! Wrestling meets Monday - Friday 3-4:30 in room 600 (multipurpose room).

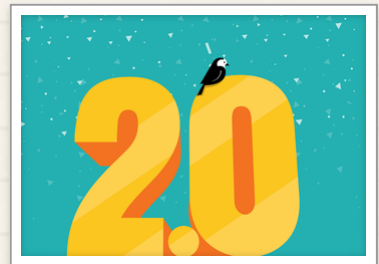
See what we are up to, follow Helix Aspire on Instagram and Twitter!

**Follow Helix Aspire on Instagram-Click  
HERE**

**Follow #helixcharter on Twitter-Click  
Here**

## **Progress Report & Athletic Eligibility**

Progress report grades are due on September 10th at 7:30 am, and Athletic Eligibility will be determined on September 12th.



Please be aware that teachers will submit their grades on Monday the 10th, but you will not get your students progress report in the mail until the end of the week, which could mean that grades might have changed by the time you get your students progress report in the mail.

Also, your students grades can determine if he/she will be participating in any extra-curricular programs. All students must maintain Athletic Eligibility in order to participate in any sports.



# Preventing Parent Burnout

Preventing Parent Burnout: Meeting the emotional challenges of caring for children with mental health issues

## Helix Attendance Policy

### Attendance Practice For Tardies:

Attendance at Helix is an integral part of student achievement. Students are expected to be in their assigned classroom when the bell rings for a class to begin. Students who arrive late disturb the learning environment for others and hinder Students who are late to class – excused or unexcused – will receive disciplinary consequences. The only permissible tardy, without consequence, are those with a medical, dental, or legal note.

Disciplinary consequences for tardies are as follows:

- 1st Tardy: Warning
- 2nd Tardy: Warning
- 3rd Tardy: Warning
- 4th Tardy - 30 minute after school detention (ASD)\*. Can be excused by parent call or note.
- 5th Tardy - 2 hour BMA - Assigned on Wednesday or Thursday from 3-5pm; Academic Advisor contacts home to discuss tardy practice and review expectations/consequences
- 6th Tardy - 2 hour BMA - Assigned on Wednesday or Thursday from 3-5pm; Grade Level Principal (GLP) meets with student and discusses tardy practice and reviews expectations and future.
- 7th Tardy - Student placed on In-School Suspension (ISS); GLP contacts parent/guardian and notifies them about ISS and reviews future consequences.
- 8th Tardy - Student sent to GLP; GLP contacts parent/guardian; Student suspended the rest of the day
- 9th Tardy - Attendance meeting scheduled with GLP; Student placed on Attendance Contract - Quarterly Attendance meeting; Parent/Guardian to set goal; Future tardies will result in SARB Process.
- 10th Tardy - ISS or Home Suspension; Drop 1st Period; Begin SARB process.

Attendance and tardies play a role in determining if a student can participate in extracurricular and/or co-curricular activities, dances and athletics. Excessive attendance issues and tardies will result in a loss of these privileges.

\*All ASDs/BMAs occur in Room 340 unless otherwise noted. Students may bring work to complete during their detention. Students may not have electronic devices out during this time nor may they talk.

### Lockout Policy (Late to classes in between classes)-

Students that are tardy to classes in between classes are considered **"locked out"** and will **not** be given a warning, all lockout counts restart at the beginning of every school session (each

term).

#### **Lockout consequences are assigned as follow:**

- 1st lockout- 30 minutes after school detention assigned by Attendance Technician
- 2nd lockout- 1hr after school BMA assigned by Attendance Technician
- 3rd lockout- 2hr after school BMA assigned by Attendance Technician
- 4th lockout- 2hr after school BMA assigned by Attendance Technician and email to GLT. Academic advisors should contact parent and inform about the frequent in school tardy.
- 5th lockout- 2hr BMA assigned by Attendance Technician and email to GLT. Academic Advisor should email parent and inform about future consequences.
- 6th lockout- student will be sent/walked to GLPs office, ISS assigned by GLP as well as GLP will contact parent.
- 7th lockout- 1 day school suspension.

For more information on our policies please [view](#) our student handbook.

## **A message from our Exec. Director: MR. OSBORN**



Dear Helix Students, Parents/Guardians, and Staff,

I want to thank everyone for playing your part in making the start of the school year go so well. Students are coming to school on time and ready to learn. The Helix staff is working hard to provide all students with powerful learning experiences that help students gain the knowledge, skills, and insights to make connections that transform their relationship to self, others, and the world.

We are also working hard to create a safe and supportive school environment for everyone. The safety and climate of the school is everyone's responsibility. If you have a concern related to our school environment, please do not hesitate to reach out to a member of your respective Grade Level Team. To reach your student's team, dial **(619) 644-1940** and then the appropriate extension:

9th Grade x123 10th Grade x124

11th Grade x145 12th Grade x152

If you are aware of a possible threat to the safety of an individual or the school in general, please immediately contact our school Administration as stated above and/or:

- fill out a [Student Safety Hotline](#) form; it is also located on the [helixcharter.net](http://helixcharter.net) homepage
- contact the La Mesa Police Department directly at (619) 667-1400
- call the anonymous Crime Stoppers Students Speaking Out Tip Line at (888) 580-8477
- submit a tip at [Crime Stoppers Student Speak Out Website](#)
- National Suicide Prevention Lifeline 1-(800) 273-8255

Moreover, our staff regularly recognize students for their hard work, growth, and success. Positive feedback is an important element of a safe and supportive environment. If students and parents/guardians would like to compliment a staff member or the school in general, please fill out a [Compliment a Scottie](#).

Working together, we can continue to maintain a safe and supportive environment that enables positive learning and teaching to flourish.

Once a Scottie, Always a Scottie!

Kevin Osborn  
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