

2022 Parent/Guardian Newsletter

Issue 19

March 1, 2020

A note from Mrs. Trevino...

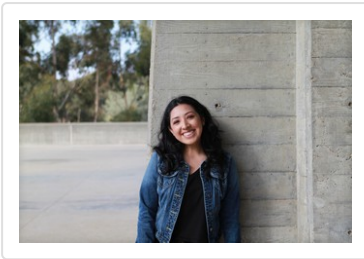
We are pleased to welcome Ms. Alondra Barajas-Lopez to our Grade Level Team. Ms. Lopez replaces Mrs. Street as our Academic Advisor. Ms. Lopez brings experience in working directly with students to meet their goals. She has made an impact already and is here to serve our students, staff and Helix community.

Thank you for your patience as we worked to find the best fit for our team. A special thanks to Mr. Hugo Gonzalez, Mr. Cesar Gonzalez and Mrs. Urich for stepping up to help out even more during the transition.

823 days to go...

Team SUCCE22

(Mrs. Urich, Mr. Gonzalez, Ms. Lopez, Mrs. Trevino)



New Academic Advisor

Hello Families of the Class of 2022! I am Alondra Lopez-Barajas and I am the new Academic Advisor for the class of 2022. I am super excited to join your team and help your student on their path to graduation. Fun fact: Mrs. Yolanda Street was my academic advisor years ago when I was a student here at Helix so I'm well aware of the big shoes that I have to fill!

Moving forward, please don't hesitate to reach out to me if you have any questions or concerns.

(619)644-1940 ext. 199

lopez-barajas@helixcharter.net

Sophomore Interviews are COMPLETE!

This past Wednesday, February 26th your student partook in their Sophomore Interview, a Helix Graduation requirement and let's just say that our students did such an amazing job!

Mr. Baits, a Helix English teacher, had this to say about one of our fellow sophomores, "Ayianna T. is exceptionally poised and her answers were richly detailed, yet concise. Bravo!"

If your student did not pass or was absent that day, we will be offering them another opportunity to be interviewed. Have your student visit Ms. Lopez if they have any questions.

Finals

Finals will be on March 11th and 12th. We will be on finals schedule those two days which means school will end at 1:00pm so please plan accordingly.

I have attached the bell schedule below:

<https://drive.google.com/file/d/1DyGdU4G3xhpcRI13vYSAJmMxrNmqlgSU/view>



Spring Break is around the corner!

Spring Break will span from March 13th-March 27th. This school office will be closed during this time.

School will resume on **Monday, March 30th**.

Opportunities for Your Student



HELIX CHARTER HIGH SCHOOL, CLASS OF 2022 PRESENTS:

MOCK SAT-APRIL 18TH

Open to all students!

SALES OPEN: MARCH 1ST (NO REFUNDS)

SALES CLOSE: APRIL 10TH

COST: \$10

STUDENTS MUST REGISTER THROUGH THE DAWG HOUSE.
FOR FEE WAIVERS, SEE YOUR GLT.





SHPE
Leading Hispanics in STEM

UC San Diego

EMPOWER CONFERENCE

BRINGING POWER TO THE MINDS OF TOMORROW

APRIL 11, 2020

8:00 AM - 4:00 PM

JACOBS HALL

LEARN ABOUT ENGINEERING

TAKE PART IN HANDS-ON

WORKSHOPS/ACTIVITIES

TALK TO ENGINEERING STUDENTS AND FACULTY

ENJOY FREE FOOD





NOW ACCEPTING APPLICATIONS

REEL VOICES 2020

Deadline: April 5

Apply at pacarts.org/reel-voices



Reel Voices is a free high school summer filmmaking program open to any teen wanting to learn the art of documentary filmmaking. It's an 8 week program hosted by Pacific Arts Movement. After students complete their film, it screens in the fall at the San Diego Asian Film festival and participants receive a \$500 scholarship. No previous experience necessary! Visit their website for more details.



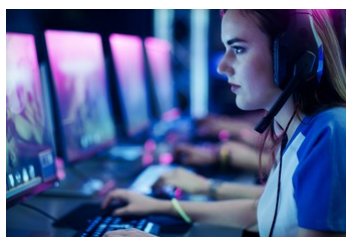
UCSD Research Experience for High School Students

The San Diego Supercomputer Center's 11th Annual Research Experience for High School Students (REHS) Summer 2020 Volunteer Internship Opportunities at the University of California, San Diego

WHEN: JUNE 22–AUGUST 14, 2020 (EIGHT WEEKS)

For the eleventh year, the San Diego Supercomputer Center (SDSC), at the University of California, San Diego, will offer its volunteer internship program for high school students entitled Research Experience for High School Students (REHS). As part of this program, students will be paired with SDSC mentors and will work as part of a research team dedicated to a particular area of computational research.

From Parkinson's and diabetes research to neuroscience research, data analytics, science writing, social media and more, there are plenty of opportunities to choose from. Follow the links below to get started!



Women in Gaming

WHEN: Sunday, March 8th, 2020
12:00pm–3:00pm

WHERE: Microsoft Store Fashion Valley
7007 Friars Rd, Suite 860
San Diego, CA 92108

WHY: Learn from industry renowned experts, network with like-minded gamers, and connect with a community that supports the inclusion and advancement of women in the game industry. After the panel, take part in gaming challenges, free play, and networking. Food and drink provided.

Registration:
<http://aka.ms/WIG2020>



Screen Your Teen- FREE Heart Screening

WHO: ALL youth ages 12-25
WHEN: Sunday, April 26, 2020, 9:00 am– 2:00 pm
WHERE: Helix Charter High School
HOW: Sign-up at epsavealife.org/register

MOST IMPORTANT, WHY?

Sudden Cardiac Arrest (SCA) is a leading cause of death in youth under 25 *and* the #1 killer of student-athletes but *heart screenings are not part of regular medical or pre-sports exams*; San Diego County alone loses at least 12 youth each year! The Eric Paredes Save A Life Foundation has provided over 33,000 free heart screenings for youth age 12 to 25, finding about 1 in 300 at risk from an undetected abnormality or risk factor. This syndrome can happen without symptoms or warning signs. And it is preventable...

For detailed information about the program, please visit http://education.sdsc.edu/studenttech/?page_id=657

To view the online application, please visit <https://sdsc.slideroom.com/#/Login>.

Cost: \$1,000 registration (if selected). Note that financial assistance is available and students who qualify for free and reduced lunch are exempt from the registration fee.



ACT Prep

On Wednesday, March 4th in room 1300 from 5:30-7:00pm our very own Ms. Robinson (Helix Chemistry teacher) will review the ACT Science section.

Also, please note there is NO test prep during finals week. SAT prep will resume on April 1st (and that's no joke!).

The 10 Best Apps to Help Your Students Focus and Block Distractions

- [Brain.fm](#) (Android, iOS, Web) for focus-boosting soundtracks
- [Cold Turkey Blocker](#) (macOS, Windows) for locking yourself out your computer
- [Focus@Will](#) (Android, iOS, Web) for lyric-free audio and tracking your productivity
- [Hocus Focus](#) for viewing one window at a time on a Mac
- [Freedom](#) (Chrome, Firefox, iOS, macOS, Opera, Windows) for blocking anything you want, anywhere you want
- [LeechBlock](#) (Chrome, Firefox) for using timers to block or allow website access
- [Mindful Browsing](#) (Chrome) for gentle nudges away from time-wasting sites
- [RescueTime](#) (Android, iOS, Linux, macOS, Web, Windows) for tracking productivity and blocking distracting sites
- [Self Control](#) (macOS) for free focus app for Mac
- [StayFocussed](#) (Chrome) for blocking sites in Chrome

Sophomore Shout outs!



Continuing to Regionals!

Sophomores Bernard Bausa, Janae Farinas, and Jeannette Nguyen (pictured above) took part in a competition with M.E.S.A. (Math, Engineering, and Science Achievement Aspire program) at SDSU this past week and placed in first place! They will continue to regional in April at UCR for their work on MESA Machine (Rube Goldberg in a box). Congrats to them!



Outstanding Volunteer Service!

Three of our sophomores, Makayla Milton, Adizen Hull and Owen Dahlkamp, recently received the President's Volunteer Service Award for their exemplary volunteer service.

The award, which recognizes Americans of all ages who have volunteered significant amounts of their time to serve their communities and their country, was granted by The Prudential Spirit of Community Awards Program. We're very proud of them!



February Attendance

For a sixth straight month, Helix improved attendance! Ensuring your student eats healthy and receives ample sleep is helping. Thank you also for scheduling appointments outside of school hours. We can see that more and more students with positive attendance are passing with higher grades! Well Done. In February, February 10th - all students with perfect attendance for January received a reward.

Events for Parents and Guardians in our Community



**GRANITE HILLS
HIGH
PRESENTS**

**WHAT
I WISH MY
PARENTS KNEW**

THURSDAY, MARCH 5, 2020
1719 E MADISON AVE
EL CAJON 92019
5:30PM - 8:00PM

FOR MORE INFORMATION CONTACT:
DSANTOS@GUHSD.NET

DALLAS
FUNDATION

Rady
Children's
Hospital
San Diego

Q:180

SAN DIEGO
YOUTH SERVICES

MENDING
Matters

SAN DIEGO
CENTER FOR
CHILDREN
Healing Hearts and Minds

Granite Hills will host this FREE event in their gymnasium for parents and guardians of middle school and high school students to learn about topics many youth are facing every day.

Topics include: trying to be perfect in an imperfect world; substance use/abuse; the impact of technology and how to support your teen; and healthy relationships.

Childcare, food and resources will be provided.

THE HARMS OF VAPING IN YOUTH



VAPES AND E-CIGARETTES:

This free event will provide an understanding about the effects of vapes and electronic cigarettes on young people and adults.

The workshop will be facilitated by Lemon Grove HEAL Zone and Families Uniting Locally to Solve Tobacco Proliferation (FULSToP), in special partnership with SAY San Diego. This presentation is for ages 13 and up, parents welcome.

March 4th, 2020 | Starts: 5:30pm

Lemon Grove Branch Library | 3001 School Lane | Lemon Grove, CA | 91945

RSVP: Rosa Carney | rcarney@sdchip.org | (619) 942-2164 or (619) 463-9891

FACILITATED BY



IN PARTNERSHIP WITH



Can't make it to this event? Here are some useful links for anyone wanting to know more about the dangers of drugs and their effects on our students.

- Potent pot, vulnerable teens trigger concerns in first states to legalize marijuana - The Washington Post: https://www.washingtonpost.com/national/potent-pot-vulnerable-teens-trigger-concerns-in-first-states-to-legalize-marijuana/2019/06/15/52df638a-8c9a-11e9-8f69-a2795fca3343_story.html
- The contribution of cannabis use to variation in the incidence of psychotic disorder: [https://www.thelancet.com/journals/lanpsy/article/PIIS2215-0366\(19\)30048-3/fulltext](https://www.thelancet.com/journals/lanpsy/article/PIIS2215-0366(19)30048-3/fulltext)
- Association of Cannabis Use in Adolescence and Risk of Depression, Anxiety, and Suicidality in Young Adulthood: <https://jamanetwork.com/journals/jamapsychiatry/article->

[abstract/2723657](#)

- Dabs, Wax, Vaping Weed, Edibles and the Real Impact of High Potency THC Products: What Parents Need to Know: <https://www.rtor.org/2019/09/16/dabs-wax-vaping-weed-edibles-what-parents-need-to-know/?fbclid=IwAR3vODJRAGbJjNBXVakFjy7WbnsponCwQZTyhTcLJRxx-8-CaQYiNV7yhJk>
- How Marijuana May Damage Teenage Brains in Study Using Genetically Vulnerable Mice by Johns Hopkins: <https://www.hopkinsmedicine.org/news/newsroom/news-releases/how-marijuana-may-damage-teenage-brains-in-study-using-genetically-vulnerable-mice>
- Significant link between cannabis use and onset of mania symptoms – Science Daily: https://www.sciencedaily.com/releases/2015/02/150210160101.htm?fbclid=IwAR3ZLMJskavqTkpMA4lwps1rogwEJ8napho0_3fHpFXKIoPBsV4Yf5FDz0
- Cannabis-induced psychosis: A Review – Psychiatric Times: <https://www.psychiatrytimes.com/substance-use-disorder/cannabis-induced-psychosis-review>
- Summary of literature on marijuana and psychosis: http://momsstrong.org/wordpress/wp-content/uploads/2016/01/Summary-of-literature-on-marijuana-and-psychosis.pdf?fbclid=IwAR0HH7jxhW0D-SM6jZexsJmI0JffK3U_Et9v5W4fk3Ud2l3OWmKAXiO18ZM



Class of 2022

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