

# PARENT / GUARDIAN NEWSLETTER

ISSUE 22

## SUCCE22 ANNOUNCEMENTS

### Summer Registration is (Finally) Here!

By now, you should have received an [email](#) regarding Summer Registration.

These steps are super important those who will be returning to Helix next school year so please make sure to follow them carefully.

If you are unable to login, please contact Mrs. Urich ([urich@helixcharter.net](mailto:urich@helixcharter.net)) for assistance.



### Summer School

If your students needs to attend summer school, you should have received an email from the Grade Level Team.

If you have any questions or concerns regarding Summer school, please reach out to us.

## HELIX ANNOUNCEMENTS

### Distance Learning Survey

We want to hear from YOU.

Please fill out the following [survey](#) regarding your experience with Distance Learning this term. What worked for you and what did not. We want your feedback to develop a new plan in case we need to implement Distance Learning again to start next school year.



## **TEXTBOOK/CALCULATOR/ LIBRARY BOOK COLLECTION**

**FRIDAY, JUNE 5**  
**8:00AM-12:30PM\***  
**STUDENT PARKING LOT**

8:00 am - 9:30 am: Class of 2021  
(Juniors)

**9:30 am - 11:00 am: Class of 2022**  
**(Sophomores)\***

11:00 am -12:30 pm: Class of 2023  
(Freshmen)

**STUDENTS SHOULD HAVE THEIR STUDENT  
NAME, ID NUMBER, AND TEACHER NAME  
ON EACH ITEM. (USE TAPE, POST IT, OR  
PAPER AND ATTACH TO EACH ITEM).**

### **Curbside Dropoff:**

Students will enter the parking lot at Lowell/Normal St. only. Staff will be at the Textbook Tent - you will drive up and turn in items curbside. All physical distancing guidelines must be followed for the health and safety of all involved. All students and parents/guardians must wear masks. Maintain a distance of at least 6 feet apart. All vehicles will exit the lot via Orien Ave.

2020-21

# *Cheer Tryouts*

**CHEER FOR OUR  
TEAMS!**

ZOOM INFO MEETING:  
TUES. 6/2 @ 2:31PM



June 8th: Tryout Material Posted Online

June 8-12th at 10am: Zoom clinic

June 15th: Tryout videos submitted!

**ALL EXPERIENCE AND GRADES WELCOME!**

QUESTIONS???

Email Ms. Shaw: [kshaw@helixcharter.net](mailto:kshaw@helixcharter.net)

## OPPORTUNITIES FOR YOUR STUDENT

# ATHENA RACING

[Athena Racing](#), is putting together a free online summer camp for middle and high school girls with a passion for cars, racing, engineering, or careers in STEM. The camp will focus on the

design and construction of a drifting trike using scrap metal and parts and will feature presentations and Q&A with famous fabricators and engineers. Sessions will be held online every Wednesday in July via Zoom and are available to students across the U.S. To attend the camp, students are required to [sign up](#). See more information below and on the registration page.

### Event Details

**Where:** Online! [Register here](#) by June 30th

**When:** Every Wednesday in July starting 7/1 and ending 7/29; 9 am – 12 pm PST

**Who:** Middle school and high school girls from anywhere in the country

**Cost:** FREE

**GROSSMONT COLLEGE**

Career Technical Education  
Workforce Development

**JULY 14TH & 15TH**  
**10:00AM - 1:30PM**

**VIRTUAL SUMMER  
CAREER ACADEMY 2020:**

**ENTREPRENEURSHIP  
IN THE  
DIGITAL WORLD**

**PRESENTS:**

**CTE Programs:**

- Administration of Justice
- Business Administration
- Business Office Technology
- Child Development, Education, and Family Studies
- Computer Science and Information Systems
- Culinary Arts
- Hospitality and Tourism

**REGISTER:**  
<https://gcvirtualcareeracademy2020.eventbrite.com>

**FOR MORE INFORMATION, EMAIL US:**  
[Erika.Arangure@gcccd.edu](mailto:Erika.Arangure@gcccd.edu)

**MOBILE LEARNING LAB**  
Career Exploration | Hands-On Learning | Pre-Apprenticeship  
Partnership with Ironworkers Apprenticeship & Training  
GROSSMONT COLLEGE  
Career Education and Workforce Development  
MONT.EDU

## STAFF IN THE SPOTLIGHT





## K16 STEM Teacher Award

**Giff Asimos, Christina Potter and Julio Torres** are being recognized - with the **K16 STEM Teacher Award** - through Cal State San Marcos and Southern California Professional Development Federation for their work with Honeycomb (Business/Entrepreneurship Pathway).

While the celebration was cancelled due to Covid-19 - we would still like to commend them for their hard work!

Visit the [East County Schools website](#) to learn more about what they're doing.

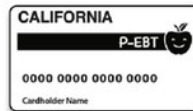
## OPPORTUNITIES/RESOURCES FOR PARENTS



# New Information for Free and Reduced Lunch Families

## Pandemic EBT Benefits (P-EBT) May 2020

Because schools are closed due to COVID-19, children who are eligible for free and reduced-price meals can receive up to \$365 in food benefits in addition to their pick-up meals from school.



### How will Families get their P-EBT benefits?

Most families with children who applied for CalFresh or Medi-Cal do not need to apply. They will receive their P-EBT card in the mail beginning approximately May 7, 2020 through May 22, 2020.

Families with children who are eligible for free and reduced priced meals and who do not receive their P-EBT card in the mail by mail by May 22, 2020 **must apply online before June 30, 2020** at <https://www.cdss.ca.gov/home/pandemic-ebt>

**\*Students may still pick up to go meals even if they have P-EBT Benefits.**

### Use it like a debit Card.

Families will get their P-EBT card to use on food and groceries. If you already have this card, you do not need to apply online.

**Meal Type:** Breakfast, Lunch and Supper

### Meal Locations at the following High Schools:

Grossmont, Helix Charter, El Cajon Valley, Mount Miguel High, Monte Vista, Santana and Steele Canyon

**Monday through Friday 10:30 a.m. – 12:30 p.m.**

**El Capitan & Granite Hills will start summer feeding 6/8/2020**



# **FREE** OFFICE TRAINING

Be an Office  
Professional  
in **ONE**  
semester!

**O**ffice **P**rofessional **T**raining is a full-time job-training program from Grossmont College Business Office Technology Department.

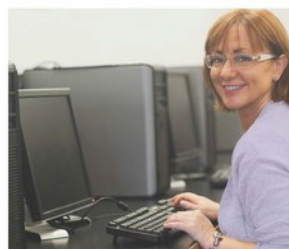
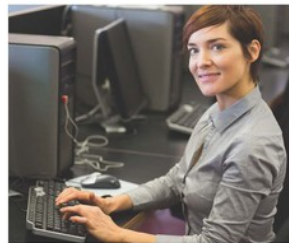
**OPT** program includes seven core subjects plus your choice of accounting, insurance, medical office, or office support specialty.

Assistance is available for tuition, books, tutoring, counseling, internships, and job placement.

**ONLINE OPTIONS**



For more information email  
[candy.mclaughlin@gcccd.edu](mailto:candy.mclaughlin@gcccd.edu)





## HUMAN TRAFFICKERS MAY TARGET YOUR CHILD THROUGH TECHNOLOGY

**KEEPING YOUR CHILDREN SAFE DURING COVID-19**

### DID YOU KNOW?

- As our world becomes more dependent on technology and the web, children are increasingly at risk of befriending strangers online.
- Traffickers use social media and gaming apps to connect and recruit youth.
- The most common way victims are trafficked in San Diego County is online.

### SAN DIEGO COUNTY STATS

- The underground sex economy in the County is estimated at \$810 million a year.
- Over 3,500 victims are trafficked every year.
- 80% of those victims were born in the U.S.
- 90% of high schools studied had documented cases of human trafficking.
- Victims and traffickers can be any race, age, or gender.

### QUESTIONS TO ASK YOUR CHILD TO KEEP THEM SAFE ONLINE

- Is your account private?
- Are you sharing your:
  - First and Last names?
  - School name?
  - Status updates?
  - Locations tagged?
  - Contact info?
- Do you personally know the people you add as friends?

### POTENTIAL SIGNS THAT YOUR CHILD MAY NOT BE SAFE ONLINE

- Becoming increasingly secretive
- Hiding what is on their computer screen
- Out of sight or behind a closed door when online
- Not speaking openly about their activity online
- Vague talk of making new friends with little to no details
- Agitated behavior when answering their phone
- Needing to take calls in private

### FBI RECOMMENDATIONS TO PARENTS

- Review and approve games and apps before they are downloaded.
- Make sure privacy settings are set to the strictest level possible for online gaming systems, phones and other devices.
- Monitor your child's use of the internet and keep computers in a non-private room.
- Explain to your child that images posted online most likely will remain on the internet permanently.
- Teach your child about personal boundaries and awareness of their surroundings.
- Encourage open child-parent communication around internet safety.

### HUMAN TRAFFICKING REPORTING AND RESOURCES

San Diego Child Abuse Hotline: (800) 344-6000  
National Human Trafficking Hotline: (888) 373-7888  
San Diego Youth Services: (619) 993-8050  
North County Lifeline: (760) 842-6526

### Stay informed and connected with the Collective!



## California Parent and Youth Helpline

The California Parent and Youth Helpline provides support and resource referrals to parent and youth during the current COVID-19 pandemic, 7-days a week from 8:00 a.m. to 8:00 p.m. Call or text 1-855-4APARENT (855-427-2736) for services in English, Spanish and other languages. For more information, please visit: <https://caparentyouthhelpline.org/>





**THE 2020-2021 SCHOOL YEAR BEGINS ON  
AUG. 5TH. WHETHER OR NOT WE RETURN  
TO CAMPUS, HAS YET TO BE DECIDED.  
PLEASE STAY TUNED.**