

SUCCE22 Advisory

Week 35: 05.04.2020



Happy May, Class of 2022!

Did anyone else feel like March was 3 months long and April lasted 5 seconds? We are exactly ONE MONTH until the end of your Sophomore year! However, it's definitely not time to slow down. **Progress reports will be sent out next week.**

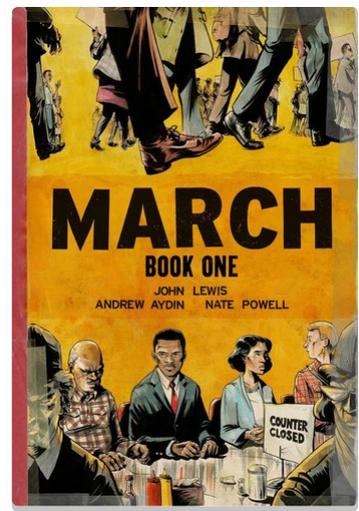
Did that worry you a bit? It's not too late to turn in any missing assignments. Keep in mind that grades will be either designated as either "Pass" or "No Pass."

If you need any sort of support, reach out to Mr. Gonzalez, Ms. Lopez, or Mrs. Trevino.

One Book. One Helix. A preview to your UPCOMING Summer read!

During Summer registration you'll receive a copy of *March: Book One*, a graphic novel about the civil rights movement and US Congressman John Lewis. You'll complete assignments related to the book in your English and Social Studies Classes.

To learn more, check out this [Presentation](#).



May is Mental Health Month



Every year the goal of May is to fight stigma, provide support, educate the public, and advocate for policies that support people with mental illness and their families.

This month, as well as every month, it's important to think about how we can work towards being, or becoming, healthy humans. Challenge yourself to make small positive changes in your life that can benefit your mind and your body.

If you or someone you know is struggling with mental health, seek help now. **Each mind matters.**



2020 Summer College Classes

Are you interested in taking a college class this summer? Summer registration for Grossmont, Cuyamaca, City, and Southwestern community college is quickly approaching.

You **must** have approval from either Mr. Gonzalez or Ms. Lopez before signing up.

Grossmont/Cuyamaca are limiting the classes they are offering this summer, however, it is possible that Southwestern or any of the other community colleges are still offering your desired course. Plus, they're all online so you don't have to worry about how you'll get there.

If you have any questions or concerns, reach out to your GLT.



Do you have a job or plan to get a job in the near future? You don't want to look back and realize that the thousands of dollars you spent on your 4th In-n-out double double this week, your new outfit for Monday, or a new Nintendo Switch to play Animal Crossing, could have been saved for college or possibly your first car! To learn about how to finance your money, check out the video above.

ASB (Virtual) Spirit Week

Don't let quarantine get in the way of your school spirit! Helix ASB has a Virtual Spirit Week for you! Submit your pictures/videos to @HelixASB on Instagram to get featured on their story.

- **5/4/20 - Masterpiece Monday** - Share the artwork you have been creating during quarantine
- **5/5/20 - Tunes Tuesday** - Send us a video of you creating/performing a musical piece, or just share your favorite tune right now
- **5/6/20 - Chalk Your Walk Wednesday** - get outside & create some awesome chalk art, then share a photo or video with us
- **5/7/20 - Things To Do Thursday** - show us the new hobbies and skills you've developed during quarantine, or just show us how you are passing the time
- **5/8/20 - Foodie Friday** - show us what you have been cooking, baking, creating and eating during quarantine



Make sure to follow us on Instagram @HelixSucce22!

